

Peace River High School Athletics Guidelines

At Peace River High we value:

1. **RESPECT** – We believe in modeling integrity and promoting respectful behaviour to others and property.
2. **SAFETY** – For learning to occur, we must feel physically and emotionally safe.
3. **CONNECTIONS** - By investing in relationships with each other, learning is improved.
4. **FAIRNESS** – We believe in fair and just treatment by addressing individual differences.
5. **SUCCESS** – We believe in using learning strategies that engage students and increase student achievement.
6. **HIGH EXPECTATIONS** - We believe all people can and will learn and grow, when high expectations are set.



Home of the Nomads! June 2010

Peace River High School Athletics Guidelines

Participation in Peace River High School athletics is based on representing the school in good spirited competition. We expect all of our coaches, athletes, and parents to conduct themselves in such a manner to bring honour and respect to Peace River High School. The guidelines in this document are meant to work in conjunction with Peace River School Division policies and do not supersede those policies while adhering to provincial standards for competition.

Expectations of Coaches:

Attitude: Coaches are to be role models for students and model a high degree of sportsmanship, fairness and self-control to their own students, students and coaches on other teams and officials.

Consistent: Coaches are to be consistent and fair in their directions, feedback, decisions and leadership of the team.

Ambassador of Peace River High School: Coaches are representing Peace River High School.

Safety: Coaches are familiar with the contents of the document *Safety Guidelines for Secondary Interschool Athletics in Alberta* and follow the recommended safety practices as is reasonable in the circumstances.

Communication: Coaches will communicate the goals of the team early in the season including participation, court time and level of competitiveness for Peace River High School Teams.

☒ Team Selection.

- Team tryouts will be posted and announced in the school with enough time for all interested students to attend. Where school sports begin on the first day of classes, i.e. football and volleyball, every effort will be made to have practices and tryouts announced within the community.
- When selecting players coaches will endeavour to give athletes an opportunity for skill instruction, demonstration, and improvement and simulated game play where appropriate. When desired, a coach may ask for feedback from other coaches' observations of an athlete's abilities.
- The number of variables considered in team selection and their relative importance to each other is a complex and subjective process. The coach will endeavour to be fair and transparent in their application of this process with athletes.
- The coach has the responsibility to select athletes that they believe will work best together as a team and that will be competitive at their level of play. After team selection is complete the coach and coaching staff should

provide players who were not selected with feedback in order to increase their probability of future improvement and selection.

- ☑ Communication.
 - Commit to regular and timely communication with athletes and parents through a procedure established by each coach.
 - Communicate to staff if and when the team members will miss class and each athlete is responsible for making arrangements with their teachers regarding work.
 - Each team is to have a parent meeting before the first tournament, or regularly scheduled league game, to review the coaching philosophy, communication, and conflict resolution procedure, to review the “Player role and responsibility document” (see appendix 1) where applicable, and give out schedules for the season.
 - Be open and honest about each athlete’s role on the team and be consistent with it, recognizing that as the team evolves, so may an athlete’s role.

Duties and obligations:

- ☑ All fees must be paid to the coach before the first tournament or regularly scheduled league game. If there are financial difficulties for families, arrangements must be made at this time.
- ☑ Team fees must be submitted to the financial secretary.
- ☑ Uniforms can be obtained from the physical education department and travel arrangements, including bussing and lodging for overnight tournaments, must be made with proper and timely documentation to the office.
- ☑ Fundraising initiatives must be approved by School Administration. You are welcome to pursue any sponsorship appropriate for a high school team and to display your sponsor’s logos on your team gear.
- ☑ “Team gear” must conform to school guidelines for colours. Our PRHS team colours are Blue and Gold. Pioneer colours are blue, red and white.
- ☑ Always conduct yourself so as to bring honour and respect to our school and program. Speak respectfully to game officials, make a point of thanking organizers, volunteers, and opponents. Remember, without these people, there would be no program.
- ☑ Overnight stays require same-sex chaperones and must conform to PRSD policies.

Establish clear expectations regarding playing time.

- ☑ Junior teams (grade nine)
 - In Junior high there is a reasonable expectation of a greater equality of playing time than in a senior high program. Fair and equal playing time are not synonymous.
 - Each athlete that is on a team can expect that, if they attend practices and participate, they will have a meaningful contribution during competition. As a team progresses through a tournament or league play, and playoffs draw near, the stronger athletes may get more playing time but coaches will strive to ensure each athlete gets meaningful playing time.

- Coaches will also strive to fill rosters. Guidelines are that a team should try to have two lines of players. There is flexibility in those numbers according to player availability and ability, coaching philosophy, and other logistical considerations. The focus being to include a good number of athletes and to find time to play them.

Senior High Program

- ☑ It is the expectation that the first senior high team in any sport here at PRHS will be competitive at the ASAA provincial level. If there is sufficient student interest and availability of coaching, a second Junior Varsity team can be established. This is done in conjunction with the school administration. With this in mind, athletes can expect fair, but not equal playing time. Coaches will ensure that all athletes have an opportunity for meaningful play under competitive situations.

