

# West Central High School

*Athletic Handbook*

2021-2022



**Perseverance, Desire, Attitude**

## CONTENTS

❖ Philosophy	-	2
❖ Athletic Department	-	2
❖ Programs	-	3
❖ Seasons Of Play	-	4
❖ Participation	-	5
❖ Eligibility	-	5
❖ Fees	-	6
❖ Fundraising	-	7
❖ Uniforms & Equipment	-	7
❖ Transportation	-	8
❖ Practice Schedule	-	9
❖ Game Schedule	-	9
❖ Injury	-	10
❖ Commitment	-	10
❖ Hazing	-	11
❖ Playing Time	-	11
❖ Coach Requirements	-	11
❖ Coach Guidelines	-	12
➤ Team Selection	-	12
➤ Practices	-	12
➤ Communication	-	13
➤ Team Expenses	-	13
❖ Attendance	-	13
❖ Role Of The Parent	-	14
❖ Colour Night	-	16
➤ Team Awards	-	17
➤ School Awards	-	17
➤ Academic Awards	-	19
❖ Codes Of Conduct	-	22

## ATHLETIC DEPARTMENT PHILOSOPHY

The West Central High School athletic department will create and foster an environment that provides opportunities for student-athletes to enrich their high school experience through participation on athletic teams, which are competitive at the zone and provincial level. We are dedicated to providing opportunities, which will enhance the intellectual, physical, social, moral and cultural development of the whole person, while conducting all activities with the principles of good sportsmanship and ethical conduct.

As an educational institution all of our sports policies, guidelines and decisions are made with the following priorities in mind and in the following order:

1. Athletes & Their Family
2. School/Academic
3. Sports/Competitions

Our policies, guidelines and decision making are supported by the Canadian Sport for Life Long-Term Athlete Development Model.

## ATHLETIC DEPARTMENT

- Athletic Director: Justin Klein
- School Administration
  - Principal: Stacey Wigley
  - Vice Principal: Meghan Brown
- Business Manager: Anette Chambers

## PROGRAMS

Students can participate at the Grade 9 level in junior high athletics. Once they enter grade 10 they are under the guidance and rules of the Alberta Schools Athletic Association.

Grade 9 students may play on a junior varsity team along with grade 10 and 11 students. They are not eligible to play any junior high games in that particular sport once they have opted up.

Senior teams are open to students in Grade 10, Grade 11 and Grade 12.

Junior, Intermediate and Senior are terms associated with badminton, cross country, and track and field only, and eligibility is determined by birth date.

West Central High School sponsors the following athletic activities:

<u>Sport</u>	<u>Boys</u>				<u>Girls</u>			
	<b>Gr. 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>Gr. 9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Golf		✓	✓	✓		✓	✓	✓
X-Country	✓	✓	✓	✓	✓	✓	✓	✓
Football		✓	✓	✓		✓	✓	✓
Volleyball	✓	✓	✓	✓	✓	✓	✓	✓
Basketball	✓	✓	✓	✓	✓	✓	✓	✓
Badminton	✓	✓	✓	✓	✓	✓	✓	✓
Track & Field	✓	✓	✓	✓	✓	✓	✓	✓
Rugby		✓	✓	✓		✓	✓	✓

## SEASONS OF PLAY

The seasons of play have been established to protect the student athlete from being placed in a position of having sports seasons overlap. It is not desirable for a student athlete to have to attend practices and games for two or more sports on the same days.

Therefore:

- Each activity may hold practices according to the Alberta Schools Athletic Association (ASAA) seasons of play.
- The preceding activity has priority for practice times and games.
- Athletes interested in participating in the trailing activity must let the coach know of their interest
- The trailing activity may hold practices according to the ASAA seasons of play; however, these practices are not to mandate the players of the preceding activity
- Final cuts for the trailing activity occurs a minimum of two practices after the completion of the preceding activity.

