

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. The journey highlights that prioritizing learning leads to excellence.”
 - 1.1. If a student-athlete skips a class for any reason, they will **NOT** be eligible to play 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.

Athletic Awards

L.W. Kruger Award

A trophy, a school ring, and a cash award of \$100.00 are presented to one male and one female graduating student who best exemplifies athletic prowess and sportsmanship in school-sponsored athletic activities. The recipients' names are engraved on the permanent trophy kept in the school.

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.

The L.W. Kruger Award is presented at the fall graduation ceremony.

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. Has an overall average of at least 70% in their grade 12 year.
3. Is a student-athlete on at least one MCHS athletic team during each of two high school years — one year being grade 12.

These scholarships are sponsored by the Green and Gold Society. The Athletic Department and Memorial's Awards Committee are both involved in the selection process.

This award will be presented at the spring athletic banquet and awards ceremony.

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.

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.

These awards will be presented at the spring athletic banquet and awards ceremony.

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">• A Memorial Composite High School Certificate
Letter Award	10 Point	<ul style="list-style-type: none">• An embroidered Memorial Composite High School logo "M"• A plaque
Double Letter Award	16 Points	<ul style="list-style-type: none">• A Memorial Composite High School crested sweater• A plaque
Torch Award	20 Points	<ul style="list-style-type: none">• A Memorial Composite High School engraved glass trophy

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 an award 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 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.

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 awards (except the L.W. Kruger Award) 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).