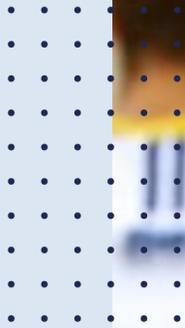




ATHLETICS Handbook



“All of me, all for God, all the time.”

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PHILOSOPHY

Athletics is an extension of Bears paw Christian School's vision of teaching minds, reaching hearts and transforming our world. Athletics offers an incredibly rich platform to glorify God in the pursuit of excellence in mind, heart, body, and soul.

Bears paw Christian School recognizes that extracurricular athletics promotes sportsmanship, team building, good citizenship, high academic standards, and community responsibility. Extracurricular athletics provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment to personal academic excellence, team play, and students must be self-motivated which all prepares them for challenges they will meet outside the school community.

BCS ATHLETICS MOTTO

*All of me,
all for God,
all the time.*



BCS ATHLETICS VALUES:

- **Eternal Perspective** — Represent Jesus, BCS, and ourselves in a Christ-like manner.
- **Joyfulness** — Playing for the love of the game.
- **Building One Another Up** — Helping each other grow and improve as people, athletes and coaches.
- **Pursuit of Excellence** — Providing a learning environment for the improvement of health, fitness, skills, game strategies and relationships.

PROGRAMS

Students can participate at the following levels:

- **Junior High School** (Grade 7-9)
 - Coaches will strive to emphasize participation, teach fundamentals and build a love of the game. Grade 7 and 8 teams are introductory and grade 9 teams increase in level of competition.
- **Senior High School** (Grade 10-12)
 - Coaches will strive to refine skills taught at the JH level and prepare athletes for the increased level of competition. *May consist of Junior Varsity and Senior Varsity teams.*

The sports listed below are typically offered at BCS over the duration of each school year.

JR. HIGH TEAM SPORTS

- Cross Country
- Golf
- Volleyball
- Basketball
- Floor Hockey
- Badminton
- Ultimate Frisbee
- Track & Field
- Soccer

SR. HIGH TEAM SPORTS

- Cross Country
- Golf
- Volleyball
- Basketball
- Badminton
- Track & Field
- Soccer

*** Availability of existing and new sports is based on student, coaching and facility demands***

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 day.

Therefore,

- Senior High 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.
- The trailing activity may hold practices according to the ASAA seasons of play; however, these practices are not to include players of the preceding activity.
- Final cuts for the trailing activity occurs (minimum) 2 practices after the completion of the preceding activity.

TEAM COMMITMENTS

JR. HIGH TEAMS

2-3 Events Per Week | 1-3 Tournaments | Playoffs (*if necessary*)

- Practices may be scheduled between the hours of 7am and 7pm.
- Practice days will vary from Monday to Friday.
- Practices will not be scheduled on designated days off in the academic school calendar
- Games may be scheduled between the hours of 4pm and 7pm with the exception of playoffs and tournaments.
- Game days are traditionally Tuesdays and Thursdays.

SR. HIGH TEAMS

2-4 Events Per Week | 3-5 Tournaments | Playoffs/Zones/Provincials (*if necessary*)

- Practices may be scheduled between the hours of 7am and 7pm.
- Practice days will vary from Monday to Friday.
- Practices will not be scheduled on designated days off in the academic school calendar
- Games may be scheduled between the hours of 4pm and 7pm with the exception of playoffs and tournaments.
- Game days are traditionally Mondays and Wednesdays.



Student athletes are expected to provide strong examples of leadership and citizenship both on and off the court/field of play and both in and out of the classroom.

PARTICIPATION 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 school administration and the athletic director.
- 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 to the front office (as athletic fees) for each activity.
- Players must pay fees in full or make arrangements with school administration and the athletic director before they will be permitted to participate in league games or tournaments.
- If families cannot afford team payment they are required to discuss the situation with the school administration and the athletic director.

The following chart shows the approximate participation fee and the costs covered by the fee.

ACTIVITY	FEES	INCLUDED IN FEES			
		League Fees	Uniform	Tournament Fees	Coach Gift or Stipend
Cross Country	\$30.00	*	*	*	*
Golf — Jr. High Team	\$75.00	*		*	*
Golf — Sr. High Team	\$125.00	*		*	*
Volleyball — Grade 7	\$100.00	*	*	*	*
Volleyball — Grade 8	\$125.00	*	*	*	*
Volleyball — Grade 9	\$150.00	*	*	*	*
Volleyball — Jr. Varsity	\$150.00	*	*	*	*
Volleyball — Sr. Varsity	\$250.00	*	*	*	*
Basketball — Grade 7	\$125.00	*	*	*	*
Basketball — Grade 8	\$150.00	*	*	*	*
Basketball — Grade 9	\$150.00	*	*	*	*
Basketball — Varsity Girls	\$250.00	*	*	*	*
Basketball — Varsity Boys	\$300.00	*	*	*	*
Floor Hockey	\$30.00	*	*	*	*
Badminton	\$30.00	*	*	*	*
Ultimate Frisbee	\$40.00			*	*
Soccer	\$50.00	*	*	*	*
Track & Field	\$50.00	*	*		*

TEAM SUPPORT AT GAMES & TOURNAMENTS

Participating athletes and their parents are expected to volunteer at tournaments in capacities such as score keeping, concession, set up and take down. All funds collected as participation fees go directly to BCS and are carefully distributed to ensure costs are managed while the athlete experience is maximized. BCS wants the Athletics program to thrive with a sense of community participation and support.

UNIFORMS & EQUIPMENT

Most uniforms will be provided by Bears paw Christian School however, some sports may use their BCS PE shirt. Uniforms will be distributed by the Athletic Department (team manager, athletic coordinator or coach) whichever is the most practical. Players will be responsible for the care and maintenance of uniforms while they are in their possession. BCS team uniforms should only be worn for inter-school events/games. They are not to be worn for PE classes, options, or intramurals. 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 Physical Education department or public use.

TRANSPORTATION

PARENT/PRIVATE VEHICLE

- Family members may transport other immediate family members to events.
- Parents may choose to arrange their own private carpooling. BCS will take no ownership or responsibility in carpooling.
- Student drivers may transport themselves to events.
- Student drivers are NOT allowed to transport other students to any athletic competition or practice.

POOR WEATHER POLICY

Bears paw Christian School will not travel outside or within the city of Calgary for an athletic event when the temperature is below minus 30 or minus 40 with wind chill or when the RCMP advise against travel. AMA road conditions report will support the process and school administration along with the athletic director will make the final decision regarding student and family safety. Games will be rescheduled according to ASAA guidelines and in coordination with the opposing team(s).

PRACTICE & GAME TIMES

Any activity under way shall have priority over the following season of play (e.g. volleyball over basketball)

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

The athletic director will create a practice schedule on a season long basis. This schedule will be posted on Google Calendar and will be updated as needed. The athletic calendar will be available to view on the BCS Website under 'Athletics'.

Friday practices will be scheduled as needed and are considered a flexible option if league play, interruptions in weekly practices, or game preparation determines an additional day is necessary.

GUIDELINES FOR STUDENT ATHLETES

ELIGIBILITY

- To be eligible to participate Grades 7-9 student athletes must meet eligibility requirements as outlined by the CISAA and BCS below.
- To be eligible to participate Grades 10- 12 students must meet eligibility requirements as set out by the CISAA, ASAA and BCS below.

ATHLETIC AND ACADEMIC CONDUCT

- Student athletes are representatives and ambassadors of Bearspaw Christian School, the community of the Calgary Independent Schools Athletic Association (CISAA), and the Calgary Zone.
- Student athletes are expected to provide strong examples of leadership and citizenship both on and off the court/field of play and both in and out of the classroom.
- Student athletes must prioritize their academic success in order to participate in practices and games. Each student athlete is required to maintain a 55% average in all core subjects throughout the designated season. If a student's achievement drops below 55% in a class the student will be notified and a plan will be reviewed and monitored by administration, the athletic director, coaches and teachers in order for permission to return to practice and/or play will be granted. The time commitment to play sports is a significant privilege and it will not take precedence over academic success at BCS. Time management, consistency and a sense of personal responsibility are essential for BCS student athletes.
- Team before self. Most sports are team games and although it is proper and even necessary to have personal objectives, it is paramount that each member of the Bearspaw Christian School Grizzly team possess an unselfish attitude where team objectives are primary.
- Regardless of when or where an athletic event occurs it is a school-sponsored activity. The use of tobacco, drugs or alcohol is prohibited and shall be strictly enforced.
- If a student athlete does not conduct himself/herself in a manner that reflects favorably on the school the privilege of participation may be suspended or revoked after speaking directly with school administration by a coach/supervisor or the athletic director.
- Player and/or coach ejections are subject to review by the school administration and the athletic director for possible further evaluation.

Continued on next page.

ATTENDANCE IN SCHOOL

Students must be in attendance for the full 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
- Funeral services
- Planned absence for personal or educational purposes that have been pre-approved by the school administration

Students who are absent from classes for a portion of the day due to illness are not eligible to participate by simply making it to the remaining portion of their classes. It may be considered unethical for a coach to practice or play an athlete who was ill earlier in the day. 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.