ASAA Seasons Of Play		
Sport	Start	Finish
Golf	August 16	Provincials
Football	August 16	Provincials
Cross Country	August 16	Provincials
Volleyball	August 16	Provincials
Basketball	November 1	Provincials
Badminton	January 3	Provincials
Track & Field	February 15	Provincials
Rugby	February 15	Provincials

## PARTICIPATION

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since the reputation of the school is often judged by its extra-curricular programs, high standards must be maintained. Those who earn the privilege of representing West Central High School in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in this handbook, and any requirements specific to the activity of their choice.

## ELIGIBILITY

To be eligible to participate, Grade Nine student athletes must meet eligibility requirements as outlined by the West Central High School Athletic Department.

To be eligible to participate, Grade 10, 11, and 12 students must meet eligibility requirements as set out by the ASAA.

Students must be in attendance for the day of a practice or game in order to participate in that practice or game. Legitimate reasons for an absence, which would allow a student to participate on the same day as the absence, are;

- School Sanctioned Activities
- Appointments with health professionals
- Emergency Situations
- Planned absence for personal or educational purposes that have been approved by the school administration.

Sick and/or ill students must be present for their afternoon classes to be eligible to participate in a game or practice that evening. It may be considered unethical for a coach to practice or play an athlete who was ill during their afternoon classes. The effects of that illness may linger and present a potential health risk to the athlete, their teammates, and their opponents if the athlete practices or plays that same day.

An athlete under suspension from school is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes.

All athletes must maintain acceptable academic standing in all classes to participate in West Central High School. Students on modified programs will be given special consideration.

All athletes must abide by the West Central High School attendance policy. Any athlete who acquires 10 unexcused absences will be removed from the team.

All athletes must demonstrate above average behavior and respect at school and when representing our school.

All athletes must have all school fees paid to be able to participate in school sports. Final dates for these fees to be paid will be determined by the Athletic Director and/or the School Administration.

Students not meeting the above expectations will be given:

- A two week probation in which the athlete will be allowed to practice and compete but must begin to meet their academic and attendance expectations during this time.
- If the athlete has not met their academic and attendance expectations during this time, a two week athletic suspension will be implemented and the athlete will not be allowed to practice or compete.
- If the athlete has not met their academic, attendance, behavior, and financial expectations during this time, the athlete will be removed from the team

## FEES

It is necessary for the athletic program to charge a participation fee for each activity that an athlete participates in. The following applies to participation fees;

- All participation fees will be determined by the Athletic Director, and/or the administration in conversation with the coach.
- An effort will be made to keep the fees consistent from one activity to the next, respective of the level of the team.
- Fees are paid at the school office.
- Players must pay fees in full, or make arrangements with the Business Manager,

before they will be permitted to participate in league games and tournaments.

Following is a list of items athletes will generally be charged in addition to the participation fees. This will change somewhat from team to team.

- League Fees - TBD
- Tournament Fees - TBD
- Accomodations - TBD
- Team Apparel - TBD
- Uniform Rental – 25.00
- 1st Aid – 5.00

Athletes are responsible for all other costs that arise during the season. This includes meals, hotels, warm-ups (if kept by the athlete), clothing, and other costs associated with each sport.

## FUNDRAISING

At West Central High School it is the responsibility of each individual team to do fundraising to lower athletic costs.

No team/activity shall participate in, or organize any fundraising event without the consent of the Principal and Athletic Department. Prior to beginning a fundraiser the coach will meet with the Administration to discuss the Fundraiser. The administration will outline the policies and procedures for the handling of monies.

All money raised must be receipted and submitted to the Front Office. Money will be deposited to the team account. All Fundraising proceeds will be reported annually to the Alberta Education by the Secretary Treasurer of Wild Rose Public Schools.

