Catholic Central High School

Lethbridge, Alberta

Athletic Handbook

Cougar Core Covenants:

PASSION: A sincere love for the sport
SELFLESSNESS: A team first attitude
FUN: A sense of enjoyment every time the team gathers

2023 – 2024

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Cougar Philosophy

Catholic Central High School recognizes that co-curricular athletics promotes sportsmanship, team building, good citizenship, high academic standards, and community responsibility. Co-curricular athletics provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

It is a privilege for students to participate in co-curricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. One measure of a school's behavioural standards is the self-discipline of its student athletes and coaches during competition as well as before and after an event. Therefore a high standard is expected and enforced. Those who earn the privilege of representing Catholic Central High School in co-curricular athletics are expected to accept greater responsibilities as school citizens.

Participation in co-curricular athletics is open to all students provided they meet the general requirements as outlined in this handbook, and any requirements specific to the activity of their choice.

Athletic Department

- Athletic Director ..... Dale Comchi
- Athletic Leadership……. Chris Leroux, Mario Pasquotti
- Principal …….. Joanne Polec
- Associate Principals ……..…….. Dale Comchi, Matthew New, Anthony Vercillo

Programs

Students can participate at the Junior Varsity (Jr), Intermediate (Int), and Senior Varsity (Sr) levels.

Junior Varsity teams are open to students in Grade 10 and Grade 11.

Intermediate is a term associated with badminton, x-country, and track and field only, and eligibility is determined by birth date.

Senior Varsity teams compete in the most competitive leagues, and are comprised of the most accomplished players in Grade 10, 11, and 12.

Catholic Central High School sponsors the following athletic activities:

Sport	Boys			Girls			Mixed		
	Jr	Int	Sr	Jr	Int	Sr	Jr	Int	Sr
Golf			●			●			
Football	·		·				●		●
Cross Country	●	●	●	●	●	●			
Volleyball	●		●	●		●			
Basketball	●		●	●		●			
Curling			●			●			●
Badminton	●	●	●	●	●	●	●	●	●
Baseball	●		●						
Softball				●	·	●			
Track & Field	●	●	●	●	●	●			
Rugby	●		●	●		●			

* Pending enrollment

Seasons of Play

The ASAA sets seasons of play to ensure that all schools have a fair and reasonable period to compete in. It should be noted that some seasons of play overlap, i.e. fall sports may overlap with winter sports. We believe it is not desirable for a student athlete to have to try and juggle multiple game and practice schedules in these overlapping periods. It is not desirable for a student athlete to have to attend practices and games for two or more sports on the same days. Therefore,

- Each 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.

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 individual coaches with the approval of 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 school office.
- Players must pay fees in full, or make arrangements with the Athletic Director, before they will be permitted to participate in league games or tournaments.

Fundraising

Individual teams will organize their fundraising activities with the approval of Administration.

Uniforms and Equipment

All uniforms will be provided by Catholic Central High School.

Uniforms will be distributed by the coach.

Players will be responsible for the care and maintenance of uniforms while they are in their possession. A player uniform deposit may be required.

Players will be responsible for the cost of replacement of any uniform damaged or lost while in their possession.

All uniforms are to be washed in cold water and hung to dry. The exception shall be football uniforms which shall be distributed before, and collected after each game. Washing and maintenance shall be the responsibility of the football coaching staff.

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 will not be used by the Physical Education department or public.

COUGAR
Core Covenants

PASSION: a sincere love for the sport
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Transportation

The transportation for league, invitational, zone, and/or provincial events may be handled in two fashions at the discretion of the coach. The preferred method of transportation is school buses.

School Bus

- The school owned buses must be booked through the online bus scheduler.
- The cost of using buses for league transportation as outlined in Section 5 will be covered out of general operating funds.
- A Class 4 license is required prior to driving these buses. See the Athletic Director for details.
- When using the buses, drivers must file a usage report. Usage reports are available in the bus binder at the office or from the Athletic Director.
- Buses should be returned to the school parking lots with no less than a ½ full tank of gas. All garbage is to be removed from the bus. Windows and doors secured and locked.
- Gas credit card for gasoline purchase can be obtained from the Athletic Director. These cards are to be returned to the Athletic Director, along with applicable receipts at the conclusion of the trip.
- Keys and credit cards should returned to the school office on the same day when possible, or the next morning when returning late.