This can be accomplished in a number of ways:

1. Taking 2 out of the 5 to 6 tournaments a team attends and ensuring in those two tournaments that the regular “back-up” or “bench” gets more time.
2. Making use of the Local League for that same group of players to get competitive playing time if in the main tournaments, vying for the championship is a possibility.

As a team moves closer to zones and provincials playing time will tip in favour of the “starting line”. It is important to ensure that a path has been paved where athletes have had opportunities early so that at the end of the season there is greater acceptance of a ‘back-up’ role. Fairness and sportsmanship are a constant basis for these decisions.

Travel procedures:

Whenever possible use the school assigned buses for transportation and at tournaments make efforts to attend and cheer-on Peace High teams. Ex. If the boys play at 10:00 am and the girls at 12:00 try to show up and cheer them on.

“Out of area” travel Procedures

- At least one additional parent/adult volunteer must travel on the bus.
- A “Family List” of contact information must be carried with a coach/volunteer and one left at the office. Once your team is selected, you can get a list from the office. This information must be held with confidentiality and you need to update the list with who is actually traveling.
- On overnight stays the bus driver’s room and the coach’s room will be paid from a combination of funds raised and additional funds from the teams. Each position is providing a valued service for the playing opportunity and for the safety of our students. Staff members and strictly

volunteer coaches cannot “opt” to pay for rooms. This creates an uncomfortable situation. However, if the coach is both a parent AND a coach then flexibility is there to contribute.

- If a parent wants their child picked up by someone else please ensure that you have connected with the parent of the child involved. This needs to be done in writing prior to leaving the school for the tournament or game.

Expectations of Athletes:

Attitude: students are to be positive shining examples of Sportsmanship and Integrity both on and off the court.

Punctuality and Attendance: Athletes are expected to be on time and attend practices and games. If you have to miss or be late, whenever possible, inform your coach in advance. **(If you are away sick from school, you cannot perform as an active player for practice or games on that day.)**

Listen to your Coach: accept feedback and be prepared to make changes. If you have any issues with what you are being told find an opportunity to address it with the coach in private. (not before, during, or after competitions)

Be a TEAM Player: help with set-up and take down of equipment, carry the ball bag or medical kit, keep the bus clean etc.

Remember that you are an Ambassador of Peace River High School: You represent the current students and staff as well as all those who have gone before you and who will follow after you.

Not every athlete will always be satisfied with their playing time or role on the team. If an athlete has a concern, bring it up to your coach privately and in a timely manner. Don't let frustrations grow and don't approach the issue when you are clearly emotionally frustrated.

Expectations of Parents:

Support: You are welcome to attend games. Attendance at practices is at the coach's discretion. You can cheer and demonstrate your support, however, it is our job as coaches to ensure that no criticism comes from a parent to an athlete. This includes your own.

Freedom: Please allow coaches to direct players from the bench and be thoughtful about the amount or kind of 'coaching' you are doing from the sidelines as this can be distracting or confusing to the players. Feel free to encourage your child and other athletes.

Mutual Respect: Remember that we are volunteer coaches. These are not paid positions. Our coaches will make decisions that they believe are in the best interest of the team.

Understand that Fees DO NOT equal playing time: The payment of fees is not an entitlement to playing time. The fees only help offset entry fees and student travel.

The 24 hour 48 hour guideline is in effect: Any emotionally charged issue or concern, like your child not being played, should wait 24 hours before you address it privately with the coach and try to have it resolved within 48 hours. This helps to prevent emotional comments that we regret later and it ensures an issue is dealt with in a timely manner.



Nomads Sports **(Parent & Players Contract)**



Philosophy & Expectations

Dear Parents and Players,

This letter is to inform you of the philosophy and expectations we have of our coaches, athletes, and teams. Participation in Peace River High School athletes is based on representing the school in good spirited competition. We expect all of our coaches, athletes, and parents to conduct themselves in such a manner to bring honour and respect to Peace River High School.



TEAM RULES:

1. CONDUCT:

a) Coaches

Coaches are expected to conduct themselves in such a manner that will bring **respect** to themselves, the team and Peace River High School. The coaching staff will treat the athletes with constant respect, as well as officials and others they may deal with. Overnight stays at tournaments will always have appropriate male/female chaperones.

b) Players

Players are expected to conduct themselves in such a manner that will bring **respect** to yourselves, your teammates, your team and Peace River High School. **Never** engage in any activity that might be construed as inappropriate for a Nomads team member. We set our expectation levels high for our players. We will insist that they play and act **with class** at all times while they are in our program.



2. PLAYER GUIDELINES:



a) Practice

The purpose of practice is to:

- Prepare the Team for every situation, which will occur in competition
- Form the group of individuals into a team
- Provide experiences where the individual can learn & maximize their potential

Players are requested to attend all practices unless given permission not to attend by the Coach. You can phone the school at 780- 624-4221 to leave a message. PLEASE DO NOT MAKE LAST MINUTE PRACTICE CANCELLATIONS unless the player is sick or has an emergency. The entire schedule is provided in advance so you can plan around this schedule.