## UNIFORMS & EQUIPMENT

- All uniforms will be provided by West Central High School.
- Uniforms will be distributed by the coach or Athletic Director, whichever is the most practical.
- Players will be responsible for the care and maintenance of uniforms while they are in their possession. Players will sign out their jerseys with the Athletic Director or Coach.
- Players will be responsible for the cost of replacement of any uniform damaged



or lost while in their possession.

- All uniforms are to be cold water washed and hang dried.
- Teams may be provided equipment, specific to their activity. This equipment is owned by the school. The care and supervision of this equipment shall be the responsibility of the coach or their designate. This equipment is provided for team use, and not for use by the public.
- In attempt to maintain a consistent brand within the community team warm-ups & other team apparel is encouraged to be purchased through the school, or through school approved providers (North Star Sports, Red Deer or Sportfactor, Edmonton)

## TRANSPORTATION

West Central High School Athletics is transported through either hired bus drivers, charter bus or private vehicles. To keep the cost of participation in athletics down our preferred method of transportation is Private Vehicles.

All parent drivers transporting athletes other than their own children must submit the following documents to the school at least one day before transportation can occur:

- drivers abstract
- criminal record check
- intervention check
- Proof of insurance with at least \$1million third party liability

A form can be provided to you by the office or Athletic Director with all of the information you will need.

Students can not drive themselves to away athletic events under any circumstance.

Teams will not be allowed to travel to away games or tournaments and practices will be cancelled in the following conditions:

- AMA road reports show poor driving conditions on the route to games or tournaments.
- RCMP recommends not traveling on the route to games or tournaments.
- Weather forecast could potentially make driving difficult. Weather warnings or poor weather forecasted in the region of the games or tournaments will result in the cancellation of the game or tournament.

Final decision will be made by the school administration. All decisions will be with the safety of our athletes in mind. Importance of competition will not be part of the decision process.

## PRACTICE SCHEDULE

All gym and field usage shall be booked through the Athletic Director.

League games and home tournaments have booking priority over practices.

Any school based athletic event under way shall have priority over the following season of play (i.e. volleyball over basketball, basketball over badminton, badminton over track and field.) All school coaches will be expected to cooperate with any clubs or activities that the students are participating with outside of the school, in order for maximum student participation

There must be a coach present at all practices and games.

Coaches may request specific practice times. While all efforts will be made to accommodate requests, it shall be the priority of the Athletic Director to provide a practice schedule which is equitable to all teams in accordance with priorities

The Athletic Director will create a practice schedule on a seasonal basis. In some instances where seasons overlap it may be appropriate to develop a schedule on a weekly or monthly basis.

Coaches are encouraged to provide players and parents with individual copies of these schedules as they are available, and the Athletic Director shall place copies on the bulletin board outside the gym.

## GAME SCHEDULE

Game schedules will be determined by the respective leagues. In the event of a game change, cancellation or a new game is scheduled the Athletic Director will be informed to ensure that all parties will be alerted of any changes to the schedule.

## ATHLETE INJURY

All student athletes should carry some form of medical insurance. If an athlete is injured while participating on behalf of West Central High School, the school will not cover medical costs (i.e. Ambulance costs). It is suggested that any student athlete not having medical coverage, subscribe to the student insurance package, which is offered at the beginning of each year.

In the event that a student is injured while participating for West Central High School the following measures must be taken.

Scrapes and cuts may be aided to by the coach with the use of the first aid bag that is supplied for each athletic event.

Deep cuts, sprains, dislocations, fractures, head, neck and spine injuries must have the student transported to the nearest medical facility. The injured student may be assessed by the coach if he or she is qualified. Despite the assessment though, the injured student still needs to be taken to the nearest medical facility.

When a student is injured parents must also be contacted so they are aware of the details of what happened and to discuss with the coach of what further actions need to take place.

Any student injured on or off the field of play, and requiring medical attention, must present a note from a physician before being eligible to practice or play again.