Volunteer (Parent/Private) Vehicle

- Players may transport themselves to in town events only.
- Family members may transport other immediate family members to events.
- Players may be transported to events by registered Volunteer Drivers.
- To become a registered Volunteer Driver, drivers must complete Holy Spirit's Volunteer Driver Form and meet all requirements as stated on the form.
- Volunteer Driver forms are available from the school office or Athletic Director.
- Volunteer vehicles used for league transportation will not be eligible for financial compensation from the school.
- Volunteer drivers that are not a teacher or Holy Spirit staff member require a Criminal Record Check.
- The check is required if they are supervising students without a teacher or Holy Spirit staff member present.

Practice and Game Times

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

Coaches may request specific practice times. While all efforts will be made to accommodate requests, it shall be the priority of the Athletic Director to collaborate with coaches to provide a practice schedule which is equitable to all teams in accordance with priorities.

The Athletic Director, in collaboration with the coaches, will create a practice schedule on a monthly basis. In some instances where seasons overlap it may be appropriate to develop a schedule on a weekly basis.

Coaches are encouraged to provide players and parents with individual copies of practice and game schedules. Schedules will be posted throughout the school and also on the individual sport page on the school website.

CATHOLIC CENTRAL
COUGAR
ATHLETICS

Guidelines for Student Athletes

Eligibility

To be eligible to participate, Grade 10, 11, and 12 students must meet eligibility requirements as set out by the ASAA.

Students must be in attendance for the 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
- Planned absence for personal or educational purposes that have been 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.

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

Conduct

Student athletes are representatives and ambassadors of Catholic Central High School, the community of Lethbridge and Holy Spirit School Division.

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.

As with any other program at Catholic Central High School, Cougar Athletics is guided by our school mission statement, and the Basilian Fathers' motto: teach me Goodness, Discipline and Knowledge. In addition to these guiding principles the Cougar Athletic Department has adopted the following three core covenants:

Passion – a sincere love for the sport

Selflessness – a team first attitude

Fun – a sense of enjoyment every time the team gathers

Guidelines for Awarding Varsity Letters to Cougar Student-Athletes

- Played and made a significant contribution (while on the field, floor, ice) to the **VARSITY** team
- Live by the core covenants
- A grade 12 student that has played for 3 years and is in good standing
- Zone champions
- 30-40% of the varsity team can be eligible

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 or herself in a manner that reflects favorably on the school, the privilege of participation may be suspended or revoked by a coach/supervisor, the Athletic Director, or Principal.

Curfew

On overnight trips students are expected to be in their rooms from the time of curfew to the first morning activity.

Injury

All student athletes should carry some form of medical insurance. If an athlete is injured while participating on behalf of Catholic Central High 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 that is injured on or off the field of play and requires medical attention must present a note from a physician before being eligible to practice or play again.

Commitment

Being a member of any school team is a privilege that 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 or games, and an explanation of that absence.

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

Hazing

Hazing or negative initiation activities are prohibited by Catholic Central High School. The planning, initiation of, or participation in such activities shall be dealt with under the behavioral expectation of Catholic Central High School Cougar athletics, and may lead to suspension or removal from a team and or school.

Team Selection

All activities are open to all students of Catholic Central High 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 should be based on attitude, coachability, and skill.

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

Practices

All practice schedules must be presented to the Athletic Director.

Coaches should distribute a practice schedule to players and parents and post on the school webpage.

Coaches should do their utmost to adhere to the practice and game schedule.

The general guidelines for scheduling shall be as follows:

Playing Time/Expectations

Catholic Central High School participates in competitive leagues. 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 may vary from game to game, or from week to week. Neither the player's grade nor prior years of playing experience with Catholic Central teams will be a factor in determining playing time.

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 provide a written statement of their philosophy, team goals, fees, and player expectations.
- Coaches should outline the process for communication. This process needs to apply to all parties, and can be outlined for all in a letter. (See Appendix A)
- Coaches can hold a pre-season meeting (suggested agenda – Appendix B)

Guidelines for Parents

- Support the team, the players, and the coaches.
- Help your child to follow and uphold the Cougar Core Covenants.
- Support the goals of sportsmanship and help bring pride and respect to your child and Catholic Central High 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 concerns, follow the guidelines and procedures as outlined in Appendix C.

