



Athletic Package 2023-2024

The following sports package is different than previous years. It has policy changes and new information regarding Sabres Athletics. **PLEASE READ** all the information carefully with your student. All forms need to be signed (2 forms included) and returned with the required fees (\$75) before your athlete can participate on any athletic team. Please make cheques payable to SARHS or pay at the front office. Cash is also accepted.

This package contains the following information:

- General Information
- Sports Award Information
- Sports Parents Committee
- Acknowledgement of Risk
- Student Code of Conduct

Sports Information Night: Thursday, September 21 at 7:30pm

GENERAL INFORMATION

The athletic program at St. Andrew's Regional High School acts as a supplement to the academic program of the school and encourages both participation and the pursuit of excellence.

Sabres' athletic teams currently compete in three age categories; grade 8, grade 9 & 10 (junior), and grade 11 & 12 (senior). As members of BC School Sports, we compete for senior provincial championships, qualifying out of the Lower Vancouver Island Senior Secondary Athletic Association (LVISSAA). Our grade 8's, provided we have enough for a grade 8 team, will associate with the Lower Island Middle School Sports Association (grades 6-8).

Our current sports that athletes can participate include; swimming, soccer, cross country, volleyball, rowing, basketball, track and field, badminton, and ultimate frisbee.

Athletic Director: LILY BLAIR Email: lblair@cisdv.bc.ca

Sports Reps: Jace Dixon, Natalia Gedischk and Amanda Leslie

GAME AND PRACTICE SCHEDULES:

All game schedules can be found on the Lower Island School Sports website: lowerislandschoolsports.ca

Practice schedules are determined by the coaches and teacher sponsors. The *Week In Sports* will be posted in front of the gym by Monday morning at 9:00am and on the school website. Changes in practices do occur without being communicated with the Athletic Director, so it is important to communicate directly with the coach and teacher sponsor.

NEW UNIFORM POLICY: Student-athletes have two weeks to return their uniforms to their coach or teacher sponsor. Students may *not* participate in another sport at St. Andrew's until their entire uniform is returned. Students who fail to return their uniform will not receive their yearbook at the end of the year until the full uniform is returned. If a student still does not return their uniform, they will be charged the replacement cost of the uniform.

Participation on any athletic team requires the following:

- 1) **\$75.00 yearly Athletic Fee to cover transportation, coaching, equipment, and a long-sleeve Sabres warm-up shirt**
- 2) **Additional cost may occur dependent upon qualifying tournaments and/or provincial championships. Cost will be divided by ALL registered team members.**
- 3) **Informed Consent Form (Sports Activity Risks)**
- 4) **Sabres Code of Conduct**

*All items must be received by SARHS prior to competing.
Please make cheques payable to SARHS or pay at the front office.

Sabres Sports Awards

Sports Awards Night is June 11th at 5pm Bbq and 6:30pm Awards (in the Gym)

At the end of each school year, the athletic department and sports parents like to recognize the hard work of our student athletes. Each coach selects one Most Valuable Player and one Most Inspirational or Improved Player. In addition to the team awards, the following awards are given (subject to change):

- Grade 8 Sportsmanship Award:** Two grade 8 students who, in any situation, conducts himself/herself in a respectful and sportsmanlike manner to the coaches, officials, teammates, and opponents.
- Junior Sportsmanship Award:** Two students in grade 9 or 10 who, in any situation, conducts himself/herself in a respectful and sportsmanlike manner to the coaches, officials, teammates, and opponents.

- Miskulin Sportsmanship Award:** Two students in grade 11 or 12 student who, in any situation, conducts himself/herself in a respectful and sportsmanlike manner to the coaches, officials, teammates, and opponents.
- Sports Parents Recognition Award:** Two gr. 12 students, chosen by the Athletic Director and must be attending post secondary to qualify. A \$500 bursary is awarded to these two students.
- Mick Goodger Athletic Director's Award:** a coach or teacher sponsor who continually gives their time, effort, and energy to our athletes and Sabres Athletics.
- David Calder Award:** Awarded to a rowing team member, demonstrates spirit and hard work.
- Athletic Director Student Award:** a student(s) who continually helps the athletic director and goes above and beyond to support Sabres Athletics.
- William Hahn Go Sabres Award:** someone who exemplifies the work ethic and determination of the Sabre
- Sabres Grad Inspirational Award:** someone who has been an exceptional teammate, works hard in every practice, encourages his/her teammate, and represents Sabres Athletics with pride
- Athlete of the Year** – Two students in the following categories- grade 8, junior, and senior
- Athlete Participation Award**-goes to students who participated in more than 3 sports in gr 8-10, and 2 sports teams gr. 11-12.

