

KELOWNA
CHRISTIAN
SCHOOL



**KCS KNIGHTS ATHLETICS
HANDBOOK**

TABLE OF CONTENTS

| | |
|--|----------|
| KCS ATHLETICS CODE..... | 2 |
| COACH’S PLEDGE | 2 |
| PLAYER’S PLEDGE | 2 |
| PARENT’S PLEDGE | 2 |
| KCS PHILOSOPHY OF ATHLETICS | 3 |
| PLAYER CODE OF CONDUCT..... | 4 |
| EXPECTATIONS FOR COACHES | 5 |
| EXPECTATIONS FOR PARENTS..... | 6 |
| 48 HOUR RULE..... | 6 |
| PARENT COMMUNICATION WITH COACHES | 7 |
| EXPECTATIONS FOR SPECTATORS | 8 |
| TEAM FEES..... | 8 |
| UNIFORM CARE | 8 |
| AWARDS..... | 9 |
| DISCIPLINARY ACTIONS | 9 |
| SCHOOL BEHAVIOUR..... | 9 |
| TEAM BEHAVIOUR..... | 9 |
| ACADEMIC PROBATION | 9 |

KCS ATHLETICS CODE

GRATEFUL

RESPECTFUL

INTEGRITY

TENACITY

Interscholar athletics are an integral part of our school program. As a school, we are under the Lordship of Jesus Christ and as His representatives here on earth. **We need to conduct ourselves in a manner that is consistent with His character.** Our school teams need to be intentionally proclaiming the gospel of Jesus Christ by what they say and what they do both on and off the court/field. When our school community (parents, athletes, coaches, supporters) work together to embrace this philosophy, maximum benefit can be achieved. We value CHARACTER, exemplified through **sportsmanship, integrity and respect.** We value INNOVATION, exemplified by our commitment to exposing our athletes and coaches to **current training techniques and strategies.** We value EXCELLENCE, exemplified through **high standards, clear expectations and effective communication** by all participants.

COACH'S PLEDGE

As a coach, I acknowledge that I am a role model. I will try to be a good example for my players to follow. I will treat my players, opposing teams, officials, parents and fans with respect. I will try to improve my coaching skills and try new drills and skills wherever possible. I will pursue excellence and ask my players to do the same in a practice or a game. I will foster an environment where effective communication with parents and players takes place.

PLAYER'S PLEDGE

As a team player, I will try my best at all times whether it is a practice or a game. I will honour my coach, officials and the opposition by showing proper respect. I will play hard, compete and show sportsmanship whether my team wins or loses. I will encourage my teammates whether I am on the court/field or on the bench. I am aware that I not only represent myself, but my team, my school, my family and the Lordship of Jesus Christ.

PARENT'S PLEDGE

As a parent, I will endeavor to support the coach and team. I will cheer for our team and will conduct myself in an appropriate manner towards officials and members of other teams. I will work with my child to enable him/her to be an exemplary ambassador for the team, the school and our family.

KCS PHILOSOPHY OF ATHLETICS

- The main goal of our interschool athletics program is to enable students to develop their God-given athletic abilities and character development. Concepts of **gratefulness, respect, integrity and tenacity** are some of the focus points for our program. Not only do we want to develop athletes that are ready to compete at the post-secondary level, but we also want our teams to bring honour to God and our school through their actions on the fields of play.
- There are **no cuts for Grade 7 or 8 teams**. Discipline problems may result in being removed from the team, but ability is never a factor. All who want to play can play. If a player is not coming to practice, it is reasonable to expect that the player would not play or have reduced playing time in games. Grade 7 and 8 teams should be focusing on the development of fundamentals. All athletes should be given **reasonably equal opportunity** to participate in regular season games. During playoffs, coaches can go with the “starting lineup” for more of the time, unless restricted by commission regulations.
- **Grade 9, Junior and Senior teams do have cuts**. Players cut from teams should be informed in person by the coach. **Playing time will not be equal** and specific roles on teams will be developed. Up to the Junior level, emphasis will still be on the development of individual skills and team play. Playing Senior will be the culmination of the athletic program and all the players will be pushed to successfully compete at Provincial Championships.
- As per BC School Sports philosophy, Senior teams can advance to **Provincial Championships**. Junior teams can advance to **Okanagan Valley Championships**. Grade 7 - 9 teams do not play beyond our local athletic association’s **Zone Championships**.

