



# **CRESTOMERE SCHOOL**

RR#3, Lacombe, AB T4L 2N3

Phone (403) 783-2141

Fax (403) 785-0740



## **Crestomere School/Cougar Athletics Handbook**

Junior high athletics is an excellent venue for student to take part in team sports and develop their knowledge and skills in several sports. Student involvement at a young age encourages life-long participation and appreciation of a healthy lifestyle. To top it off, it is a lot of fun!

At Crestomere School we value being able to provide all junior high students with the opportunity to participate on one or more of the many teams. In order to provide your child the best possible experience, this handbook outlines the different school policies and expectations when it comes to participating in Cougar Athletics. Within this handbook, parents/guardians and players can find information pertaining to:

### **Fees**

**Uniforms/deposit**

**Transportation**

**Student pick-up**

**Who to contact for further information**

**Code of Conduct**

**Waiver/Permission Form**

**Volunteer Driver Forms**

## **Fees**

Cougar Athletics offers teams in a competitive “A” league as well as a skill developing “B” league. The “A” league runs longer than the “B” league. The fees collected cover Wolf Creek tournament registration, officials, and equipment repair and/or replacement. The respective fees are as follows:

- “A” league teams for volleyball and basketball - \$80.00
- “B” league teams for volleyball and basketball - \$60.00
- Badminton - \$25.00
- Curling - \$25.00
- Track - \$15.00

***\*\*\*In order for students to be eligible for game play (not practice), it is mandatory that all school fees be paid or arrangements be made to have them paid.***

## **Uniforms/Deposit**

A uniform deposit (\$50 for volleyball and basketball) is required from each player. This deposit is returned to the player at the end of the particular sporting season. We ask this deposit be on a separate cheque. This cheque will not be deposited unless the uniform is damaged or not returned. Please make cheque payable to Wolf Creek Public Schools.

## **Transportation**

In most cases throughout the sporting seasons, players will need transportation from parent/guardian volunteer drivers. In order to be able to transport children other than your own, we ask you to fill out a driving insurance form. A \$2,000,000 coverage is required to transport students other than your own. Please have your insurance company fax a Certificate of Insurance to the school fax number at 403-785-0740. (Volunteer Driver Form is attached to this handbook.)

## **Student Pick-up**

Parent/guardians are free to pick up their children from game locations. Luckily, Cougar Athletics is greatly supported by teacher and community coaches who volunteer their personal time after school. Therefore, should practices or games be at Crestomere School and/or should students need to return to Crestomere School, parents are expected to arrive for pick-up of their children approximately five minutes before the pre-determined end time. If parents are unable to pick up their child/children, another ride home should be pre-arranged.

## **Who to Contact for Further Information**

If you have any other questions regarding Cougar Athletics or scheduling, please feel free to contact the respective coach. This can be done by phoning Crestomere School and leaving a message or through email. Most coaches will have REMIND messaging set up for each team. Coaches will get back to you as soon as possible.

# Crestomere Cougars Athletics

## Code of Conduct



### ***Player Code of Conduct:***

- Play by the rules!
- Be a good sport. Cheer all good plays, whether you are winning or losing.
- Play for the “fun of it”, not just to please your parents or coach.
- Control your temper, no “mouthing-off” to officials, the opposition, spectators or coaches.
- Remember the goals of the game are to have fun, improve your skills, and be healthy.

### ***Coaches Code of Conduct:***

- Remember, the children play for the fun and enjoyment and winning is only part of it.
- Never ridicule or yell at the children for making mistakes or losing a competition.
- Develop team respect for the abilities of opponents, as well as respect for the call of the official(s) and opposing coaches.
- Remember children need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
- Each player should be made to feel like they are an integral part of the team.
- Teach your players the rules of the game are mutual agreements that nobody should evade or break.

### ***Parent/Spectator Code of Conduct***

- Remember children play organized sports for their own fun.
- They are not there to entertain you and they are NOT miniature pro-athletes.
- Be on your best behavior. Do not use profane language or harass players, coaches, officials or other spectators.
- Applaud good plays by your own team and the opposition.
- Show respect for your team’s opponents. Without them there, there would be no game!
- Never ridicule or scold a child for making a mistake during a competition.
- Condemn the use of violence in all forms.
- Respect the officials’ decisions, even if you do not agree with them.
- Encourage players to always play according to the rules.



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## Parent/Player/Coach Contract (Please sign and return.)

I, \_\_\_\_\_, have read and agree to follow the outlined code of conduct.  
(Player's name)

\_\_\_\_\_  
(Player's signature)

I, \_\_\_\_\_, have read and agree to follow the outlined code of conduct.  
(Coach's name)

\_\_\_\_\_  
(Coach's signature)

I, \_\_\_\_\_, have read and agree to follow the outlined code of conduct.  
(Associate coach's name)

\_\_\_\_\_  
(Associate coach's signature)

I, \_\_\_\_\_, have read and agree to follow the outlined code of conduct.  
(Parent/Guardian's name)

\_\_\_\_\_  
(Parent/Guardian's signature)



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# **PARENT/GUARDIAN ATHLETICS CHECKLIST**

- Extra-Curricular Activity Waiver Form
- Code of Conduct Form
- Jersey Deposit \$50 Cheque payable to WCPS (for volleyball and basketball)
- Volunteer Driver Form
- Certificate of Insurance Faxed to School at 405-785-0740

