

2022-2023 Athletic Handbook



Table of Contents



Our Beliefs



Actions of Athletes

Actions of Athlete Support Network Grade 5-8



Grade 5 & 6 Activities

Grade 7 & 8 Activities



Program Overview Grade 5-8



Program Detail – Grade 7 & 8 Volleyball & Basketball



Grade 7 & 8 - Playing Time



Communication Plan – Problem Solving Guidelines

Communication FAQ



Schedules & Practice Times



Uniforms



Awards

We believe that the benefits of physical activities play a critical role in each student's success at school and in daily living. In order to bring these benefits to all students, the ECS Athletic Handbook is a guide for the athletics program at École Charleswood School while also providing information to participants. The handbook has been written primarily for students and families.

The ECS Athletic Handbook is a living document to guide our decisions and actions rather than define them. New ideas and policies will be added as our thoughts and experiences on the details grow and change.

The Physical Education team and the staff at ECS look forward to working with you to support the athletics program.

École Charleswood School Physical Education Staff
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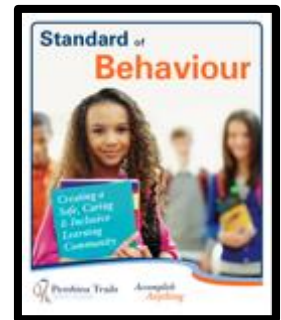


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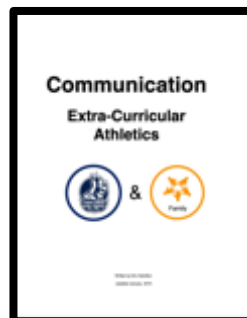
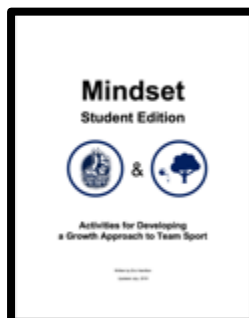
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Pembina Trails supporting documents used to create this handbook



École Charleswood School documents developed to support this handbook.





Our Beliefs



&



- The emphasis needs to be on fair play, sportsmanship, and character building.
- The program needs to foster the development of positive attitudes.
- All participants play an equal amount of time.
- No game scores are to be kept.
- The program needs to foster the development of positive attitudes.
- All participants play an equal amount of time.
- No game scores are to be kept.



- The fundamental belief at this developmental stage is that all students should be given the opportunity to play with equal time.
- It is important to provide a transition into higher levels of skill development.
- It is important to maintain the enthusiasm to play sports and to encourage activity as a way of life.



- It is important to increase the quality of the coaching while maintaining a high level of participation.
- Every player should play in every game. The playing time of each player should be significant. The amount of playing time is at the discretion of the coach with the understanding that extenuating circumstances (e.g. behaviour, attendance, etc.) may affect playing time.
- Players need to be made aware of the circumstances that may affect their playing time.
- Students are still developing their skills and need to be given the opportunity demonstrate the acquisition of these skills.



ECS believes extra-curricular athletics should encourage and support lifelong participation in physical activity.



Actions of Athletes



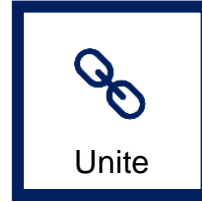
Connect



Show Up!



Earn it



Unite



Communicate

The #1 rule is be there for all team activities. If you can't come, tell your coach ahead of time so that you stay involved even if you can't attend. If you don't know what is going on...ask! Do your part to bring teammates together. Playing time is fair, but not equal. Earn the playing time you want through your actions and behaviors.



Inspire



Believe



Challenge



Compete & Co-operate



Process Focus

You can be better...but only if you believe you can. Challenge yourself and your teammates to do their best. Find opportunities to challenge yourself with extra reps or practice. There is a time to be competitive and a time to be co-operative throughout the season. Learn when it is appropriate for both. The score does not always show how much is being learned. Focus on the process.



