

Memorial Composite High School



Athlete & Parent Handbook

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Athletics Philosophy

Welcome to Memorial Composite High School Athletics! Participation in athletics is an extension of the classroom. It is a privilege, not a right, and requires responsibility, commitment, and integrity. Athletes represent MCHS and are expected to uphold high standards in academics, behaviour, and sportsmanship.

Our athletics program is built on five core values:

Integrity Doing the right thing, even when no one is watching. Being honest, fair, and trustworthy in school, sports, and life.

Respect Treating teammates, coaches, officials, opponents, and yourself with dignity and consideration at all times.

Responsibility Following through on your commitments to your classes, practices, games, and team. Owning your actions and choices.

Teamwork Working together to achieve a common goal. Putting the success of the team above personal recognition.

Excellence Always giving your best effort and striving to improve in school, athletics, and personal growth.

The goal is to give students direction in self-discipline, leadership, teamwork, respect for rules and regulations, and the development of life-long wellness. This handbook was established to help achieve the above goals for students participating in extracurricular activities.

Guidelines for Extracurricular Activities

Student Guidelines & Eligibility

1. Student-athletes must adhere to the guidelines and rules outlined in the Student Handbook and Athlete & Parent Handbook.
2. Student-athletes must meet eligibility requirements set forth by the Metro Schools Athletic Association and School Sport Alberta (SSA, formerly known as the ASAA).
 - 2.1. The competitor must register in a minimum of 800 instructional minutes per week for which ten (10) Alberta Education credits are granted, during the time of participation in the activity.
 - 2.1.1. If a sport covers both semesters, the student must meet the eligibility criteria for both semesters.
 - 2.1.2. Credits earned through Registered Apprenticeship Programs or Dual Credit Courses with post-secondary institutions are eligible.
 - 2.2. A student who becomes nineteen **before** September 1st of the current school year shall be ineligible for high school competition.
 - 2.2.1. A student who becomes nineteen on or after September 1st of the current school year shall remain eligible for the entire school year.
 - 2.3. Students shall be eligible for competition for three consecutive years after registering in grade 10. The first year in grade 10 is considered the first year of eligibility.
 - 2.4. Student athletes participating in a sport-specific school program are not eligible for participation in the same Metro Edmonton High School Athletic Association sanctioned sport.
 - 2.4.1. The definition of a sport specific school program will be considered, but not limited to include a physical education course/class modified to emphasize a specific sport (i.e. leadership, sport performance, etc.)
 - 2.5. A student-athlete who has transferred to MCHS after attending another high school within or outside of Alberta must be granted eligibility by the School Sport Alberta Compliance Officer before they are eligible to compete.
3. The use or possession of drugs, alcohol, tobacco, or vaping products is strictly prohibited. Any violation may result in immediate removal from the team and further school disciplinary action.

4. Bullying, harassment, or hazing of any kind will not be tolerated. Student-athletes are expected to treat teachers, other students, teammates, coaches, opponents, and officials with respect at all times. Any involvement in bullying may result in immediate removal from the team.
5. **STUDENT-Athletes:** In the word student-athlete, “student” comes first. This means student-athletes must prioritize academics over sports. Prioritizing academics showcases a dedication to learning. This approach builds a strong foundation for future success beyond sports and underscores education's value in personal growth. Prioritizing learning leads to excellence.
 - 5.1. If a student-athlete has an unexcused absence in a class, the coach **WILL** limit playing time in the next game/event.
 - 5.2. To maintain high academic achievement, students will be encouraged, and sometimes required, to attend classroom support sessions to improve their learning and success at school.
 - 5.2.1. If a student-athlete’s current mark in any course is 50% to 59%, the student-athlete must attend a **minimum of one** 30-minute classroom support session per week for that subject.
 - 5.2.2. If a student-athlete’s current mark in any course is below 50%, the student-athlete must attend a **minimum of two** 30-minute classroom support sessions per week for that subject.
 - 5.2.3. Failure to attend the required classroom support session(s) could result in removal from the team until the student meets the minimum academic requirements outlined above.
 - 5.3. Classroom support sessions include, but are not limited to, Torch Time sessions and lunch hour help sessions. Classroom support sessions do not include the regularly scheduled class time.
 - 5.3.1. Note: Teachers may choose to offer lunch-hour help sessions; however, they are not obligated to do so. Lunch is their personal break time, and it is their choice whether to use it to support students.
6. Student-athletes must attend all practices and follow the team rules established by the supervisor/coach.
 - 6.1. Missing or skipping a practice will result in limited playing time.

