

# Memorial Composite High School



## Athlete & Parent Handbook

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# Desired Qualities in an Athlete & Coach

- **Sincerity:** Genuine and honest expression of thoughts, feelings, and actions without deceit or insincerity.
- **Patience:** The ability to remain calm, composed, and persistent while waiting for progress, improvement, or favourable outcomes, even during challenging times.
- **Honesty:** Upholding the truth and fair play in sports by demonstrating ethical behaviour and transparency on and off the field.
- **Enthusiasm:** The energy, excitement, and passion shown for a sport that motivates others to give their best effort and enjoy the game to the fullest.
- **Team Spirit:** The sense of unity, camaraderie, and cooperation among teammates working together towards shared goals and supporting each other through victories and losses.
- **Integrity:** Adhering to moral and ethical principles in sports, maintaining honesty, fairness, and strong moral character regardless of the circumstances.
- **Poise:** Maintaining composure, confidence, and grace under pressure or during challenging situations and showcasing a balanced and controlled demeanour.
- **Reliability:** Consistently delivering dependable performances and fulfilling responsibilities within a team or individual sports setting.
- **Confidence:** Believing in one's own abilities and skills and displaying self-assuredness while participating in sports.
- **Friendship:** Building strong, supportive team relationships by fostering camaraderie and trust.
- **Loyalty:** Demonstrating unwavering commitment and allegiance to a team, organization, or sport, even in the face of adversity or tempting opportunities elsewhere.
- **Skill Development:** The continuous process of refining and enhancing physical, technical, and mental abilities in a sport through practice, training, and focused efforts.

# Guidelines for Extracurricular Activities

The school encourages and supports the establishment of a wide variety of extracurricular activities to meet students' diverse needs and interests.

The staff and community members who volunteer their time to supervise and coach the students are most appreciated.

Participation in extracurricular activities is an extension of the regular school program and a privilege that carries expectations beyond those in the regular classroom situation.

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 code of conduct was established to help achieve the above goals for students participating in extracurricular activities.

## Expectations of Students

To be eligible to participate, students must:

1. Adhere to the guidelines and rules outlined in the Student Handbook and Athlete & Parent Handbook.
2. Maintain an appropriate academic standing and attendance record with positive effort and attitude.
  - 2.1. Students with unsatisfactory attendance, effort, and attitude may be removed from the team for a period of time.
3. Maintain a high level of behaviour and display good sportsmanship, befitting an ambassador of Memorial Composite High School.
4. Attend all practices and follow the team/club rules established by the supervisor/coach.
  - 4.1. Missing or skipping a practice will result in limited playing time.
5. Athletes must meet eligibility requirements set forth by the Metro Schools Athletic Association and the Alberta Schools Athletic Association (ASAA).

## Expectations of Supervisors/Coaches

Remember, the goal is to give students direction in self-discipline, leadership, teamwork, respect for rules and regulations, and the development of life-long wellness.

Coaches/supervisors will:

1. Ensure students know the guidelines for participation in extracurricular activities.
2. Ensure that students know the coach's expectations and regulations.
3. Ensure that student eligibility is met.
4. Ensure that student attendance and effort is maintained in the classroom.
5. Ensure that transportation regulations are followed (in particular, students are not allowed to transport other students).
6. Ensure that extended field trip forms are completed for any overnight trips.
7. Manage school resources and budget allocations carefully
  - 7.1. Coaches/supervisors may claim travel, lodging and other expenses with prior approval from the athletic director, and all expenses will require a submission of receipts.

## Team Participation Guidelines

To achieve our goal of performing to our full potential as a team, we must adopt a team concept that all of us understand and accept.

The following guidelines clearly state what you can expect of your coaches, support staff, and teammates and what is expected of you in return.