Persevere



Grind & Take Risks



Like Stuff



Calm & Confident



Positive

The most learning takes place when you absolutely go for it! Keep grinding and trying even when it feels impossible. Stick with the process even when winning or losing. Be calm and confident by staying cool in the face of adversity. Help create a positive environment where all team members feel safe to fail when they go for it.

HOW

Actions of Athlete Support Network Grade 5-8



Support athlete knowing schedule



Communication coach-athlete-family



Losing sometimes part of process



Motivate & support all athletes



Family



Attend Parent Meeting to start season



Support risk taking as learning



Use Problem Solving Guidelines



Support Other Athlete Interests



Inspire



Athlete



Persevere



Connect



Motivate Coaches



Update ECS Calendar on Website



Communication Coach & League Convener



Provide Equipment



Schedule & Train Gym Supervisors



School Level Convener



Coaches Meeting to start season



Coach Information & Support



Crisis Management (with support from School Admin.)



Fair Playing Time (not equal...fair)



Encourage Attendance



Remember that fair isn't equal



Support Other Athlete Interests



Plan to develop skills



Foster Growth Mindset



Safe to place to fail



Coach



Communicate coach-athlete-family



Record Attendance



Share schedules



Motivate & Team Atmosphere



Parent meeting to start season



Goals & Reflection



Cool with Adversity



Promote ECS WHY & HOW



Share Schedules with Coaches



Prepare Gym & Scorekeepers for games ECS hosts



Grade 5 & 6 Activities

Grade 5 & 6

Grade 6, 7 & 8
(independent of ALC)



Consistent Schedule

Variety - 3-4 Week Seasons

Season end Tournament

Build Reps & Confidence

Active Living Club (ALC) is all of the activities for grade 5 & 6 students within one club. ALC is an opportunity for our students to explore sports and physical activity outside of physical education classes. ALC combines all extra-curricular sports available for our grade five & six students into one club. At ALC students will learn new skills, develop these skills and incorporate them into game-play.

Fall Activities (September – December)



Winter Activities (December – March)

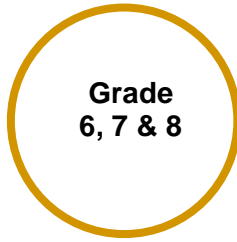
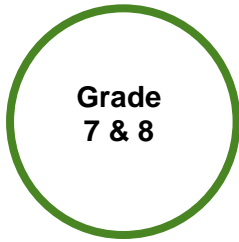


Spring Activities (March – June)





Grade 7 & 8 Activities



No Cuts – play with teammates of similar ability

4 -10 Week seasons

Competition Throughout

Flexible Practice Schedule

Continue your development as an athlete and an adolescent with flexible opportunities based on your current skills, your availability and your willingness to invest in developing your abilities. Team and individual sports offer a variety of opportunities for you to connect to your peers and ECS.

Fall Activities (September – December)



Winter Activities (December – March)



Spring Activities (March – June)





Program Details – Grade 5-8

The information below is a summary of all extra-curricular activities at ECS based on programming that has occurred in previous years. The details included may change if unforeseen circumstances occur (i.e. availability of gym space, coaches, tournaments etc.).

Programs for Grades 5-8










	Start Date	End Date	Cost	Practices per week	Games or Competitions Outside of school	School Level Convener
Running Club	Early April	Middle of June	None	2-3	Depends on what you want...could be 1-2	To be determined

Programs for Grade 5 & 6

Practice Time	Group	Coach
Tuesday 12:05-12:55 PM	Gr. 6 Girls	Priestley, Proutt & Lyle
Wednesday 12:05-12:55 PM	Gr. 5	French, Paas & Schroeder
Thursday 12:05-12:55 PM	Gr. 6 Boys	Hamilton, Proutt & Lyle
Friday 12:05-12:55 PM	Gr. 5	French, Paas & Schroeder
Friday 3:30-4:30 PM	Gr. 6 Girls & Boys	Priestley, Hamilton, Proutt & Lyle

