



**MAGRATH HIGH SCHOOL**

"STRIVING FOR EXCELLENCE"

41 South Center Street, Box 250  
Magrath, AB T0K 1J0  
(403) 758-3366  
Fax: (403) 758-3775

mhs.westwind.ab.ca



@MagrathHigh

## **Athletic Handbook for Coaches, Students, and Parents.**

### **Magrath Jr/Sr High School Administrators**

Mr. Brad Sabey, Principal

Mr. Ryan Blackmore, Vice Principal, Girls Athletic Director

Mr. Russ Sommerfeldt, Vice Principal, Boys Athletic Director

School Phone: (403) 758-3366

Website: <https://mhs.westwind.ab.ca>

Twitter: @MagrathHigh

Facebook: <https://www.facebook.com/magrathhigh>

School Team names:

Boys: Zeniths

Girls: Pandas

School Colors: Blue and Gold

**The Magrath Jr/Sr High School Athletic Handbook for Parents, Students, and Coaches, contains policy of the athletic department, school, and school division, SAIAC, and ASAA. The purpose of this handbook is to educate and answer questions that parents, students, and coaches may have regarding athletics.**

### ***Mission Statement***

*The mission of Magrath Jr/Sr High School's Athletic Program is to create an educational and competitive experience, within an atmosphere of sportsmanship. We strive to develop and realize individual and team potential by promoting high standards of competence, character, civility, and citizenship.*

Athletics play an important part in the life of Magrath Jr/Sr High. Young people learn a great deal from participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are integral parts of our athletic program. Athletic competition also improves school spirit and helps students develop pride in their school.

The Athletic Department believes the opportunity for participation is a privilege that carries with it responsibilities to the school, to the sport, to other students, to the community, and the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his or her education. Magrath Jr/Sr High athletics are considered a supplement to the school's academic program, which strives to provide experiences that will help to develop students physically, mentally, socially, and emotionally.

The interscholastic athletic program shall be conducted in accordance with ASAA regulations, SAIAC bylaws, existing Westwind Board of Education policies, Magrath Jr/Sr High School rules, and Magrath Jr/Sr High Athletic Department procedures.

The development of well-rounded athletes is a challenging and often serious commitment. Every practice or game competition is a teaching and learning opportunity. Athletics teach students to manage time, school, sports, and social events. Athletics show students the reality of life through disappointments and accomplishments. Athletics instill a sense of responsibility for the student's actions and a commitment of being counted on when needed. While the Athletic Department takes

great pride in winning, it does not condone "**winning at any cost**" and discourages any and all pressures, which might tend to neglect good sportsmanship, and or mental, and or physical health.

## CODE OF CONDUCT

All schools in the Westwind School Division are members of the ASAA and therefore must/will abide by all rules, regulations, policies, and procedures established by that organization. No policy of Magrath Jr/Sr High or Westwind School District is meant to, or can, change or replace any ASAA policies.

The Magrath Jr/Sr High Athletic Code of Conduct has been designed to ensure equity, due process, and consistency in disciplining our student-athletes. Although misconduct is usually limited to a small percentage of student-athletes on any one team, the aim of the coach is to promote self-discipline in each athlete. The student-athlete who practices self-discipline will be least affected by this policy.

The Athletic Director is responsible for enforcing the discipline policy in a manner that is consistent, fair, and firm, treating each case on an individual basis and taking into consideration the overall school record of the student-athlete. MHS Admin may also be involved in some decisions

### *Athletic Code*

*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, vapes, 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, SAIAC, 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.
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## **RESPONSIBILITIES OF AN ATHLETE**

1. The athlete is a *student* first. School responsibilities override any team obligations.
2. The team's goals, welfare, and success must come before any individual.
3. An athlete needs to attend practice sessions during the scheduled dates and times.
4. Players must be receptive to coaching.
5. Team members are responsible for all issued uniforms and equipment.
6. Must agree to and follow the team and school rules.
7. Remember that athletes represent themselves, the coaching staff, and school.