Each year after the football, volleyball and basketball season activities the Athletic Department will sponsor and host an "Annual Athletic Awards Evening". At this evening individual activity awards as determined by the athletic department, and selected by the respective coaching staffs, shall be presented. Each year in June, the Athletes of the Year Awards, as selected by a designated committee shall be presented.

Activity Awards

Respective coaches shall be responsible to submit to the Athletic Director, the names of the award recipients for the following awards, as well as making the Athletic Director aware of any team or individual accomplishments which deserve recognition. Coaches may present only those awards listed, and may not present co-winners without the approval of the Athletic Director.

The activity awards to be presented are as follows;

Golf
- Recognition of Zone Medalists and Champions
- Recognition of Provincial Medalists and Champions

Cross Country
- Recognition of Zone Medalists and Champions
- Recognition of Provincial Medalists and Champions

Football
- Recognition of Zone Medalists and Champions
- Recognition of Provincial Medalists and Champions
- Recognition of League All-Stars

Volleyball
- Recognition of League and Regular Season Champions
- Recognition of Zone Medalists and Champions
- Annual Awards – see attached list

Basketball
- Recognition of league accomplishments (i.e. Champions/All Stars)
- Recognition of Zone Medalists and Champions
- Recognition of Provincial Medalists and Champions
- Annual Awards – see attached list

Badminton

- Recognition of Zone Medalists and Champions
- Recognition of Provincial Medalists and Champions

Track and Field

- Recognition of City Medalists and Champions
- Recognition of Zone Medalists and Champions
- Recognition of Provincial Medalists and Champions

Slo-Pitch

- Recognition of league accomplishments (i.e. Champions/All-Stars)
- Annual Awards – see attached list

Baseball

- Recognition of league accomplishments (i.e. Champions/All-Stars)
- Annual Awards – see attached list

Girls Rugby

- Recognition of league accomplishments (i.e. Champions/All-Stars)
- Annual Awards – see attached list

Team Awards

Football

- Midas Muffler Trophy **Top Scorer**
- Rel Delbello **Junior Varsity Player of the Year**
- Father Wilson Trophy **Rookie of the Year**
- R. D. Gruenwald Trophy **Lineman of the Year**
- Mike Mauro Memorial Trophy **Players' Player**
- Kevin Monaghan Memorial Trophy **Defensive Player of the Year**
- Cougar Athletic Team Sponsor (C.A.T.S.) **Offensive Player of** the Year
- Players Bench Trophy **Most Improved Player**
- Morgan Munroe Trophy **Most Dedicated to Off Season Training**
- Tom Hay Memorial Trophy **Player Doing the Most with the** Least Recognition
- Credico Cup **Combining Academic Excellence and Football** Performance
- CJOC Trophy **Most Valuable Player**

Volleyball – Boys and Girls

- MVP
- Defensive Player
- 110%
- Rookie of the Year

Basketball – Boys and Girls

- MVP
- Defensive award
- 110%
- Most improved
- Top scorer - SR and JV
- Rookie of the year.
- Girls – Leontine Pot Memorial Award

Athlete of the Year – Male and Female

Guidelines for selection of Athlete of the Year

(Not in order of importance)

- Multi-sport within the school
- Has been recognized at league/zone/provincial level
- Lives by the Cougar Core Covenants
- A good representative of our faith values
- Good student
- Three years of athletic involvement in the school

Passionate Competitor

In Practice

- Works with teammates to make every drill a competitive learning experience
- Strives to be first in drills and will practice with intensity and challenge teammates to the same
- Leads through positive actions and communication

Games/Tournaments

- Strives to achieve individual and team goals
- Gains the respect of teammates by challenging every opponent, no matter the score or situation
- Competes with passion and courage
- Willing to make mistakes at full speed and full effort and positively encourages teammates to do the same
- A good ambassador of CCH at school and when travelling

Away From the Team

- On time for class, participates and achieves the best grades possible
- Talk to those who are not meeting the expectations of the team covenants because we care about each other

The Co-curricular Committee will meet and go through a process in selecting the award winners.

