



**WHITE ROCK CHRISTIAN ACADEMY
WARRIORS**

WRCA Athletics Program

**Athlete and Parent
Handbook**

2016 – 2017

INTRODUCTION

Congratulations! Your child has been given the opportunity to play on a WRCA Warriors team! WRCA is proud to have several strong, competitive teams that compete in some of the highest levels in BC. There are many physical, social, and emotional benefits associated with being part of a team; coaches and parents play a vital role in that process. It is our sincere desire that your child experiences all the aspects of positive growth and development inherent in that association. This handbook is designed to be a useful guide in outlining the student athletes' responsibilities when selected to be a representative of an athletic team at WRCA as well as the expectations of the Surrey Secondary Schools' Athletic Association, BC School Sports, and WRCA's Athletic Department. **Please read and review the booklet with your student athlete and feel free to contact the coach or athletic director with any questions or concerns.**

SCHOOL INFO & CONTACT INFORMATION

WRCA Athletics has a very strong history. There is deep-seeded pride in wearing the warrior logo and supporting our teams. Many of our athletes have gone on to play post-secondary sport, both in the U.S. and Canada. More than that, our athletes have learned the importance of buying into a team and a program mentality, learning character and discipline. We strive to instill a program mentality in our coaches and players vs. a team mentality because a focus on one team ends when that team is gone. We want to rebuild a sustainable program for our sports.

Mr. Neufeld is the Athletic Director: neufeldt@wrca.ca

Mr. Michel is the Principal: micheld@wrca.ca

Mr. White is a vice-principal and Administrative liaison for Athletics: whitet@wrca.ca

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School Website: www.wrca.ca Athletics' link: warrionation.ca

The Athletics' website will contain up to date calendars for team practices and competitions. Team rosters, photos and other information will also be posted. Students and parents are encouraged to access the website for updated information on a regular basis.



OVERVIEW OF ATHLETICS' DEPARTMENT

The Athletic Director, in consultation with the Administration, oversees the athletic program at WRCA. The Athletic Director's position exists to coordinate the details associated with an athletics program and to support all coaches, athletes and teams in the important roles they play in the school. The Athletics program at WRCA is proud to offer a variety of sports' teams that meet the needs and interests of student athletes and coaches. All athletes and teams are equally important and valued as representatives of WRCA athletics.

SPORTS' TEAMS

The following sports are offered at WRCA provided there is sufficient interest and commitment at the student level and a teacher or parent/community coach available and able to take on the responsibility of coaching. Parents wishing to be a big or small part of the athletic program are welcome to come forward. Parents can contribute in a variety of ways: coaching, officiating, driving to events (volunteer driver form needed), and organizing or helping with fundraising. Please fill out the Parent volunteer form on the website.

In general, students in grade 8 will play in the Grade 8 league, students in grades 9 and 10 will play in the Junior league, and students in grade 11 and 12 will play at the Senior level. If no grade 8 team is available, student athletes are welcome to try out for the next level.

FALL SEASON (September to November) Cross-Country – Girls & Boys; Soccer – 8-12 boys; Volleyball – Girls Gr. 8, Junior, Senior

WINTER SEASON (November to February/March)
Basketball – Boys Gr. 8, Junior, Senior

SPRING SEASON (March to May/June) Golf – levels entered according to interest; Girls' Soccer – 8-12, Track and Field – Gr. 8, Junior, Senior



FOCUS OF ATHLETES' SKILL AND TEAM DEVELOPMENT

To ensure smooth transitions for student athletes as they continue their play through high school, coaches will, as much as possible, follow the BCSSAA and BC School Sports' general guidelines and philosophy listed below.

Student athletes and teams in Grades 8 to 10 focus on:

- Individual skill development
- Positive interactions with teammates, coaches, and opponents
- Development of teamwork and team related skills
- Self-discipline and responsible behaviour
- Appropriate and respectful behaviour towards coaches, officials and spectators
- Enjoyment

Student-athletes and teams at the Senior level focus on:

- The same above criteria listed for the Grades 8 to 10 teams
- Added emphasis on competition
- Individual players receiving playing time at the discretion of the coach
- Striving to reach and exceed their potential as individuals and as a group

Divisional, SSSAA, FRASER VALLEY, PROVINCIAL PLAY

Grade 8 and Junior (9/10) teams compete in league play at the District level. If they qualify at the end of league play, teams will compete in the Surrey Secondary Schools' Athletic Association playoffs, and from there may then compete in the Fraser Valley playoffs.

Our senior teams compete in their respective Fraser Valley league play at the AAA level or highest level possible (based on enrollment), and may continue onto Provincial Championship Tournaments.

ATHLETES "PLAYING UP"

In order for a student athlete to play on a higher level team the Athletic Director and the head coaches from the teams involved must meet to discuss the following **before an athlete is allowed to "play up"**:

- ✓✓ Will the student athlete be making a significant contribution to the higher level team in terms of actual game time play on the court/field?
- ✓✓ Will the move benefit his/her skill level and personal development? If the Athletic Director **and** both coaches agree on the student playing up:
- ✓✓ The coach must consult with the athlete's, parents/guardian to get permission for the athlete to play up
- ✓✓ The coach meets with the student athlete and they agree on the move.

Playing time

At WRCA, we seek to put the best coaches in place at all levels. In grades 8-12, playing time will be in accordance with the previously mentioned focus areas, as well as the philosophy of the individual coach. At WRCA we respect a coach's freedom to reward based on effort and improvement seen in practices and games, as well as simply playing those athletes that are performing in a certain moment.

The philosophy of playing time at WRCA for Grades 8-12 is to provide opportunities for athletes based on individual readiness and game time situations, Whether playing or sitting, each athlete has the responsibility to support their team and their coach.

SUPERVISION OF STUDENT ATHLETES

WRCA is very proud of the time and commitment our teacher and community coaches **voluntarily** contribute to our student athletes. Without these volunteers we would not be able to run our programs. Coaches take the responsibility for the supervision of our student athletes very seriously as they are role models and representatives of WRCA. They play an important role in giving students an opportunity to participate in sports they love and want to develop skills in while contributing to their social, emotional, and physical development. Our coaches are diligent in ensuring their individual team members understand the responsibility they have in representing the team, school, and community when they play as a WRCA Warrior. **Coaches have individual expectations which they will review with their team.** The following are District, BC School Sports and/or school expectations. **Please review and reinforce your support of the following with your son/daughter.**

- Student athletes are **STUDENTS first**: they may not attend practices or games if they skip school or classes; they must keep their grades up to the best of their ability to be eligible to play on a team.
- In general, **unexcused absences at practices** mean student athletes will not play in a game. Athletes should contact the coach directly and give as much notice as possible if they unable to attend a practice and/or game.
- Inappropriate conduct (including foul language and gestures) toward coaches, team members, officials, spectators, or opponents is **NEVER** acceptable. Players will be immediately removed from the game/practice.
- Possession or use of alcohol, drugs, or tobacco is **NEVER** acceptable. Any inappropriate conduct or possession of drugs/alcohol by a student athlete will mean the player must meet with the coach, his/her parent/s, an administrator and the athletic director before reinstatement on the team is considered.
- Student athletes who "quit" a team after being selected to play on that team should be aware that this action will seriously jeopardize their chances of being able to try out or play for another school team in that school year.
- Playing on a school team requires a **commitment of time and effort**. Other commitments such as part time work or community teams do not trump playing on a school team. Parents and students are asked to consider and **prioritize** the number of activities their child is able to accommodate at any given time.
- Student athletes are expected to show **courtesy and respect** to all when traveling by school bus, public transit, chartered bus, taxi, or parental carpooling.

BC SCHOOL SPORTS

BC School Sports is the governing body for athletics in British Columbia. It provides leadership and service to school sports by planning, coordinating and assisting the interschool athletic activities for BC. The following are important guidelines pertinent to students and parents.

BC SCHOOL SPORTS: ATHLETE ELIGIBILITY

In order for a student to play on a school sports' team, it is necessary that the following BC School Sports' Eligibility requirements are met.

- Student-athlete must be in full time attendance at the school
- Graduation requirements HAVE NOT been previously met
- Student-athlete is only eligible to play on a school team for five consecutive school years. The five years is based on his/her initial entry into grade 8. This rule is in effect even if the student has not previously competed on a team.
- **Ⓢ** Age requirements must be met. As of December 31st of the current school year:
 - o Senior students must be under 19 years of age
 - o Junior students must be under 17 years of age
 - o Grade 9 students must be under 16 years of age
 - o Grade 8 students must be under 15 years of age
- A transfer of schools after the start of the 1st year of eligibility may limit athletic eligibility at the new school.

BC SCHOOL SPORTS: STUDENT-ATHLETES' CODE OF CONDUCT

The actions of student-athletes are a reflection of themselves, their team, school and community. A student's involvement in school sport provides opportunities and experiences that are important to the development of a well-rounded student. Student-athletes must remember that their participation in school sports is a privilege, not a right; their actions and behavior in and out of school are held to a high standard.

