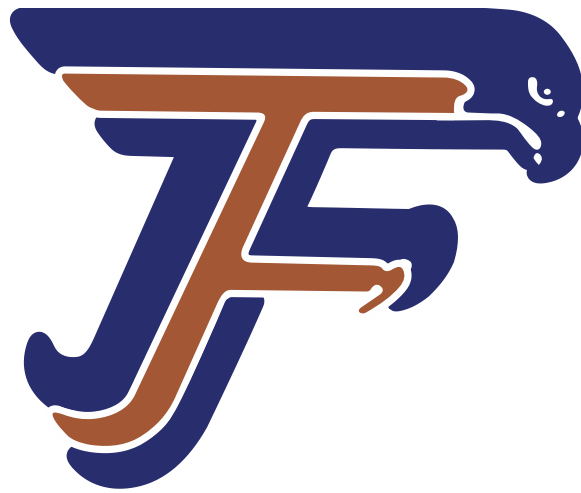


JAMES FOWLER FALCONS

ATHLETE HANDBOOK



JAMES FOWLER HIGH SCHOOL

# James Fowler Falcons Athletics

## 1. Our Mission:

All involved in the James Fowler Falcons High School athletics program are committed to success on the court/field. In the process of achieving that parameter of success, we also acknowledge that the world outside athletics is where true success and fulfillment can be found. Our goal is to develop student/athletes as well rounded people with strength of character.

## The Falcon Family Code

As a FALCON, I will always do WHAT IS RIGHT! I will act ethically, honestly, and fairly. I will respect the rights and dignity of all people, at all times.

As a FALCON,

- I will not lie, cheat or steal.
- I will not bully, haze, mistreat, harm or take unfair advantage of anyone.
- I will not harass anyone about their race, ethnicity, religion, physical condition or sexual orientation.
- I will not possess or use any type of substance that will increase or decrease my performance including but not limited to: tobacco, alcohol, marijuana, or vaping.
- I will not take sexual advantage of anyone, by any means or manner (including alcohol, drugs, force or coercion).
- I will not drive under the influence of alcohol, or drugs, nor will I get in the vehicle of an impaired driver.
- I will not stand by and allow a Falcon to ignore the Falcon Family Code.

I WILL always protect the FALCON Family and...

- DO what is RIGHT and STOP what is WRONG.
- TEACH fellow Falcons to follow the Falcon Family Code and RESPECT the Falcon Family.
- Responsibly REPORT any unethical, dishonest, disrespectful or wrongful behaviour.

DOING THE RIGHT THING ISN'T ALWAYS EASY, BUT IT'S ALWAYS RIGHT.

## 2. Program Philosophy:

In reaching our goals we turn to the three legs of our "Success Triangle":

PLAYING HARD – We are competitors without equal. We, as players and coaches, are striving to make sure that no one prepares more thoroughly or works more diligently to become a successful team than us. It also means giving our all in being students and staff at James Fowler.

PLAYING SMART – Being a player or coach who is prepared for practice and games, who understands what is needed to be successful, and is willing to do what it takes to achieve our goal. Our team will execute all phases of the game at all times.

PLAYING TOGETHER – means accepting our teammates and coaches as we are molding ourselves to do whatever we can to make the TEAM successful. As a group, we are also remembering to enjoy each other and have fun while we participate in this great game. In our off-the-court/field-lives, it means contributing our time to others, to good and worthwhile causes and to the welfare of our families and loved ones.

## 3. Program Goals:

- To maintain a minimum of 60% in each course enrolled and attend class regularly.
- To become better students, athletes and citizens.
- To improve individual player skills each year.
- To support each and every player in our program (grades 10-12).

## 4. Substance Abuse Policies:

Use or possession of tobacco, alcohol and other harmful substances, and illegal use or possession of narcotics or habit-forming drugs is prohibited. It is the policy of the James Fowler High School Athletic program that if there is an infraction, the athlete may be suspended for the remainder of the season. Student-athletes who commit an "in-season" violation of the JFHS drug-alcohol/tobacco rule may not be eligible to receive credit for that sport toward the Athletic Achievement Awards presented to Grade 12 student-athletes. The term "in-season" will be defined as the first eligible

practice date throughout the completion of the season up to and including the date of the final playoff game.

