

Alexandra Middle School Athletics



Coach, Student & Parent Handbook

Introduction

Studies show that students participating in athletics have higher grades, better attendance, lower dropout rates, fewer disciplinary problems, higher graduation rates, and better success in college than non-participants. This is done by providing healthy, supervised after-school activities for students. Athletic participation teaches teamwork, goal setting, discipline, sportsmanship, leadership, and other valuable life-skills, helping students become contributing members of their school and community. MHPSD#76 middle and high schools coordinate with each other to run this valuable portion of a student's extra-curricular life.

AMS Athletic Philosophy

The function of a middle school athletic program is to foster a love of learning and to develop new skills, embrace collaboration and build relationships amongst team members, exemplifying good sportsmanship, promoting participation, and having fun. To accomplish this, each extra-curricular program begins with fundamental skill development and provides experiences that will help each athlete progress in developing emotional maturity, social competence, a sense of responsibility, and the ability to deal with adversity and success. It is intended that the participants strive for excellence and reach their potential with the principle goals being a positive learning experience and enhanced self-esteem. The emphasis is on **physical literacy**, participation, and good sportsmanship.

ATHLETIC PROGRAM VALUES

1. Responsibility
2. Integrity
3. Trust
4. Teamwork
5. Enthusiasm
6. Respect

Our Coaches

The coach is the “living curriculum” for the student athlete. Coaches at AMS are the most significant components of the athletic program. They are both teachers and active participants at the same time. They have the responsibility to model positive behaviors and attitudes at all times. In order to be an effective coach and role model, AMS coaches must also be knowledgeable in their sport, able to motivate athletes and able to make adjustments during competition. Our coaches take the opportunity they have to mold young lives very seriously.

Volunteer coaches must complete a Criminal Record Check and a Child Welfare check. The fee for these documents will be reimbursed by the school. A personalized letter that allows a discount for the processing of these documents should be picked up from the office and presented to the agencies.

Our Parents

Parent(s) of student athletes have a responsibility to support both their child and the team. Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times. Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. In order for AMS’ athletic program to be successful, coaches, student athletes, and parents must make a firm commitment to collaboratively support all student athletes.

[Parent Pledge](#)

Our Athletes

AMS athletes should be diligent in preparation, give 100% at all times, demonstrate personal discipline, be respectful in all situations within the school setting and community, maintain self control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. Athletes are expected to act in accordance with the Education Act. AMS is a **“Smoke, Tobacco and Vaping Free Environment”**. Athletes are NOT permitted to smoke or possess tobacco products, vapes, or related smoking/vaping materials on our school property on any location. The ultimate and final responsibility rests upon the shoulders of the student athlete. It is the student athlete who is accountable to his/her parents, team, coach and teachers. Any student in violation of the academic and behavioral expectations is at risk for suspension and removal from their respective team. [Student-Athlete Social Media Agreement](#)

Sport Seasons

<u>Sport</u>	<u>Season</u>
Hawk's Football	Late August- November
JayHawk Cross Country	September- October
JayHawk Volleyball	September- November
JayHawk Basketball	November- March
Hawk's Wrestling	January- March
JayHawk Badminton	March-April
JayHawk Track and Field	April- June
Hawk's Rugby	April- June
JayHawk Golf	May- June
Jayhawk Soccer	May-June
Hawk's Baseball	May-June



Constitutions

[Medicine Hat Junior High Athletic Constitution](#)

[South Zone Junior High Athletic Constitution](#)

Eligibility for Athletic Participation

Being a part of AMS Athletics is an exciting opportunity, and we want our athletes to be positive role models for our school.

1. All student athletes at AMS, participating in middle school athletics must maintain minimum academic standards to maintain eligibility. School administration will make the final decision in these situations.
2. Each student athlete is expected to conduct his/her life in accordance with the standards and principles set forth by the AMS Student Handbook. Violations of the Student Handbook could affect participation in athletic activities.

3. It is also expected that student-athletes will conduct themselves at, during/after practices and contests in ways that would model good sportsmanship.

Team Selections

AMS will make every effort to include all students on teams. At those times, when the number of interested athletes exceeds the maximum team size, a selection will need to be made. Coaches will base selections on demonstrated ability, effort, attitude, cooperation, attendance, and possibly, academic focus. Students will be informed, personally, if they did not make the school team. Coaches where possible, will discuss alternative possibilities for improvement opportunities.

General Expectations

1. During practice, coach(es) will work with athletes on drills, skill ability, and techniques to develop equal ability teams.
2. Practices are mandatory, if athletes expect to participate in games/meets.
3. All players must have a signed **Health Certification and Consent form** on file before the first competitive event of each sport season.
4. A participation fee and a \$100 uniform fee must be turned into the office by the first competitive event of each sport season. Families must have made arrangements to pay their fees with the school before playing.
5. The goal of every coach will be to have every player participate in the game, depending on the readiness of the athlete for particular situations.

