

# Memorial Marauders Athletes & Parents HANDBOOK



## DESIRED QUALITIES IN AN ATHLETE & COACH

- |                |               |                       |
|----------------|---------------|-----------------------|
| 1. Sincerity   | 5. Patience   | 9. Team Spirit        |
| 2. Honesty     | 6. Friendship | 10. Skill Development |
| 3. Integrity   | 7. Loyalty    | 11. Poise             |
| 4. Reliability | 8. Enthusiasm | 12. Confidence        |

**Thank you for your commitment to Marauder Athletics**

# **Memorial Marauders Coaches Handbook**

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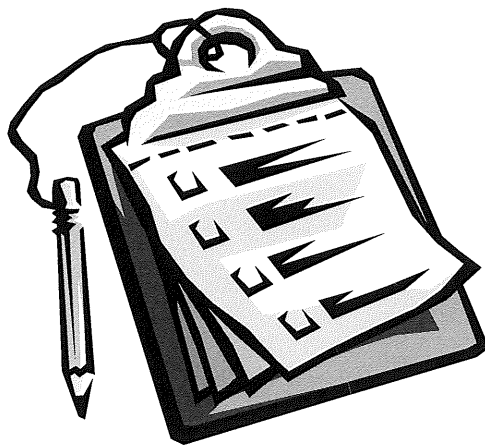
- A. L. W. Kruger Award
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**I**

## **Guidelines for Extra-curricular Activities**

**A. Expectation of Students**

**B. Expectation of Supervisors/Coaches**



**Coaches:**

***Please read carefully and present to familiarize yourself, athletes and parents with these policies.***

## **Guidelines for Extracurricular Activities**

The school encourages and supports the establishment of a wide variety of extracurricular activities as a vehicle of meeting the diverse needs and interest of students.

Most appreciated are those staff and community individuals who **volunteer** their time to supervise and coach the students.

Participation in extracurricular activities is an extension of the regular school program and is a privilege that carries expectations **beyond** those in the normal classroom situation.

The goal is to give students direction in self-discipline, leadership, teamwork, respect for rules and regulations, and in the development of life-long wellness. To those ends this code of conduct is established for students participating in extracurricular activities.

### **A. Expectation of Students**

In order to be **eligible** to participate, students must:

- Adhere to the guidelines and rules outlined in the Student Handbook/Athletic Handbook.
- Maintain an appropriate academic standing and attendance record with positive effort and attitude. Students with unsatisfactory attendance, effort, & attitude may be removed from the team for a period of time.
- Maintain a high level of behavior and display good sportsmanship befitting an ambassador of M.C.H.S.
- Follow the team/club rules as established by the supervisor/coach.
- Athletes must meet eligibility requirements set forth by the Metro Schools Athletic Association and by the Alberta Schools Athletic Association (ASAA).

### **B. Expectation of Supervisors/Coaches**

- Remember that the goal is to give students direction in self-discipline, leadership, teamwork, respect for rules and regulations, and in the development of healthful living habits.
- Ensure that students are aware of guidelines for student participation in extracurricular activities
- Ensure that students are aware of teachers expectations and regulations
- Ensure that student eligibility is checked and attendance and effort is maintaining in classroom
- Ensure that transportation regulations are followed (in particular, students are not allowed to transport other students)
- Ensure that extended field trip forms are completed for any overnight trips
- Manage school resources and budget allocations carefully, coaches/supervisors may claim travel, lodging and other expenses subject to submitting receipts.

## **II**

# **Team Participation Guidelines**

**A. Players**

**B. Parents**

**C. Coaches**



## **Team Selection and Participation Guidelines**

In order to achieve our goal of performing up to our full potential as a team, we must adopt a team concept that all of us understand and accept.

The following guidelines set out clearly what you can expect of your coaches, support staff, and teammates - and what is expected of you in return. All of us will live by them.

### **A. Player Guidelines:**

#### **1) Positive Attitude:**

Expect a lot of yourself but always settle for the best you can do today. Learn from errors, do not dwell on your own or a teammate's in a negative way. It is hard work to stay positive, especially when things are not going well.

#### **2) Unselfishness:**

This is the key to success. None of us can succeed on our own. There is no place for envy, jealousy, or destructive personal rivalry. We win together and lose together - no one person is ever responsible - all of us are responsible. Team mates who become abusive to each other will be required to resolve the situation positively themselves.

#### **3) Respect:**

Treat teammates, coaches, support staff, officials, and opponents with equal respect. Negative feelings detract from our play and can lead to errors, penalties, and underestimation of opponents. Always show officials respect, they have a much tougher job than anyone. \*Swearing is not permitted because it is disrespectful besides demonstrating a lack of self-control.

