



STE. ANNE COLLEGIATE

Athletic Handbook

Table of Contents

- I. Purpose and Mission of Sports Program
- II. Inter-scholastic Sports Teams
- III. Qualifying For Provincial Championships
- IV. Sport User Fees
- V. Intramural Program
- VI. Staff Supervisor's Responsibilities of Sports Teams
- VII. Coaching Responsibilities of Sports Teams
- VIII. Athletes of the Year
- IX. Fair Play at Ste. Anne Collegiate
- X. SAC Athletic Contract

**Athletic Program
Mission Statement**

To provide students and staff at SAC with more opportunities to incorporate physical activities as an integral part of their daily lives, in a safe and welcoming environment.

II. Inter-scholastic Sports Teams

All sports teams at SAC are divided into two (2) categories. They are Junior Varsity (JV), and Varsity.

Varsity teams are competitive, and therefore, individual players will be selected at try-outs before the season begins. Players will be selected based on their ability, contribution to team chemistry, attitude, and commitment to the sport/team.

JV teams are also competitive. Individual players will also be selected at try-outs before the season begins, but the goal of the JV program is for players to develop their skills and overall knowledge of the sport. With this in mind, it is important that we have as many student-athletes involved at the JV levels as possible, keeping a healthy balance of Grade 9 and 10 students. In exceptional circumstances where we have large numbers of players at try-outs, multiple teams may be formed, providing there are enough players present at each of the try-outs and that we are able to find additional coaches/supervisors.

At SAC, we will offer the following sports teams that fall under MHSAA guidelines:

Cross Country, Volleyball, Basketball, Badminton, Baseball, Track and Field

Each of our sports teams will have limited number of space for players. Each sport is different and may allow for more/less players on the team. To ensure maximum quality of competition and a sufficient amount of playing time for each player we will select the following number of players after several try-out sessions:

- Cross Country - unlimited amount of athletes
- Volleyball - maximum of 12-13 athletes***
- Basketball - maximum of 12-13 athletes***
- Badminton - maximum of 12 male athletes and 12 female athletes
- Baseball - maximum of 12-13 athletes per team***
- Track & Field - unlimited amount of athletes (max. 3 per event/per category)

*** - at the discretion of the coach/Athletic Director, may change from year to year

Providing we have strong numbers at try-outs, we will strive to select the maximum number of athletes for each of our sports teams. Try-outs will be run by the designated coach/coaches but teams will be selected by both the coach/coaches AND a panel of other experienced, knowledgeable and credible coaches or assessors. The

team coach will be involved in the selection process, however each tryout session will be evaluated by other experienced coaches.

For students who do not wish to play on our inter-scholastic competitive teams or who do not get selected after try-outs, we will offer a wide variety of intramural sports over the noon hour where EVERYONE is welcome to participate. For a listing of the offering, please refer to the section on Intramural Programs (Section V).

Gym Practice Times

Regular team practices will take place from 3:30pm to 5:00pm, 5:00pm to 6:30pm and 6:30pm to 8:00pm. A rotating practice schedule will be set up prior to the sport season through the Phys. Ed. Department.

From time to time, a coach from our school teams may book the gymnasium to run a practice in the morning or at lunchtime, in addition to their regular scheduled practices. Prior approval from the Phys. Ed. Department will be required in advance of the practice. Students will be notified of the gym closure the day prior to the practice. Athletes are ultimately responsible for checking the daily announcements for changes to their schedules.

III. Qualifying For Provincial Championships

All athletes will have the opportunity to qualify for provincial championships in each of the recognized sports. For all team sports, athletes can qualify through league play, league playoffs, the zone tournament and inter-zone qualifiers. For individualized sports, athletes must qualify through the zone championships. Each sport is different as to how athletes can qualify for provincials.

The following results at the zone championships will qualify an athlete for provincials in individualized sports:

Cross Country → 1st, 2nd or 3rd

Badminton → 1st or 2nd

Track & Field → 1st, 2nd or 3rd (athletes must also meet provincial standards)

IV. Sport User Fees

The payment of sport user fees is to be made to the SAC office. Receipts will be provided upon payment. Please coordinate the payment of the fees and issuance of receipts with the SAC office.