The process for determining athlete of the year has changed. Being Athlete of the Year at St. Andrew's is more than participating in multiple sports. Someone who is Athlete of the Year possess qualities and characteristics that go beyond ability or participation. To determine athlete of the year, the following process will be followed:

1. At the end of the season the coach will submit 2 names of their athletes that meet *all* of the following criteria:

- Sportsmanship
- Teamwork
- Work Ethic
- Leadership
- Coachability
- Character
- Athletic Performance
- Service to Sabres Athletics

2. Once the names are submitted to the Athletic Director, a committee will meet to determine the recipients of the Athlete of the Year award. The committee will be made up of the Athletic Director, Administration, one member of the sports parents committee, and two or three teachers who also coach. In the event that a decision cannot be made, the Athletic Director will meet with the Principal and Vice Principal to determine the recipient.

3. All nominees will be recognized at the Sports Awards night.

Sports Parents Committee

The Sports Parent's Committee's Mission is:

- To conduct fundraising outside the scope of the Parents Auxiliary to augment the Athletic Department's Budget. Funds will be used to purchase equipment, uniforms, awards, and travel assistance.
- To support the Athletic Director in recognising the contribution of coaches to our programs

- To encourage the participation of the whole St Andrew's community in school sporting events.
- To enable students to participate in the sports program who are prohibited due to financial reasons by providing sponsorship of students to cover participation
- To support our successful sports teams by subsidizing travel expenses to provincial finals.

Commitment:

PLEASE JOIN US!!!! The commitment is low. The sports parents put on the Purdy's Chocolate fundraiser in November, Btl return event and a few new events are in the works! Meetings generally happen every couple of months and you receive volunteer hours for attending the meetings.

Committee Executives for 2023-2024

Chair: Angela Grohovac
 Treasurer: Antonio Oquendo
 Secretary: Lara O'Connor

SPORT ACKNOWLEDGEMENT OF RISK AND CONSENT
2023-2024

Throughout the year, St. Andrew's High School students are invited to join various sports teams. The administration, teachers, staff, and coaches recognize the value of these sports teams for the educational, athletic, and experiential benefits they provide to students. There is also an understanding that the safety of all participants should always be the primary concern.

While attempting to minimize the risk of injury in each sport, St. Andrew's High School also feels it is important to inform parents of the nature and frequency of injuries that students may sustain while participating in specific sports. It must also be recognized that the nature and extent of injuries is also dependent on the behaviour and actions of the individual player.

These forms are required for participation in any athletic team at St. Andrew's High School, and must be submitted prior to competing.

Student Expectations

My child and I understand that the school's *Code of Conduct* applies for school-sponsored activities, at school or at other venues. I will be responsible for any costs caused by my child's failure to abide by the *Code of Conduct*, including any costs to send my child home. Each student athlete is required to sign the **Sabres Code of Conduct**.

Travel

Travel to some events will be provided by school bus. Practice and event times will be distributed when the schedule is finalized. Please make note of the particular events that parents are asked to pick up their student at the actual site. It is important that students are picked up on-time after a competition or practice.

For senior teams: Please note that there is a cost associated with competing at the Island Championships as well as the Provincial Championships. The athletic department will do its best to minimize cost, but ultimately, the athlete is responsible for the cost for travel, lodging, food, and coach expenses.

Equipment

Athletes will be required to supply suitable equipment and clothing for their participation in the activity. Uniforms/Jerseys will be provided and the uniform policy will be enforced.

St. Andrew's Athletics: Sport/Activity Potential Risks

The following are potential risks associated with participation in all sports or activities offered at St. Andrew's Regional High School:

- Foot, knee, or other leg injuries (ex. blisters, sprains, strains, breaks; acute or overuse injuries/conditions)
- Hypothermia due to insufficient clothing
- Hyperthermia (ex. heat exhaustion, heat stroke) due to insufficient hydration, overdressing and/or overexertion in a hot environment
- Allergic reactions to natural toxins in the environment
- Suffering an injury while alone on a route/trail
- Other risks normally associated with participation in the activity and environment
- Injuries related to collisions with movable or immovable objects
- Injuries related to equipment malfunction or becoming tangled in apparatus
- Injuries related to the physical demands of the activity
- Head or spinal injury due to contact with object
- Psychological injury due to anxiety or embarrassment (ex. re: body size or shape)
- Drowning or near drowning
- Injuries related to equipment malfunction or becoming tangled in apparatus
- Injuries related to equipment malfunction

Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place.

By allowing your child to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity is suitable for your child.

The school does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of students.

I hereby give my consent, for **(name of student)** _____ participation in chosen sports or activities offered at St. Andrew's Regional High School. I understand that he/she may be exposed to certain risks while participating in the activity where accidents and injuries may occur.

Signature of Parent/Guardian: _____ Date: _____

Printed Name of Parent/Guardian: _____ Primary Contact Number: _____

St. Andrew's Regional High School

Athlete Code of Conduct

Participating in Sabre athletics is a privilege, not a right!

Representing our school in various activities throughout the province is a privilege that students must accept with a full sense of responsibility and pride. Along with this, it should be understood that each student is an ambassador of our school, and the image that he or she demonstrates will be regarded as the standard for the entire school body. It is the desire of the school administration and the involved coaches/supervisors that the image of St. Andrew's Regional High School be that of a positive nature, and one that will enhance the reputation of SARHS both inside and outside the community.

