



**LCI PARENT
& ATHLETE
ATHLETIC
HANDBOOK
2016-2017**

Introduction to the Lethbridge Collegiate Institute (LCI) High School Athletic Handbook

Greetings! On behalf of the more than 60 athletic coaches, teacher supervisors, school administration, parent volunteers and student volunteers, we welcome you to LCI's athletic program. We hope you enjoy the many activities of the 12 sports (25 teams) offered to you at LCI.

The main objective of this handbook is to make information available regarding athletics to prospective athletes and their parent(s)/guardians enrolled at LCI. This handbook is available online and will be updated periodically so that you can access it as a reference guide throughout your athletic years at LCI.

The success of the athletic program depends on the understanding and cooperation of the administration and faculty in carrying out the basic athletic policies of the Alberta Schools Athletic Association, South Zone Athletic Association, Lethbridge Schools Athletic Association, Lethbridge School District #51, and LCI.

With the exception of extra local rules as defined in this handbook, LCI athletes are governed by the rules and regulations presented in the handbook of the Alberta Schools Athletic Association (Grades 10-12) and the Lethbridge Schools Athletic Association (Grade 9)

Athletic Information:

LCI Phone (403) 328-9606

Principal – Wayne Pallett Ext. 169
Athletic Director – Chris Harris Ext. 109

LCI Website: <http://lsdweb.lethsd.ab.ca/LCI/cms/>
Follow us on Twitter @LCIAthletics

School Team Names:

Girls – Clippers
Boys – Rams

School Colours:

Green and Gold

A. Athletic Code:

Definition of an Athlete:

*A student will be considered an athlete when he/she has signed the **Lethbridge Collegiate Institute (LCI) Athletics Registration Forms for Parents** and has been accepted as part of any LCI athletic team roster and has **paid the athletic registration fee** established by each sport and/or **made suitable payment plans**.*

*Athletes must re-register on a yearly basis throughout their High School career at LCI.

Athletic prowess is a natural desire to many students. It is a means of satisfying their desire to exercise and compete physically. Athletics help build strong bodies and develop many desirable traits, which will be a credit to a student later in life. Any student who competes as a member of an athletic squad must remember that he/she represents his/her school and that it is his/her duty to represent it honourably and well at all times. No personal reward can be greater.

Athletics are an integral part of the LCI's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students it is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

Place academic achievement as the highest priority. This includes attending all classes and arriving to class on time.	Maintain a high level of safety awareness. Respect all equipment and use it safely and appropriately.
Show respect for teammates, opponents, officials and coaches.	Refrain from the use of profanity, vulgarity and other offensive language (racist/religious) and gestures.
Not be involved in any form of hazing.	Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any illegal substance for any reason.
Respect the integrity and judgment of game officials. Adhere to the established rules and standards of the game to be played.	Know and follow all ASAA, LSAA and school athletic rules and regulations as they pertain to eligibility and sports participation.
Exhibit fair play, sportsmanship and proper conduct on and off the playing field.	Win with character, lose with dignity.

B. Sportsmanship Code:

The ideals of good sportsmanship, ethical behaviour and integrity should permeate all interscholastic athletics in our community. In perception and practice, good sportsmanship shall be defined as:

Those qualities of behaviour, which are characterized by generosity and genuine concern for others. At LCI we follow the LSD #51 Fair Play code and SAIAC Sportsmanship code, which are both, posted in our school. Furthermore, we embrace the ASAA Fair Play and Sportsmanship code (www.asaa.ca) for all of our coaches, athletes, administrators and spectators. Our athletic fields and courts should be the showcases of student athletes displaying good citizenship and reflecting **fair play** in every area of life.

Expectations of Players, Parents and Spectators:

Game attendance is a privilege not a license to verbally assault others or to be obnoxious, rude or demeaning to others.	Become aware of the purpose of the league and rules to keep winning in its proper place.
Respect decisions made by contest officials.	Respect fans, coaches, all officials and participants.
Be a role model by positively supporting teams in every manner possible, including content of cheers and signs.	Recognize outstanding performances from both teams and/or all individuals.