## 5. Academic Eligibility:

If participants have not earned credits in an enrolled class in the previous semester, they may be ineligible to participate for the remainder of the season where the sport crosses both semester (Basketball and Wrestling). During the semester, marks must be maintained above or equal to 60% on a weekly basis in all subjects or they will be placed on academic probation until marks improve. Players on academic probation will not be allowed to play games or use the gym at lunch until their mark improves. If improved marks are not immediately available, the player is expected to attend extra help sessions weekly during lunch or in the morning and then attend practices after school.

## 6. School Attendance:

Generally, a student must be in school during the day in order to participate in that practice/game after school. Exceptions for unusual circumstances may be made by the Principal, Athletic Director, or Coach. (ex: school field trip, excused appointment, family emergency).

## 7. Try-outs/ Evaluation:

- Athletes are entitled to a 2-day tryout during the tryout timeline.
- Cuts may continue throughout the season if they become necessary. (ex: A player may change from the Sr. to Jr. team or be removed from the team after a trial period early in the season).
- Players are also evaluated on their off-season commitment to the program.
- We will choose the players that make the best team, not necessarily the best players.
- Anyone who tries out and does not make the team may ask about remaining with the team as a team manager.

## 8. Playing time on a competitive team:

The James Fowler Falcons athletic teams participate in the Calgary Senior High School Athletic Association. This league is designed for competitive sport. In order to compete to the best of our abilities, playing time is not equal for every player. Players will be given playing time based on leadership, work ethic, experience, skill,

upholding team values and expectations. Playing time allocation is fully a coach's decision and will not necessarily be equal.

## 9. Team Fees and Fee Payment:

Team fees cover the cost of the following:

- Tournament entry fees
- Minor officials
- Sports medicine Supplies
- Transportation (school bus)
- Athletic celebration (year-end)
- Uniform/equipment replacement fund
- End of season celebration
- Clothing (only if custom clothing is ordered)

Jersey Deposit – a post-dated cheque of \$200 is required prior to the season. This cheque will only be used if a player does not return a uniform item or if the item is returned in disrepair. Only the cost of the item(s) will be deducted from the deposit. (Home and Away Uniforms, practice jersey, shooting shirt). Cheques will be returned at the end of the season to each player.

Fee Payment – the full fee must be accounted for prior to the first league game. Players will not be allowed to participate in games until full payment is received OR a payment plan has been discussed with the coach/business office. Payment options include cheque, cash, debit and credit card can be made to the business office. Post-dated cheques will be accepted as per the breakdown on the parent letter. Kidsport funding is also available to families that qualify. The form and accompanying documents must be completed and returned to the coach prior to the first league game.

## 10. Parent/Coach Relationship:

Parenting and coaching can be difficult. By establishing an understanding between coaches and parents, we are better able to accept the actions of others and provide a more positive experience for everyone. Parents have the right to know, and understand the expectations placed on them and their child.

Expectation #1: All players will communicate concerns with their coach before a parent contacts the coach. Our players are old enough to begin learning how to handle their own issues and are expected to do so with us.

Expectation #2: No parent/coach contact within 24 hours after a game. Allowing for time to reflect after a game encourages rational discussions later. This can be very difficult to do after a game when emotions run high.

Communication parents should expect from their child's coach:

- Expectations from the coach for your child and the team as indicated in the parent letter and parent meeting.
- Practice and game schedule (including location and time)
- Team requirements (managers, equipment, school and team rules, workouts, fees, fundraising)

Communication coaches expect from parents:

- Specific concerns in regards to the coach's expectations
- Notification of any schedule conflicts well in advance
- Immediate notification of any health issues or physical limitations
- Concerns related to religious, cultural or social implications
- Encouragement of your child and your child's TEAM at all times

Appropriate concerns to discuss with a coach:

- The mental and physical treatment/well-being of your child
- What your child needs to do to improve
- Concerns about your child's behaviour

Issues NOT appropriate for discussion with your child's coach:

- How much playing time each athlete is getting (see above)
- Team Strategy
- Play Calling
- Any Situation that deals with other student athletes unless your child is directly involved.

