

## **Saint John Brebeuf Regional Secondary School**

### **Extracurricular Activities at SJB**

#### ***Philosophy on Extracurricular Activities***

The talents possessed by each student are gifts from God, which must be developed and shared. We believe that athletics and extra-curricular activities can greatly help that development. All students, regardless of their level of ability, are expected to participate in the regular physical education program as prescribed by the Ministry of Education. In addition, all students will be encouraged to become involved in one or more of the many extra-curricular activities and sports that the school sponsors. They will be challenged to compete to the best of their ability and demonstrate respect and good sportsmanship. While high school sports are competitive, winning cannot and will not be given priority over the demonstration of sound Christian attributes before, during and after contests. Student participants must understand that they are to be ambassadors of Christ, His Church and His School. Failure to attend to this priority at all times may result in a student's suspension from some or all extra-curricular activities.

#### ***Eligibility***

A student who wishes to participate in an extra-curricular activity must meet the following standards and requirements:

- \* Demonstrate consistent academic effort and conduct, and must not permit participation to interfere with or reduce academic progress. If, in the opinion of teachers or coaches, participation is affecting academic standing, students may be asked to discontinue their involvement in extracurricular activity until the situation is remedied.
- \* Provide written parental permission on a form to be provided by the school.
- \* Be prepared to consistently attend practices, events and meetings.
- \* Be prepared to arrange for transportation to and from events. Where possible, the school will try to arrange for transportation.

#### ***Dismissal from Classes for Participation in Extracurricular Activity***

Extracurricular activity must not interfere with or reduce academic progress. It will, however, require students to miss parts or all of classes from time to time. When students must miss or leave a class early because of extracurricular activity, they must ensure the following:

- a. Prepare for classes in the usual way. For example, if a game or activity were to be cancelled and a test is given in a class that the student expected to miss because of the activity, the student must be prepared for the test.
- b. Complete and be responsible for all work missed during their absence from class.
- c. Remain after class on non-event or practice days to go over missed work or to make up tests, as necessary. There are no penalties for being late for practice because of class responsibilities.
- d. Proceed to events or practices quietly and without disturbing classes in session.

### **Student Leadership**

The Student Council will support various student activities and build school spirit. The Council will co-ordinate events and activities in co-operation with the Administration and staff sponsor. Council members are aware of and endorse the school's philosophy.

The Administration and Education Committee reserve the right to overrule the Student Council in matters affecting the philosophy and policies of the school.

### **Fine Arts**

SJB offers a variety of opportunities in Art, Band and Drama, both curricular and extra-curricular.

### **Campus Ministries**

*The role of campus ministries in the Catholic high school is one of light bearer, to illuminate with the light of Christ the hearts and minds of staff and students through the facilitation and co-ordination of liturgy, and opportunities for spiritual formation and social practice.*

"Know that I am with you." With Christ at the centre of the Catholic school, the campus minister points to the person of Christ and His abiding presence so that in every way the words, actions and the life of Christ emanates from each person in the community and the community as a whole. Campus Ministry brings the gospel message to staff and students in liturgy, personal well-being, spiritual life and social justice. To love our neighbours as ourselves, we must try to understand and minister to the complexity of those around us who help us define our relationship with Christ. The role of Campus Ministry is to call for a conversion to Christ both within the confines of the school and in the larger community.

### **Other Clubs and Activities**

As resources, staff and interest allow, SJB will develop clubs and activities such as the Food Safe Course and the Photography club for example to meet the varied needs of our students. Expressions of interest from students and parents should be addressed to the Administration.

## St. John Brebeuf Athletic Policy

### Purposes of this policy

- To establish qualifications for participating in athletic activities;
- To provide motivation to keep academic performance high;
- To aid students in balancing the various aspects of their lives;
- To assist all student athletes in resolving athletic conflicts;
- To identify the guidelines and expectations for athletes, coaches, and parents.

### Athletic Mission Statement

As a Roman Catholic school, St. John Brebeuf Athletics provides an opportunity for its student-athletes to further develop as Christians and become valuable members of society.

### Student - Athlete Policies

1. Regular, punctual attendance in all classes at St. John Brebeuf is essential to participation in the athletic programs. A student-athlete who misses a class, without a valid reason, will be ineligible to participate in the next scheduled contest. Three violations of this policy during the season will result in dismissal from the team. If an athlete is absent from school without justification on a particular day, he/she may not be present or take part in athletic activities on that day.
2. Regular, punctual attendance at all practices and games. Failure to notify the coach will result in:
  - a) First Offence: Suspended from one game or practice;
  - b) Second Offence: Suspended from three games or practices;
  - c) Third Offence: Expulsion from team.
3. Without exception, athletic participants must turn in to the coach or Athletic Director a completed Medical Form. No athlete may participate in practice or competition until this form is completed and submitted.
4. Playing time will be as a result of:
  - a. Athlete's level of ability;
  - b. Athlete's commitment to practices;
  - c. And Athlete's attitude.
5. All student athletes are valuable members of their respective teams. If students have concerns regarding their position on the team or playing time, the issues should first be taken up with their coach. If necessary, the Athletic Director may also become involved in order to resolve the issue(s). Finally, if a player and/or parent are not satisfied with the Athletic Director's resolution, the player should meet with the school's principal.
6. All athletes must complete the 'Athlete Code of Conduct' and pay the athletic extra-curricular fee (see last page of this section) and a uniform deposit (\$100).

No athlete may participate in practice or competition until these forms and payments are completed and submitted (Families that are unable to pay the entire or part of the fee should contact the Athletic Director or Principal).

7. Deposits (\$100) will be returned once all uniforms and equipment have been returned to the school.
8. Athletes are to be dressed in the official team uniform when representing St. John Brebeuf in an athletic contest. These uniforms are to be worn only for athletic competitions and not for physical education classes, practice, or recreational use.
9. A second uniform will only be distributed once a second deposit cheque has been given to the school.
10. An athlete that quits one sport is not eligible to play another sport unless the Athletic Director and/or Principal have given permission.
11. School personnel will make every effort to keep the locker rooms secure: however the student-athlete is responsible for issued school equipment as well as his/her own personal belongings.
12. Training supplies are very expensive and must be used wisely and carefully. Tape and under wrap are for care and prevention of injuries only.
13. Students must meet the eligibility requirements of BC School Sports.
14. All players, with the assistance of their parents, are responsible to arrange transportation to and from the event. It is not the responsibility of the coach or teacher sponsor to arrange transportation.

Additionally, all players are required to adhere to BC School sports Student-Athlete Code of Conduct.

### Student-Athlete's Code of Conduct

The actions of a student-athlete are a reflection of themselves, their team, their school and their community. A student's involvement in school sport provides opportunities and experiences that are important to the development of a well-rounded student. However, student-athletes must remember that their participation in school sport is a privilege, not a right.

#### Student-athletes shall:

##### **2.2.1** Treat Everyone with Respect

- a) treat team-mates, coaches, opponents, event organizers and spectators with respect
- b) respect and accept with dignity the decisions of officials
- c) be generous in winning and graceful in losing

##### **2.2.2** Exercise Self-Control at all times

- a) remember that there is no place in sport for drugs or alcohol

- b) refrain from the use of foul or profane language
- c) refrain from the use of physical force outside of the rules of the game

### 2.2.3 Play Fair

- a) play within the rules and the spirit of the rules of the game at all times

Failing to follow the BC School Sports Code of Conduct will result in:

- a) First Offence: Suspended from one game or practice;
- b) Second Offence: Suspended from three games or practices;
- c) Third Offence: Expulsion from team

### Coaches' Code of Conduct

Before any individual becomes a coach at St. John Brebeuf, he/she must complete a criminal records check. All teachers and staff members will have completed this before employment was granted. Therefore, any outside coaches will complete the check. This fee will be covered by the Athletic Department.

### **All coaches must adhere to the guidelines prescribed by BC School Sports:**

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 behaviour as well as their student-athletes.

- 2.1.1 Coaches shall recognize that school sport is an extension of the classroom, with moral and legislative obligations required of the coach at all times.
- 2.1.2 Coaches shall uphold the rules and regulations of BC School Sports, the local Athletic Association and applicable Sport Commission.
- 2.1.3 Coaches shall actively uphold the rules of the sport, the spirit of the rules of the sport, and encourage student-athletes to do the same.
- 2.1.4 Coaches shall fulfil 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.
- 2.1.5 Coaches shall treat all participants fairly and equitably.
- 2.1.6 Coaches shall respect the judgment and interpretation of officials without gesture or argument, and require student-athletes to do the same.
- 2.1.7 Coaches shall not use foul, profane, harassing or offensive language or gestures in the conduct of coaching duties.
- 2.1.8 Coaches shall not use physical force of any kind in the conduct of coaching duties.
- 2.1.9 Coaches shall not, either directly or indirectly, encourage a student to attend a particular school for the purpose of participating in interschool sport.
- 2.1.10 Coaches shall not, under any circumstances, endorse, recommend or suggest the use of performance enhancing drugs or supplements by any student-athlete.