## **RESPONSIBILITIES OF A COACH**

1. Develop an atmosphere during practices and games that are inclusive, safe, caring, and supportive of all athletes.
2. The selection of the squad.
3. The determination of the style of play.
4. The teaching and instruction at practice sessions.
5. The determination of when and how long an athlete plays in a contest.
6. The decision of whom plays in what position.
7. The establishing of team rules.
8. The selection of team captain.
9. Understand that each junior high coach will only be able to coach the same group of kids for two years in a row.
10. Take and pass the Concussion Protocol assessment.

## Sportsmanship Code

Magrath Jr/Sr High will not tolerate any inappropriate behavior or unsportsmanlike conduct by **ANY** of its' participants, including spectators, parents, coaches, athletes, or students. If a spectator, parent or student is observed acting inappropriately, the administration expects it to be stopped. If it is not stopped, that spectator may be asked to leave by an official, school personnel, administrator, or police officer. If the person resists leaving, the police will be called and he/she will be charged accordingly. **That spectator may forfeit his/her privilege of attending future contests – either home or away. If removed from a game, the spectator MAY have an opportunity to meet with school administration to try to resolve the issue. If the spectator shows up at future contests without resolving the issue, he/she may be charged with trespassing.**

At Magrath Jr./Sr. High School we expect all spectators adhere to Westwind School Division's Spectator Code of Conduct (Shown Below)



**Westwind**  
SCHOOL DIVISION

**Westwind Athletics:**  
**Spectator Code of Conduct**

**#TeamWestwind**  
[westwind.ab.ca](http://westwind.ab.ca)

*Good sportsmanship is an expectation of all.  
Remember that this is a game and these are kids.  
All participants; players, coaches, and spectators alike, deserve respect, courtesy and consideration.  
Respect the officials and their decisions. They provide an essential service.  
Applaud all outstanding performances, enjoy the event, and help others do the same.*

Anyone who exhibits disruptive or disrespectful behavior may be asked to leave.

## Rally around good sportsmanship

If an athlete acts inappropriately (see guidelines presented in the Athlete’s Code), the coach is expected to take disciplinary action. This may include suspension for the remainder of the game or longer. Consequences for such behavior should be outlined in team rules and expectations and discussed prior to the competitive season.

If a coach acts inappropriately (see guidelines presented in the Coaches Code of Conduct), the coach will be dealt with by the Administrator. Consequences may range from verbal reprimand to written reprimand, suspension, or dismissal. **Coaches are expected to set strong positive examples and model expected behavior at all times!!**

## The Fundamentals of Sportsmanship

### *Expectations of Players, Coaches, 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 the content of cheers and signs.	Recognize outstanding performances from both teams and/or all individuals.

<b>Suggested Positive Behaviour of Players, Parents, and Spectators:</b>	<b>Unacceptable Behaviour of Players, Parents, and Spectators:</b>
Applaud during the 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 the end of the contest, regardless of the 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 the loss of the game on officials, coaches or participants.
Applaud at the end of the 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 draws attention away from the game.
Encourage supporting people to display only sportsmanlike conduct.	Use of artificial noisemakers of ANY kind in school gymnasiums.

## **ATHLETIC PROGRAMS OFFERED AT MAGRATH JR/SR HIGH**

### **FALL SEASON**

#### **Golf**

Head Coach: Jared Leavitt, Gregg Hansen

#### **CROSS COUNTRY**

Head Coach: Janelle Neilson

#### **VARSIITY VOLLEYBALL – GIRLS**

Head Coach: Tabatha Ogden

#### **VARSIITY VOLLEYBALL – BOYS**

Head Coach: Shane Orr

#### **JUNIOR VARSITY VOLLEYBALL- Girls**

Head Coach: Becky Harker

#### **Junior Varsity Volleyball- Boys**

Head Coach: Ken Baker

#### **Grade 7 Volleyball**

Boys Head Coach: Craig Noad

Girls Head Coach: Megan Orr

**Grade 8 Volleyball**

Boys Head Coach: Gregg Hansen

Girls Head Coach: Mike Orr

**Grade 9 Volleyball**

Boys Head Coach: Tyson Bourne

Girls Head Coach: Hailey Finck

**WINTER SEASON**

**VARSITY BASKETBALL – BOYS**

Head Coach: Mike Hansen

**JUNIOR VARSITY BASKETBALL - BOYS**

Head Coach: Brent Bourne

**VARSITY BASKETBALL – GIRLS**

Head Coach: Brad Karren

**JUNIOR VARSITY BASKETBALL – GIRLS**

Head Coach: Brad Olson

**Grade 7 Basketball**

Boys Head Coach: Danny Balderson

Girls Head Coach: Kristine Strate

**Grade 8 Basketball**

Boys Head Coach: Jared Leavitt

Girls Head Coach: Ryan Blackmore

**Grade 9 Basketball**

Boys Head Coach: Mik Woolf

Girls Head Coach: Samyra Alston

**SPRING SEASON**

**BADMINTON**

Coaches: Mik Woolf

**TRACK AND FIELD**

Head Coach:

**BASEBALL**

Head Coach: Craig Noad

**SOFTBALL**

Head Coach: Mindy Blackmore



# **ROLES AND RELATIONSHIPS**

## **THE PLAYER-PARENT RELATIONSHIP**

Some parents may try to live through their child's athletic efforts. Being positive and supportive is important, but adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most athletes participate for enjoyment and fun. Excessive pressure or expectations can alter this most fundamental reason for playing. When you do speak with your child after a contest, don't dwell on his or her play, how many points they scored or if they started. Instead, first ask how the team did? Did your son or daughter play hard, give 100% effort, and have a good experience?

Be supportive of both your child and our athletic program.

### **Coaches Code of Conduct**

1. Someone who will take the teachable moment from a win or loss and transform it into a valuable life lesson.
1. A team-first philosophy that teaches:
  - i. The good of the team supersedes the desires of the individual.
  - ii. Treat everyone with respect, including other players with whom your athlete has little in common.
2. A clear set of team rules and consequences, emphasizing no bullying, on or off the field.
3. A genuine interest in the welfare of children, and a desire to make the team experience worthwhile.
4. Exemplary conduct, which includes:
  - i. Teaching without screaming or bullying.
  - ii. Exercising self-restraint and tactfulness with all persons involved in or watching the game.
5. Coaches will promote good sportsmanship and lead by example.
6. Coaches will maintain good communication with parents and players.
7. Coaches will hold players accountable who do not abide by good sportsmanship, attendance in games and practice sessions.
8. Coaches will work toward not only the development of their team but the individual development of each player.

**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 child 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.

<p align="center"><b>Communication Coaches/Sponsors Expect From Parents</b></p>	<p align="center"><b>Communication You Should Expect From Your Student’s Coach/Sponsor</b></p>
<p>Concerns expressed directly to the coach/sponsor.</p>	<p>Philosophy of the coach/sponsor.</p>
<p>Notification of any schedule conflicts well in advance.</p>	<p>Expectations the coach has for your student as well as all the players on the squad.</p>
<p>Specific concern in regard to a coach’s/sponsor’s philosophy and/or expectations.</p>	<p>Location and times of all practices and contests.</p>
	<p>Team requirements, i.e., fees, special equipment, off-season conditioning, and individual and team goals.</p>
	<p>The procedure should your student be injured during participation.</p>
	<p>Discipline resulting in the denial of your student’s participation.</p>
	<p>A fair and unbiased process when student-athletes are not selected to teams.</p>

## The Player-Coach Relationship

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion in front of your child, you need to remember that he or she will return to practice and may carry with him or her - your convictions. Your son or daughter will then have to interact with this coach. As your son/daughter becomes involved in the sports program at MHS, 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:

<p>Parent/guardian makes an appointment to privately speak directly to the coach to discuss the concern.</p>	<p>If the coach cannot be reached, contact the athletic director and he will make arrangements for the coach to meet with you.</p>
<p>If the concern is not resolved, contact the Athletic Director to arrange a conference. A meeting will be arranged with the coach, parent and Athletic Director.</p>	<p>At this meeting, the appropriate next step can be determined.</p>
<p><b>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 the coach. Meetings of this nature do not promote resolutions. A good rule of thumb is to wait 24 hours, and one we insist on if there is any chance conversations will not be positive in nature. If parents feel the need to speak with a coach inside this 24 hour window, please invite one of the Athletic Directors (AD) to join in on the conversation. Bottom line is that if a parent feels the need to confront a coach in any sort of a negative manner within this 24 hour window, please bring your child's uniform with you so you can hand it in at the same time.</b></p>	

It is very difficult to accept that your child is not playing as much as you may hope. Coaches are volunteers and they make judgment 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.

<p style="text-align: center;"><b>Appropriate concerns to discuss with coaches</b></p>	<p style="text-align: center;"><b>Issues not appropriate to discuss with coaches</b></p>
<p>The treatment of your child, mentally and physically</p>	<p>Playing time</p>
<p>Ways to help your child improve</p>	<p>Strategy</p>
<p>Concerns about your child's behavior or attendance</p>	<p>Playcalling</p>
	<p>Other student-athletes</p>

## **PARTICIPATION ON AN ATHLETIC TEAM**

It is important to understand that participation on an athletic team at Magrath Jr/Sr High is a privilege and not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of an athlete. However, unlike some other organizations, equal playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

While our ultimate goal is to promote the greatest athletic participation possible at Magrath Jr/Sr High, it may be necessary for some sports to cut a squad. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors.

Every coach has the responsibility and authority for selecting his or her team. The criteria for selecting the team are developed by the coach and communicated with the Athletic Director.

It is also important to remember that there are no guarantees. Players from the previous year's Junior Varsity, for example, do not automatically make either the Junior Varsity or Varsity team the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the team.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to answer athletes' questions.

While we understand that being cut is disappointing for many athletes and even for their parents, we, unfortunately, cannot keep everyone. Anyone cut from a team is welcome to try out again next season or try another sport. When parents and athletes understand and support the coach's decision, this difficult process becomes a less painful experience for all.

### **Playing Time Expectations:**

#### ***Junior High Teams and Individual Sport Competitions***

At this level, students become accustomed to the 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 competitive sport. It takes a tremendous amount of patience and understanding on the part 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 far as safety, team commitment 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 <b>readiness</b> (physical skills, court awareness, leadership and followership skills)
Player <b>commitment</b> (attendance and punctuality at practices)
Player <b>safety</b> (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, 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 the games. But all that being said, it is an expectation that if a student-athlete attends and works hard at every practice, coaches will do their very best to get them into every game.

***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 is 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 are 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.** But all that being said, if a student-athlete attends and works hard at every practice, coaches will do their very best to get them into every game. It is impossible at the beginning of the 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 and parents 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 commitment of up to six-days a week. **This commitment is often extended into vacation periods for all sports seasons, the dedication and commitment needed to conduct a successful varsity program should be taken seriously by all involved.**

## **RISKS OF ATHLETIC PARTICIPATION**

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All athletes and parents need to be aware and understand this possibility. At MHS, we will do all that we can to ensure a safe and healthy environment for our athletes.

## **PRACTICE SESSIONS AND GAMES**

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is real, quality instruction taking place. Interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

## **STUDENT ATTENDANCE**

A student may not participate in a practice, scrimmage, or contest during the time a suspension, either in-school or out-of-school, is in effect or during the time he/she is assigned to an alternative school for disciplinary reasons.

A student who is absent from school due to any circumstances will not be allowed to attend a practice or competition. A student must be in attendance at school in order to participate in a practice, scrimmage, or a contest.

## Practice Attendance

All team members or candidates for teams are expected to attend all practices and team meetings. The only way a student is allowed to miss a mandatory practice is by making arrangements with the coach prior to practice. **Coaches** should check on class attendance on a daily basis and should confer with athletes who are developing a pattern of absences; due to the impact missed class time has on missed practice time, as well as on academic progress.

### **Impact of absences on athletic participation:**

1. If a student is absent from school for the entire day, the student will not be allowed to participate in practice or competition on that day.
2. Suspended from school or classes –
  - a. Out-of-school suspension: A student cannot participate in ANY school activity until the student's suspension is served. This occurs on the next day following the last day of suspension.

NOTE: A student will be allowed to participate on the day of competition/practice under the following conditions:

- If he/she has attended school for two blocks of the school day and the absence is EXCUSED (Eg. Dentist/doctor appts. Hair appts/shopping NOT excused);
- The absence is a school function;
- The student has been medically absent from school and brings a release from the doctor stating he/she may return to school and to participation;
- Administrative approval.

### **Specific information about practices:**

1. Tryouts – Coaches should report tryout procedures to AD prior to the start of the tryout period. Included should be # of days scheduled for tryouts, procedures regarding types of skills/drills used during the tryouts, the recording devices used, and the criteria used to qualify athletes for elimination or placement on specific teams. Also, the number of athletes that will be kept on each squad and rationale for such. When students are cut or placed, coaches should meet with students and discuss this decision. (Results should not just be posted.)

2. Holidays and Breaks (Holidays- National holidays | Breaks- school division deemed breaks)–On holidays (not breaks), our district allows practice on a voluntary basis. **Nothing** can be held against



any athlete who is not in attendance, and no reprisals can be taken upon their return. During breaks, athletes AND THEIR PARENTS should be told at the start of the season what the coaches' expectation would be about that commitment. **Coaches are to have NO Practices with athletes on Sundays.**

3. Length of practice – When a practice plan is adhered to, practices should not exceed 1.5 hours (unless extra time is granted by an athletic director, as requested by the coach). Remember, athletes have other commitments, and fatigue can occur when practices are too long. Understanding that in our small school, there is at times a need for floaters, therefore, we need to be cognizant of them and realize that excessive practicing could negatively impact their achievement in the classroom.

4. No school – If school is canceled, all activities including practices are also canceled. This is a decision, which must be made with the safety of the athlete in mind. **Each coach, at each level, should develop a way to communicate with his/her team and parents in some sort of a mass communication that reaches everyone at the same time. PLEASE be sure both parent and student athletes are included in this communication.** If school is dismissed early, there will be no practice.

5. Saturday practices – May be considered mandatory. Be sure practice schedules and expectations are clearly communicated with parents and athletes well in advance.

## Fundraising

### ADOPT-A-PANDA / ZENITH

**Option1.** A charitable gift of:

\_\_\_\_\_ \$350 Please check

You Will Receive:

- A tax receipt in the amount of \$350
- 2 Tickets to all Panda and Zenith regular season and home tournament games.
- Name in Tournament Programs as well as recognition through our In-Game Slide Show

**Option 2.** Charitable Gift of:

Any other Amount \$ \_\_\_\_\_

You will receive a tax receipt for the full amount of your contribution for amounts \$50 or more. (However, you won't receive print recognition or tickets.)

**For every \$350 a student-athlete brings into the program they will receive \$50 to go towards their fees.**

## **TRANSPORTATION**

The Magrath Jr/Sr High and Westwind School District shall provide transportation for all players, personnel, and coaches of athletic teams in authorized buses when the contest has been scheduled away from the school site. Private vehicles may be used if all buses are being used or bus drivers are unavailable.

Athletes driving a private vehicle to or from a contest must turn in written approval to their coach which must be on file with the Athletic Director. This situation would only be on very rare occasions. Athletes may be released to their parents after a contest to return home. Parents should give rides to only their sons or daughters and not other members of a team. If parents do give rides, written permission is needed.

In order to assist coaches, please know when a team will arrive back at school after a contest and find an appropriate mode of transportation for the athlete. This is a huge help for the coach and will put your child at ease when arrangements are made in advance.

## **Dress Code**

### **Athletes' Dress Code**

Athletes will dress appropriately as defined by:

*Uniform attire*—Athletes will wear school issued uniform only unless approval or alternative or additional items is approved by the Administration. Athletics are representing their school and the Division and should dress in a way that will bring pride and respect to their programs. Gameday attire—On game days, athletes, with their coaches, will decide what the appropriate attire will be.

*Practice attire*—In some cases, athletes will be issued practice uniforms. When this is not the case, athlete's attire should include top and bottom all times. Girls should not be practicing in just sports

bras, and boys should always have a shirt on. (Tank tops are fine.) Shirts should not advertise alcohol, drugs, or rude behavior.

### **Coaches' Dress Code**

Coaches are expected to dress appropriately to bring respect and dignity to their programs and the school. For games, this does not mean ties and jackets for males, nor dresses for females. There are sports and occasions when the best attire for game/event, might be polo shirts, warm-ups, shorts, khakis or sweaters/sweatshirts. However, clean and pressed are more representative of professionalism than wrinkled T-shirts and sweatshirts. For practices, it is well known that coaches are often involved in drills that require freedom of movement, comfort and coolness. As with the athletes, shirts are expected at all times. Shorts and shirts should not be holed or skimpy. They should not advertise any type of substance or questionable behavior.

### **Substance Use/Abuse**

No athlete will use or distribute alcohol, drugs, tobacco or vaping products during their eligibility at Magrath Jr/Sr High. This also pertains to hosting a party with alcohol or drugs. Oftentimes, if a student-athlete is present at a party where drugs or alcohol are involved, it will be difficult to prove his/her innocence. Athletes should keep this in front of their minds when making decisions regarding social activities. The training rules and their consequences will be enforced for the duration of an athlete's competitive time in school. Therefore, when a student-athlete begins participation, these rules and consequences will be followed:

**1st offense** -- Student-athlete is removed from competition for seven (7) days. During that time, the student-athlete will remain with the team in practice and be able to attend, but unable to play or suit up in a contest.

**2nd offense** -- Student-athlete is suspended from athletic participation for one (1) calendar year. The student-athlete and his/her parents may petition the Athletic Director for reinstatement if the student-athlete has successfully completed a drug, alcohol, or tobacco rehabilitation program.

**3rd offense** -- At this time, a student-athlete will be denied the ability to participate in interscholastic competition for the remainder of his/her career at a Magrath Jr/Sr High. No appeals, no pardon.

## 2019/20 Athletic Fees

All Magrath students in grades 7-12 are encouraged to participate in the activities listed below. All sports require user fees to offset the cost of the equipment, travel, and facilities. This fee covers Jr high warm-ups up to \$15.00/player, High school travel gear up to \$100/player. An additional fee may be charged based on Provincial qualification.

Each athlete is required to pay or make arrangements for payment prior to participating in the sports once tryouts are over. Failure to do so could possibly result in suspension for athletics until the matter is resolved. All school fees must also be paid in full to the MHS office prior to participation in any sport.

<b>Basketball</b>	<b>Volleyball</b>	<b>Track</b>	<b>Cross Country</b>	<b>Softball</b>	<b>Baseball</b>	<b>Badminton</b>	<b>Golf</b>
<b>Grade 7</b>	<b>Grade 7</b>	<b>Jr Track</b>	<b>Junior</b>	<b>\$100</b>	<b>\$300</b>	<b>\$20</b>	<b>\$50</b>
<b>\$150</b>	<b>\$150</b>	<b>\$20</b>	<b>\$20</b>				
<b>Grade 8</b>	<b>Grade 8</b>	<b>Sr Track</b>	<b>Senior</b>				
<b>\$150</b>	<b>\$150</b>	<b>\$20</b>	<b>\$20</b>				
<b>Grade 9</b>	<b>Grade 9</b>						
<b>\$200</b>	<b>\$200</b>						
<b>Jr Varsity</b>	<b>Jr Varsity</b>						
<b>\$325</b>	<b>\$325</b>						
<b>Varsity</b>	<b>Varsity</b>						
<b>\$425</b>	<b>\$425</b>						