## ATHLETE COMMITMENT

Being a member of any school team is a privilege, which each athlete must earn. A key to earning that privilege is commitment to the team. Team success can only be achieved if all participants are committed. This type of commitment includes:

- Attendance at all practices, games and team events.
- Providing the coach with advance notice of absences from practices or games, and an explanation of that absence.

While it is acceptable for a student athlete to have a job, it is not reasonable to expect the coach to accept working as a legitimate reason for missing practice or a game.

## HAZING

Hazing or negative initiation activities are prohibited by West Central High School. The planning, initiation of, or participation in such activities shall be dealt with severely by the Athletic Director or Administration, and may lead to suspension or removal from a team and/or school.

## PLAYING TIME & EXPECTATIONS

West Central High School participates in competitive leagues. As such, there will be few, if any instances where playing time for each player on the team will be equal. The amount of playing time may vary from game to game, or from week to week. Neither the player's grade nor prior years of playing experience with West Central teams will be a factor in determining playing time.

During the regular season, coaches are encouraged to consider the following recommendations for minimum playing time for athletes, but ultimately decisions regarding playing time shall be at the discretion of the coach.

Because of safety issues Football and Rugby players must demonstrate a level of competence which reduces the chance of serious injury in order to be able to play the percentages noted above.

For league, zone, and provincial playoffs there are no recommendations.

## COACH REQUIREMENTS

Coaches at West Central are required to have a NCCP Coaching # complete the following courses from Coach.ca:

- Making Headway
  - A sport specific version if it is available.
- Redefining Winning (not required but suggested)
  - The module is designed to produce the following learning outcomes:
  - Promote an environment of learning
  - Teach citizenship values
  - Promote sportspersonship

- Advocate for a healthy lifestyle
- Teach life skills

Once a coach registers with the NCCCP and completes the course they will provide the Athletic Director with their NCCP# to register them as an official coach with the ASAA.

All community coaches and volunteers involved with our athletes must have a: Criminal Record check, and Intervention check completed. The school will reimburse a volunteer coach with any cost associated with getting these checks.

## TEAM SELECTION

All activities are open to all students of West Central High School who meet the requirements of grade, gender, and general eligibility.

Coaches must conduct an open tryout, and may not make final cuts until after the second practice.

Final selections should be based on attitude, coach-ability, academic/athletic policy and skill.

Once the team has been selected, the coach must promptly submit a roster to the Athletic Director.

Cuts must be made in a manner that is respectful to all athletes. All athletes cut from a team must be supplied with the reason for not making the team. This can be done as a coach-athlete conference, in written format or preferably both. Posting lists or team meetings is not an acceptable method of making cuts.

## PRACTICES

All practices will be scheduled by the Athletic Director.

Coaches should distribute a practice schedule to players and parents.

Coaches should do their utmost to adhere to the practice and game schedule, and any changes should be discussed with the Athletic Director.

A change, addition, or cancellation to a game or practice should be made with as much advance notice as possible. Such changes may affect player and parent commitments and may have an effect on other teams.

Any practices falling on a school holidays must be optional.

Weekend tryout camps may exceed the 2 ½ hour practice but should not exceed more than 4 hours of physical activity per day. Players should be given reasonable rest breaks during the day.

## COMMUNICATION

Clear communication between coach and player, player and parent, parent and coach, and between players is critical to avoid misunderstanding. This communication can be initiated and maintained in a number of ways:

- At the beginning of tryouts, coaches should provide a written statement of their philosophy, team goals, fees, and player expectations.
- Coaches should outline the process for communication. This process to apply to all parties, and can be outlined for all in a letter.
- Coaches will hold a pre-season meeting
- It is expected that all teams use the school Team Snap Account whenever possible so that there is easy and open communication between all parties involved

## TEAM EXPENSES

The coach and Athletic Director will discuss and plan a budget for each team's season. All team fees are to be paid at least one day prior to the teams' first game. In the event that an athlete is unable to pay their fee arrangements can be made with the business manager. In order to ensure that arrangements can be made please encourage athletes to schedule this meeting as early as possible.

