



École Charleswood School

505 Oakdale Dr. | Winnipeg, MB R3R 0Z9 | 204.889.9332
www.pembinatrails.ca/charleswood

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Grade 6 ECS Families,

Hello! Welcome to grade 6 athletics at École Charleswood School! Our grade 6 athletic program is an opportunity for students to explore sports and physical activity outside of physical education classes. Whether your child is new to extra-curricular athletics, or they have played multiple sports, we welcome them. Our goal is to provide a program which differentiates for athletic development and builds the skills for students to be active for life. Participating in athletics creates a positive school dynamic and team atmosphere among students during practices and mini tournaments.

We have held a grade 6 start-up meeting and shared the following information with your child. We discussed how they can bring our school values of connect, inspire, and persevere to life by participating in athletics. The next few paragraphs are written in student first language so that we were able to read them out loud together. 😊



Connect: The easiest way I can connect is to show up to practices. It's hard to remember when I have practice. It's hard to bring a lunch to school on the right day. It's hard to come when the activity isn't my favorite! It's hard to come when I'm think I'm not good enough. It's hard to come when my friends don't want to. Athletes who connect come to practice despite all the challenges. I could try to connect my friends by convincing them to come to practice with me. If that doesn't work, I'll catch up with them later. A real friend will still be my friend even if we spend a lunch time apart. Who knows? Maybe I'll make a new friend at practice! Maybe I'll find an activity I love to do! But even if I don't find my next love... at least I tried. Life is all about connecting by trying.



Inspire: I can get better, but only if I believe I can. Changing how my body, brain and spirit handle failure takes time & reps. I'm ready! I can show others what it means to put the work in. I can do my part by encouraging others to do the same. During practices and tournaments there will be times to co-operate and compete. I can switch between co-operating and competing because I know that both are important at different times. I also know we need everyone for the learning and the fun to happen.



Persevere: Skills are built when I absolutely go for it! I don't care how terrible it looks or what anyone thinks about it. I keep grinding even when it feels impossible. I know my teammates need to grind too...so I stay patient. They are on their own path. They need my support so they can have the confidence to get through the failure before the success happens! We need each other to create the vibes where perseverance can grow and flourish.



Extra-Curricular Overview: Extra-curricular athletics across Pembina Trails has a new structure for the 2025-2026 school year as organized by the Pembina Trails Athletic Conference (PTAC). The most significant changes with PTAC are for grade 6 students compared to grade 5 and the experience of grade 6 students from previous years. Grade 6 is now a transition year allowing for more flexibility in programming to more effectively meet the complex needs of all students. For some grade 6 athletes, programming will feel very similar to grade 5; for others it will have significant changes. The next few pages will share information in the areas of program details, schedule overview, communication, inclusion, tryouts & tiers, practices, meets & tournaments, permission click and awards. As the extra-curricular school year unfolds your coaches will share specific activity information as it becomes more relevant.



Communication: Communication between coach, athlete and families are critical for a successful season. An Edsby group called: “Gr. 6-8 Start-up: Athletics @ Ecole Charleswood School” is now open for you to join in the “My Groups” panel of Edsby. Every athlete and one other family member should join the group. Throughout the school year, important information will be posted here at the beginning of each season such as: start-up meeting dates, first practice, handouts and permission forms.



Inclusion: All athletes are valued, accepted and wanted at École Charleswood School & Pembina Trails School Division. Each athlete can choose where they want to play and expect to be welcomed and supported.



Program Details: The table below contains changes all grade 6 athletes will experience as they transition from gr. 5 to 6 programming.

Area of Change	Grade 5	Grade 6
Team Sports (Basketball & Volleyball)	Play with & against Gr. 5 only	Could play with & against Gr. 6, 7 or 8s
Startup	No Tryouts Everyone makes the team (no cuts)	Tryouts Everyone makes the team (no cuts)
Practices	Consistent day at lunch	7:15 – 8:30 AM 11:50 – 12:50 PM 3:30-5:00 PM
Length of season	4-6 weeks	6-8 weeks



Schedule Overview: The general schedule for the school year is in the table below. For a detailed schedule, please go to our ÉCS website and click on the Athletics Calendar icon or scan the QR code provided. The costs listed below are not finalized. They are shared to provide an estimate, so families are not surprised at the beginning of a season.



