



# Scarlett Athletics - Athlete/Parent Handbook

Scarlett Athletic Handbooks are fluid documents and if changes are required all stakeholders will receive notice of the change. It is each individual's responsibility to check the changes.

## **TRY OUT POLICY**

Athletes must hand in to their coach prior to tryouts the Annual Authorization for Athletic Try Out Form which is located on the school website under athletics.

### **1. SELECTION PHILOSOPHY**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program of the school district, we encourage coaches to keep as many students as they can on the team without compromising the integrity of the sport. Obviously, time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy in this regard, we strive to maximize the opportunities for our students without diluting the quality of the program.

### **2. SELECTION CUTTING POLICY**

Prior to trying out, the coach shall provide the following information to all team candidates.

1. Extent of try-out period
2. Criteria used to select team
3. Number of athletes to be selected
4. Practice commitment should they make the team
5. Game/Tournament commitments

Before cutting players from a squad, coaches should make certain that students are given a fair assessment of their skills. Every athlete will receive **three opportunities** to be seen at tryouts.

When the cut is made, the coach should speak to each one personally and post a list of all students making the team. It is important that this responsibility be done with compassion and as positively as possible. It is recommended that coaches have a brief conversation with the athlete being cut in regards to how he/she might better or expand on his/her skill set.

We strongly encourage multi-sport athletes to tryout for school teams. Athletes need to self advocate and communicate their intention to coaches at the first tryout if they are planning to try out for another school team during the same season. Some teams in the same season will have conflicts with schedules and commitments and an athlete will not be able to participate for both teams if he or she is selected for both. In this situation an athlete would need to make a decision of which team they are going to commit to. Athletes in this situation need to work closely with their potential coaches to ensure they are communicating which tryout sessions they will be attending for each sport.

## **TEAM SELECTION**

It is the responsibility of the head coach in consultation with his or her coaching staff, to select those athletes deemed worthy of being a member of the team. Keeping this in mind, there are some program guidelines to follow in order to ensure quality programs from year to year.

1. The number of athletes to be chosen, will be determined by the coach with the following as guidelines;
  - The number of uniforms available.
  - The importance of providing a worthwhile experience for all athletes involved in the activity.
2. Head coaches of Varsity teams must be aware of the grade split. For example the number of grade 11's and 12's. Even though the 12's may be your experienced players, in terms of number of years in the program, the 11's will be the program's future building blocks.
3. For Jr. Varsity teams, approximately 25% of the members **could** be grade 11's. The primary focus should be on the developing grade 10's. Grade 11 athletes chosen for a Jr. Varsity team must fulfill these criteria;
  - They must be a starter on the team in question.
  - They will be judged as capable of playing at the Varsity level next season.
4. **Selection policy for Inclusion of a Grade 10 athlete upon a Varsity team.** Please note that this policy will only apply to the activities of Volleyball, Basketball and Field Hockey. The policy and procedures will be as follows;
  - A formal letter from the parent of the athlete involved, requesting a "tryout" with the Varsity team, must be sent to the athletic director a minimum of one week (where applicable) prior to the season in question. That formal letter will include support letters from a Provincial or National Organizations that have identified the athlete as a superior player and whose ranking systems place the athlete in question as a top player in the Province or nation for the activity he or she is involved in.
  - Communication will take place prior to "tryouts" beginning between the athletic director, the parents and the athlete in question with the following guidelines for selection to be used.
    - i. The athlete in question must complete the selection process necessary for inclusion on the Varsity team. The athlete will be chosen by the head coach responsible according to criteria established by he or she as being representative of Varsity level competition.
    - ii. The athlete if chosen for the Varsity team will be identified as a **starter**. In the case of Volleyball one of the first six players on the floor, in Basketball, one of the first 5 players on the floor and in Field Hockey, one of the first 11 on the field.

## **TRANSFERS AND ELIGIBILITIES**

Eligibility is determined by two governing bodies, the ASAA and the CSHSAA. Both of these handbooks can be found on the internet. It is important that at the start of the season if an athlete is new to our school and not going into grade 10 that he/she speaks with the Athletic Director immediately. If he or she has competed in any sports at other Alberta High Schools they will most likely have to complete a transfer process.

## **PRACTICE SESSIONS**

It is the responsibility of the head coach and his or her coaching staff, to ensure that practices are well organized, active, positive, educationally worthwhile and enjoyable. Athletes should be given equal time by the coaching staff during practices in order to improve their skills.

Regular attendance at practices is required of our athletes in order for them to be involved in interschool competition. Work and social activities are not acceptable reasons for missing practices.

The athletic director will establish volleyball, basketball and badminton schedules as well as "bad weather" gym schedules after consultation with the coaching staffs involved.

