



GRANDVIEW HEIGHTS

GRIZZLIES

ATHLETICS

HANDBOOK

ATHLETIC DIRECTOR

SIERRA RAI

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PURPOSE

Grandview Heights Secondary is a member of the Surrey Secondary Schools Athletic Association (SSSAA), South Fraser Athletic Association (SFAA) and BC (British Columbia) School Sports (BCSS) and subscribes to the rules and regulations of these associations.

The Athletic department facilitates and administers athletics within the school setting. Under the direction of the Athletic Director, in coordination with the school administration we will oversee all aspects of sport including but not limited to; selection of coaches, promotion and development of sport, scheduling and registration, finances, and rules and regulations of all governing bodies.

The Athletics department will provide support to all teams, coaches, and athletes in their endeavors as members of the Grandview Heights athletics community.

PHILOSOPHY

Grandview Heights Secondary School embraces extracurricular activity as an integral part of its educational mission. We believe that students who are involved in their school beyond the classroom will have a richer educational experience and be better prepared for life after graduation.

The Grandview Heights Athletics will focus on the development of a comprehensive athletics program which will aim to produce both a high participation rate as well as a successful and competitive environment for our student athletes as they pursue excellence.

Our administration, educators, coaches, and parents will be committed to supporting our athletes develop within their areas of sport – but most importantly we will be committed to the growth of our student athletes as individuals of strong moral character with healthy emotional well-being who are respectful and productive within the classroom.

CODE OF CONDUCT

It is intended to provide a brief overview of our athletic policy and philosophy at Grandview Heights Secondary School, as well as to explain the expectations we have of our student athletes.

ATHLETE CODE OF CONDUCT

Although athletics are of great importance to our school, this by no means allows individual athletes to deviate from school behaviour expectations at Grandview Heights Secondary School. In fact, as ambassadors of our school, our student athletes will be expected to uphold the very best in behaviour and discipline. Athletics are a privilege to participate in, but not the student's right.

We would like to refer to our Athletic Policy:

- *All Grandview Heights Secondary Student Athletes must comply, respect and agree with the Grandview Heights Secondary Code of Conduct, the SSSAA Rules and Regulations, and the BC School Sports Handbook.*
- *Athletes are under the supervision of a teacher for home and away games, on trips, at tournaments, and at practices.*
- *In accepting the terms of team membership, players are expected to respect all directions and instructions of the coach or sponsor teacher.*
- *Players must exemplify the true spirit of sportsmanship and respect towards all officials, opponents, spectators, coaches and teammates.*
- *Failure to do any of the above may result in suspension and/or expulsion from the team. This will be determined by the Athletic Director, School Administration and/or Coach.*
- *Coaches may have team goals/code of conducts that can be enforce on their teams in addition to the above policies.*

NO QUIT RULE

- It is a privilege to be selected as part of an Athletic team at Grandview Heights. Once you are part of the team you are expected to attend all practices, games and other events associated with the team. If there are days that you cannot attend it is expected you communicate this with your coach. It is understandable that we have busy lives outside of school, but remember, you were part of a try out process where other athletes did not make the team. Thus, to quit a team because of a certain reason (ex. too busy) is not acceptable. If you choose to quit, you will not be eligible to be part of Athletics for the next year.

PRACTICE SESSIONS

- Each team member is expected to attend all practices punctually. Coaches may establish a 'miss practice-miss a game policy'. It is the coaches' responsibility to communicate scheduled practices.

UNIFORMS

- **Team uniforms are to be worn for game situations only.** They are **loaned** to the athletes. Reasonable care and prompt return of uniforms is expected.
- **Teams will not be receiving their uniforms until athletic fees are paid and student athlete forms are submitted.** Players will be charged up to \$100 or \$200 (depending on the sport) replacement fee for lost or damaged uniforms due to negligence.

HOME AND AWAY GAME BEHAVIOUR

- Since the athletes are considered ambassadors of Grandview Heights Secondary, the school itself will be judged by their conduct and presence. Students should conduct themselves accordingly at all times.
- Athletes are expected to be courteous and polite to everyone with whom they have contact at Grandview Heights or at other schools.
- Athletes must treat the property of their school and other schools with respect.

ACADEMIC RESPONSIBILITIES

- Participation in athletics does not take precedence over regular school requirements.
- Athletes should let subject teachers know in advance of absences from class as per school policy.
- Subject teachers who believe that it is not in the best interest of the student to miss a class for an athletic event **will have the full support of the Athletic Department in upholding that recommendation.**
- Student athletes are expected to maintain a suitable academic average (as determined by their subject teachers).
- Should a student athlete fall below his/her expected academic achievement, a meeting will take place with the student's subject teacher, the athletic director and the coach at which time a reasonable timeline will be suggested by which the student athlete must reach his/her expected level of academic achievement.
- Failure to reach the expected level of academic achievement in that time frame will result in suspension from the team.

PARENT/GUARDIAN CODE OF CONDUCT

- Endeavour to support my child with positive encouragement.
- Respect and adhere to the ideals, policies and rules determined by BC Schools Sports, Fraser Valley Secondary Schools Athletics Association, Surrey Schools Athletics Association, and Grandview Height Secondary
- Always maintain self-control
- Empower their child to attend all practices and games. If unable, it is the responsibility of the child to communicate in a timely manner to the coach.
- Respect the facilities, either home or away, in which my child is privileged to play.
- Show respect for the decisions, judgment and authority of the officials and score keepers.
- Show respect for the feelings and accept the capabilities of my child, my child's teammates and players on the other team.
- Exhibit a high degree of sportsmanship, teamwork, and positive attitude always when representing my child and Grandview Heights.
- Avoid confusing my child by coaching from the stands.
- Refrain from expressing my opinion of the coaches or players in front of my own child.
- Refrain from using foul language towards other parents, coaches, officials, or opponents.
- Refrain from yelling at or threatening officials, opposing players, parents, or coaches before, during, or after games or practices.
- Refrain from demonstrating frustration or anger after a loss or deficient performance, **the athletics program requires a 24 hour "cooling off" period** before contacting the athletic director or coach directly.
- Refrain from approaching the bench during a game situation unless summoned by a coach.

COACHES CODE OF CONDUCT

The coach/student-athlete relationship is a privileged one. Coaches play a critical role in the personal and athletic development of their students. Therefore, coaches are expected to model the fundamentally positive aspects of school sport. Coaches are responsible for their own behavior as well as their student-athletes.

Coaches shall:

- Recognize that school sport is an extension of the classroom, with moral and legislative obligations required of the coach at all times.
- Uphold the rules and regulations of BC School Sports, the Surrey Secondary Schools' Athletic Association, and the Grandview Heights Athletic department.
- Actively uphold the rules of the sport, the spirit of the rules of the sport, and encourage student athletes to do the same.
- Fulfill all league, exhibition, invitational, play-off, and championship competitive and event obligations, in accordance with athletic association policy, sport commission policy, or tournament organizer agreements.
- be empower to make their own decisions in terms of which players play, it is the hope that all players will have the opportunity to get playing time in games with the hope that all players get to develop their skills, but Grandview Heights Athletics recognizes that the head coach is the sole determinant in terms of who deserves to play.
- Treat all participants fairly and equitably, by refraining from discriminating against any student-athlete with respect to race, colour, ancestry, place of origin, religion, family status, physical or mental disability, sex, or sexual orientation.
- Respect the judgment and interpretation of officials without gesture or argument and require student-athletes to do the same.
- Not use foul, profane, harassing, or offensive language or gestures in the conduct of coaching duties.
- Not, either directly or indirectly, encourage a student to attend a particular school for the purpose of participating in interschool sport.
- Not use physical force of any kind in the conduct of coaching duties.
- Not, under any circumstances, endorse, recommend, or suggest the use of performance enhancing drugs or supplements by any student-athlete.
- Abstain from the use of tobacco or marijuana products and alcohol while in the presence of student-athletes and discourage their use by student-athletes.
- Not, under any circumstances, require or imply that a student must be involved in any summer program or club program as part of their obligation to participate on a school team.

- Not, under any circumstances, require or imply that a student cannot or should not participate in any BCSS approved sport of their choice in the season preceding and/or succeeding the coach's particular season-of-play.
- Coaches shall not, under any circumstances, start pre-season tryouts or practices to the detriment of any in-season sport.

Coaching Positions:

BC School Sports understands that all coaches (community and teacher coaches) are integral to the school sport system, and that they are necessary to ensure further opportunities for student athletes. The following guidelines ensure the philosophy, objectives, and values of the BC School Sports system are maintained.

- The Athletic Director and School Administration will meet with prospective coaches to discuss their application, desire to coach and review all expectations and guidelines established within the athletics program.
- It is strongly recommended that the community coach completes a minimum of Level One Theory of the National Coaching Certification Program.
- The athletic director and administration will request and check references for each community coach candidate. A Criminal Record Check must be completed by the local police station. A Criminal Record Check must be complete every 2 years.
- All coaches must always uphold the GHS Code of Conduct, SSSAA Code of Conduct and BCSS Code of Conduct.
- In the event there are multiple community coaches who are wanting to coach a specific team, the Athletic Director and School Administrator will decide based on qualifications, character and reasoning of coaching at Grandview Heights.
- In the event there are multiple teacher coach who are wanting to coach a specific team, the Athletic Director and School Administration will ask teacher(s) to co-coach the specific team.
- In the event there is a community coach and a teacher wanting to coach a specific team, the Teacher will have priority. The Athletic Director and School Administration will discuss with the teacher if they are willing to have a community coach as an Assistant coach. If the teacher does not desire to be the Head Coach, the teacher has to privilege of having a Community Coach be the Head Coach while the Teacher can choose to be their Assistant.
 - The Athletic Director and School Administrator will always do their best in hiring coaches based on what is of the best interest of the school community and student athletes.

PLAYER ELIGABILITY

Student-athletes may represent Grandview Heights in competition if they satisfy the following conditions:

- Students must meet all Grandview Heights, SSSAA, FVSSAA and BCSS requirements to compete in athletics.
- Students must be in attendance for all periods of the school day to be eligible for practice, performance, or competition on that date. Exceptions will be made for educational absences, special appointments, or extenuating circumstances which are acceptable to the athletic directors and/or an administrator.
- Student who are demonstrating behavior that does not follow the SSSAA code of conduct, the BC School Sports conduct and the Grandview Heights school code of conduct. – I.E. school suspensions, criminal legal issues etc. Will be subject to the decisions of the athletic council – including the possibility of being removed from their team or possibly the entire athletic program.
- Students who transfer schools after starting grade 9 may be restricted from eligibility competition for 12 months (starting from the date of their arrival at the new school).
- Students must perform to a satisfactory level in their classes in both effort and attitude. If either of the above areas is found to be unsatisfactory, the athlete may be suspended (Athletic council decision) from any further involvement with the team until the matter has been resolved.
- Students who disregard the Student-Athlete Code of Conduct will jeopardize their athletic eligibility.
- Students who quit their team commitments may be ineligible for further athletic participation for the remainder of this or next school year, this will depend on the circumstances leading to the departure.

ATHLETE PLAYING UP POLICY

When considering moving up a player, the player should be able to make a major contribution to the higher team and should have sufficient playing time on that team to benefit in his or her development as a player.

There must be an agreement between the two coaches and the athletic director. If there is no agreement, then it does not happen. There also must be an agreement between the coaches involved on both teams, the player at hand and their parents. This must be signed by all parties before this can begin.

BCSS/SSSAA and SF also have their own Playing Up Policy. Please refer to their website regarding this or connect with the Athletic Director.

Rules RE: ATHLETE PLAYING UP POLICY

All Sports

- The player must prioritize the team they are registered for and not the team they are playing up for.
 - o Cannot miss a practice or a game for their registered team to play up for another team's practice or league game

Basketball

- A player can only play a maximum of 32 games from the start of the season to end of the season (SSSAA/South Fraser/BC Highschool Basketball Rule).

Registered Team (Level/Sport): _____

Registered Team Coach's Name: _____ **Signature:** _____

Playing Up Team (Level/Sport): _____

Playing Up Team Coach's Name: _____ **Signature:** _____

Student Athlete Name: _____ **Signature:** _____

Parent Name: _____ **Signature:** _____

Date: _____

FINANCES

ATHLETIC FEES

The Surrey School District provides athletics with limited funds. It is for this reason that we must charge the following fees below. It should be made clear no student shall be denied participation due to the financial inability to pay athletic fees. If this may be the case, please schedule an appointment with the designated coach and Athletics Director.

If you have any questions or concerns, feel free to contact us at the school. Thank you in advance for your support in assisting our student athletes to have a first-class athletic experience as a member of the Grandview Heights Secondary School.

The athletic fees will be used to help offset some of the following costs and are subject to change each year.

- a. Official fees, equipment, medical supplies, uniforms, and awards
- b. SSSAA, FVSSAA and BCSS fees.
- c. Fraser Valley and B.C. Championship entry fees
- d. End of Year Athletic Banquet

Once a student athlete is selected to be on the roster for the team, they must pay their Athletic Fee and any other fees associated with their team. Tournament fees will be charged based number of tournaments entered divided by the number of players on the team.

Athletic Fees:

Volleyball	\$80
Basketball	\$80
Rugby	\$85
Soccer	\$70
Ball Hockey	\$80
Aquatics	\$40
Cross Country	\$40
Track & Field	\$40
Badminton	\$60
Ultimate	\$60
Golf	\$60

PROVINCIAL CHAMPIONSHIPS

We are committed to helping offset the cost of senior teams travelling to the B.C. Championships: *however, we cannot be responsible for all costs incurred.*

Coaches should talk to the AD about transportation, accommodation, and meals beforehand to see what can be done to cover costs.

GYM AND EQUIPMENT

All equipment and gyms should be used with respect.

- Only the coach and approved players are allowed to enter the equipment room.
- Equipment is neatly put away in the proper locations under the coach's supervision at the end of practice.
- Make sure you are only using athletic department equipment. The PE equipment should not be used. Please talk to the athletic director if you are unsure.
- Equipment room door is always closed and locked properly.
- Equipment is counted in and out of the equipment room.
- Students are not allowed to play in the gym unsupervised. If this is a concern regarding a student athlete, the Athletic Director may ban an athlete from the use of the gym until further notice.

AWARDS & WRAP UP EVENTS

To celebrate the Grandview Heights Athletic teams' accomplishment of the past year, Grandview Heights Athletics will host an Athletics Awards Night each year. We aim to celebrate the participation of our athletes in sport and their path to excellence. To show appreciation to all individuals who supported our athletic teams during the year.

Awards:

- Grizzly Pride (one per team)
 - a player on your team that displayed sportsmanship, leadership, and dedication to your team. This athlete should be someone who was committed and determined through the entire season and understood that there is more to sport than being the top athlete on the field.
- MVP (one per team)
 - a player on your team that displayed a high level of athletic ability in your sport. This athlete should be someone who pushed your team to the next level in your sport.
- Leadership Award (2 recipients)
 - A leadership student who supports athletics and all the behind the scenes work to make our games and tournaments run smoothly (referee, score keeping, organizing games etc.)
- Grade 8 Male & Female Athlete of the Year
- Junior Male and Female Athlete of the Year
- Senior Male and Female Athlete of the Year
- **Each team is entitled to host their own wrap up event in addition to the Grandview Heights Athletic Banquet.

By signing this document, you acknowledge and agree that:

- (1) You have read, understand and agree to this Grandview Heights Athletic Handbook
- (2) You will comply with any sporting rules, health and safety measures as communicated by school administration, teachers and coaches.

Student Name: _____

Student Signature: _____

Coaches Name: _____

Coaches Signature: _____

Date: _____