In some cases, unsanctioned, invitational tournaments exist after the official end of season. In general, KCS does not participate in these events. For teams interested in these events, special application must be made to the Athletic Director and Principal and permission MAY be granted provided several criteria can be met (ex. - financial burden on players, school time missed, interference with other teams). Similarly, participation in out of province or out of country tournaments require special administrative approval.

- When injuries or other situations cause openings on “more Senior” teams, selected athletes will be moved up from Junior teams to fill vacancies. This may happen during the season or at the completion of the Junior season. Movement between teams will be guided by BCSS policies and will happen after consultation with affected coaches, athletic director and parents.
- BC School Sports regulations dictate eligibility criteria for students that have changed schools after the beginning of Grade 8. Transferring students should assume ineligibility and should check the BC School Sports policy with the Athletic Director to determine if there are grounds for being granted eligibility.
- Local athletic association regulations prohibit any student from participating in interschool athletics on days where school has been attended for less than 1/2 of a full day.

PLAYER CODE OF CONDUCT

I recognize that my participation in KCS Athletics is a privilege and that it is my duty to conduct myself in an exemplary manner that is in keeping with the mission, vision and values of KCS.

Therefore, it is my responsibility to be COMMITTED to show G.R.I.T.:

- **BE GRATEFUL:**
 - Show appreciation to scorekeepers and volunteers.
 - Display proper care for uniforms, sports equipment and facilities (any expense related to willful damage will be the responsibility of the player and/or his family).

- **BE RESPECTFUL:**
 - Respect coaches and officials and their decisions. I am willing to let the coach decide what is best for the team and will not put my interests ahead of the interests of the team.
 - Act with respect toward all those I come in contact with through sport. This means I will refrain from comments or behaviors that are abusive, offensive, racist, sexist or otherwise belittling, harassing, intimidating or demeaning to others.
 - Ensure the safety of others through my actions.

- **BE a person of INTEGRITY:**
 - Refrain from using or promoting the use of tobacco, vaping, illegal drugs or alcohol.
 - Maintain a positive academic standing (assignments, attendance, behavior)
 - Not use profanity.

- **BE TENACIOUS:**
 - Work my hardest at being on time, being committed to the team and giving my best effort for all competitions, practices, training sessions, events, activities and projects which have been planned for the team.

I will accept officials' decisions without arguments, play aggressively but without hostility, and behave graciously in triumph or defeat.

Players that engage in behaviours that violate this Code of Conduct may be subject to disciplinary actions or sanctions including, but not limited to, removal from league, tournament and exhibition play associated with a team.

EXPECTATIONS FOR COACHES

The coach/athlete relationship is a privileged one. As a coach, I recognize the critical role I play in the personal and athletic development of my players. As a role model for the athletes on my team, I agree to conduct myself in a manner that is in keeping with the mission, vision and values of KCS. Therefore, it is my responsibility to:

- Adhere to and support direction from the Athletic Director, the Competitive Rules & Regulations of BC School Sports and those of our local athletic association and sport commission.
- Observe the rules of the sport, the spirit of the rules of the sport and encourage players to do the same.
- Not discriminate against any players with respect to race, colour, ancestry, religion, family status, physical or mental disability.
- Be clear in my expectations for players, keeping lines of communication open with players and their parents.
- Determine playing times and roles that will be in the best interest of the team and its goals.
- Respect the rulings of officials, and require my players to do the same. Further, I will level protests only through approved channels.
- Not use physical force of any kind while performing my coaching duties.
- Ensure that my players exhibit appropriate conduct while under my care (in dressing rooms, on the field/court, at the players' bench, while traveling to/from games or in hotels).
- Abstain from the use of tobacco products and alcohol while in the presence of players and/or while participating in a school sanctioned event.