**NOTE; As per CSHSAA policy, No member schools can be involved in practices outside of Monday through Saturday and outside their season of play.**

## **PERFORMANCE AND ATTENDANCE IN CLASSES BY ATHLETES**

The athletic director, teachers, coaches and administrators will monitor the athletes' performance in their assigned classes during the period of their involvement in an activity.

- If an athlete is excused from a class or classes due to illness that athlete is not permitted to attend or participate in their practice or game that evening.
- If an athlete has an excused absence for a medical appointment or other reason he or she is allowed to participate in their practice or game the same evening and should communicate this with their coach ahead of time.
- If an athlete is not in attendance and the absence is not excused by a parent/guardian that athlete will not be able to participate in their practice or game that evening. The athlete may also experience a temporary dismissal from the teams' activities if the behavior continues to happen.

Athletes who are identified as repeat offenders will meet with the athletic director to set up a contract. The contract will be set up with help from administration and the athlete's coach and parents. Failure to comply with the contract may result in temporary or permanent dismissal from an activity or the team. See the Lancers Code of Conduct which each athlete and parent sign at the beginning of his or her season. We do not want to deny an athlete the opportunity to participate in the activity of their choosing, however you must keep in mind that the athlete's school work is #1 and that removal from a competition situation may be the only course of action.

## **TEAM UNIFORMS**

It is the intent of the athletic department to provide teams with the best uniforms possible. There is no doubt that athletes take pride in wearing the uniforms representing their school. These uniforms however do not give them privileges above and beyond the other students of the school. They are ambassadors of the school and as such are highly recognizable.

The athlete is to be reminded that they are financially responsible for the uniform and all of its parts. If lost or damaged, due to neglect, The athlete will be charged for its full replacement value.

The athlete outside of scheduled competition involving their particular team will not wear uniforms.

BE PROUD OF THE SCARLETT, GREY AND WHITE.

## **LANCER ATHLETIC AWARDS PROGRAM**

Coaches will select (with or without the help of their team) the teams' distinction winners and a team MVP. The recipients will receive their awards at the annual Night of the Lancer which is held in June to honor those athletes chosen by either their peers or the coaching staff as making a major contribution to the sporting activity they were involved in. At this special evening the following awards will be presented.

- **Distinction:** Distinction award winners to no more than 30% of the total members of your sport group.
- **Most Valuable Player/Athlete:** There may be more than one winner for your particular sport.
- **Male Athlete of the Year:** Nominees are chosen based upon their participation in athletics at EP Scarlett. Five or six nominees are chosen for each grade, 10, 11 and 12.
- **Female Athlete of the Year:** Nominees are chosen based upon their participation in athletics at EP Scarlett. Five or six nominees are chosen for each grade, 10, 11 and 12.
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- **Lancer Service Awards:** This award is presented to an individual or individuals that have contributed to the athletic program at a significant level. The recipient cannot be a member of a team as a player, but may have volunteered their time as a manager, athletic trainer, and statistician.
- **Tom Sorenson Award:** Presented annually to the student, male or female that has achieved a high standard during their three years at Scarlett in academics, athletics and school involvement.
- **Al Taylor Booster Club Scholarship:** presented annually to the top male and female athletes in grade 12. These students encompass athletics, academics, school involvement and need. A \$500 scholarship is presented to these two winners.

### **EXPECTATIONS / RESPONSIBILITIES OF THE ATHLETES**

- Academic and scholastic standards must be maintained. Students must demonstrate that they are putting their full effort into their schoolwork. If a coach or a teacher feels that this is not happening, the Athletic Director will become involved and set up a meeting with the athlete to discuss the possibility of having to establish a contract.
- Attendance - Students may be required to miss a limited number of classes due to team commitments, therefore, students should not have any unexcused absences and should not be late for classes.
- Disrespect or insubordination towards staff or students will not be tolerated.
- Abusive language or profanity is prohibited.
- Participants are expected to display good sportsmanship in all situations.
- Self control is very important. Fighting will result in automatic suspension from the team plus possible school-based consequences.
- Avoid disputes and arguments with officials. The captain is the only team member to enter into discussion with officials. Ask only for an interpretation of the call.
- Travel Regulations – Team members must travel with the group to away tournaments unless otherwise arranged in advance with coach and athletic director approval.
- Athletes are to attend all team practices and games. If a player is unable to attend, he/she should speak directly with the coach in advance.
- Players are financially responsible for all equipment checked out to them.
- Keep equipment clean and in good repair at all times.
- Players coming to games should be neatly dressed and well groomed.
- Coaches and players will establish training rules for their sport. Once thoroughly described at the beginning of the season, all athletes are required to follow them.

### **EXPECTATIONS / RESPONSIBILITIES OF THE PARENTS**

- Parents should abide by the code of conduct outlined in the Parent
- Lancer Code of Conduct at all times.
- Parents must read, understand, and sign the Parent Lancer Code of Conduct before their child will be eligible for competitions.

**GO LANCERS GO!**