#### **4) Responsibility:**

Commit yourself to being on time, fully dressed, and ready to give your best in every practice and game. If complications develop (injury or other problems), explain to the coach beforehand. Do not wait to be asked. Do your part to keep the dressing room clean and to handle equipment at home or on road trips. You will act in a manner that will bring credit to the Athletics Community and yourself, both within and outside the competition arena and/or competition area.

#### **5) Excuses:**

Accept responsibility also for mistakes or errors, loss of temper, defeats, or other shortcomings, without making excuses, and resolve to focus on improvement. These things will happen - when they do, do not make excuses, admit them and strive to improve.

#### **6) Coach ability:**

Accept coaching instructions and other directions, including lineup assignments, in a positive and cooperative manner. You are fully entitled to communicate with the coach or on any decisions that affect you. When you want to question something do so at an appropriate time. The coach will take it up there or later, depending on the nature of the question. Personal issues will be dealt with in private. Should you have any concerns that affect your involvement or interfere with your ability to

perform you are encouraged to bring them to the attention of the coach. You can count on any such matters being kept confidential.

7) **Leadership:**

Every player can be a leader in his/her own way: by example, by pitching in to do your part, by enthusiasm, by supporting teammates, by never letting up or getting down in tough sports. Some leaders are vocal, others say very little. We need both kinds - and we need them on and off the floor (field).

8) **Goal Setting:**

Set goals of self-improvement first and victories will take care of themselves. Team goals are ahead of individual goals.

9) **Consistency:**

Strive to practice and play consistently up to your present level of ability within the letter and spirit of the rules and acceptable behavior.

10) **Tobacco, Alcohol, Illicit Substances:**

Use may result in automatic dismissal from the team.

These guidelines apply to everyone associated with the team. Being involved with the team requires a commitment to live by the 10 principles set out above. As well, the student-athlete must focus on being an appropriate ambassador of his/her school and must maintain an appropriate academic standing and level of classroom behavior.

**B. Parent Guidelines**

- 1) Recognize that **coaches are volunteers** who are committed to the student-Athlete, their team and the school.
- 2) Support the athlete, the team, and the coaches. Help in every way, the student-athlete fulfill the expectations listed in Part A.
  - a) Commitment to provide transportation as required
  - b) Support the student-athlete in maintaining a healthy balance between family, school, and athletics
  - c) Maintain a positive attitude and encourage student-athletes to fulfill their commitment to their teammates and their team.
- 3) Recognize the competitive nature of athletics and the level of commitment necessary in the pursuit of excellence.
- 4) Accept coaching decisions, including line-up assignments, in a positive and co-operative manner. You are fully entitled to question coaching or other decisions that affect you and your family. However, do so at the appropriate time and in a positive and co-operative manner.

### **C. Coaches Guidelines**

- 1) A resource person able to assist the athlete to develop his/her athletic potential and self-dependency.
- 2) Recognize individual differences in athletes.
- 3) Aim for excellence based upon realistic goals and the athlete's growth and development.
- 4) Be honest and consistent with athletes.
- 5) Make the sport challenging and enjoyable, while at the same time teaching discipline and team work.
- 6) Lead by example. Teach and practice co-operation, self-discipline, respect for officials and opponents and proper attitudes in language, dress and deportment.
- 7) Enforce the commitment of all student athletes to their academic commitment attendance/ambassador role they play as a student of M.C.H.S.



### **III**

## **Athletic Awards**

- a) L. W. Kruger Award**
- b) James Wackenhut Memorial Award**
- c) Marauder Awards**
- d) Achievement Awards**



## **Memorial Composite High School Athletic Awards**

### **A. L.W. Kruger Award:**

A trophy, a school ring, and a cash award of \$100.00 are presented to the graduating students (one male/one female) who best exemplify athletic prowess and sportsmanship in school sponsored athletic activities. The recipients' names are engraved on the permanent trophy kept in the school.

The awards are sponsored by Dr. & Mrs. K. Katyal and Mr. & Mrs. L. Kruger and are presented on the recommendation of the school's Athletic Department. The Kruger Award is presented at the fall graduation ceremony.

### **B. Green and Gold Awards**

The Green and Gold Scholarship (\$1000 per recipient) may be presented to one male and one female athlete who best display the following criteria:

- Being well-rounded and community-minded with the following qualities: positive attitude, unselfish, responsible, coach able, a good leader, and a goal setter.
- Having an overall average of at least 70% in her/his grade 12 year,
- Being involved on at least one MCHS athletic team during each of two high school years – one year being grade 12,
- Must have been involved in school fund raising while at MCHS.

These awards are sponsored by the Green and Gold Society. The Physical Education Department and Memorial's Awards Committee are both involved in the selection process.

The recipient of this scholarship must be a graduating student. The scholarship must be used for post-secondary education and the amount will be paid upon proof of registration in a post-secondary institution.