Student-athletes shall:

- 2.2.1 Treat Everyone with Respect a treat team-mates, coaches, opponents, event organizers and spectators with respect b respect and accept with dignity the decisions of officials c be generous in winning and graceful in losing
- 2.2.2 Exercise Self-Control at all times a remember that there is no place in sport for drugs or alcohol b refrain from the use of foul or profane language c refrain from the use of physical force outside of the rules of the game
- 2.2.3 Play Fair a play within the rules and the spirit of the rules of the game at all times.

BC SCHOOL SPORTS: SPECTATORS' CODE OF CONDUCT

Spectators are encouraged and welcomed to attend secondary school sporting activities. Spectators should:

- 2.3.1 Treat Everyone with Respect a cheer in a positive manner for all competitors b respect the decisions of officials c not interfere with the play or competition d be courteous and respectful to other spectators, all competitors, coaches, event organizers and officials
- 2.3.1 Exercise Self-Control at all times a respect the rules and regulations of the facility b refrain from the use of foul or profane language c refrain from the use of physical force of any kind

BC SCHOOL SPORTS COACH'S CODE OF CONDUCT

The coach/student-athlete relationship is a privileged one. Coaches play a critical role in the personal and athletic development of their student-athletes. Therefore, coaches are expected to model the fundamentally positive aspects of school sport.

B2.1 RULES OF CONDUCT Coaches, including community coaches:

- B2.1.1 shall recognize that school sport is an extension of the classroom, and shall conduct them self accordingly when performing coaching duties;
- B2.1.2 shall observe the Competitive Rules and Regulations of BCSS, and those of their Local Athletic Association and applicable Sport Commission;
- B2.1.3 shall observe the rules of the sport, the spirit of the rules of the sport, and shall encourage student-athletes to do the same;
- B2.1.4 shall fulfill all restricted competition, unrestricted, invitational, play-off and championship competitive and event obligations, in accordance with Athletic Association policy, Sport Commission policy and tournament-related agreements;
- B2.1.5 shall treat all participants fairly and equitably, by refraining from discriminating against any student-athlete with respect to race, colour, ancestry, place of origin, religion, family status, physical or mental disability, sex or sexual orientation;
- B2.1.6 shall respect the rulings of officials without gesture or argument, and shall require student-athletes to do the same;
- B2.1.7 shall not use foul, profane, harassing or offensive language or gestures in the conduct of coaching duties;
- B2.1.8 shall not use physical force of any kind in the conduct of coaching duties;
- B2.1.9 shall not, under any circumstances, endorse, recommend, or suggest the use of performance-enhancing drugs or supplements by any student-athlete;

- B2.1.10 shall abstain from the use of tobacco products and alcohol while in the presence of student-athletes, and shall discourage their use by student-athletes;
- B2.1.11 shall not, under any circumstances, require or imply that a student-athlete must be involved in any summer program or club program as part of his or her responsibilities as a school team member;
- B2.1.12 shall not, under any circumstances, require or imply that a student-athlete cannot or should not participate in any BCSS-approved sport in the season preceding or following the coach's season of play;
- B2.1.13 shall not, under any circumstances, start pre-season tryouts or practices to the detriment of any in-season sport.

PARENT CODE OF CONDUCT at SPORTING EVENTS

Children are influenced by the conduct of the adults that surround them. This is especially true of parents, coaches, and teachers. Competition and winning will always be the main focus of an athletics program but never at the expense of fair play and sportsmanship whether on the bench, court, field, or stands.

The presence of a parent or family member at home and away games or tournaments is a highlight for many student-athletes. We encourage all parents and family members to attend and enjoy as many games as possible while considering the following.

- Promote the school and coaches on the sideline, in the car and in the community.
- Represent WRCA well at competitions
- Leave the coaching to the coaches
- All discussions between parents and coaches regarding issues surrounding the team must include the student-athlete.
- Email and texting is to be used for team organization and management only. Team issues are to be taken up in person and no sooner than 48 hours after a game. This time restriction includes phone calls.
- Buy in. Encourage our athletes to commit 100% to their respective teams.
- Step up. Assist coaches in the management of the team and allow them to focus on coaching.
- Learning the rules and strategy of the game will increase the enjoyment and understanding of the game.
- Respect is to be shown at all times to officials. No parent should ever address a referee or minor official.

PLAYER FEES

Player fees are, unfortunately, a common practice province-wide and necessary to run any Athletics program. We are very grateful to our Development department for its continued financial support of athletics through our Gala. With Independent School fees and increases in general costs, while wanted to make experiences through athletics special ones, balanced budgets can be a challenge.