## 11. Discipline:

Athletes playing for the James Fowler Athletics Program will conduct themselves in an appropriate manner. Stealing, fighting, bullying, harassment of other players/officials and other prohibited activities, whether in or out of school, will not be tolerated. Any player found in violation of this will either be suspended or removed from the team. Players can be removed from practice for behaviour detrimental to the TEAM. Should this happen the Athletic Director and Assistant Principal will be notified and the player could be suspended or removed from the team.

## 12. Anti-Hazing Policy:

Hazing is prohibited at James Fowler High School and will not be tolerated on our sports teams. We are all equals on this team. Hazing is a practice that diminishes the integrity of individuals and their team. Hazing occurs when an action is taken against a person for the purpose of initiation or admission into that organization or team where the action either results in humiliating, intimidating, demeaning, or endangering the physical/mental health of the person. Any player found in violation of the policy will either be suspended or removed from the sports team.

## 13. James Fowler Falcons Players' Guidelines

- Self- Discipline is an expectation. Be a leader.
- Take pride in your team, school, town, family and yourself.
- Always be early!
- Communicate if you must be absent for any reason ahead of time.
- Play Hard, Play Smart, and Play Together.

## 14. Exam Break and Holidays:

Please see the online school calendar for all current school holidays and exam breaks. There will be no mandatory practices or games scheduled during these holidays.

## 15. Cancelled School:

If school is cancelled due to bad weather, all activities may also be cancelled. This is a decision that will be made with the safety of the athlete in mind. The coach of your child's team will notify you or your child if there is a cancellation. We will do so through school announcements, e-mail, phone calls, or a calling tree. If school is dismissed early due to bad weather, there will be no practice. In the event that bad weather is not the cause of a school cancellation, practices will be scheduled accordingly at the discretion of the head coach and athletic director.

## 16. Transportation:

Away Games – Depending on game location the athletes will use the James Fowler school bus, volunteer drivers or public transportation (at the players expense) to attend away games. In most instances it will be expected that athletes will find their own way home following the game. Please refer to the specific team letter for more information.

Volunteer Drivers: As a parent who is driving a child other than your own child, a driver abstract, police clearance check and a volunteer form must be completed before driving. These forms can be completed at the main office with 2 pieces of government ID. It may take 4-6 weeks to process.

\*Players may drive themselves to the games, but must not drive any other athletes.

## 17. Practice Sessions and General Information:

1. Time: Be at least 5 minutes early for practice so that you are ready when practice starts.
2. Dress Code: Wear appropriate clothing for the specific sport. If the sport is outside, it is expected athletes will dress for the weather. Athletes should have a good pair of runners or cleats. Spikes for Track & Field may be worn on days when the team goes to Foothills Track to practice.
3. Late: Any athletes late for practice without a formal reason will have extra conditioning or tasks to complete based on the coach/team agreement. This will be run after practice... NO EXCUSES!!
4. Absences: Please call if your child can't make it to practice. Athletes may also call the coach. It's only common courtesy. We will not accept a friend telling us. An unexcused absence will result in the rules developed and decided by each specific team. Eg. Missed practice resulting in sitting the first part of a game.

5. Profanity: Profanity will not be accepted. Players are expected to be respectful to teammates, opponents, officials, fans and everyone else.
6. Equipment and Facilities: Athletes are responsible for team equipment. If not returned or in poor condition, you will be asked to pay for the item.
7. Teammates: Respect, Encourage, Support. This runs throughout the program.
8. Bathroom/Water/Other: Never leave the court/field without permission, unless it is an emergency.
9. Fun: We will have many laughs throughout the season, but also some trying times. As a team we can make it fun by working together and spending time with each other off the court getting to know one another.
10. Injuries: You must report injuries to the coaches and your trainer (if your team has one) immediately. If you take medication or have prior injuries, let us know.
11. Locker Room: Keep it clean. Pick up after yourself, and help out if you see a mess. Uniforms left behind will result in team duties.
12. Cell Phones: Should be left in the player's locker. If a cell phone is needed then it should be put on vibrate before the practice/game begins.
13. Eligibility: All athletes must meet the requirements of the sport program, the school, the CSHSAA and ASAA. Please see <http://calgaryhighschoolsports.ca/index.php> and [www.asaa.ca](http://www.asaa.ca) for further information.