- 2.1.11 Coaches shall abstain from the use of tobacco products and alcohol while in the presence of student-athletes, and discourage their use by student-athletes.
- 2.1.12 Coaches shall 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.
- 2.1.13 Coaches shall 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.
- 2.1.14 Coaches shall not, under any circumstances, start pre-season tryouts or practices to the detriment of any in-season sport.

Coaches are required to practice and play at the assigned time slot unless prior arrangements have been made through the Athletic Director.

Players and/or parents who feel that a coach is not following the Code of Conduct should do the following:

1. Meet with coach to attempt to resolve the issue;
2. If the issue is not resolved, meet with Athletic Director to attempt to resolve the issue;
3. Meet with the school's Administration to attempt to resolve the issue;
4. Follow the CISVA's guidelines on conflict resolution ([http://cisva.rcav.org/policy\\_manual/human\\_resources/complaints\\_policy.pdf](http://cisva.rcav.org/policy_manual/human_resources/complaints_policy.pdf))
5. Additionally, the complainant should complete BC School sports coaches' complaint form (<http://www.bcschoolsports.ca/pdfs/coachcomplaint841.pdf>)

### Parent's Policy

Parents have a major role within St. John Brebeuf's Athletic Department. As a regional school, it is imperative that parents do everything they can to ensure that their child attends practices and games. Additionally, parents will be needed to assist the teams in transportation, which can be used to complete their parent service hours requirement.

As a spectator, all parents must follow the guidelines as prescribed by BC School Sports.

#### 2.3.1 Treat Everyone with Respect

- a) cheer in a positive manner for all competitors
- b) respect the decisions of officials
- c) not interfere with the play or competition
- d) be courteous and respectful to other spectators, all competitors, coaches, event organizers and officials

**2.3.2 Exercise Self-Control at all Times**

- a) respect the rules and regulations of the facility
- b) refrain from the use of foul or profane language
- c) refrain from the use of physical force of any kind

**Athletic Fees**

Over the course of many years, our schools athletic program has grown and so have the fees to run events. Each sport is required to pay a certain fee to BC School Sports, Fraser Valley Athletic Association and Abbotsford/Mission Athletic Association. These fees have been slowly increasing over the years, yet our school fees have remained stationary. After looking at our budget over the past few years, we have decided that it is time to increase the individual sport fees in order to offset some of the rising costs. The new athletic fees will still only incur about 30 per cent of the total cost of running a high school athletic program.

Each sport has been divided accordingly, relative to the costs that sport accrues. Keep in mind that aside from association fees, we have other costs such as insurance, transportation (track and field, soccer, and any out of town trips), referees, maintenance of equipment and uniforms.

As a bonus to our increasing fees, we have decided to give a warm-up t-shirt with the proper sport indicated on it along with each paid fee. This will save you the extra cost of ordering a warm-up shirt during the season. The new fees are as follows:

<i>Cross Country</i>	\$25
<i>Senior Volleyball</i>	\$55
<i>Gr.8 / Junior Volleybal 1</i>	\$40
<i>Senior Basketball</i>	\$55 *
<i>Gr.8 / Junior Basketball</i>	\$40 *
<i>Senior Soccer</i>	\$40
<i>Gr.8 / Junior Soccer</i>	\$30
<i>Golf</i>	\$10
<i>Track and Field</i>	\$30

\*Basketball will have a mandatory extra cost for a practice reversible that they will keep. This can be used for any basketball team, at any grade level throughout their basketball career at St. John Brebeuf.

Thank you for our understanding the reasoning behind our fee increases. With your continued support we hope to continue to bring you quality sports programs and opportunities for the students at St. John Brebeuf School.

**Athletic Events**

<i>Fall:</i>	<i>Winter</i>	<i>Spring</i>
Boys' Soccer	Boys' Basketball	Girls' Soccer
Girls' Volleyball	Girls' Basketball	Golf
Cross-Country		Track and Field