It is recommended that coaches be involved in the selection of these award winners. These awards will be presented at the spring athletic banquet and awards ceremony.

### **C. James Wackenhut Memorial Award**

In December 1989, James Wackenhut, a student of MCHS died in a tragic accident. One of James' passions was playing basketball and during the 1989-90 season, he was a member of the Jr. Marauder's team. His dedication, sportsmanship, hard work at fundamental skills, and his exemplary attitude toward the game have resulted in the institution of this award to honour him. The James Wackenhut Memorial Award will be presented annually to a member of the Jr. Boys' Basketball team who best typifies the kind of person and player that James was.

The recipients' name will be engraved on the plaque that remains in the school. An annual keeper trophy will be given to the student.

#### **D. Marauder Awards**

The Marauder Award may be presented to a student athlete from each team who best displays the following criteria:

- positive attitude
- coach ability – willingness to learn
- desire and initiative
- leadership and team play
- positive ambassador for MCHS
- appropriate academic standing and exceptional conduct in and outside the classroom.

The Marauder Awards are sponsored by the MCHS Green and Gold Society and are presented on the basis of recommendation of a candidate by the respective coaches.

These awards are presented at the spring athletic banquet and awards ceremonies.

#### **E. Achievement Awards**

The following awards are available to athletes at MCHS:

- Achievement Award - 25 points
- Letter Award - 50 points
- Double Letter Award - 80 points
- Torch Award - 130 points

An Achievement Award winner will receive a MCHS certificate.

A Letter Award winner will receive a MCHS logo "M" and certificate.

A Double Letter Award winner will receive a MCHS crested sweater, MCHS certificate, a plaque, and a MCHS pin.

A Torch Award winner will receive a MCHS engraved glass trophy, MCHS certificate.

Clarifications:

- Points are accumulated over three years of high school.
- Points for each athlete are recorded on file with the Athletic Awards Committee. An athlete may earn an award once; however, two awards may be earned in the same year.
- Transfer students are eligible for points in the sports they played at their previous school (upon verification).
- Any disputes will be referred to the Awards Committee for approve.
- All requirements must be completed in order to receive an award.

Criteria: Points may be awarded to athletes in their respective sports for the following:

- completing the requirements of a team member
- winning a berth to a major championship
- displaying an outstanding contribution in a sport

1. Completing the requirement of a team member

Requirements of a team member:

- attending all practices and games on a regular basis
- displaying conduct as set out in the athletic handbook
- displaying good sportsmanship
- maintaining acceptable academic standing
- adherence to the guidelines and rules in the student handbook

The following points are available in each sport and are accumulated over three years at MCHS:

- Basketball, Volleyball and Football – senior 0-10 points / junior 0-7 points
- Track & Field 0-5 points
- Badminton 0-5 points
- Cross Country 0-5 points
- Rugby 0-7 points
- Soccer 0-7 points
- Golf 0-5 points
- Curling 0-5 points
- Wrestling 0-5 points
- Swimming 0-5 points

If a sport is considered long season, (ie. 3-4 months of basketball) and has significant commitment for the athlete (ie. 2-3 practices per week plus games), then the sport or athlete may be considered for 10 points by the athletic department.

2. A berth in League Finals or Provincial Championships

Extra points may be awarded for the following athletes/ teams who:

- Qualify for zones in Badminton (5 points), and then qualify for Provincial Championships (5 points).
- Qualify for Provincial Championships in Track & Field (5 points). Those who finish in the top 3 at Provincials (5 points).
- Finish top 2 in League play (5 points), and then qualify for Provincial Championships (5 points) in any team sport.
- Qualify for Provincial Championships in Cross Country (5 points), and then place in top 10 in Provincials (5 points)

- Qualify for a zone medal in Golf (top 3 for 5 points), and then qualify for provincial medal (top 3 for 5 points)

**NOTE:**

In team sports – finishing in the top two in League receives 5 points and qualifying for Provincial earns an additional 5 points.

In individual sports – the top 3 athletes who qualify for Zone Medals receives 5 points and then place in the top 3 in the Provincial Championships earn an addition 5 points.

3. Displaying an outstanding contribution in respective team sports

The coach has the discretion to award an extra 5 points for one to three athletes who display an outstanding contribution in that sport.

This athlete must stand out from the rest of the team. He/she should display excellent ability and attitude throughout the season. The athlete will have sacrificed a great deal of time and effort in becoming the best possible in that particular sport.

F. Athletic Banquet – generally held in the 2<sup>nd</sup> week in June.

Any Memorial student who has participated on a Marauder team and has earned athletic points is invited to attend the spring Athletic Banquet. At this time athletic awards (except the Kruger Award) are presented.

It is expected that individual coaches will not give speeches about their team(s), and it is also expected that individual athletes or teams will not use this occasion to make presentations to or speeches about their coach(es).