## Player Guidelines

1. **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.
  - 1.1. If a student-athlete has an unexcused absence in a class, the coach **WILL** limit playing time in the next game/event.
  - 1.2. To maintain high academic achievement, students will be encouraged to attend Torch Time to improve their learning and success at school.
    - 1.2.1. If a student-athlete’s current mark in any course is 50% to 59%, the student-athlete must attend a **minimum of one** Torch Time session per week for that subject.
    - 1.2.2. If a student-athlete’s current mark in any course is below 50%, the student-athlete must attend a **minimum of two** Torch Time sessions per week for that subject.
    - 1.2.3. Failure to attend Torch Time when required could result in the removal from the team until the student can meet the minimum academic requirements outlined above.
2. **Positive Attitude:** Expect a lot of yourself, but be content if you’ve given your all today. Learn from errors, and do not dwell on your own or a teammate’s. It is hard work to stay positive, especially when things are not going well.
3. **Unselfishness:** This is the key to success. None of us can succeed on our own. There is no place for envy, jealousy, or destructive personal rivalry. We win together, and we lose together. Teammates who become abusive to each other will be required to resolve the situation positively.
4. **Respect:** Treat teammates, coaches, support staff, officials, and opponents with respect. Negative feelings detract from our play and can lead to errors, penalties, and underestimation of opponents. Always show the officials respect, they have a more challenging job than anyone. Swearing is not permitted because it is disrespectful and demonstrates a lack of self-control.
5. **Excuses:** Accept responsibility for mistakes, losses of temper, defeats, and other shortcomings without resorting to excuses, and pledge to prioritize continuous improvement.

6. **Responsibility:** Commit yourself to being on time, fully dressed, and ready to give your best in every practice and game.
  - 6.1. Have a conversation with your coach beforehand, if possible, if complications develop (injury or other problems).
  - 6.2. Do not wait to be asked. Do your part to keep the dressing room clean. Help take out, carry, and put away equipment at home and on road trips.
  - 6.3. Your actions, both inside and outside the competition area, should reflect positively on yourself and the athletics community.
7. **Coachability:** Accept coaching instructions and other directions, including lineup assignments, positively and cooperatively.
  - 7.1. You are fully entitled to question coaching or any decisions that affect you.
  - 7.2. When you want to question something, do so at an appropriate time. The coach will have a conversation with you then or later, depending on the nature of the question.
  - 7.3. Personal issues will be dealt with in private. Should you have any concerns that affect your involvement or interfere with your ability to perform, you are encouraged to bring them to the coach's attention. You can count on any such matters being kept confidential.
8. **Leadership:** Every player can be a leader in their own way. You could pitch in to do your part, be enthusiastic, support your teammates, and never let up or get down. Some leaders are vocal, others say very little. We need all kinds of leaders, and we need them on and off the playing surface.
9. **Goal Setting:** Set self-improvement goals first, and victories will take care of themselves. Team goals should take precedence over individual goals.
10. **Consistency:** Strive to practice and play consistently up to your present ability level by following both the rules and acceptable behaviour guidelines.
11. **Drugs, Tobacco, Vaping and Alcohol:** Use may result in the automatic dismissal from the team.

These guidelines apply to everyone associated with the team. Being involved with the team requires a commitment to living by the abovementioned principles. The student-athlete must also focus on being an appropriate ambassador of Memorial Composite High School when at school or on road trips.

## 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 “Player Guidelines”.
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, positively and cooperatively.
  - 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.



## Coaches 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 ambassador role they play as a student.

# 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 the student-athlete requires financial assistance they can reach out to 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.

# 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 Awards are sponsored by the Memorial Composite High School Green and Gold Society. They 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.

Award	Points Accumulated	Recipients Will Receive
Achievement Award	6 Points	<ul style="list-style-type: none"><li>● A Memorial Composite High School Certificate</li></ul>
Letter Award	10 Point	<ul style="list-style-type: none"><li>● An embroidered Memorial Composite High School logo "M"</li><li>● A plaque</li></ul>
Double Letter Award	16 Points	<ul style="list-style-type: none"><li>● A Memorial Composite High School crested sweater</li><li>● A plaque</li></ul>
Torch Award	20 Points	<ul style="list-style-type: none"><li>● A Memorial Composite High School engraved glass trophy</li></ul>

### 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 Dr. and Mrs. K. Katyal and Mr. & Mrs. L. Kruger 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:
  - o Positive Attitude
  - o Unselfish
  - o Responsible
  - o Coachable
  - o A Good Leader
  - o 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.
  - o 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.

## **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.

Most athletic awards are presented at the athletic banquet.

Coaches will not use this occasion to give speeches about their team(s), and athletes/teams will not use this occasion to make speeches or presentations about their coach(es).