Coaches will be compensated for budgeted expenses that accrued over the course of the season. Those expenses may include but are not limited to hotel costs and apparel costs. Detailed receipts will be submitted to the business manager as soon as possible. Coaches will not be compensated for travel.

Any tournament entry fees that will be needing a cheque should be submitted to either the Athletic Director or business manager at least one week prior to departure.

## ATTENDANCE

At times it is necessary for student athletes to be absent from classes, or to be released from the last class of the day prior to the end of the class. In these instances coaches are required to provide notice to all school staff.

Teacher-coaches or teacher-liaisons may do so at their own initiative, or request the Athletic Director to execute this task. Community based coaches shall inform the Athletic Director of the dates and times, and the Athletic Director shall be responsible to execute this task.

The notice may take the form of a hard copy to be distributed to all staff members or an email to all staff members. The notice should be provided as early as possible, and must contain the following;

- A list of all students involved
- The date of the Sanctioned Absence
- Classes students would miss / Time Of Departure
- The event.

The onus is on the student to catch up on work or assignments missed. Student Athletes are encouraged to have an open dialogue with their teachers about possible time missed for athletic events.

## ROLE OF THE PARENT

Support the team, the players, and the coaches.

Help your child to follow and uphold the West Central Rebels athletes' guidelines for participation.

Support the goals of sportsmanship and help bring pride and respect to your child and West Central High School.

Support your child's role on the team, even if you don't understand his/her position on the depth chart. In the event of concerns, follow the guidelines and procedures as outlined below.

All parents must also read and sign the Parent Code of Conduct at the end of this athletic

policy book.

Communication Coaches expect from student athletes:

- concerns expressed privately and directly to the coach
- notification of any schedule conflicts well in advance
- specific concerns in regards to a coach's expectations and/or philosophy

As your son or daughter becomes involved in the sports programs at West Central High School he/she will experience some of the most rewarding moments in their junior/high school career. It is important to understand however that there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

Communication Coaches expect from Parents:

- concerns expressed privately and directly to the coach away from the court setting
- notification of any scheduling conflicts well in advance
- specific concerns in regard to a coach's philosophy and or expectations

Appropriate Concerns to Discuss with Coaches:

- the treatment of your child mentally or physically
- ways to help your child improve
- concerns about your child's behavior
- any influence that the activity is having on your child's academic performance

It is difficult to accept your child's not playing as much as you or they may hope. Coaches make judgment decisions based on what they believe to be the best for all students involved. While there are certain things that should be discussed with your child's coach, however there are also certain things that should not be discussed. Those decisions will be left to the coach's discretion.

Issues Not Appropriate to Discuss with Coaches before or after games:

- Playing time
- Team strategy
- Play calling
- Other student athletes

There are situations that may require a conference between the coach and the parent.



These are to be encouraged but the following procedures should be followed to help promote a resolution to the issue of concern:

- call and set up an appointment with the coach
- resolution, not confrontation is the best approach

Please do not confront a coach before or after a game or practice - these can be emotional times for both the parent and coach, and our coaches are instructed to walk away from such situations.

The Next Step:

- call and set up a meeting with the Athletic Director and or Principal to discuss the situation
- at this meeting if a resolution cannot be reached, the next step can be determined

The coaches at West Central High School recognize the importance of extra-curricular activities. We provide a program that strives to provide your child with a positive and meaningful experience.

## COLOUR NIGHT

Each year in June, the Athletic Department will sponsor and host a spring awards banquet we call Color Night. At this event individual activity awards as determined by the athletic department, and selected by the respective coaching staffs, shall be presented. In addition, the Athletes of the Year as selected by a designated committee shall be presented.