SCHOOL SUSPENSION

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

INJURY

All student athletes should carry some form of medical insurance. If an athlete is injured while participating on behalf of Bears paw Christian School the school will not cover medical costs (e.g. 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.

Any student seriously 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.

Examples of serious injury may include but are not limited to: concussion, muscle tears, bone fractures, or any surgical operation.

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, games or tournaments and an explanation of that absence.

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

Internal school commitment conflicts may occasionally occur. An example of this may be athletics and worship teams which both practice after school. Open and early communication between all staff and students involved is essential to balance the needs of the activities.

HAZING

Hazing or negative initiation activities are prohibited by Bears paw Christian School. The planning, initiation of or participation in such activities shall be dealt with under the behavioral expectation of Bears paw Christian School and may lead to suspension or removal from a team and/or school.

TEAM SELECTION

All activities are open to all students of Bearspaw Christian 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 will be based on attitude, coach-ability, academic standing, skill and commitment.

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

Late Joiners

- May be accepted if numbers are low
- Pay the full team fee

Team Withdrawal

- Student-athletes who choose to withdraw their team membership within the first month are eligible to receive one half of their team fees back.
- Student-athletes who choose to withdraw their team membership after the first month are ineligible to receive their team fees back.

Long Term Injuries

- Season jeopardizing injuries occurring in the first two weeks of play:
 - Players may be eligible for reimbursement with the Administration making the final decision.
- Season jeopardizing injuries occurring after the first month of play:
 - Players will not receive a refund

PRACTICES

- All practices will be scheduled through the athletic director who will 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 go through 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.

PLAYING TIME / EXPECTATIONS

- Bearspaw Christian School High School and Grade 9 teams participate in competitive leagues leading to zone and/or provincial competitions. 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 will vary from situation to situation and game to game.
- For league, zone, and provincial playoffs, BCS will place the best team available on that day.
- Grade 7 and 7/8 teams are development teams. As such their goal is to develop players for Grade 9 or high school teams. All members should expect to play on a regular and relatively equal basis provided they have been to all practices, are on time, are working to the best of their ability, are following the coach's instructions and being helpful and courteous to their teammates and the opposition. In all cases the coach is the final decision maker on these team issues.
- Grade 7 and 7/8 coaches will have the flexibility to match their opponents skill level in any elimination game scenario. Any changes to season strategy should be discussed and communicated with the players and parents beforehand.

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 share their philosophy, team goals and player expectations.
- Coaches will hold a parent pre-season meeting in conjunction with the athletic director.

SANCTIONED ABSENCES & EARLY DISMISSALS

It is at times necessary for student athletes to be absent from classes or to be released early from class. In these instances the athletic department is required to provide notice to the office and appropriate teachers. Athletes must ensure that they stay in class until the designated time (typically no dismissal prior to 3:00pm Mon-Thurs) and respectfully communicate reminders to teachers when necessary.

GUIDELINES FOR PARENTS

All parents must read, comply and sign off on the parental athletic agreement. Completed forms will be submitted to the overseeing Athletic Director.

Parents are expected to:

- Support the team, players and coaches.
- Help your child to follow and uphold the Bearspaw Christian School athletes' guidelines for participation.
- Support the goals of sportsmanship and help bring pride and respect to your child and Bearspaw Christian 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 any disagreements/concerns parents are expected to speak first with the coach. Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches and generally do not promote optimal results. Please schedule meetings in advance and adhere to the 24-hour rule before confronting a coach.
- Appropriate concerns to discuss with coaches include:
 - Handling of schedule time conflicts
 - Your athletes behavior and attitude
 - Ways to help improve your athlete's performance
- Decisions in areas listed below should be left to the discretion of the coach.
 - Team strategy
 - Play calling
 - Other student athletes
 - Playing time
- If concerns persist the parent may set up an appointment with the athletic director to discuss the situation. At this meeting appropriate next steps can be determined.

AWARDS

Each year in June, after the conclusion of all school sponsored athletic activities, the athletic department will sponsor and host an "Annual Athletic Awards Ceremony". At this ceremony 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 and other related athletic awards will be presented to athletes and coaches.

CONTACT PAGE



BCS Campus School The Grizzlies

Interim Athletic Director: Jeff Covey

Phone: 403.295.2566 ex. 5307

Email: jeff.covey@bearspawschool.com



BCS @ Home The Kodiaks

Athletic Director: Kari Abraham

Phone:

Email: kari.abraham@bearspawschool.com