- Any highly loud or very emotional reaction of displeasure or frustration will not be tolerated. The player will be sat down or dismissed from the practice or game. The loss of emotional control during competitions, at practices, or at any time is detrimental to the team.
- Players must report all injuries or sickness to the coaching staff. Sometimes it is better to miss one practice or game, than a whole month.

3. COMPETITION:

- During the game, players who are on the bench should be ready to sub at all times. Each player must be aware of the situation when he/she enters the game. That means not visiting with each other on the bench, and closely watching the person you may be subbing for.
- We will always act respectful to the other teams, their players, and the referees. Unsportsmanlike conduct will not be accepted.



4. TRAVEL:

- The coaching staff will assign roommates.
- The coach will assign curfew.
Breaking of curfew will result in suspension from the team.
- Players who damage hotel rooms will be responsible for all costs and removed from the team.
- There will be absolutely no drinking of alcoholic beverages or taking of non-prescribed drugs during a trip or activity. This will result in automatic expulsion from the team. Depending on the situation, the team may withdraw from the tournament and immediately come back home.
- While traveling, athletes will act in a way that brings honor to the NOMADS name. Having to be reprimanded by hotel staff is not an example of acting in a way that brings honor. If it happens frequently you will be asked to leave the team.
- All members of the team must accompany each other at all meals. If friends and relatives are there, they are welcome to join us.

5. HOMEWORK:



- All players must bring school work on overnight trips. There will be scheduled time for homework on each trip.
- All players are encouraged to be aware that playing on a sports team in high school will bring added pressure in regards to homework, and an established homework routine is strongly recommended.

6. GENERAL:

- There will be a short team meeting after each game.
- The Team is always put first.
- Watch other Nomads whenever possible.



We are building and running a quality competitive program. For this reason, there will not be equal playing time among all players. The starters **will** get more playing time than our non-starters...sometimes substantially more, depending on the game and the situation. (ie- close games in a tournament, etc) We will work very hard to get every player into every game, and to give every player quality playing time this year but it will not always be equal. We are focussing on fun, and on building skills and a good program but we are also going to do our best to be competitive as well.

Parents, please sign this form stating that you have read the above expectations, and that you allow your daughter/son to play on the team, based on these expectations.

Print Parent Name

Date

Parent Signature

Nomads Sports

Player Code and Contract



Part One - Attitude and Responsibilities

1. Personal Responsibility: *You* are solely responsible for your actions and behavior. Your behavior is a reflection of our team, the Nomads, and the players who have gone before you and the players who will follow.
2. A key element of our club is respect: This includes coaches, teammates, officials, support staff, parents and even opponents. Remember that without another team we wouldn't have a game.
3. Positive Attitude: Expect a lot of yourself but always settle for the best you can do today. Learn from errors but don't dwell on them in a negative way. Look for lessons when things are tough and learn from success.
4. Unselfishness is one of the keys to success. This is a team sport. We win and lose together. We all share responsibility. Envy and jealousy can destroy a team.
5. Commit yourself to being on time, fully dressed, ready to go, and ready to give your best in each practice and match. If you have to miss a practice or match, contact your coach before the event.
6. Accept responsibility for errors, loss of temper, loss of concentration and poise without making excuses and resolve to focus on improvement.
7. Accept coaching and other directions including roster assignments in a positive, cooperative manner. If you want to question coaching decisions, arrange to talk with the coach at the earliest time and place where rational discussion can be carried out (not during practice or competition)
8. Every player can be a leader in his or her own way. You can lead by example, by doing your part, by helping out, by being enthusiastic, by supporting teammates by never getting down, etc.
9. Set Goals of quality play and self-improvement. Victories will take care of themselves. Make your best effort to play your potential at all times.
10. Do your part to help out with setting up nets, collecting balls and taking care of equipment.

Part Two – Rules

Our underlying guiding principle is that we act in a **first-class** manner at all times.

1. Swearing is not acceptable at any time the team is together.
2. Never embarrass the Nomads sports team by not paying your bill, stealing towels, immature behavior, etc.
3. Whether on the bus, in the gym, or in your room, keep things neat and tidy. Don't leave garbage for others to pick up. **This includes water bottles during tournaments!**
4. Let your coach know at once if you are injured.
5. Take care of your own room when traveling. The players registered in the room are responsible for any damage incurred.
6. You must be in your room by the curfew time established by your coach. At no time should you be congregating, running, or talking loudly in the hallways. Please respect the other guests in the hotel.
7. No boys in the girl's rooms and no girls in the boy's rooms.

Please note that if you break the following rules, you will be immediately expelled from the team. There will be no second chances and you will NOT receive a refund.

8. The use and/or possession of alcohol or illegal drugs are not permitted at any time during field trips. In addition to expulsion from the team and or suspension from school, criminal charges may be laid.
9. You are not permitted to leave the hotel after curfew without your coach's permission.
10. There may be other situations that cause coach to suspend or expel players.

We have read the Nomads Player Code and Contract and do agree to abide by the responsibilities and rules outlined therein.

Signature of parent/guardian: _____

Print name of Athlete: _____

Signature of Athlete: _____

Date: _____