## 18. Team Roles

Coaches:

- Lead by example.
- Have a plan to lead the program.
- Push everyone to be their best.
- Communicate!!
- Teach everyday (encourage and correct).
- Decision maker on playing time.
- Define roles and have every player contribute.

- Treat everyone with respect and listen to new ideas.
- Promote the program.

#### Players:

- Play hard, play smart and play together.
- Listen!!
- Talk to coaches if you have concerns.
- Be coachable and accept constructive criticism from the staff.
- Contribute on and off the court.
- Show everyone proper respect and sportsmanship.
- Play like a champion every day, not just during games.

#### Parents/Guardians:

- Support your child and the team. Do not speak poorly of other athletes. This includes before, during or after the game, particularly in the bleachers. Let's build up our players not break them down.
- Encourage!
- Ask your child the following questions in this order after a game; Did you have fun? Did you try hard? Did you win?
- Let the coaches' coach. Players should not be looking in the stands for instruction.
- Understand the referees/officials will make mistakes; handle yourself with class: Booing and berating of the minor officials have no place in high school athletics.
- Help coaches in promoting academics and positive training habits.
- If there is a concern, you need to have your child communicate with the coach before you talk to your child's coach about it. Please refrain from saying your child doesn't know you are talking to us about this. Your child needs to speak to us about any problem or concern before you do.
- Trust that coaches, players, managers and everyone involved are trying to do the right thing.

- Get to know your coaches off the court. They have families, jobs and other responsibilities just like you.

## 19. Game Regulations

A hard fought victory by the team can be nullified by the adverse conduct of one or more players on the court/field or on the bench. Since the nature of the game tends to arouse emotions, you are reminded to conduct yourself in an appropriate manner during games.

Reminders:

- When your coach takes you out of the game, hustle to the bench and take a seat by the coach (head or assistant). The coaches will explain why you were taken out or what he is looking for you to improve upon. Be prepared to go right back into the game.
- Under no circumstance will you question an official's call. You must remain focused and let the coach handle such matters.
- Wear your uniform properly.
- During time-outs, hustle to the bench, don't walk! Always look at your coach, this demonstrates respect and confidence.
- Don't quit on a play because you made a mistake or felt that the official made a bad call. Play continues until the whistle blows.
- Talking to the fans is prohibited while sitting on the bench or during dead balls. Keep your head in the game and focus.
- Be alert to adjustments being made during the game. If you are called upon to go in, you better be aware of what is going on.
- Bench spirit helps build momentum during games.
- Be a gracious and humble winner. Make an effort to congratulate your opponent on a fine game. If you lose, leave the court with pride. Shake hands and go immediately to the locker room. Don't stop off to visit with parents, fans or friends.

## From the Coaches:

We realize that every possible event or circumstance that could potentially happen during the season may not be covered in this handbook. Events and clarifications not covered in this handbook will be resolved at the discretion of the head coach in collaboration with the Athletic Director and Principal. We apologize if we overlooked anything; feel free to bring it to our attention and it will be clarified to the best of our abilities.

We, the parent(s)/guardian(s) of \_\_\_\_\_ have read the above JFHS Athletics Handbook and we fully understand the rules as set forth in this handbook.

I, \_\_\_\_\_ (student name) have read the above JFHS Athletics Handbook and I fully understand the rules as set forth in this handbook.

|                 |                      |        |
|-----------------|----------------------|--------|
| _____           | _____                | _____  |
| (Player's name) | (Players signature)  | (Date) |
| _____           | _____                | _____  |
| (Parent's name) | (Parent's signature) | (Date) |
| _____           | _____                | _____  |
| (Parent's name) | (Parent's signature) | (Date) |