7. Student-athletes must maintain a high level of behaviour and display good sportsmanship, befitting an ambassador of Memorial Composite High School, both inside and outside the classroom. This includes treating teammates, coaches, support staff, officials, and opponents with respect at all times. Negative behaviour such as swearing, disrespect toward officials, or poor sportsmanship is not acceptable and demonstrates a lack of self-control.
8. Student-athletes must accept coaching instructions and lineup decisions positively and cooperatively. You are entitled to ask questions or raise concerns, but this must be done at an appropriate time. Personal matters will be addressed privately, and athletes are encouraged to bring forward any issues affecting their performance, with the assurance that these conversations will remain confidential.
9. Student-athletes must maintain a positive attitude by giving their best effort, learning from mistakes, and not dwelling on their own or a teammate's errors. They must also be unselfish, recognizing that success comes from teamwork, not individual rivalry. We win and lose together, and any conflicts between teammates must be resolved in a positive and respectful way.
10. Student-athletes must take responsibility by being on time, properly prepared, and giving their best at every practice and game. If issues arise, such as injury or other complications, they should communicate with their coach as early as possible.
11. Student-athletes are expected to contribute to team duties, including keeping facilities clean and helping with equipment.

Coach Guidelines

1. Assist the student-athlete with the development of their athletic potential and self-dependency.
2. Recognize individual differences in athletes.
3. Aim for excellence based upon realistic goals and the athlete's growth and development.
4. Be honest and consistent with athletes.
5. Make the sport challenging and enjoyable while at the same time teaching discipline and teamwork.
6. Lead by example. Teach and practice cooperation, self-discipline, respect for officials and opponents and proper language, dress, attitude, manner, and behaviour.
7. Enforce the commitment of all student-athletes to their academic commitment, attendance, and the ambassador role they play as a student.

Parent Guidelines

1. Recognize that **coaches are volunteers** committed to the student-athlete, the team, and the school.
2. Support the athlete, the team, and the coaches with a positive attitude.
3. Commit to provide transportation as required.
4. Help the student-athlete fulfill the expectations listed in the “Student Guidelines & Eligibility” section of this handbook.
5. Support the student-athlete in maintaining a healthy balance between family, school, and athletics.
6. Encourage student-athletes to fulfill their commitment to their teammates and their team.
7. Recognize the competitive nature of athletics and the level of commitment necessary to pursue excellence.
8. Accept coaching instructions and other directions, including lineup assignments, in a positive and cooperative manner.
 - 8.1. You are fully entitled to question coaching or other decisions that affect you and your family. However, do so at an appropriate time and in a positive and cooperative manner.
 - 8.2. There is a 24-hour rule that **MUST** be followed. After an event, take 24 hours to reflect on the situation and your feelings about it BEFORE contacting the coach/supervisor. The 24-hour rule aims to promote effective and respectful communication while allowing both parties to approach discussions with a clear and composed mindset.
 - 8.3. The sequence for contacting individuals regarding coach-related inquiries is outlined below. Skipping a step will prompt a response for you to fulfill the previous step before proceeding.
 - 8.3.1. Have the **student-athlete** advocate for themselves by speaking with the coach first. The student-athlete could speak with the coach within the 24-hour window.
 - 8.3.2. Contact the **coach** if you still need to discuss the matter after 24 hours.
 - 8.3.3. Request a meeting with the **coach and the athletic director** if the matter has still not been resolved.

Fees

Team Fees will be decided by the Athletic Director after considering the costs associated with each team.

Fee Guidelines

1. The Athletic Director will set a **Fee Deadline** date for each team.
2. The Athletic Fee and the Gear Fee **MUST** be paid by 3:00 PM on the fee deadline date.
 - 2.1. Athletes will not receive their team gear until all fees have been paid in full.
3. The Sport Fee **MUST** be paid in full by 3:00 PM on the fee deadline date **OR** the athlete **MUST** sign up to volunteer with the Green & Gold Society by 3:00 PM on the fee deadline date.
4. Failure to meet the fee deadlines will result in removal from the team until ALL fees have been paid
5. **Fee Submission:** Payments for all athletic-related fees should be paid on PowerSchool or through the MCHS Finance Office.
6. If a student-athlete requires financial assistance, they can contact their coach or the athletic director for information.
7. Student-athletes with outstanding athletic team-related fees will be ineligible to try out for or participate on any athletic teams at Memorial Composite High School.

Please ensure that all fees are settled promptly to avoid any disruptions to your athletic involvement.

Green & Gold Athletic Banquet

The athletic banquet is generally held in the second week of June.