Attendance at Practice

Based on research, the recommended average length of a practice is between 1.5 hrs to 2hrs. Practices, games and other events associated with the team should be regularly attended. If the athlete is ill or unable to attend practice they should notify their coach. AMS believes that middle school students should be provided with many different opportunities to explore new activities. If a scheduling conflict arises, the coach, athlete and parent will discuss how to best support both programs. It is understood that competitive events will take priority over practices.

Playing Time

The AMS Athletic program is based on middle school philosophy and best practice. Our goal is to promote participation, skill development, good sportsmanship and having fun. While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of middle school athletes, and that broadening is enhanced by playing time, it is also an important goal of the athletic program to strive toward excellence. Playing time decisions are

left up to the individual coaches, while providing meaningful playing time for all athletes per game. Issues arising with student attendance, behaviour and academic issues may also affect playing time. Coaches will make every effort to discuss with individual players how they can improve and gain an understanding of where they are at as athletes. Players are encouraged to seek advice from their coaches if they are concerned about their amount of playing time.

Tournaments

Recognizing that athletic growth increases the more opportunities players have to experience game time, if available, each team will participate in a tournaments through the season. These may include tournaments within or out of the city limits.

Player Fees

Fees are essential to help fund the cost of the athletics program. Each team must cover the cost of tournament entries, travel expenses, jersey usage, team photos and supplementary equipment/ supplies. All fees will be determined at the start of each season. Cost breakdowns for each sport can be found on the AMS website.

We believe that it is important for all of our students to have the opportunity to participate on our athletic teams and do not want financial constraints to limit these opportunities. If a student requires assistance they are encouraged to speak with either their coach or administration to arrange support.

Fundraising

Alexandra's athletic teams conduct fundraising projects: bottle drive, cookie dough, tournament concessions etc. Money raised through general fundraising allows us to maintain lower participation fees. All student athletes are required to participate in fundraising projects.

Uniforms

Alexandra school colors are blue/gold/white. Students will be supplied with a team uniform at the start of each season. These should be cared for properly and washed regularly. Athletes will be asked to provide a \$100 deposit to ensure the safe return of the uniform at the end of the season. Any loss or damaged may result in part or all of the deposit being forfeited.

At the coach's discretion, team uniforms may be worn for special occasions such as pep rallies or on game days. Team uniforms should not be worn outside of scheduled games or these special events.



Uniform Care: Wash in cold water and hang to dry. Do not iron or place in the dryer as this will damage the decals.



Transportation

Occasionally coaches may organize group transportation for the team. However for the majority of the season, parents are responsible for transportation of their own student athletes to and from league, playoff and tournament games. Transportation of the athletes by their coach is at the discretion of each individual coach.

School District policy states that any person transporting a student athlete other than their own child needs to have a Criminal Record Check and a Child Welfare check completed as well as a School District driver authorization form and appropriate liability insurance. A letter from the office allows a discount for the processing of Criminal Record Check and a Child Welfare check. The letter allows for a discounted fee which will be reimbursed by the school upon receiving the receipt of payment.

Conflict Resolution

Open relationships and communication is valued by the athletic department at AMS. From time to time conflicts may arise and a resolution between the parties may be necessary to gain an understanding of each perspective. The following serves as a guideline towards resolution:

1. **Please do not attempt to confront a coach or teacher supervisor before or after a game or practice. Please wait 24-48 hours before contacting the coach.**
2. Parent/guardian makes an appointment to speak directly to the coach to discuss the concern. Depending on the circumstances, the student athlete may attend this meeting.
3. If the coach cannot be reached, contact the athletic director or administrator and he/she will make arrangements for the coach to contact you.
4. If the concern is not resolved, call the athletic director or administrator to arrange a conference. A meeting will be arranged with the coach, parent and athletic director or administrator. At this meeting, the appropriate next step will be determined.





Athletic Awards

Each year, students that participate in athletics at Alexandra Middle School are eligible for awards at the end of the year.

Athletic Achievement: To receive this award, students must participate in two major sports or one major and two minor sports. Major sports include: volleyball, basketball, football and badminton. Minor Sports include: track and field, cross country, baseball, golf, and soccer.

The YMCA of Medicine Hat Award: To receive this award, a grade 7 male and female have accrued the most points for sports played, and the 5 “s” of sport (skill, strength, stamina, speed and spirit)

Award: YMCA pass

Morrison Health Award: To receive this award, a grade 8 male and female have accrued the most points for sports played, and the 5 “s” of sport (skill, strength, stamina, speed and spirit).

Thelma Berkeley Robinson Scholarship: To receive this award, a grade 9 male and female have accrued the most points for sports played, and the 5 “s” of sport (skill, strength, stamina, speed and spirit).

Thelma Berkeley Robinson Scholarship: To receive this award, female and male recipients of grade 7, 8 and 9 have won the aggregate at the AMS school track meet.

Athletic point process: For each sport, coaches will be asked to rank students based on athletic ability and team leadership. These submissions will be tabulated and the athlete with the highest rankings will be considered by the awards committee (1st = 3pts, 2nd = 2pts & 3rd = 1pt). This committee will then determine the recipient of the award for each gender and grade level based on the points accrued and the 5 “s” of sport (skill, strength, stamina, speed and spirit).