Cross Country	- \$10.00	
Volleyball	- Varsity \$70.00	JV - \$ 50.00
Basketball	- Varsity \$ 80.00	JV - \$ 60.00
Badminton	- \$25.00	
Baseball	- \$20.00 + (one-time fee of \$20.00 for a cap)	
Track & Field	- \$10.00	

All fees are non-refundable.

It is the responsibility of the coaches/staff supervisor to ensure the fees have been submitted to the office. After a reasonable amount of time has passed and the fee is still not collected, a letter will be sent home on behalf of the school administration. If this still does not result in payment of the fee, then the school administration will make contact with the student and/or parents. Dismissal from the team may be necessary if fees are still not collected.

****Teams travelling to overnight tournaments may also be subject to additional fees to cover expenses****

User fees are collected to pay for the following:

- Varsity tournaments
- Junior Varsity tournaments
- Upkeep/upgrade of school uniforms and equipment

V. *Intramural Program*

The goal of the SAC Intramural Program is to offer EVERY student the opportunity to participate in athletics, especially those that may not have the time, or required skill level to do so on the extra-curricular teams.

The program is organized in two divisions: Competitive Co-Ed and Recreational Co-Ed. Teams must be made up with at least THREE female players. A minimum of FOUR teams per division must be registered. If fewer teams are registered, divisions may need to be combined. Once all teams are registered, a schedule will be made and distributed. Results and standings will be kept and the winning team at the end of the sport will earn an incentive/reward. Intramurals will be offered daily from 12:20 p.m. to 12:55 p.m.

Team captains of all intramural teams will be responsible to attend “captains meetings” over the course of the intramural season. They will also be responsible for ensuring that their team is adhering to the intramural code of conduct, fulfilling their corresponding expectations and attending their intramural games.

Intra-mural Activities Offered:

September/October	Team Volleyball
October/November	Team Dodgeball
November/December	Team Indoor Soccer
January/February	Team Basketball
February/March	Team Tchoukball
March/April	Team Badminton
April/May/June	Team Floor Hockey

In addition, there will be a one-day intramural softball tournament taking place in early June

VI. Staff Supervisor Responsibilities Of Sports Teams

- Act as liaison between the school, the coach and the athletic director when applicable.
- Be responsible for collecting all equipment assigned to the team
 - Uniforms, etc.
- Inform SAC administration of potential problems
 - “proactive” approach
- Report incidents to SAC administration
- Be in the school during team practice times
 - ensure that the coach and students know where you are in the school
 - have to stay until the last athlete has left the school
- Be in the Lynx gymnasium during *home* games
 - arrive at least ½ hour early to supervise the athletes in the school
 - stay until the last athlete has left the school
- Be in the gymnasium during *away* games
 - be the last one out of the school making sure that everyone has arranged for transportation home
- Arrange for payment for away tournament entry fees through the athletic director

VII. Coaching Responsibilities Of Sports Teams

- To act as role models in athletics and sportsmanship
- Go over *Fair Play Agreement* with athletes prior to the season
- Inform SAC administration of potential problems (proactive approach)

- Report incidents to SAC administration
- Arrange for the payment of tournament fees
- Be responsible for all team members at all times under your supervision

VIII. Athletes Of The Year

In June of each year, the *Athletes of the Year* will be chosen by the selection committee. The selection committee will consist of:

- *Athletic Director and Phys. Ed teachers*
- *Members of SAC teaching staff*
- *Members of SAC administration*

Athletes will be nominated by coaches, and/or teacher supervisors.