This "Code of Conduct" shall act as the guide by which all school representatives will conduct themselves in any area of endeavor. The regulations herein cover the areas of personal behaviour, attitude, courtesy, appearance, academics, sportsmanship and general commitment to the various programs. Failure to comply with these guidelines will result in an immediate review of the case in question by the Athletic Director and administration, and appropriate action will be taken to rectify the situation. Each member of our teams/activities is expected to thoroughly review this conduct code before the season/ activity begins, and should keep a copy at hand in order to refer to it when necessary.

A. GENERAL BEHAVIOUR

1. Attitude: Student athletes are expected to demonstrate a positive attitude at all times, including practice and game situations, as well as at all school functions and in the classroom. This means that it is necessary to be courteous, mature, cooperative and respectful in a manner befitting young adults.

Individuals should conduct themselves properly, with the knowledge that they alone are responsible for their actions.

2. Sportsmanship and Self Discipline: In all practice and game situations, athletes are expected to perform to the best of their ability, within the context of the specific rules of their respective sport. It is necessary to understand that St. Andrew's High School does not operate under a "win-at-all-cost" theme. Demonstrating sportsmanship and self-discipline to teammates, opponents, officials and others should be in the forefront of a team's basic philosophy and attitude. Self-discipline in both victory and defeat should be demonstrated and any form of aggressive or inappropriate behavior will not be accepted. Student athletes should play hard but play clean. Shaking hands of both opponents and officials after a game of competition should be a routine procedure for players/coaches.

3. Social Media: Students and Coaches will not author, forward, or post vulgar or offensive notes, texts, photographs, or other content that reflect negatively on the team, other individuals, or that conflict with the spirit or intent of this Code of Conduct

B. APPEARANCE/DRESS CODE

School representatives must be "presentable" and "appropriate" in their appearance both live, and in all photographs. Ragged and torn clothing or items with offensive or inappropriate slogans or advertisements are not acceptable. The same goes with gestures in photos. Coaches/supervisors will use proper discretion. As team leaders, they may choose to establish particular dress codes for various functions (away games, out-of-town trips, banquets, provincial championships, etc.) and these are to be adhered to strictly. Each student is provided one long-sleeve, Sabres warm-up top. This top should be worn during travel to and from the event and during the warm-up (unless the team has a different warm-up top). Common sense should be used. For student athletes in violation of any of the sections of this code, direction from the coach should be sufficient to correct the situation and the student athlete

should then make the necessary adjustments in behaviour. If the problem continues, the student athlete in question will be referred to the Athletic Director.

C. GENERAL COMMITMENT

1. Academics: Realizing that academics are the priority in high school, it is understood by all that academic responsibility includes attendance, punctuality, cooperation, general behavior, respect for teacher and fellow students and a genuine effort on all homework assignments, tests, projects, examinations and general course work. In addition, those individuals struggling in a subject should seek extra help (i.e. Focus Block).

- Practices and/or games can never be used as an excuse for being late for classes, handing in incomplete work or failure to do assigned tasks.
- Any unexplained absences on a game day will exclude that player from participating that day.
- Coaches can determine whether a student-athlete will be allowed to leave school early for a competition or practice.

2. Suspension from School: means suspension from all team activities and removal from the team for the corresponding period of the school suspension. This will include being a spectator at the event.

3. Uniform/Equipment: All participants have a personal responsibility to properly care for any uniform or equipment items issued. A period of one week will be granted for complete return of these items at the end of the season. Student athletes in some sports/activities will be required to submit a deposit at the beginning of the season. It is understood that failure to return items on time will result in school reports not being released until delinquent accounts are satisfied, and where applicable, a forfeiture of deposit. Uniforms are not to be worn at any time except for “game days”.

4. Alcohol and Drug Use: Student-athletes will comply with the St. Andrew’s Regional High School Code of Conduct

5. Practices/Meetings/Rehearsals: Team members must demonstrate a commitment to the program by attending practices and meetings regularly. Student athletes must realize the importance of game and tournament preparation, through regular drills and practice situations. A failure to practice faithfully at regularly scheduled times may mean loss of player status within the team structure. Regular practice attendance includes being on time and assisting with equipment needs. Each of these activities is a group endeavor that requires the input and attention of all members equally.

6. Athletic Fees: All student athletes must have all fees paid on time and in full. Students will not be allowed to participate in competition until all forms and fees are paid.

7. Team Trips/Tournaments: Participating in a sporting activity outside of the school, province, etc. is a privilege and not a right. A coach or staff member may choose not to bring a team member to participate if they feel that a student athlete has not shown acceptable behavior at school. A student athlete will be sent home at their expense at any time if behavior becomes a problem.

Signature of Student Athlete: _____

Date: _____

Signature of Parent/Guardian: _____