Month	Activity
September	Cross Country Running
October	Flag Football
November	Volleyball
December	Yoga
January & February	Indoor Track
February & March	Basketball
April	Badminton
May	Outdoor Track

Programs for Grade 7 & 8

	Start Date	End Date	Missed School Days	Cost	Practices per week	Games or Competitions Outside of school	School Level Convener
 Cross Country	Early Sept.	Early October	3 – ½ days 1 – full day	\$10	2-3	None	Mme. Priestley
 Volleyball	Early Sept.	End of Nov.	None	\$35-\$50*	1-3*	<ul style="list-style-type: none"> • Min - 1 game every 2 weeks • Max - 1 game per week • 1-3 weekend tournaments 	Mr. Hamilton
 Indoor Track	Late Nov.	Mid March	4 full days	\$10	1-2	None	Mr. Hamilton
 Basketball	Late Nov.	Mid March	None	\$35-\$50*	1-3*	<ul style="list-style-type: none"> • Min - 1 game every 2 weeks • Max - 1 game per week • 1-3 weekend tournaments 	Mme. Priestley
 Badminton	Mid March	Early May	None	None	1-2	1-2 per week	TBD
 Outdoor Track	Early April	Early June	2-3 days	None	1-2	none	Mr. Hamilton
 Water Polo	Early October	End of Dec.	None	\$50	1	Saturday afternoons	Mrs. Stuart
 Ultimate (Fall)	Early Sept.	Mid Oct.	None	\$15	1-2	Hold Back the Snow (Oct 16.)	Mme. Burns
 Ultimate (Spring)	April	Late May	None	\$30	1-2	1 game per week	Mme. Burns



Pembina Trails governs most of our Extra-curricular Athletics through bylaws and rules to guide participation. These activities include Cross Country Running, Volleyball, Basketball, Badminton and Outdoor Track. Provincials are offered by Athletics Manitoba in all of these activities if athletes or teams qualify.



There are a few activities that are organized by other institutions: indoor track (Athletics Manitoba, Ultimate (Manitoba Organization of Disc Sports and Water Polo (Manitoba Water Polo Association).



Program Detail – Grade 7 & 8 Volleyball & Basketball

Both Volleyball and Basketball have different tiers based on skill level and understanding of rules and game strategy. The direction from Pembina Trails is below.



Basketball League Names	Volleyball League Names	Grade Level	League Play	Skill Level	Rules & Strategy
Fox/Dales Division	Bumper Division	Gr. 7 or 8	4 mini tournaments	Developing	Rudimentary understanding of rules and game strategy
Nash/Smith Division	Digger Division	Gr. 7 or 8	Round Robin*	Good basics, but inconsistent	Knows most rules and game strategy
Triano/Nurse Division	Spiker Division	Gr. 7 or 8	Round Robin*	Very good skills	Good knowledge of rules and game strategy



Basketball League Names	Volleyball League Names	Grade Level	Practices & Games/ Week	Outside Tournaments (not hosted by PTSD)	User Fee
Fox/Dales Division	Bumper Division	Mostly 7s & some 8s	1	0-1	\$20
Nash/Smith Division	Digger Division	Mix of 7s & 8s	1-2	2-3	\$60
Triano/Nurse Division	Spiker Division	Mostly 8s	2-3	2-3	\$60

*exact number of games varies from season to seasons



Grade 7 & 8 - Playing Time

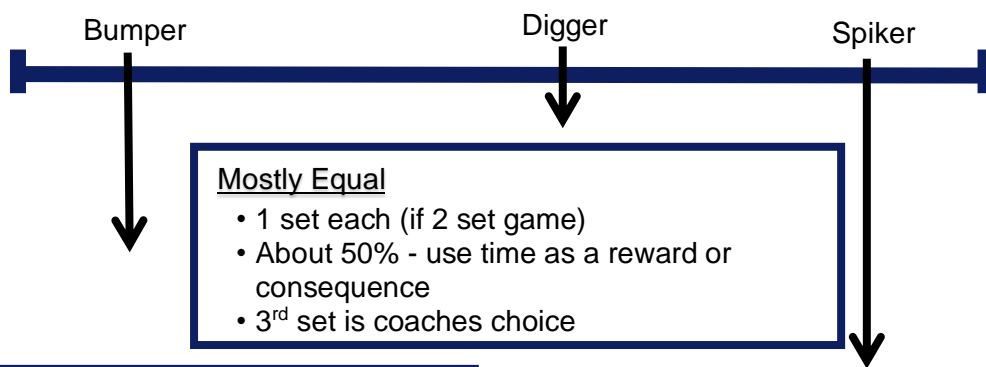
The balance between equal playing time and fair playing time can sometimes lead to conflict. Ideally, the [Problem-Solving Guidelines](#) should be followed in the Communication section of this handbook.



“Every player should play in every game, with the amount of playing time being significant. The playing time of each player is at the discretion of the coach who may determine that extenuating circumstances (e.g. behavior, attendance etc.) may affect a player’s playing time.”



Volleyball



Mostly Equal

- 1 set each (if 2 set game)
- About 50% - use time as a reward or consequence
- 3rd set is coaches choice

Equal

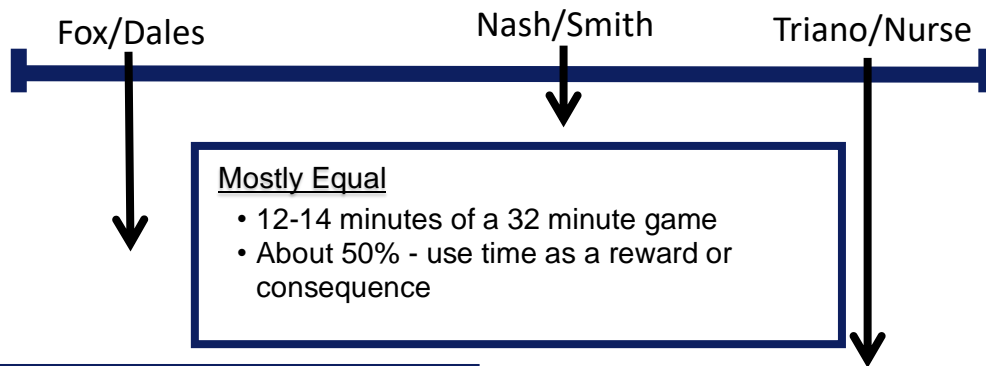
- “Most deserving” receive extra at the end of the set
- Use time as a reward or consequence

Distinction

- ½ set minimum or up to full set (if 2 set game)
- Between 25-50%
- 3rd set is coaches choice



Basketball



Mostly Equal

- 12-14 minutes of a 32 minute game
- About 50% - use time as a reward or consequence

Equal

- “Most deserving” receive extra at the end of the game or half
- Use time as a reward or consequence