Athletes of the Year will be awarded to:

- 1 Male and 1 Female Athlete from each grade

The major criteria the selection committee will consider are:

- Ability
- Participation
- Attitude, Citizenship and Volunteerism
- Contribution to Team Chemistry
- Academics

IX. Fair Play at Ste. Anne Collegiate

Every coach at Ste. Anne Collegiate understands the fair play motto. They will ensure to provide every athlete of every team the opportunity to develop their skills in practices and in game situations whenever possible. However, fair play does not mean equal playing time. In certain situations, certain players may receive more/less playing time than other players depending on the nature of the given game. Throughout the season, there will be multiple opportunities for ALL players to have the opportunity to have a chance to play in competitive games and coaches will ensure to take advantage of those opportunities. Regular attendance at practices combined with a respectful attitude and willingness to improve will only better an athlete's chances to participate in quality game competition. Any further questions/concerns regarding this policy can be discussed with the school's athletic director.

Ste. Anne Collegiate requires our athletes to:

- conduct themselves at all times with honor and dignity
- treat visiting team(s), spectators, and officials as honored guests
- faithfully complete school work to the best of their ability
- show that it is a privilege to represent your school
- remember that there is no place in school athletics before, during or after competition for the use of alcohol or drugs of any kind
- regularly attend all of their classes and team activities

The game requires the athlete to:

- maintain a high degree of physical fitness
- be fair at all times no matter what the cost
- believe in the honesty and integrity of opponents and officials
- play the game for the game's sake
- accept peacefully and without question the decision of the officials

Sportsmanship demands that the athlete:

- recognize and applaud honesty and wholeheartedly the efforts of their team or opponents regardless of skill, score, color, creed or race

- play hard to the limit of their abilities regardless of discouragement (true athletes do not give up, nor do they quarrel, cheat, bet or show off)
- accept both victory and defeat with pride, compassion and integrity



STE. ANNE COLLEGIATE

Lynx Athletic Contract

As a student athlete at Ste. Anne Collegiate, my personal conduct reflects upon the sport I play, my teammates, opponents, coaches, supporters and myself. To be a student athlete at Ste. Anne Collegiate is to accept and adopt the concepts of *Fair Play*, respect, dignity, enjoyment and honor in all aspects of my sport participation.

I will conduct myself in a manner, in which my behavior will not be considered a form of harassment, including comments and/or conduct which is insulting, intimidating, hurtful, malicious, degrading or otherwise offensive to an individual or group of individuals, or which creates an uncomfortable environment. As such, I agree to respect my fellow teammates by adhering to and upholding principles of not engaging in any form of hazing or any form of sexist, racist, or discriminatory language and or behavior.

As a student athlete, I am a representative of Ste. Anne Collegiate and as such, I am expected to conduct myself at all times in an appropriate manner. Poor conduct and other inappropriate behavior reflect upon Lynx sports and the school.

I understand that my behaviour in the classroom is integral to my success in athletics. I realize that I must meet the expectations in each of my classes in order to participate in the athletic programs.

I will refrain from the use of alcohol or illegal drugs during competition, during practice, in accommodations provided for my team on overnight trips, and while travelling to and from competition.

I am aware of Ste. Anne Collegiate's zero-tolerance of abuse towards officials. As an athlete it is my responsibility to respect the officials that officiate at all events, tournaments or games.

In addition, I am responsible for ensuring that my behavior and manners are above reproach while occupying accommodations while representing Ste. Anne

Collegiate. I am aware that I am personally responsible for any damages or charges that are assessed to the room in which I have been assigned.

Finally, I am aware that as a student athlete at Ste. Anne Collegiate, failure to adhere to the *SAC Lynx Sports Fair Play Agreement* could result in any or all of the following taking place:

- verbal warning
- written warning
- suspension from the teams next competition
- further suspension depending on the severity of offense
- suspension from team for the rest of the season
- suspension from school
- suspension from extracurricular privileges

Prior to signing this contract, I have had an adequate opportunity to read and understand the SAC Athletic Handbook, I have had an opportunity to read and understand the SAC Fair Play Agreement, to ask questions about it, and recognize that questions have been answered to my satisfaction.

Agreed, this _____ (day) of _____ (month), 20 .

Athlete's Printed Name

Athlete's Signature

Parent's Printed Name

Parent's Signature



STE. ANNE COLLEGIATE

Athletic Handbook

2016-2017