The Colour Night selection committee composition shall be as follows: with each person on the committee having one vote (no individual can receive more than one vote by virtue of filling more than one position on the selection committee):

- Athletic Director (shall be responsible for the organization and conduct of all meetings, as well as the tabulation of votes)
- Principal
- Vice-Principal
- All Physical Education Teachers

## *TEAM AWARDS*

Respective coaches shall be responsible to submit to the Athletic Director, the names of the award recipients for the following awards, as well as making the Athletic Director aware of any team or individual accomplishments that deserve recognition. Coaches may present only those awards listed, and may not present co-winners.

The activity awards to be presented are as follows:

- Most Valuable Player
  - The most valuable player is the award that is bestowed upon the best performing player on a specific team. Their presence must bring a positive impact to their team, both on and off the court or field
- Most improved Player
  - The most improved player is someone that has displayed the most improvement throughout the season in his or her individual skills, team play, and leadership on and off the court or field.
- Coaches Award
  - Coach's award winners are those players that understand there is no "I" in the word team. They display this attitude both on and off the court, and lead by example. These student athletes exemplify, in the eyes of their coaches, the consummate team player that goes above and beyond to make a difference for their team.

## *SCHOOL AWARDS*

### Rebel Of The Month Award

This monthly award will be awarded to a student athlete who best exemplifies the characteristics of West Central Rebels Athletics; Perseverance, Desire & Attitude. This award winner will be nominated to the Athletic Director by a school staff member. This award focuses on School Citizenship, Academic Performance, Work Ethic and finally team sport participation. The winner of this award will receive recognition on the athletics 'Rebel Of The Month' wall, on school social media as well as a keeper award.

### Iron Man Award – Male and Female

Criteria:

- Grade 10, 11, or 12 student for Senior High.
- Participated in a minimum of Three extra-curricular activities, at the High School level, listed below:
  - Golf
  - Cross Country
  - Volleyball
  - Football
  - Basketball
  - Track and Field
  - Badminton
  - Rugby
- The athlete will have demonstrated an above average degree of effort in all activities he or she participated in.

#### Heart and Spirit Award – Male and Female

##### Criteria:

- Grade 10, 11, or 12 student for Senior High.
- Participated in a minimum of Three extra-curricular activities, at the High School level, listed below:
  - Golf
  - Cross Country
  - Volleyball
  - Football
  - Basketball
  - Track and Field
  - Badminton
  - Rugby
- Heart and Spirit award winners are those players that understand there is no “I” in the word team. They display this attitude both on and off the court or field, and lead by example. These student athletes exemplify, in the eyes of their coaches, the consummate team player that goes above and beyond to make a difference for their team.

#### Athlete of the Year – Male and Female

## Criteria:

- Grade 9, student for junior High. Grade 10, 11, or 12 student for Senior High.
- Participated in a minimum of TWO extra-curricular activity, at the Junior High or varsity level, listed below:
  - Golf
  - Cross Country
  - Volleyball
  - Football
  - Basketball
  - Track and Field
  - Badminton
  - Rugby
- The athlete will have demonstrated an above average degree of athletic ability in all activities he or she participated in.
- The athlete will have “excelled” in one or more of those activities he or she participated in.
- The athlete will have demonstrated leadership abilities on and off the court, field, or course. He/she must be a respected individual in the eyes of the staff, fellow athletes, and the student body in general.
- The athlete should have demonstrated athletic, personal, and sportsmanship abilities and qualities that have brought pride and respect to himself/herself and West Central High School in the view of the community, opponents, and others (others referring to other schools, communities, administrators, and coaches).
- The athlete should demonstrate to all a desire to better him/herself through athletics at West Central High School.
- Above all, the athlete should be an example, or epitomize the type of athlete and individual who West Central High School strives to develop through the sponsorship of extra-curricular athletics.