Suggested Positive Behaviour of Players, Parents and Spectators:	Unacceptable Behaviour of Players, Parents and Spectators:
Applaud during introduction of players, coaches and officials.	Yelling, taunting, trash talk, negative chanting or gestures toward opponents.
Accept all decisions by officials.	Booing or heckling a coach's or an official's decision.
Handshakes between participants and coaches at end of contest, regardless of outcome.	Criticizing officials or coaches in any way; displays of temper with an official's or coaches call.
Treat competition as a game, not a war.	Refusing to shake hands or to give recognition for good performances.
Search out opposing participants to recognize them for outstanding performance or coaching.	Blaming loss of game on officials, coaches or participants.
Applaud at end of contest for performances of all participants.	Laughing or name-calling to distract an opponent.
Demonstrate concern for an injured player, regardless of school.	Using profanity or displays of anger that draw attention away from the game.
Encourage supporting people to display only sportsmanlike conduct.	Use of artificial noisemakers of ANY kind in school gymnasiums.

C. Hazing:

No LCI student is allowed to conduct or engage in any hazing activities. "Hazing" refers to: *Any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate.*

Failure to comply with the before mentioned statement will/may result in suspension from all school activities, out of school suspension, and a possible recommendation for expulsion. Further information on hazing can be found at: www.stophazing.org

D. Sports Registration:

All athletes must have the **Lethbridge Collegiate Institute (LCI) Athletics Registration Forms for Parents** package completed in order to participate in a sport. The package contains:

<ul style="list-style-type: none">• LCI Medical Examination Report for Athletic Participation –OR- Medical Waiver Form	<ul style="list-style-type: none">• LSD #51 Volunteer Driver Authorization 700.3.3 (To be completed in the event parents are going to drive students other than their own)
<ul style="list-style-type: none">• LSD #51 Volunteer Driver Parent Consent Form 700.3.4	<ul style="list-style-type: none">• LSD #51 Parental and Student Consent and Waiver Form 607.1.10

The Athletic Department is responsible for the registration of all athletes; therefore a registration schedule is established for each sport prior to each season. Registration is a time-consuming responsibility and is scheduled at specific times prior to the beginning of each season's first practice. All athletes must have all of the above-mentioned paperwork in order to register. **Failure to comply will result in student athletes being turned away until all paperwork is completed.**

No athlete will be allowed to participate in a sport until all athletic paperwork is complete and turned in to the teacher coach or teacher supervisor responsible for the sport.

E. Fees:

Fees charged to students cover the cost of travel, hotel, tournament entry fees, league fees, referees, uniform user fees and other minor incidentals. All athletes are expected to pay the same fees, regardless of play time or attendance to all events. There are no prorated fees. Extenuating circumstances can be discussed between the parent and athletic director. Please understand that fees are a critical component of running an athletics program

Fees for minor sports must be paid in full before the athlete is permitted to participate, travel with and given a uniform or any clothing/gear associated with the sport. Fees for major sports, where the cost to participate is substantially greater, have strict guidelines that must be adhered to:

- **It is expected that all fees are paid in full at the beginning of the season.**
- **Should fees not be paid in full at the beginning of the season, arrangements with parent and LCI Business Manager must occur before the first game and a uniform is distributed. Failure to comply will result in ineligibility until these arrangements have been made.**
- **It is expected that families on an approved scheduled fee payment plan have all fees are paid in full before zone competition. Failure to comply will result in ineligibility for travel and competition.**
- **Extenuating circumstances can be discussed between the parent and athletic director at any time throughout the regular season.**

F. Eligibility:

The principal and the athletic director are responsible to the ASAA and LSAA to guarantee each student is eligible to participate under the ASAA and/or LSAA rules and regulations. (www.asaa.ca). ASAA rules are often very strict and failure to comply can result in fines and or student athlete ineligibility.

G. Playing Time Expectations:

Grade 9 Teams and Individual Sport Competitions

At this level, students become accustomed to interscholastic practice and play. For many, it is their first introduction to competitive sports, different from recreation in its demands and philosophy. At the same time, for some, this is their third or fourth year of playing the competitive sport. It takes a tremendous amount of patience and understanding on the parts of the coach, player and parent to work through this sometimes large gap in experiences on a team.

Gaining experience through training and play should be paramount, not the win/loss record. At this level of play, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, and healthy competition.

All players will receive **fair** playing time, as safety, team commitment (attendance) and positive participation in practice allow. In other words, **fair playing time does not mean equal play time**. While coaches will make every effort to give all student athletes enough time on the court to develop as players, coaches must take many factors into consideration when determining playing time:

Player readiness (physical skills, court awareness, leadership and followership skills)
Player commitment (attendance and punctuality at practises)
Player safety (illness, injury, attitude and emotional state)

Junior Varsity Teams and Individual Sport Competitions

This level of competition has an increased emphasis upon team play, physical conditioning, and the refinement of basic skills. Although being successful on the JV level is important, winning is not the sole objective. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations.

An attempt will be made to allow as many participants as possible to play but not all will play equally. At the JV level, playing time will be based on team commitment (attendance) and the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student athlete in practice and during games.

Senior Varsity Teams and Individual Sport Competitions

Varsity competition is the culmination of each sport program. Normally, grade 11 and 12 students make up the majority of the roster. There are years when grade 10 students may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development are demonstrated. This shall be decided by the varsity head coach and Junior varsity head coach in conjunction with the Athletic Director.

Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the students, acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, **a specified amount of playing time at the varsity level is never guaranteed. It is impossible at the beginning of a season for a coach to predict how players will evolve throughout the season.** Thus it is the coach's responsibility to make clear to the student athlete what his/her role is on the team throughout the season.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a five-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons, the dedication and commitment needed to conduct a successful varsity program should be taken seriously by all involved.

H. Parent/Coach/Teacher Supervisor Communication:

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, everyone is better able to accept the actions of the other and provide greater benefit to students. As parents, when your student becomes involved in a program, **you have the right** to understand what expectations are placed on your student. This begins with clear communication from the coach of your student's program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport/activity and the expectations placed on your student.

Communication Coaches/Sponsors Expect From Parents	Communication You Should Expect From Your Student's Coach/Sponsor
Concerns expressed directly to the coach/sponsor.	Philosophy of the coach/sponsor.
Notification of any schedule conflicts well in advance.	Expectations the coach has for your student as well as all the players on the squad.
Specific concern in regard to a coach's/sponsor's philosophy and/or expectations.	Location and times of all practices and contests.
	Team requirements, i.e., fees, special equipment, off-season conditioning, and individual and team goals.

	Procedure should your student be injured during participation.
	Discipline resulting in the denial of your student's participation.
	A fair and unbiased process when student athletes are not selected to teams.

As your son/daughter becomes involved in the sports program at LCI, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way your child wishes. **This is the opportunity for your child to talk with their respective coach and discuss the situation. When your child handles the problem, it becomes part of the learning and maturation process.**

There may also be situations that require a **conversation between the coach and the parent**. These are encouraged. It's important that both parties have a clear understanding of the other's position. To help promote a resolution, please use the following guidelines:

Parent/guardian makes an appointment to privately speak directly to the coach to discuss the concern.	If the coach cannot be reached, call the athletic director and he/she will make arrangements for the coach to meet with you.
If the concern is not resolved, call the Athletic Director to arrange a conference. A meeting will be arranged with the coach, parent and Athletic Director.	At this meeting, the appropriate next step can be determined.
Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolutions. A good rule of thumb is to wait 24 hours.	

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are volunteers and they make judgement decisions based on what they believe to be best for all of the students involved. While there are certain things, which can and should be discussed with your child's coach, there are other things, which must be left to the discretion of the coach.

Appropriate concerns to discuss with coaches	Issues not appropriate to discuss with coaches
The treatment of your child, mentally and physically	Playing time
Ways to help your child improve	Strategy
Concerns about your child's behaviour or attendance	Play calling
	Other student-athletes

I. School Attendance/Behaviour:

Participating student athletes must be in attendance on the day of game or practice. Students who return to or leave school due to illness will not be permitted to practise or play with the team the day of the absence.
Occasionally students have legitimate reasons for missing a portion of the school day to attend to things such as medical appointments or other family concerns. When this happens, absences must be excused in the office by a parent in order for an athlete to participate that day.
A student who has earned a detention will not be permitted to practise/play until they have served their detention.
Participating student athletes that are inexcusably absent the day of a practise or contest will not be allowed to participate. This includes skipping class or a portion of class. Unjustifiable tardiness will result in sitting out a portion of a game (set, quarter, etc).

J. Early Dismissal for Games:

It is the policy of LCI and the Athletic Department to schedule all athletic contests so that students miss a minimum of class time for travel to away games or home contests.

Head coaches should make arrangements with the attendance secretary to e-mail the school teaching staff to have students excused from class when ABSOLUTELY necessary because of travel or contest.
It is the responsibility of the student athlete to meet with his/her teacher the day before the class he/she is to miss because of an athletic contest.
Students are responsible for all missed notes, assignments and/or tests.

K. Equipment and Uniforms:

Athletic equipment and uniforms may be issued to team members at the beginning of the season. There will be a **Uniform Deposit** of \$150.00 required **before** the athlete will be given their uniform. Equipment and uniforms will be for use by LCI athletic teams only and should not be used at any time other than for in-season scheduled contests and practice sessions.

Damaged equipment should be returned to the head coach immediately for replacement or repair. Equipment and uniforms will be checked in at the conclusion of a season. Athletes will be held financially responsible for lost equipment and uniforms, as well as items showing excessive wear. The athlete will not be allowed to participate in the next sport season if equipment is not turned in or paid for. A student's yearbook will be withheld until equipment and/or uniform conflicts are resolved. **Once uniforms are returned in good condition, the uniform deposit will be returned to the athlete.**

L. Transportation

Team members are **strictly forbidden** to drive an automobile transporting themselves and/or members of an athletic team or to be driven by another student to an athletic contest or practice site that is **out of the boundaries** of LSD #51 (**City of Lethbridge**).

A student athlete will not be allowed to ride home with another student if the contest is outside of the LSD #51 boundaries **EVEN** if a Volunteer Driver Parent Consent form 702.02 has been signed.

When parent(s) are asked to provide transportation to games, exhibition games and/or tournaments that are outside of the LSD #51 boundary (City of Lethbridge) they are required to complete and return Volunteer Driver Authorization form 700.3.3 before departure. All students being transported **MUST** have completed a Volunteer Driver Parent Consent form 702.2.2. This allows for students to be transported by volunteer drivers.

M. Fundraising

LCI follows the Lethbridge School District #51 School Generated Funds policy 1005.6 in all fundraising programs. **The Athletic Director and the School Principal must approve all athletic fundraising programs.** The main fundraiser for LCI Athletics is the **LCI Fundraising Discount Grocery Certificate** program that is organized and operated by LCI's Finance Department. This program allows students to purchase discount grocery certificates at either **Sobey's, Safeway and Superstore**. Students can use the proceeds from their sales to fund their athletic programs while at LCI. This program operates year-round on a monthly basis. It is an excellent way for a family to budget their grocery and fuel needs! This fundraiser delivers maximum dollars back to the student athlete's pocket. Your child's individual coach will discuss any additional fundraising that may be required to off-set program costs.