Any Memorial Composite High School student who has participated on a school team and has earned athletic points is invited to attend the spring Athletic Banquet.

The Athletic Banquet will begin with a dinner for the athletes and coaches, followed by the presentation of athletic awards. Parents will be able to attend the awards portion of the evening.

Athletic Awards

Marauder Awards & Most Valuable Player Awards

Coaches can choose two award recipients per team. The coach will select one of the following options:

1. Two Marauder Award recipients
2. One Marauder Award recipient and one Most Valuable Player Award recipient

The Marauder Awards and Most Valuable Player are presented based on the recommendation of a candidate by the respective coaches.

Marauder Award Criteria

The Marauder Award may be presented to a student-athlete who best displays the following criteria:

1. Positive Attitude
2. Coachability – Willingness to Learn
3. Desire and Initiative
4. Leadership and Team Play
5. Dedication to the Team (attending practices, etc.)
6. Positive Ambassador for Memorial
7. Appropriate Academic Standing and Exceptional Conduct Inside and Outside the Classroom

Most Valuable Player (MVP) Award Criteria

The Most Valuable Player (MVP) award may be presented to a student-athlete who best displays the following criteria:

1. The athlete's individual performance and statistical achievements played a crucial role in the success of the team.
2. The athlete was consistent throughout the season.
3. The athlete significantly impacted each game and influenced the outcome. This includes making game-changing plays, performing well in crucial moments, and influencing the course of the game or event.

Achievement Awards

The following awards are available to all athletes participating in athletics at Memorial Composite High School. Each student-athlete will collect points for the teams they play on.

The amount of points depends on the team and the length of that sports season.

An additional point may be awarded to athletes who win the City Championship, individually or as part of a team.

An additional point may be awarded to athletes who place in the top three at Provincials, individually or as part of a team.

- Achievement Award = 6 Points
- Letter Award = 10 Points
- Double Letter Award = 16 Points
- Torch Award = 20+ Points

Clarifications:

1. Points are accumulated over three years of high school.
2. Points for each athlete are recorded on file with the Athletic Awards Committee.
3. An athlete may earn each award only once; however, two awards may be earned in the same year.
4. Transfer students are eligible for points in the sports they played at their previous school (upon verification).
5. Any disputes will be referred to the Athletic Department and Awards Committee.
6. All requirements of being a team member must be completed to receive an award. The team member requirements are as follows:
 - 6.1. Attends all practices and games regularly.
 - 6.2. Displays appropriate conduct as set out in the Athlete & Parent Handbook.
 - 6.3. Displays good sportsmanship.
 - 6.4. Maintains an acceptable academic standing.
 - 6.5. Adheres to the guidelines and rules in the student handbook.

Sharon Morton Grade Ten Top Athlete Award

This award is named in honour of Mrs. Sharon Morton and is presented to the two grade ten athletes (one male & one female) who best exemplify athletic prowess and sportsmanship in both curricular and school-sponsored athletic activities.

The awards are presented on the recommendation of the school's Athletic Department.

Bill Woloshyn Grade Eleven Top Athlete Award

This award is named in honour of Mr. Bill Woloshyn and is presented to the two grade eleven athletes (one male & one female) who best exemplify athletic prowess and sportsmanship in both curricular and school-sponsored athletic activities.

The awards are presented on the recommendation of the school's Athletic Department.

L.W. Kruger Award

The L.W. Kruger Award is Memorial's top athletic award, named after a former Principal of MCHS. The L.W. Kruger Award is presented to graduating students (one male & one female) who best exemplify athletic prowess and sportsmanship in school-sponsored athletic activities.

The awards are sponsored by *Jostens* and are presented on the recommendation of the school's Athletic Department.

Green and Gold Athletic Scholarship

The Green and Gold Scholarship (\$1000 per recipient) may be presented to one male and one female graduating student-athlete who best displays the following criteria:

1. Is well-rounded and community-minded with the following qualities:
 - Positive Attitude
 - Unselfish
 - Responsible
 - Coachable
 - A Good Leader
 - A Goal Setter
2. Is a graduating student of Memorial Composite High School.
3. Has an overall average of at least 70% in their grade 12 year.
 - Based on weighted marks from Semester 1 and most recent marks from Semester 2.
4. Is a student-athlete on at least one Memorial Composite High School athletic team during each of two high school years — one year being grade 12.

Note: The scholarship must be used for post-secondary education. The amount will be paid upon proof of registration in a post-secondary institution. The proof of registration must be provided within two years of the athlete's graduation from Memorial Composite High School.