Coaches that engage in behaviours that violate these expectations may be subject to disciplinary actions or sanctions including, but not limited to, suspension from coaching duties.

EXPECTATIONS FOR PARENTS

As a parent, I acknowledge the commitment my son/daughter makes to be a member of a team. I realize that he/she needs to adhere to the values, goals and policy of the school, team and coach. As a role model for my son/daughter, I agree to conduct myself in a manner that will allow the values of the school, team and coach to be achieved. Therefore, it is my responsibility to:

- Encourage my child to participate, work hard and listen to coaches.
- Praise my child for competing fairly and trying hard, regardless of the outcome of games.
- Reinforce for my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
- Respect the authority of the coach during games and refrain from questioning, challenging or confronting coaches at the game site (as outlined in Parent Communication with Coaches section of the KCS Athletics Handbook).
- Model good sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators.
- Unacceptable behaviors are:
 - Booing, taunting or using profane language or gestures.
 - Yelling in a negative way at players, coaches or officials during games.
 - Yelling instructions to my child during a game.
 - Chasing coach down in the parking lot to discuss game.
 - Publicly criticize players, coaches, officials, volunteers or other parents.
- Learn the rules of the game and the policies of the league.
- Inform the coach of any physical disability, injury or ailment that may affect the safety of my child or the safety of others.
- Attempt to schedule other activities (appointments, etc.) around the team schedule.

The following issues are sensitive and should not be discussed in a negative or counterproductive manner among parents:

- Coaching strategies, tactics and styles
- Individual play of any players
- Playing time, player positions

For parents, it is important to separate their child's sports development from game emotions. For this reason, many leagues and coaches have adopted the "48 Hour Rule".

48 HOUR RULE

The 48 Hour Rule simply states that coaches will not discuss a game or situation until at least 48 hours after the fact. This important rule does two things. First, it moves the discussion away from the presence of the players. Second, it allows all parties to have time to put things in perspective and "cool off", if necessary. Parents that engage in behaviors that violate these expectations may be subject to sanctions or removal from competitions associated with a team.

PARENT COMMUNICATION WITH COACHES

The number one reason fewer coaches are volunteering is because of negative interactions with parents. It is becoming more difficult every year to find qualified volunteer coaches while expectations from parents continue to grow. This is a very serious concern at KCS.

It is important to understand that there may also be times when things do not go the way a player or parent wishes. At these times, communication with the coach is encouraged. Resolving an issue with a coach is preferable to speaking negatively about the coach or situation with other parents. It is the most important first step to understanding and resolution.

Coaches expect:

- Concerns to be brought to them directly **by the athlete first** before getting parents involved
- Parents will follow the process outlined in the “**Expectations for Parents**”
- Notification of any schedule conflicts well in advance
- Notification of any illness or injury as soon as possible

We kindly ask that you consider your “**Approach**” when talking with coaches. Are you calm? Are you seeking information or are you upset? We encourage you to ask positive questions.

Appropriate topics to discuss with the coach:

- The treatment of your child
- Ways to help your child improve
- Concerns about your child’s behaviour

Items to be left to the discretion of the coach:

- Team strategies, game tactics, play calling
- Playing time, positioning, event entry
- Any discussion about players other than your own child

It is difficult to accept your child not playing as much as you want or not playing in a position that you want. These decisions are based on what the coach believes to be the best for the team. It is appropriate to ask a coach to describe rationale for these types of decisions, but **never appropriate to publicly criticize or complain about the decisions.**

By allowing your child to be a part of a KCS team, you are giving the coach the authority to make these decisions.

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Encourage the athlete to talk with the coach first.
2. Do not attempt to confront a coach before, during or after a game or practice. Congratulations and other general remarks are appropriate, but do not discuss negative issues when emotions are high.
3. Make an appointment or wait 48 hours before discussing your concern directly with the coach. It is important to meet with coaches directly to avoid miscommunication. Please ‘CC’ the Athletic Director when making appointments with coaches via email.
4. If there is no satisfactory resolution, schedule an appointment with the Athletic Director to discuss the situation so that an appropriate next step can be determined, if necessary.

EXPECTATIONS FOR SPECTATORS

Spectators are an integral part of the excitement of sport. Their behaviour can often dictate the tone of an athletic event. At KCS, we are committed to contributing to this tone in a positive way. It is the responsibility of each participant in our athletic program (players, coaches, parents, spectators) to work at maintaining this positive tone. The way our spectators behave directly reflects on our school and is a large part of our school, team and personal testimony to the community. We expect KCS spectators to:

- Model good sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators. Unsportsmanlike behaviours such as booing, taunting or using profane language or gestures is unacceptable.
- Refrain from yelling in a negative way at players, coaches or officials during games.

In order to be a successful athletic program, we need to work together to uphold the Expectations for Spectators. Spectators that engage in behaviours that violate these expectations may be subject to sanctions or removal from competitions associated with a team.

TEAM FEES

There is a fee for playing on any team. Fees are for uniform replacement costs, league fees, referee costs, tournament entry fees, equipment and similar related items as they arise during the season. Fees for a season will be pre-determined by the school and communicated to players before a season starts. This fee will be authorized by the Athletic Director.

If a team qualifies for Valley or Provincial Championships, additional costs may be assessed. Teams should be able to determine before the midpoint of a season if there is potential for post-season play and start making financial plans accordingly.

UNIFORM CARE

Uniform Care is the responsibility of each player.

- Wash in cool water; colors separately
- Do not use bleach
- Hang to dry
- Do not leave in a ball in a backpack. Keep on hanger as much as possible.
- Plan ahead – wash after a game, not right before.
- Remember – replacement cost could be as high as \$250.

AWARDS

Members of school teams can accumulate points for participation on school teams in their high school years. Members of Grade 10 teams can receive a maximum of 10 points for a season. Members of Senior teams can receive 15 points.

The **Tyler Bishop Award** Male & Female Athlete Award is presented to a KCS graduate each year. Criteria for the award is assessed on:

- *Student's contribution to athletics through participation points.*
- *Student's use of his/her abilities to honour God and others through demonstrations of skill, respect, integrity, leadership, and service to others in a variety of endeavours.*

DISCIPLINARY ACTIONS

SCHOOL BEHAVIOUR

Players are expected to abide by school rules and regulations as outlined in the School Code of Conduct (found in the Middle School and High School Handbooks). Players involved in serious or repeated violations of school rules, will be subject to a review board made up of a coach, the Athletic Director and one school administrator. This review board will make decisions regarding suspension from participation in the Athletic Program. Players receiving a suspension from school will automatically be suspended from all involvements (playing and observing games and practices) with the current team for the duration of the school suspension.

TEAM BEHAVIOUR

Players that engage in behaviours that violate the Athletic Code of Conduct may be subject to disciplinary actions or sanctions. At the lowest level, a coach may determine short-term suspension from the team – such as being “benched”. For ongoing or serious breaches of the Athletic Code, disciplinary action could include, but not be limited to, removal from league, tournament and exhibition play associated with a team.

ACADEMIC PROBATION

Players should maintain an awareness of their marks and attendance. Players can be put on Academic Probation when:

- Their marks fall below 55%.
- They have missed 10 or more classes in one subject.
- They fall behind on their assignments, quizzes or tests.

A coach, in conjunction with the Athletic Director, can place a player on Academic Probation until the marks come up or assignments are complete. While on Academic Probation, players will be suspended from all involvements with the team. Players on Academic Probation for more than 2 weeks may lose the privilege of being involved with the team for the remainder of the season.