Parent Coach Communication

Letter to Parents and Athletes

Both parenting and coaching can be difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to students. It is also very important to remember that coaches are volunteers and are giving their valuable time to work and help improve your child's leadership abilities, athletic ability, social skills, team cooperation and responsibility. Here are some guidelines to help you as a parent supporter of the athletics programs at Catholic Central High School.

Communication Coaches expect from student athletes:

- ◊ concerns expressed privately and directly to the coach
- ◊ notification of any schedule conflicts well in advance
- ◊ specific concerns in regards to a coach's expectations and/or philosophy

As your son or daughter becomes involved in the sports programs at Catholic Central High School he/she will experience some of the most rewarding moments in their high school career. It is important to understand however that there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

Communication Coaches expect from Parents:

- ◊ concerns expressed privately and directly to the coach away from the court setting (it is recommended that a wait time of 24 hours be adhered to before contact is made)
- ◊ notification of any scheduling conflicts well in advance
- ◊ specific concerns in regard to a coach's philosophy and or expectations

Appropriate Concerns to Discuss with Coaches:

- ◊ the treatment of your child mentally or physically
- ◊ ways to help your child improve
- ◊ concerns about your child's behavior
- ◊ any influence that the activity is having on your child's academic performance

It may be difficult to accept that your child is not playing as much as you or they may hope to be. Coaches make player/player time judgment decisions based on what they believe to be the best for all students involved and the team as a whole. While there are certain things that should be discussed with your child's coach, there are also certain things that should not be discussed. Those decisions will be left to the coach's discretion and will be communicated in a coaches meeting pre-season.

Issues Not Appropriate to Discuss with Coaches:

- ◊ Playing time
- ◊ Team strategy
- ◊ Play calling
- ◊ Other student athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged but the following procedures should be followed to help promote a resolution to the issue of concern:

- ◊ call and set up an appointment with the coach
- ◊ resolution, not confrontation is the best approach
- ◊ please do not confront a coach before or after a game or practice - these can be emotional times for both the parent and coach, and our coaches are instructed to walk away from such situations.

The Next Step:

- ◊ call and set up a meeting with the Athletic Director and or Principal to discuss the situation
- ◊ at this meeting if a resolution cannot be reached, the next step can be determined

The coaches at Catholic Central High School recognize the importance of extra-curricular activities. We provide a program that strives to provide your child with a positive and meaningful experience.

Sincerely,

Catholic Central Cougar Coaching Staff

A Coach's Prayer

Heavenly Father, be with my student-athletes as they test their physical skills.

Let them play well, but fairly.

Let competition make them strong, but never hostile.

Grant them the strength to best their opponent, and lead them to always help the opponent up.

Grant them moments to rejoice, but not in the adversity of others.

Help them stay safe from injury, both physical and emotional.

Help them to learn something that matters once the game is over.

Help them remember that sports are just games.

If they know victory, allow them to be happy.

If they are denied, keep them from envy.

If through athletics, they set an example, let it be a good one.

In the name of Your son, Jesus

Amen

Cougar Athletics

Catholic Central High School

Athletic Code of Conduct

As a Cougar Athlete I will strive to develop the mental, physical and spiritual well-being needed to make wise decisions consistent with my academic and career goals.

1. I will demonstrate proper and acceptable social conduct in school, and on any school-supervised trip under the direction of the coaches.
2. I will strive for self-improvement as an athlete, a student and as a person.
3. I will strive to do my best, both academically and behaviourally, in all of my classes.
4. I will be dedicated mentally and physically in order to help my team succeed, knowing that it will often mean self-sacrifice on my part.
5. I will not make disrespectful remarks to or about: a team, my school, an opponent, a coach, or an official on or off the field/floor.
6. I will not use profanity.
7. I will report to practice and games on time.
8. I will not, while on or off campus, sell, give, deliver, use, possess, or be under the influence of alcohol, illegal substances or tobacco.
9. I will keep myself well-groomed.

I have read this handout. With the acceptance of these responsibilities, I will begin the season knowing that violation of any of these responsibilities and/or rules will cause me to be placed on athletic probation and possibly dismissed from the Cougar Athletic Program.

I, _____ agree to follow these rules.

Athlete's signature _____ Date: _____

Parent's Signature _____ Date: _____