Start	End	Activity	Cost
September	November	Volleyball	\$10-\$70
September	October	Cross Country	\$10
September	October	Fall Ultimate	\$15
January	March	Indoor Track	\$10
December	March	Basketball	\$20-\$100
March	April	Badminton	None
April	June	Outdoor Track	None
April	June	Running Club*	None
April	June	Spring Ultimate	\$30



Details - Cross Country, Badminton, Ultimate, Track & Field and Running Club: Most activities at ECS are for athletes of all grade levels. In other words, grade 6s will experience mixed grades for practices (gr. 5-8 practices for Cross Country, Running Club & Track), however, competitions will be with 6s only. Badminton is completely grade based for practices and competitions. Ultimate is completely mixed (gr. 6-8) games and practices.

Cross Country is the first activity of the school year. Practices will occur for all of grades 5-8 on Mondays and Wednesdays at lunch from 12:10 – 12:50 p.m.

Volleyball & Basketball have a completely different plan based on a tiered model. More information on Volleyball & Basketball can be found in the next section.



Details - Volleyball & Basketball: Athletes interested in playing volleyball & basketball at ECS attend tryouts. The purpose of tryouts is to better understand the skills and abilities of each athlete. All athletes that tryout are placed on a team. Those who do not attend tryouts are not placed on a team. Both volleyball and basketball are tiered 1-4. The structure and style of play in each tier is a little bit different. The differences are based on athlete long term development (age & stage) and the suggestions of provincial sports organizations (Basketball & Volleyball Manitoba). Ecole Charleswood School has flexibility when it comes to athlete placement allowing us to more effectively meet the needs of each athlete. A simplified version of the transition between tiers is below:

Tier 3 & 4	Tier 1 & 2
<ul style="list-style-type: none"> • 1 mini tournament every 2-3 weeks • 2 practices per week • Larger roster (24-30) • Relatively new to the game • Always equal playing time • \$10-\$25 	<ul style="list-style-type: none"> • 1 game during the week & 3-4 weekend tournaments • 2 practices/week • 3-4 weekend tournaments • Smaller roster (10-15) • Athletes have previous playing experience • Sometimes equal playing time • League & championship tournament • \$50-\$100

With minor exceptions athletes from each grade will play in the following tiers:

Grade 6

- Most play tier 4

Grade 7

- Most play tier 3
- Some play tier 2

Grade 8

- Some play tier 1
- Some play tier 2

For athletes in tier 4, students will eat first and then come to the gym from 12:10 -12:50 p.m. for practice.

Tier 4 Boys	Tier 4 Girls
Thursday	Tuesday
Friday	Friday

For athletes in tier 1, 2 & 3 practices will vary depending on the team. Practices may be held in the following time slots:

- 7:15 a.m. - 8:30 a.m.
- 3:30 p.m. – 5:00 p.m.
- 5:00 p.m. – 6:30 p.m.
- 6:30 p.m.– 8:00 p.m. (Possible but not likely)



Practices: To be eligible to participate in meets & tournaments, students should demonstrate commitment to the activity by attending a minimum of 50% of practices. We understand and support students when they have a direct conflict. If there is a day that your child cannot attend, it is important that they speak to their coach prior to being absent. If students are sick or injured, they are excused from practice. Check in with your coach if you've been sick or hurt. Practices will be cancelled on PD, administration, or holidays. If students are not at school, there is no practice.



Meets & Tournaments: Each sport season, there will be an opportunity to play with other schools in a competitive, positive, and inclusive environment. As mentioned above, 50% attendance at practice is required to attend. Permission is required for each individual meet & tournament using Permission Click. Information will be provided at the start of each sport season.



Permission Click: Pembina Trails policy requires parents to complete an online form using Permission Click to allow schools to maintain accurate records. All Permission Click links will be shared on Edsby & posted on the Extra-Curricular>>Athletics page of the ECS website (or by scanning the QR code). Expect a link in the activity start-up package at the beginning of each season.



Awards: At the end of each school year athletes who attend grade five practices will receive a participation certificate. Coaches will also select athletes for the Most Valuable Athlete Award. The Most Valuable Athlete Award is given to an athlete that brings our values (connect, inspire & persevere) to life in their actions and behaviours throughout the school year.

Thanks for reading!



THE PE TEAM

Kirsten Priestley
Eric Hamilton
Noah Hoffman

kpriestley@pembinatrails.ca
ehamilton@pembinatrails.ca
nhoffman@pembinatrails.ca

 [charleswoodphysed](https://www.instagram.com/charleswoodphysed)