## **West Central High School Academic Awards**

### Academic Athlete Of The Year

The academic athlete of the year award winner must be a student athlete in either Grade 11 or 12. To be eligible to win this award students must meet the following requirements:

Qualify for Honours With Distinction (90% average)

Participate On At Least 2 school based sports teams

Be in good standing with their teachers and coaches

Exemplify the West Central Rebels ideals of Perseverance, Desire & Attitude

Academic Athlete Of The Year Winners will receive the following:

Name on the keeper trophy that will be displayed in the athletics trophy cabinet

A keeper award

Recognition at both Colour Night (Athletics Awards) and Awards Night (Academic Awards)

### All Academic Teams

The All Academic Teams will comprise thirty qualified student athletes. The Grade 9 All Academic Team will be made up of the top 5 qualified males and top 5 qualified females. The Varsity All Academic teams will be made up of the top 10 qualified males and top 10 qualified females. To be eligible to win a spot on an All Academic team a student athlete must meet the following requirements:

Qualify for Honours (80% average)

Participate On At Least 2 school based sports teams

Be in good standing with their teachers and coaches

Exemplify the West Central Rebels ideals of Perseverance, Desire & Attitude

All-Academic teams will receive the following:

A keeper award

Recognition at both Colour Night (Athletics Awards) and Awards Night (Academic Awards)

Top Academic Team

The Top Academic Team Award is given to a team that excels in the classroom and in

their sport. This is a team award that will be given to the team with the highest academic average across the duration of the school year. The winning team will be recognized at Colour Night (Athletic Awards) and Awards Night (Academic Awards). Each team member and coach will receive a keeper award as well as team recognition. The coach of the winning team will be given a plaque that they can place in their office or classroom as a recognition of their hard work and dedication to our student athletes.

## CODES OF CONDUCT

### **Parent Code of Conduct**

West Central High School Athletic Department has implemented the following Sport Parent Code of Conduct for the important message it holds about the proper role of parents in supporting their child in sports. Parents should read, understand and sign this form prior to their children participating in our league. Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness
- Fairness
- Respect
- Caring
- Responsibility
- Good Citizenship

The highest potential of sports is achieved when competition reflects these “six pillars of character.”

*I therefore agree:*

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one’s best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Parent/Guardian Printed Name**

## **Student Athlete Code of Conduct**

It is a privilege and not a right to take part in West Central High School extracurricular activities. As a member of a school team/club you become an important representative of West Central High School and are expected to be responsible to maintain a high degree of self-discipline and decorum both inside and outside the school.

All participants, staff, and community volunteer coordinators must be prepared to make a serious commitment to the team/club and its members. This includes regular attendance at all meetings, games or events.

Regular attendance at classes and the maintenance of a sound academic standing are required for participation in extracurricular activities. The classroom teacher will use professional discretion to determine whether a student is achieving acceptable standards of behaviour and academic standing. All assignments must be completed and submitted in all classes. The Athletic Director will be in constant communication with the classroom teachers. It is understood that a number of classes may be missed because of involvement in organized extracurricular activities, which makes regular attendance at classes even more crucial. It is understood that students are responsible to make up for material missed due to extracurricular absences.

A positive attitude and willingness to cooperate with all teachers/coaches/coordinators and students, opponents, officials, and teammates are prerequisites to inclusion on a West Central High School extracurricular team/clubs.

All WCHS extracurricular participants will, at all times, exhibit a high standard of self-control and discipline, as well as a desire to strive for excellence.

In order to track the progress of students, it will be mandatory for each student to hand in a signed code with a parent signature at the start of an activity. Failure to do so will mean that the student will not participate in any events until the form is signed. Throughout the term in which the team or club is active, any individual staff member may flag a student who has not been following the code. Once a student has been flagged, the Athletic Director will then set up an academic plan with the student athlete and teacher

Failure to comply with any of the above statements may result in temporary or permanent dismissal from an activity.

The student and parent, by reading the above statements and signing this form, indicate an understanding of its intent and a willingness to take part in the activity subject to these conditions.

\_\_\_\_\_  
Student name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature