

Providence Christian School

Box 240, Monarch, AB, T0L 1M0

403-381-4418 Fax: 403-381-4428

admin@pcsmonarch.com www.pcsmonarch.com



Interscholastic Athletics Policy

Revised: November 2024

Adopted: February 2023

As Christians we believe that God is present in all aspects of our life. He is our maker, His world is our laboratory, His word is our guide, His Son Jesus Christ is our Redeemer and we must live lives of love and service to Him. We want to pass this philosophy to our children. To do that we need a school that is based on God's Word, one which incorporates the Bible's teachings into each subject area. Our children are God's children. Consistency demands that we send them to a school that meets our religious and philosophical objectives, a school where they may learn to know, love and serve God.

Interscholastic Athletics within PCS must fit in with our Christian world and life view. It should be viewed as an extension of the curriculum, which attempts to meet the mission of the school. Each human being is created by God to praise and serve Him, following His commandments in everything they do (Deuteronomy 6:6-7). Body, mind and soul are interdependent and form a whole, which cannot be separated. The whole person is called to be an instrument of service to God and others. Athletics should be viewed as a response to that calling.

Policy Contents:

I.	Policy Rationale.....	1
II.	Purpose of the Interscholastic Athletics Policy.....	1
III.	Principles and Procedures.....	2
	A. Athletic Director.....	2
	B. Coaches.....	3
	C. Student Athletes.....	4
	D. Parents/School Community.....	6
	E. Teams.....	6
	F. Fans.....	9
	G. Officials/Scorekeepers.....	10
IV.	Risks of Participation.....	10
V.	Proposed Athletics Calendar.....	12
	A. Jr. High Soccer.....	12
	B. Cross Country.....	12
	C. Jr. High Volleyball.....	12
	D. Jr. High Basketball.....	12
	E. Grade 6 Basketball.....	12
	F. Badminton.....	12
	G. Jr. High Ball Hockey.....	13
	H. Sr. High Ball Hockey.....	13
	I. Track and Field.....	13

VI.	Fees Schedule.....	13
	A. Estimated Fees.....	13
	B. Payment Information.....	13
VII.	Opportunities for Parent & Student Involvement.....	14
	A. Coaching.....	14
	B. Officiating.....	14
	C. Driving.....	15
	D. Fundraising.....	15
VIII.	Awards.....	15

Appendices:

A.	Coaches Agreement.....	21
B.	Players Agreement.....	23
C.	Parents Agreement.....	25
D.	Officials Agreement.....	27
E.	Volunteer Driver's Agreement.....	29
F.	Concussion Agreement.....	31
G.	Emergency Action Plan.....	33
H.	Accident Report.....	35

I. Policy Rationale:

PCS hopes to provide students with opportunities to develop their gifts and abilities for service in God's kingdom. For many students, athletics is an area in which their gifts shine brighter than ever. Providing opportunities for these students to participate in extracurricular athletics is important in developing characteristics such as teamwork, perseverance, passion, humility, goal setting, and respect, amongst others. While we hope that these characteristics are developed in our students through all of their experiences at PCS, we recognize that the playing field provides unique opportunities to nurture these in a very different way than in a traditional classroom. Our hope is that participation in extracurricular athletic opportunities will complement the rest of the academic program at PCS in training "our students to become responsible citizens who are true Christians and who will occupy worthily their places in society, church and state."

The PCS Interscholastic Athletics Policy seeks to accomplish the following goals:

- a) To make certain that the focus of the PCS Interscholastic program is consistent with the mission of the school.
- b) To aid the athletic director(s), coaches, athletes and parents in living out their calling as Christ's own through the mission statement of the school.
- c) To allow for accountability on the part of the athletic director, coaches, parents, fans, athletes and other participants.
- d) To provide guidelines for the athletic director, coaches, parents, fans, athletes and other participants by which that accountability can be measured.

II. Purpose of the Interscholastic Athletics Program:

- a) To allow participants to develop a godly character through their participation in sports since athletics is in God's domain of authority and through play spirituality and godliness can be expressed.
- b) To further equip students in developing an understanding of service to Christ through athletics.
- c) To encourage students to allow their faith in Christ to grow through their participation in athletics.
- d) To encourage the concept of team spirit, which recognizes the uniqueness of each participant and demonstrates that each participant contributes to the team.
- e) To encourage the idea that each participant has a responsibility to each other and to the team.
- f) To encourage the development of sports-specific skills that help the athlete strive for personal excellence.
- g) To build and develop Christian leadership.

- h) To humbly recognize that God uses our schools to reflect Christ to the secular community.

“Whatever you do, work at it with all your heart, as working for the Lord, not men.” Col 3:23

“Whatever you do in word or deed, do all in the name of the Lord.” Col 3:17.

III. Principles and Procedures:

A. Athletic Director

Administration at PCS shall appoint an athletic director and in doing so determine the range of expectations of that person.

Qualifications:

- a) Must be employed by PCS.
- b) Must have an interest in, and knowledge of, school athletics.
- c) Must demonstrate good interpersonal and organizational skills.
- d) Must be concerned with the development of all athletes and coaches.
- e) Must have a vision for athletics that is consistent with the mission of the school.

Responsibilities:

- a) Directly accountable to the administration and maintains regular communication with administration concerning interscholastic activities.
- b) Remain up to date with all aspects of team and individual sports relating to interscholastic activities.
- c) Develop a vision for the program in consultation with staff and administration, which is consistent with the mission of the school.
- d) Lead the development and implementation of the athletic program identity, name, logo etc. in accordance with the mission, vision and values of PCS as laid out in its policies.
- e) Promote the development of the skills of all coaches as to their knowledge of the sport, understanding of the character of student athletes, and skill in developing a positive team environment.
- f) Prior to each season, recruit a qualified coach for each team and create a coaching assignment list. All coaches need the approval of the administration and must meet the eligibility requirements of this policy.
- g) Ensure that all coaches understand athletics from a Christian perspective.
- h) Encourage and ensure that all coaching staff read, understand, and follow the PCS sports policy.
- i) Encourage professional development of the coaching staff through clinics and workshops.
- j) In consultation with administration, administer appropriate disciplinary measures when necessary, and to make clear to coaches the responsibility they have

- regarding discipline whether it be at practice, or in competition at home, or away.
- k) Ensure that proper first aid supplies are present at all home and away games.
 - l) Book all buses and arrange all transportation as needed.
 - m) Annually review with administration the interscholastic program budget.
 - n) Provide appendix agreements to coaches, for athletes and parents to sign at the beginning of each season.
-
- o) Each year, to distribute an interscholastic program information letter informing coaches, parents, and athletes about the program.
 - p) Ensure that all warmup music is appropriate and reflects the philosophy and mission of the school.

Responsibilities:

Senior High (grades 10-12):

- a) Register the school with ASAA each fall and complete all zone registrations throughout the year.
- b) Attend all basketball league, volleyball league, badminton, track and cross-country meetings, and all ASAA meetings.
- c) Provide professional representation of PCS as required in all leagues and associations.
- d) Provide leadership and support for any tournaments that are hosted by PCS Senior High Teams.

Junior High (grades 6-9):

- a) Register the school for all leagues in which teams will be involved.
- b) Provide professional representation of the PCS Junior High as required for any league and associations commitments.
- c) Provide leadership and support for any tournaments that are hosted by Junior High Teams.

B. Coaches

Eligibility:

- a) Must maintain the same church membership expectations as required for eligibility as a school society member. Coaches must demonstrate Christian leadership in athletics and by words and actions, demonstrate that they are committed to the reformed traditions that define the culture of the school.
- b) Must have an interest in, and knowledge of, their sport.
- c) High school students may be eligible to coach Junior High if placed in a qualified co-coaching position under the direct supervision of a qualified adult.
- d) Must complete and submit a clear criminal records check including a vulnerable sector check.

- e) Must complete the NCCP Making Headway Sport (Generic) course at www.coach.ca

Responsibilities:

A coach is a leader and a mentor. Coaches are encouraged to, and should seek opportunities to, model faith in Christ with their team players, parents and other sports contacts. This, in combination with teaching technical aspects of the sport, should serve to develop athletes who are committed to the Lord and to their team. A coach, because he or she is a mentor, must display the qualities of respect, honesty, humility, loyalty, integrity, responsibility, trustworthiness, and self-control. (Col 3:23)

- a) Understand, and carry out, the PCS Policy for interscholastic athletics. This includes reviewing the policy with their team at the start of each season.
- b) Must recognize that prayer and devotions are integral elements of the interscholastic program.
- c) Must be committed to developing every player on the team to his or her fullest ability, realizing that each player has unique God-given talents.
- d) Develop players into a “team” reflecting what it means to be a Christ-centered community.
- e) Communicate and model appropriate Christian behavior during games and competition at PCS and when visiting other schools.
- f) Administer appropriate curfews when away, realizing the team is there to play their best.
- g) Monitor players' behavior and to be empowered to take appropriate action:
 - Foul language mouthed or voiced, and/or displays of anger will not be tolerated. Such infractions will result in immediate benching until the player's attitude improves.
 - Any player caught in the possession of, or using, smoking materials, alcohol, or illicit drugs while representing the team will be suspended from the team immediately. Further discipline will be carried out in consultation with the athletic director and the principal.
- h) Ensure that all warm-up music is appropriate.

Professional Development:

Coaches should be encouraged to pursue professional development in both skill and spiritual aspects of coaching (i.e. Christian athletics courses through Christian Colleges and camps, sport specific clinics, etc.). Canadian coaching certification in the applicable sport is also recommended. All coaches must take the required ASAA courses prior to the start of each season.

C. Student Athletes

Any student athlete is representing themselves, their families, Providence Christian School, and ultimately Christ any time they participate in extracurricular Athletic opportunities. As

such they will be held to a high standard for their performance and their behaviour both on and off of the court.

Eligibility:

- a) Participation in Extracurricular Athletic activities at PCS is a privilege, not an expectation. As such, there are requirements for students to be eligible to participate. All relevant school rules will be applied to students during participation in athletic opportunities. Any disciplinary action needed will follow the PCS Discipline policy for determining appropriate consequences.
- b) Must demonstrate true Christian character and sportsmanship. Failure to do so may result in suspension from the game and the team at the discretion of school administration, teachers, coaches or athletic directors. Christian athletes must be responsible for their actions, as individuals and as a team. Inappropriate language and/or verbal abuse of a teammate, opponent, or official will result in immediate removal from the game.
- c) Must be a diligent student, achieving their potential (minimum of 60% in all core courses and minimum of passing all other courses) in their regular classroom work. Failure to do so may result in being benched (not being allowed to participate in practice or competition) during practices and games. Athletes are still expected to be present for all practices and games, even if they are not allowed to play. This ensures that they are still learning the required information to remain competitive when they return to play. Excessive benching may result in expulsion from the team without a fee refund.
- d) Having 3 or more late or missing assignments may result in benching in games and practices until grades are satisfactory.
- e) Must attend team practices. Practices should be viewed as more important than games. Time spent together in practice is essential to building up the team, physically, spiritually, and relationally. A poorly prepared team cannot positively represent its school. If a student athlete is going to miss a practice they must inform the coach or athletic director(s) ahead of time. Missed practices without approval will result in being benched at the following game. Repeated absences may result in suspension or expulsion from the team.
- f) Must understand that participation in athletics may be withheld if deemed necessary and appropriate by the school administration, teachers or athletic director(s). Before any decisions are implemented concerning athletic eligibility, coaches, teachers, athletic director(s) and administration will be involved. Final decisions will rest with the school administration.
- g) Must follow the schools' policy regarding school attendance. If a player has an unexcused absence or has been absent from a class on a game day because of illness, he or she may not play that day, unless there are extenuating circumstances that have been agreed to by the school administration.

- h) Must follow the school's policy regarding substance use. Any player caught smoking, consuming alcohol, and/or using illicit drugs while representing a PCS team will be suspended from the team. Any other behavior that is contradictory to reflecting Christ may also result in suspension.

Responsibilities:

- a) To exhibit Christ-like attitude and behavior, at home and on the road. Foul language mouthed or voiced, or displays of anger will not be tolerated; such infractions will result in immediate benching. On the contrary, courtesy is expected from the players. This is paramount, as these athletes are ambassadors for Christ.
- b) Must be committed to the team in all areas, including games, practices, and devotions.
- c) To inform the coach or athletic director(s) of an absence in advance.
- d) Must be committed to improving their skills, which takes hard work, determination and dedication. Athletes should be committed to always do their best. "I have fought the good fight, I have finished the race, I have kept the faith." II Timothy 4:7
- e) To participate in fundraising for the interscholastic program.
- f) To follow the school dress code.