There are two fees associated with playing on an athletic team at WRCA. The **first fee** is the player registration fee ranging from \$50.00 to \$3

00.00 per sport and collected from athletes when they are chosen to play on a team. Fee amounts vary depending on length of season, tournaments entered, officials' fees, transportation costs, and equipment needs. The **second fee** is the UNIFORM DEPOSIT fee and is always \$100.00. This fee is deposited only when and if the complete uniform is **NOT** returned in due time and in good condition. Please review the information under the "COLLECTION OF UNIFORMS" heading below.

UNIFORM DISTRIBUTION

Uniforms are an important aspect of being a "team". Purchasing and replacement of lost, stolen or poorly maintained team jerseys and uniforms are an expensive component of a quality Athletics program. Responsible care and return of all team uniforms is an extremely important expectation we have of our student athlete team members.

Prior to receiving a uniform a student athlete must:

- Hand in his/her School Team Travel Permission form, Player Medical and Registration form and fee including the uniform deposit fee (cash or cheques acceptable)
- Be reminded that uniforms are ONLY to be worn for games and not as street clothes, for Physical Education classes, or team practices
- Remember the importance of uniform maintenance
- Be reminded that they are responsible for returning the uniform clean and in good condition to their coach or athletic director within two weeks of the season ending.

Please ensure that the player registration fee and uniform deposit are on separate cheques. The player registration fee is deposited immediately and is non-refundable. The uniform deposit fee is held until the end of the season. When the uniform is returned, the uniform deposit cheque is shredded or, if you prefer, returned to the student. Once fees are collected, student athletes will receive a receipt of payment that parents may use for income tax purposes.

COLLECTION OF UNIFORMS

The prompt return of uniforms at the end of the season is expected. Parents must be aware that uniform deposit monies will be cashed if the uniform is not returned within two weeks of the season ending. Students can return the uniform to their coach or the athletic director.

- Student uniform deposits will be returned if students return their uniforms **within two weeks** of the season ending. Complete uniform sets not returned or returned in poor condition will result in forfeiture of the uniform deposit or a portion thereof.
- If a uniform is not returned within two weeks, the uniform deposit will be cashed.

TEAM TRANSPORTATION

Transporting student athletes continues to be an important and costly endeavor. Our main concern is with the safe transport of ALL our student athletes.

- As much as possible, students are responsible for getting themselves to games – if you are a parent who is able to drive your son/daughter and/or other athletes to games, please let the coach or athletic director know of your availability.
- Senior teams, in general, need to arrange their own transportation to games.
- Teams attending tournaments and exhibition play need to arrange their own transportation.
- **Please review any driving restrictions your child may have on his/her license including the number of passengers allowed in the car while he/she is driving.**

WRCA Warriors SCHOOL TEAM TRAVEL PERMISSION FORM

Dear Parent/Guardian:

Congratulations on your son/daughter being selected to play on a school team. As always, WRCA Athletics welcomes you to attend all games and thanks you for the many ways your support is demonstrated.

Please read and complete the form below and return the entire form to your child's coach. The completed form must be on file before your child can participate.

Student athletes attending games or events off the school grounds will require transportation in a variety of ways. These trips may include short walking trips, public transit, school or charter bus, and volunteer drivers. These outings are an integral component of the program and it is hoped that your child will be able to participate in these activities.

Please read the following sections and **initial** the ways in which you give permission for your son/daughter to travel with his/her team. **In all situations, it is the responsibility of the parent/guardian to communicate with his/her child ways in which the child may or may not be transported. Your child should be aware of which methods of transportation you have or have not agreed to.**

1. Athlete's own parent _____ Are you able to take others/how many? _____
2. Athlete's own car _____ Will your child be taking passengers? _____
3. Another athlete's parents' car _____
4. Other students' car _____ **PARENTS/GUARDIANS**
5. Teacher Coach or Community Coaches' car _____ ****Please initial in ALL the spaces**
6. Professional driver _____ **you agree to****

I/We, the parent/s, understand that the uniform deposit cheque will be cashed and the full amount not refunded if my/our child does not return his/her uniform on time and in good condition (see page 3 in Parent Handbook for further information) **INITIAL:** _____

I/We, the parent/s, grant permission for my/our son/daughter, _____, to be transported to away games in the ways initialed above. **INITIAL:** _____

I/We, the parent/s, assume full responsibility for permitting my/our child to participate on a school athletic team. I/We understand that supervision will be supplied by the school at the activity. **INITIAL:** _____

Please have your child return this sheet to the coach or PE office. Thank you.

DATE PARENT SIGNATURE