D. Parents/School Community

Parents and community adults are a valuable part of the PCS athletic "team". They can offer help and support that will lighten the demands on the Athletic Director(s) and coaches. Some examples are:

- a) Offer to volunteer as a coach or co-coach (look under "Coaches" for eligibility and responsibilities).
- b) Offer to drive to games or tournaments as the need arises.
- c) Be available to supervise/chaperone for games and/or tournaments.
- d) Be willing to help in some way when teams are hosting tournaments.
- e) Support their children's teams by attending as many games as possible, remembering to be a positive support in all ways.
- f) Encourage and show appreciation to their children's coaches and uphold them and the teams in prayer.
- g) Bring any questions or concerns directly to the coach, and if needed, to the athletic director(s).

E. Teams

Athletes and coaches are role models; being a team member brings about new responsibilities which must be respected. Many people will know the team members by their appearance at games, and by their actions. Their conduct should always be such that it brings credit to themselves, their team, their school, and ultimately glory to God. Their Christian witness should never be compromised.

a) Team selection criteria:

The decisions involved in making team selections are not easy. The coach must spend a great deal of time in the decision-making process to ensure that the process is accurately and professionally handled.

- The entire student, not just his or her physical skills, is to be considered in the process of choosing the team. The team player criteria include the following:
 - skill level, skill potential, and level of physical fitness
 - attitude, behavior, work ethic, and coachability
 - leadership potential
 - personal benefit to the student
 - time commitments of the athletes on non-athletic responsibilities that might be detrimental to either the individual or the team.
- Athletes are to be made aware of their role and position on the team so that this is clear to them from the outset. Since there may be changes as players develop their skills, the communication from the coach must remain current.
- It is expected that when cuts need to be made, the coach will dialogue with the athletic director after which they will speak with all players privately encouraging each one in their strengths.

b) Uniforms and Equipment:

All uniforms will be provided by PCS.

- Uniforms will be distributed by the coach or Athletic Director(s), whichever is the most practical.
- Players will be responsible for the care and maintenance of uniforms while they are in their possession.
- Players will be responsible for the cost of replacement of any uniform damaged or lost while in their possession.
- All uniforms are to be cold water washed and hang dried.
- Teams may be provided equipment, specific to their activity. This equipment is owned by the school. The care and supervision of this equipment shall be the responsibility of the coach.

c) Playing time:

It is PCS's hope that any student that desires to participate in extracurricular athletic activities and is compliant with the policies in place for participation be able to do so. In order to maintain fairness in participation the following guidelines are considered as relating to playing time:

- At the junior high "B" (JV) team level (grade six, seven and eight) equal participation time in practice and game situations is desired. The goal is for students to have a good initial experience and develop their skills.
- At the junior high "A" (SV) team level (grade eight & nine) the selection process is more refined with increased emphasis on both individual athletic skills and team

play. All players should receive substantial playing time in games and equal participation time in practice. Coaches are encouraged to select players who can play at that level and then play all the players they select.

- More experienced players play more
 - Ex. If all other things are equal a Gr. 8 student who played last year will play more than a Gr. 8 student who did not play last year
- At the senior high “B” (JV) team level equal participation time is again desirable in practice and games.
- At the senior high “A” (Varsity) team level quality teams are the goal. A God-glorifying pursuit of excellence is clearly within the framework of Christian commitment.

Decisions about team dynamic, priority of the athlete, educational needs and goals must be constantly evaluated in each situation. We do not “win at all costs”. Coaches are strongly encouraged to select players who can play at that level and then play all the players they select.

- Attending Practice leads to more playing time
 - Ex. If all other things are equal a Gr. 7 student who has attended every practice will play more than a Gr. 7 student who regularly misses practice
- Coaches discretion is valid
 - Ex. At a certain point in a game a coach may decide to play certain players more based on his/her discretion. This is valid.
- Athletic Director(s) discretion is valid
 - Ex. At a certain point in a season, the athletic director(s) may decide to remove certain players based on his/her discretion. This is valid.

Any issues that arise over playing time should be appropriately brought to the attention of the coach and/or athletic director(s).

Generally, there are several criteria that determine who plays, and how much time each athlete receives.

- The effort of the athlete (energetic, enthusiastic, positive, exemplary attendance) .
- The attitude and behavior of the athlete (humility, interest in the game when not playing, demonstrates team spirit, co-operative).
- The athlete's leadership abilities to assist and lift the team, (encouraging, Christlikeness, helpful).
- The skill level of the athlete.
- The skill level of the opposing team.

Coaches will evaluate their choice of playing time for each athlete with the athletic director(s) during the season and just prior to the playoffs.

d) Time commitment for teams:

The following are suggested guidelines to help determine the amount of time commitment involved:

- Practice:
Grades 6-9: once or twice (when no games) a week for one and a quarter hours.
Grades 9-12: once or twice a week for up to two hours.
- League Play & Games:
Grades 6-9: up to twice a week but preferably once a week
Grades 10-12: up to twice a week but preferably once a week
- Tournaments:
Grades 6-9: VB and BB - one or two tournaments including zones
Grades 9-12: Volleyball: up to two tournaments plus zones
Grades 9-12: Basketball: up to three tournaments plus zones

Consideration must be given to the combination of all three aspects of participation; practice, league and tournaments so a healthy balance is achieved. On average exposure to the game should be as follows:

Grades 6-9: two times in a week (3 during tournaments)

Grades 9-12: two to three times in a week (4 during tournaments)

Students should not normally be expected to participate on days when school is not in session, especially during normal breaks such as Christmas, Family week and Easter.

e) Tournament Expectations

When student athletes are away attending tournaments they are representatives of PCS and must maintain actions and behaviours that are consistent with the values of the school. Student athlete expectations are as follows:

- Curfew is to be strictly followed.
- No student athlete, or high school assistant coach, may leave the team area or tournament venue without permission and without an approved adult.
- Show respect to the hotel, hotel staff and other guests, cleaning up after themselves and maintaining an appropriate volume.
- Students must respect the school dress code.
- Follow all directions as given by the coaches, teachers or tournament chaperones.
Failure to comply with these expectations will result in disciplinary action, according to the PCS disciplinary policy, that may include the following.
- Warnings about behaviour.
- The student athlete being banned from participating in the tournament.
- The student athlete's parents being called to come pick up their child.

F. Fans

In the interest of Christian sportsmanship and positive Christian testimony, all fans are expected to observe the following:

- a) Show proper respect to the players on both teams.
- b) Show proper respect for the visiting crowd and treat them as they would like to be treated in the visitor's gym.

- c) Show proper respect for officials and their legitimate position of authority over the game.
- d) Remember that the other teams' players, coaches, fans and the officials are not their enemies. They are merely fellow participants in a game.
- e) Derogatory remarks to an official's decision or to a player's performance are not permitted. This behavior will not be tolerated, and fans will be asked to leave. If they are a parent of an athlete in the game, that athlete will also be asked to leave.
- f) Fans are encouraged to remember to act in ways pleasing to the Lord as He sees their actions and knows their thoughts and the intent of their hearts.

G. Junior High Officials and Scorekeepers (Grades 6-9)

Officials are crucial to a successful athletics program; we cannot run the program without them. The officials are representatives of PCS and as such must behave in a manner that reflects the values and beliefs of the school. An official's responsibilities begin at the start of warm ups and do not conclude until all teams have left the court. All officials are expected to observe the following:

- a) Arrive fully prepared at games no less than 15 minutes prior to the start of warm-up.
- b) Be dressed appropriately to effectively officiate the game and in accordance with the PCS dress code.
- c) Be knowledgeable in the rules and regulations of the game and apply them fairly. All officials and scorekeepers must complete all required training before they can be paid for games.
- d) Remain impartial in all duties as an official before, during and after the event.
- e) Communicate with the team, coaches, opposition, scorekeepers, other officials and fans in a respectful manner before, during and after events.
- f) Allow the athletic director(s) to address any issues with coaches, fans, or teams.
- g) Remain professional, calm, confident and firm in all calls regarding game play.

IV. Risks of Participation

All participation in athletics comes with risk. PCS will do everything possible to minimize the risks that student athletes may experience. First aid kits will be provided for all practices and games. Any injury will be treated with as much care and precaution as is possible. If there is ever any doubt as to the seriousness of an injury, the coaches and athletics director(s) will err on the side of caution. Procedures in the emergency action plan will be followed.

- In these cases, the student athlete may be required to provide a doctor's note of clearance to continue participation in the season.
 - An injured player will not participate in any sport activities on the day an injury is suspected.
 - Players will not be allowed to return to play during the inflammatory stage of an injury (usually 1-3 days). If any evidence of inflammation is present, the athlete will remain inactive.

- Once the inflammatory stage has passed, athletes will be able to return to reduced activity with a doctor's approval.
- Level of activity will gradually increase according to the athlete's discomfort and ability.
- Please understand that no two injuries or athletes are alike and all recovery processes will be unique to the injured individual. Return to play will be at the discretion of coaches and ADs.
- Injured players are still expected to be present at practice and games if possible. There will still be information at practice they need to learn.
- Because concussion is one of the biggest risks of participation, if a concussion is ever suspected, the situation will be treated as if it is a concussion and a doctor's clearance will be required for continued participation. All student athletes and parents will be required to sign the concussion agreement (see appendix F) to participate in interscholastic athletics.
- Proper concussion return to play guidelines will be used.

Concussion

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. A concussion cannot be seen and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If a student athlete reports any symptoms of concussion, or if signs are noticed, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|------------------------------------|--|
| ● Headaches | ● "Don't feel right" |
| ● "Pressure in head" | ● Fatigue or low energy |
| ● Nausea or vomiting | ● Sadness |
| ● Neck pain | ● Nervousness or anxiety |
| ● Balance problems or dizziness | ● Irritability |
| ● Blurred, double, or fuzzy vision | ● More emotional |
| ● Sensitivity to light or noise | ● Confusion |
| ● Feeling sluggish or slowed down | ● Concentration or memory problems (forgetting game plays) |
| ● Feeling foggy or groggy | ● Repeating the same question/comment |
| ● Drowsiness | |
| ● Change in sleep patterns | |
| ● Amnesia | |

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Clumsy movement or incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if an athlete keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries; concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete safety.

If an athlete is suspected to have suffered a concussion

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

V. Proposed Annual Athletics Calendar

- a. Junior High Soccer
 - i. September
 - ii. Practices will be once a week for all of September
- b. Senior High Golf
 - i. Mid september
 - ii. Practices TBD by coach / ADs

- c. Cross Country (JH & SH)
 - i. Late September to mid October
 - ii. Practices will be twice per week at lunch
 - iii. Terry Fox Run – September
 - iv. Cross Country Zones in Lethbridge – October
 - v. Cross Country Provincials (HS only) – October
- d. Volleyball (Grade 6-9)
 - i. September – November
 - ii. Practices will be once per week after school (3:45 – 5:00 @ PCS)
 - iii. 1 league game per week (home or away)
 - iv. Grade 6-7 Tournament @ Immanuel – October
 - v. Year-End Tournament
- e. Basketball (Grade 7-9)
 - i. November – February
 - ii. Zones Tournament - March
 - iii. Practices will be once per week after school (3:45 – 5:00 @ PCS)
 - iv. 1 league game per week (home or away)
- f. Basketball (Grade 6/7)
 - i. December - February
 - ii. Practices will be once or twice a week during lunch
 - iii. Tournament January or February
- g. Badminton (JH & SH)
 - i. March - May
 - ii. Optional practices will be once per week after school (3:45 – 5:00)
 - iii. Grade 7-9 COLJHAA District Tournament
 - iv. High School Districts
 - v. Grade 7-9 Zones
 - vi. Grade 10-12 Zones
- h. Junior High Ball Hockey
 - i. April – May
 - ii. Practices will be once per week after school (3:45 – 5:00 @ PCS)
 - iii. 13th Annual PCS Invitational – second weekend of May
- i. Senior High Ball Hockey
 - i. April – May
 - ii. Practices will be once per week after school (3:45 – 5:00 @ PCS)
 - iii. High School Hockey Tournament @ Tyndale Christian
- j. Track & Field (JH & SH)
 - i. April – June
 - ii. Optional practices will be once per week after school (3:45 – 5:00)
 - iii. Grade 7-9 Districts
 - iv. Grade 10 – 12 Districts

VI. Fees Schedule

a. Estimated Fees for Activities

- i. There is a cost associated with extracurricular activity and that must be borne by the participants. These fees will go towards costs such as tournament/league registrations, transportation costs, jersey costs, equipment costs, referee payment, etc. Fees may change depending on circumstances.
 1. Junior High Soccer - \$85/athlete (includes tournament, hotel, supper and lunch)
 2. Senior High Golf - \$75 (extra for Provincials)
 3. Cross Country - \$20/athlete (extra for Provincials)
 4. Jr. High Volleyball - \$80/athlete
 5. Jr. High Basketball - \$100/athlete
 6. Grade 6 Basketball - \$20/athlete
 7. Badminton - \$20/athlete (extra for Zones)
 8. Jr. High Ball Hockey - \$25/athlete
 9. Sr. High Ball Hockey - \$25/athlete
 10. Track & Field - \$15/athlete (extra for Zones, Provincials)

b. Payment Information

- i. Payment must be received prior to participation in the first games/tournaments of each season in order for a student to be able to participate.
- ii. Payment can be made in the following ways:
 1. Cash in labeled envelope (given to Mrs. Imanse or Mrs. Prestage)
 2. Cheque made out to Providence Christian School (given to Mrs. Imanse or Mrs. Prestage)
 3. Student Activity Account (must check with the office prior to confirm that there is enough in the account)
 4. E-transfer to Karen at finance@pcsmonarch.com. The transfer must include a memo that states the student athlete's name and the fee being paid.

VII. Opportunities for Parent and Student Participation:

a. Coaching

- i. As the PCS Athletic Program grows the number of teams increases. This is only possible if we have enough coaches for each of the teams.
- ii. Responsibilities of a coach include leading practices, managing the bench during games/tournaments, managing behaviour of students to ensure PCS is represented well, and being a positive role model for students involved in Athletics (see section III for more information).

- iii. The following coaching positions are available each school year (contact Mrs. Imanse or Mrs. Prestage if interested):
 - 1. Jr High Soccer
 - 2. Cross Country
 - 3. Gr. 7-9 Boys Volleyball
 - 4. Gr. 7-9 Girls Volleyball
 - 5. Grade 6-7 Basketball (co-ed)
 - 6. Grade 7-9 Boys Basketball
 - 7. Grade 7-9 Girls Basketball
 - 8. Jr. High Badminton
 - 9. Sr. High Badminton
 - 10. Jr. High Ball Hockey 'A' Team
 - 11. Jr. High Ball Hockey 'B' Team
 - 12. Sr. High Ball Hockey
 - 13. Jr. High Track & Field
 - 14. Sr. High Track & Field
- b. Officiating
 - i. Officials are needed for every home game. If parents/high school students are willing, training is available. If trained, officials are eligible to be compensated for their refereeing.
 - ii. The following sports will need referees for the 2022-23 year (contact Mrs. Imanse or Mrs. Prestage if interested):
 - 1. Jr. High Volleyball (referee, linesman, scorekeeper)
 - 2. Jr. High Basketball (referee, scorekeeper)
 - 3. Jr. High Ball Hockey (referee, scorekeeper)
- c. Driving
 - i. Drivers are needed for our away games/tournaments. We rely on parent volunteers for this.
 - ii. Drivers must complete and return the volunteer drivers form and comply with all requirements therein. A simple call to your insurance agent will ensure you have the appropriate insurance coverage. Volunteer driver forms will be sent home at the beginning of each year in the documents package for parents. It is also available in the appendices section of this policy.
 - iii. Volunteer vehicles used for league transportation will not be eligible for financial compensation from the school.
 - iv. As per school policy, students are not allowed to drive with other students to and from practices unless they are immediate family members (siblings) or explicit permission has been granted by the parents of the driver and the passenger(s). A note or phone call to the office must be provided.
 - v. Students may not drive themselves to or from away games and tournaments.

d. Fundraising

- i. PCS conducts fundraising activities throughout the year. Money raised through general fundraising allows us to maintain lower participation fees. All student athletes who participate in interscholastic athletics will be required to participate in fundraising utilizing the existing PCS fundraising protocols. Any student athlete who does not participate in annual fundraising will be required to pay a one-time year-long general fundraising fee of \$50.00, before being allowed to participate on a school based team.

VIII. Awards

Student athletes work hard throughout the year and we believe their efforts should be acknowledged. Each year in June, after the conclusion of all school sponsored athletic activities the Athletic Department will sponsor and host an “Annual Athletic Awards Evening”. At this evening individual activity awards as determined by the athletic department, and selected by the respective coaching staffs, shall be presented. The following awards will be given:

1. Jr High Soccer
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
2. Cross Country
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
3. Gr. 7-9 Boys Volleyball
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
4. Gr. 7-9 Girls Volleyball
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
5. Grade 6-7 Basketball (co-ed)
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
6. Grade 7-9 Boys Basketball
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
7. Grade 7-9 Girls Basketball
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
8. Jr. High Badminton
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
9. Sr. High Badminton
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
10. Jr. High Ball Hockey ‘A’ Team
 - a. Most improved athlete
 - b. 110% effort
 - c. Sportsmanship
 - d. Leadership
11. Jr. High Ball Hockey ‘B’ Team

- | | |
|---|--|
| <ul style="list-style-type: none"> a. Most improved athlete b. 110% effort c. Sportsmanship d. Leadership | <ul style="list-style-type: none"> 13. Jr. High Track & Field a. Most improved athlete b. 110% effort c. Sportsmanship |
| <ul style="list-style-type: none"> 12. Sr. High Ball Hockey a. Most improved athlete b. 110% effort c. Sportsmanship d. Leadership | <ul style="list-style-type: none"> 14. Sr. High Track & Field a. Most improved athlete b. 110% effort c. Sportsmanship |

Respective coaches shall be responsible to submit to the Athletic Director(s) the names of the award recipients for the following awards, as well as making the Athletic Director(s) aware of any team or individual accomplishments which deserve recognition. Individual accomplishments will be recognized at the athletics awards evening. Coaches may present only those awards listed, and may not present co-winners without the approval of the Athletic Director(s).

Junior High Athlete of the Year / Rookie of the Year / Career Athlete

Criteria:

1. Athlete of the year - grade 7, 8 or 9 student
2. Rookie of the year - grade 7 student
3. Career athlete - grade 9 student
4. Participated in a minimum of one extra-curricular activity.
5. Career athlete - participated in a minimum of one extracurricular activity each year in grade 7, 8 and 9.
6. The athlete should have demonstrated an above average degree of athletic ability in all activities he or she participated in.
7. The athlete should have “excelled” in one or more of those activities he or she participated in.
8. The athlete should have demonstrated leadership abilities on and off the court which has made him or her a respected individual in the eyes of the staff, fellow athletes, and the student body in general.
9. The athlete should have demonstrated athletic, personal, and sportsmanship abilities and qualities that have brought the pride and respect to himself/herself and PCS in the view of the community, opponents, and others (others referring to other schools, communities, administrators, and coaches).
10. The athlete should demonstrate to all a desire to better him/herself through athletics at PCS.

11. Above all, the athlete should be an example, or epitomize the type of athlete and individual who PCS strives to develop through the sponsorship of extra-curricular athletics.

Appendices

Appendix A - Coaches

Providence Christian Interscholastic Athletics Policy

Coach's Agreement

Name of Coach: _____

Sport(s): _____ Season: _____

By signing this, I understand and agree to the following:

- This is a voluntary position.
- I have read the PCS Interscholastic Athletics Policy and will implement its expectations to the best of my ability.
- I will submit to the school a clear Criminal Records check including a vulnerable sector check (expense to be borne by PCS).
- I will discuss any discipline concerns with the Athletic Director(s) as soon as possible.
- I have completed the NCCP Making Headway Sport (Generic), Safe Sport Training, and Coach Initiation in Sport courses. My NCCP # is _____
- I will address any issues or concerns during an event to the Athletic Director(s), not to parents or officials.
- I will respect my team, the opposition, fans, and officials in all situations.
- I will respect the application of appropriate discipline for any behaviors which are not acceptable.

Coach's Signature: _____ Date: _____

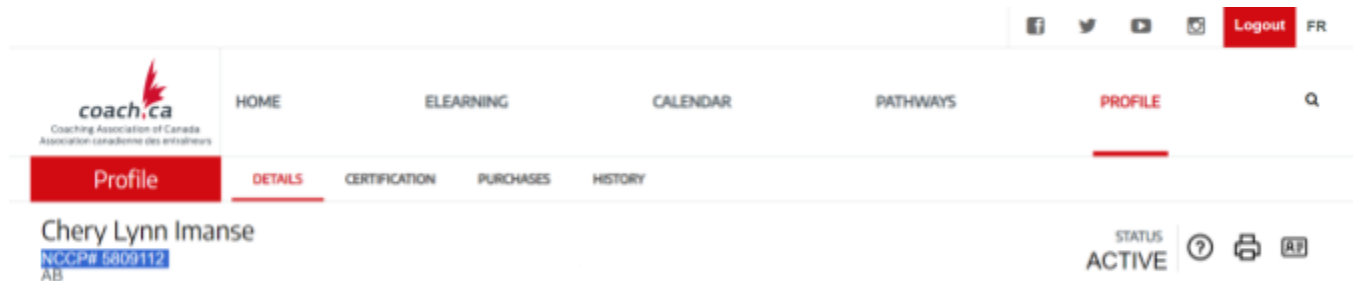
Athletic Directors: _____ Date: _____

_____ Date: _____

Instructions for completing your NCCP courses

1. Go to <https://thelocker.coach.ca/>
2. Click: [Don't have an NCCP#? Create one now!](#)
3. Consent to the terms and conditions and click continue
4. Check the box for account registration and fill in your information
5. Click Register

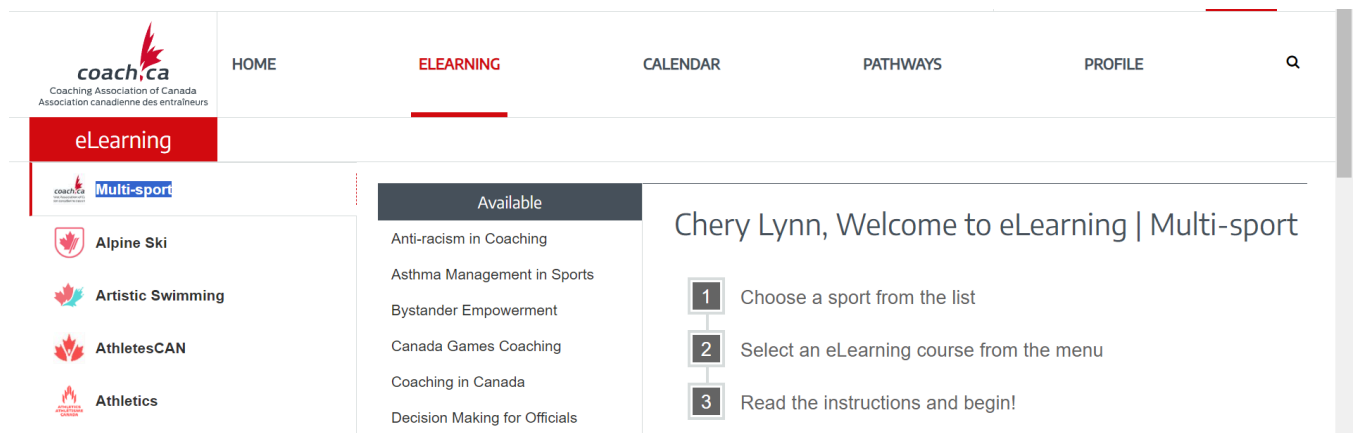
Once you are registered and logged in, click on the profile tab.



Take note of your NCCP number and give it to your athletic director.

Click on the Elearning tab

- Ensure you are on the multi-sport tab



Scroll down to select the courses you want to take:

- Making Headway in Sport (generic)
- Safe Sport Training
- Coach Initiation in Sport (\$15: Bring receipt to AD and we will reimburse you)

Appendix B - Athletes

Providence Christian Interscholastic Athletics Policy

Athlete's Agreement & Emergency Information

Name of Student Athlete: _____

Sport(s): _____ Season: _____

By signing this, I understand and agree to the following:

- I understand that my participation is not a right, but a privilege, and comes with expectations and responsibilities.
- I have read the Interscholastic Athletics Policy and I will do my best to meet those expectations as found within the Policy.
- I will respect my teammates, the opposition, fans, coaches, and officials in all situations.
- I will work hard for the team during practices, games, and tournaments.
- I will be diligent in my schoolwork, maintaining a minimum of 60% in all core classes and 50% in all others. I understand that it is my responsibility to know what my grades are and if I am ineligible to participate in athletics.
- I understand that my parents may set a higher academic standard for me. In that case I will maintain my parents' standard for me. If different than above, my parents' expectations are: _____%
- I will respect the application of appropriate discipline for any behaviors which are not acceptable.

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

(with my signature, I support the PCS athletic program and its policies and will help my son / daughter abide by them. I also understand that participation in sports carries some risks and will not hold anyone at PCS responsible for any injury sustained.)

Medical Concerns: _____

Emergency Contact (1): _____ Phone / Cell: _____

Emergency Contact (2): _____ Phone / Cell: _____

AB Health Care # _____

Appendix C - Parents

Providence Christian Interscholastic Sports Policy

Parent's Agreement

Name(s) of Parent(s): _____

By signing this, I understand and agree to the following:

- I understand that participation in athletics comes with inherent risks. I have read and understand the risks associated with participating and will not hold any staff or volunteer at PCS responsible for any injury that my child may sustain.
- I understand that athletics comes with expectations and responsibilities. I have read and understand the PCS Interscholastic Athletics Policy and I will do my best to meet those expectations as found in the Policy.
- I will respect the team, the opposition, and fans during events.
- I will respect the decisions of coaches, and officials in all situations. These are all volunteer positions and they are all doing their best.
- I will address any issues or concerns during an event to the athletic director, not to coaches or officials.
- I will respect the process and application of appropriate discipline for any behaviors which are not acceptable according to PCS policies.
- I understand that failure to comply with this agreement may result in the possible removal of myself and my child from athletics events.

Parent's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

(With my signature, I support the PCS athletic program and its policies and will abide by them)

Appendix D - Officials
Providence Christian Interscholastic Athletics Policy

Official's Agreement

Name(s) of Official: _____

By signing this, I understand and agree to the following:

- I understand that athletics comes with expectations and responsibilities. I have read and understand the PCS Interscholastic Athletics Policy and I will do my best to meet those expectations as found in the Policy.
- My responsibilities begin at the start of warm up and do not conclude until after all teams have left the court.
- I will arrive fully prepared at games no less than 15 minutes prior to the start of warm up.
- I will be dressed appropriately to effectively officiate the game.
- I will be knowledgeable in the rules and regulations of the game, having completed all required training and will apply rules and regulations fairly.
- I will remain impartial in all duties as an official before, during and after the event.
- I will communicate with the team, coaches, opposition, scorekeepers, other officials and fans in a respectful manner before, during and after events.
- I will allow the athletic director to address any issues with coaches, fans, or teams.
- I will remain professional, calm, confident and firm in all calls regarding game play.

Official's Signature: _____ Date: _____

(With my signature, I support the PCS athletic program and its policies and will abide by them)

Athletic Directors: _____ Date: _____

_____ Date: _____

Appendix E - Volunteer Drivers Agreement

Providence Christian Interscholastic Athletics Policy

VOLUNTEER AUTOMOBILE DRIVER AUTHORIZATION

It is recommended that volunteer drivers inform their insurance company of their intention to use their automobile and to act as a volunteer driver for Providence Christian school activities. Most insurance companies do not require an additional premium charge (or more than a nominal charge), because this service is classified as occasional and is not done for compensation.

- A minimum of \$2,000,000 public liability and property damage coverage must be in force on the automobile insurance before a volunteer driver may use his/her vehicle to transport students

Note: Providence Christian School does not provide liability insurance protection for individual drivers, beyond that provided under the driver's own automobile insurance while the volunteer drivers are transporting students in their own automobiles on a school-sponsored activity or function.

VOLUNTEER DRIVER'S NAME: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE NO.: _____ DATE OF BIRTH: _____

DRIVER'S LICENSE NO.: _____ CLASS: _____ EXPIRY DATE: _____

NAME OF INSURANCE COMPANY: _____

INSURANCE POLICY NO.: _____ EXPIRY DATE: _____

INSURANCE AGENT: _____

VEHICLE(S) DESCRIPTION: MAKE: _____ MODEL: _____ LIC Plate# _____

The vehicle(s) listed is adequately insured and I am properly licensed to drive it.

Signature of Volunteer Driver

Date

Expiration Date: End of Current Academic Year

APPROVAL BY SCHOOL PRINCIPAL:

Signature of Principal

Date

Appendix F - Concussion Agreement

Providence Christian Interscholastic Athletics Policy

Concussion Agreement

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours.

I, _____ (parent) have read the concussion information in the interscholastic athletics policy and agree to abide by the guidelines set out within. I understand that if a concussion is suspected, my child will be removed from the game/practice and cannot return to play until cleared by a medical professional.

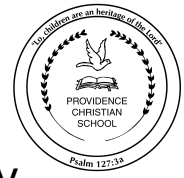
Signature

Date

I, _____ (student athlete) have read the above information and agree to abide by the guidelines set out within. I understand that if a concussion is suspected, I will be removed from the game/practice and cannot return to play until cleared by a medical professional.

Signature

Date



Appendix G - EMERGENCY ACTION PLAN

Providence Christian Interscholastic Athletics Policy

Providence Christian School 615 Queen Ave. 403-381-4418

IMPORTANT INFORMATION

- 1) First Aid Kit and ice at the score table in the gymnasium. AED is located on the wall immediately inside the main foyer to the school.
- 2) Cell phone at the score table. Land line inside the main office on the counter. Dial 9 before the number to dial out.
- 3) Ambulance 9-1-1. Chinook Hospital 403-388-6111 / Fort Macleod Hospital (403) 553-5311
- 4) Enter the main door of the school (south door). Gym is directly across from the main entrance.
- 5) See attached google maps for best route to hospital.

PROTOCOL IN THE EVENT OF AN INJURY:

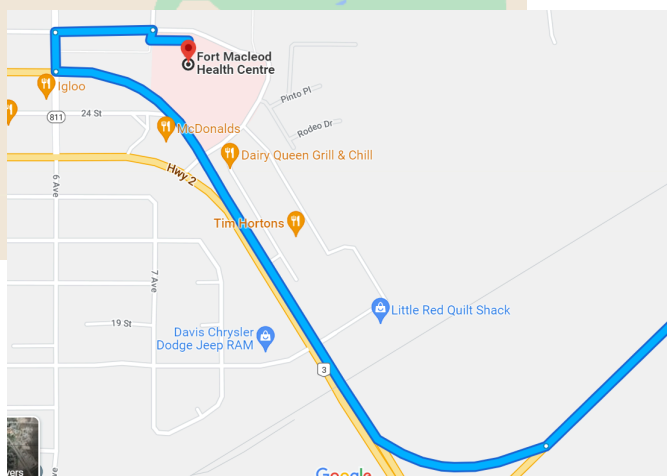
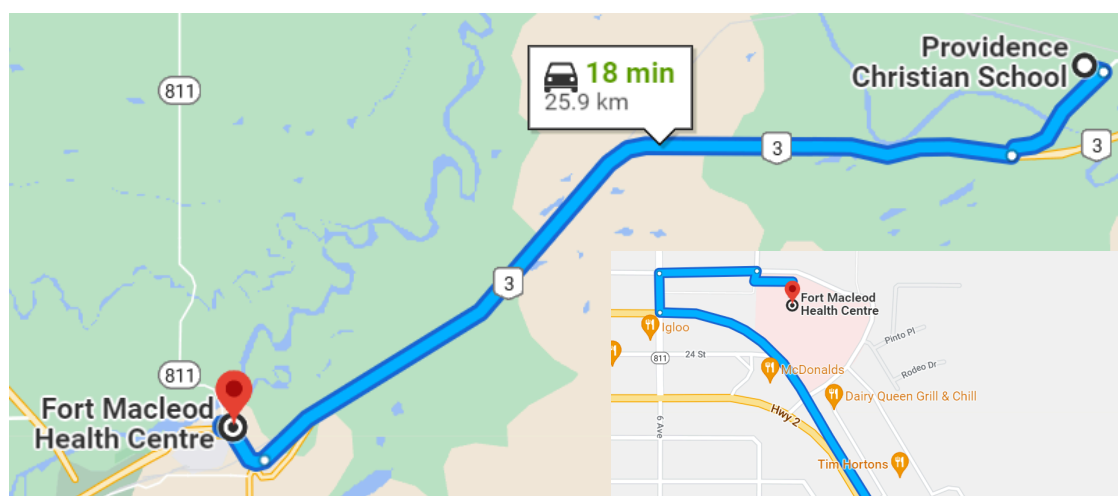
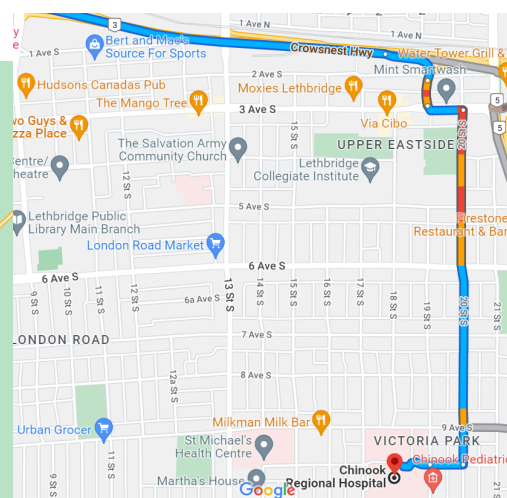
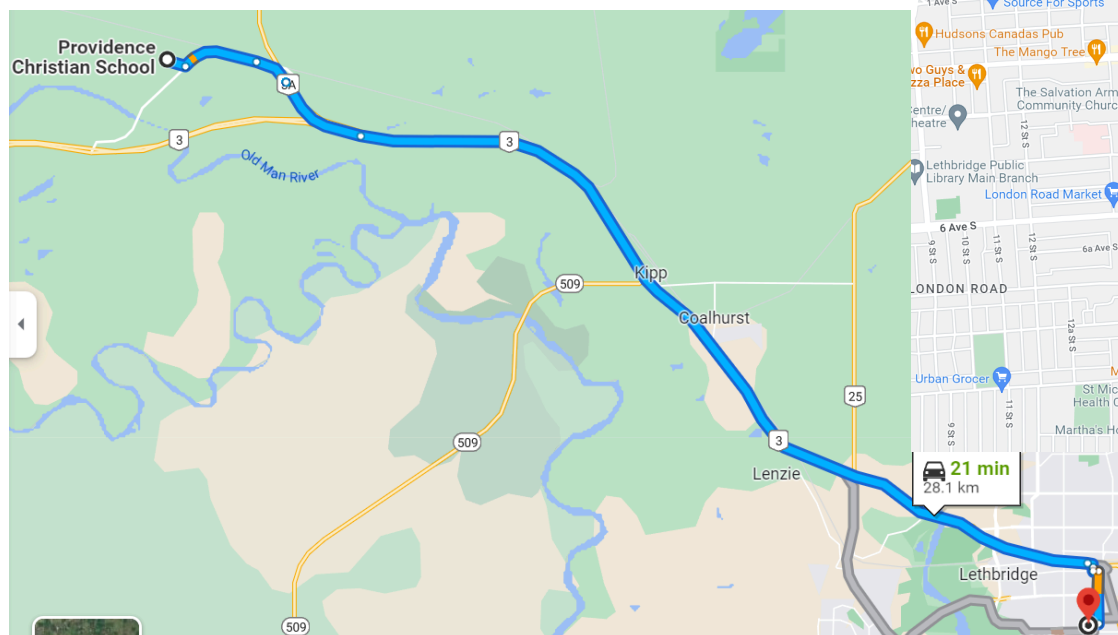
- 1) The Athletic Director present at the event will take control of the situation. *Exercise universal precautions related to blood/body fluids.*
- 2) Do not move the injured person if they cannot move themselves. Do not remove clothing unless deemed necessary.
- 3) Assess and evaluate the severity of the situation and decide if further assistance is required.
- 4) If an ambulance needs to be called: the Athletic Director will direct one person to call the ambulance and give the pertinent information to them. Include location, address and extent of injury. The Athletic Director will ask the person to report back with an ETA.
- 6) Remain with the injured person and address any concerns they have while awaiting medical attention.
- 7) Do not give food or drink to the injured person unless required because of existing medical conditions (ex. Diabetes).
- 8) Stay calm and reassuring.
- 9) Once the ambulance arrives, explain the situation and what has been done for the injured person.
- 10) Designate an adult to accompany the injured person (if a minor) to the hospital.
- 11) Parents/guardians of the injured person must be contacted as soon as possible following the injury.
- 12) Complete the attached incident/accident report form and return it to the tournament organizer/administration.

PROTOCOL IN EVENT OF AN EMERGENCY

- 1) Call an Ambulance or Fire Department 9-1-1.
- 2) Providence Christian School 615 Queen Ave. (in gym).
- 3) Indicate location and nature of injury.
- 4) Report to coach/Administrator.
- 5) Meet the Ambulance.

ATTACHMENTS

Map of school location to hospital & Accident report form.





Appendix H - Accident Report

Providence Christian Interscholastic Athletics Policy

Date of Report: _____ Date/Time of Accident: _____

Name of Teacher(s) on Supervision: _____

Name of Person Injured: _____

Nature of Injury: _____

Names of Three Others present: _____

Any treatment given. (first aid etc) _____

Parent contact made (if a minor) Yes _____ No _____

Teacher/staff nearest the incident: _____

Report of the teacher/staff member nearest the incident: _____

Signature: _____

Principal's Comments: _____

Signature: _____