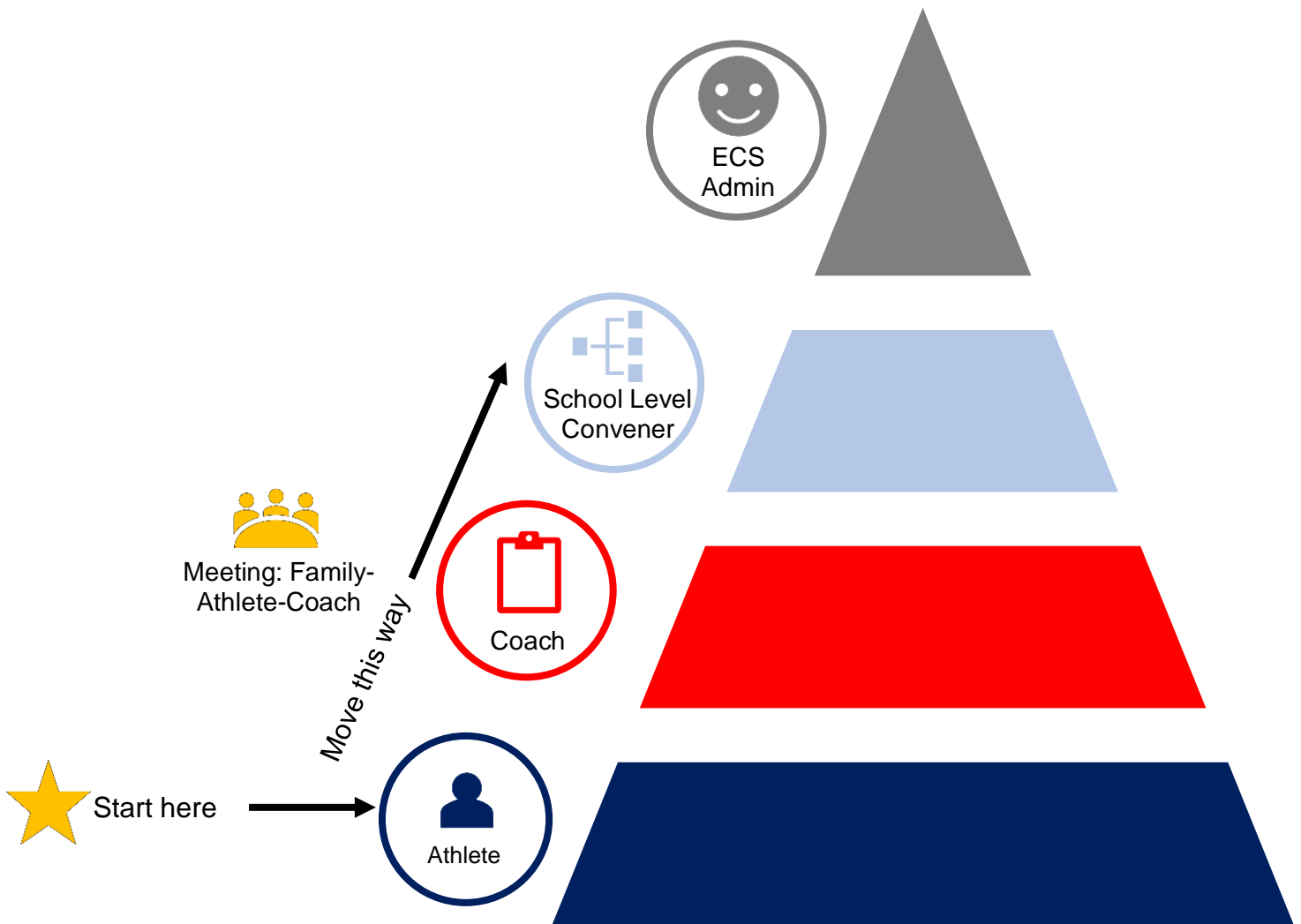
Distinction

- 10-12 minutes
- Between 25-50% each game



Communication Plan – Problem Solving Guidelines

It can be difficult to know who to contact when about extra-curricular athletics. If possible, communication should start at the bottom of the pyramid below and move upwards. Following this order is especially important if you have a major concern. Please allow 24 hours as a cooling off period. Then, ask your son or daughter about your concerns. Sometimes, the athlete will have more information about the situation. Your next stop should be the coach. If a resolution does not occur, the school level convener and ECS admin can provide support where it is needed.





Communication FAQ

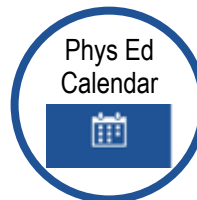
Q: I want to know about.....

A: Your #1 source for information should be your child. We know that adolescents aren't 100% aware all the time. On the journey to independence...they should try to get the information themselves.



Q: When is the season starting?

A: All scheduling information is on the Phys. Ed. Calendar. Students can find out about new activities starting up by listening to homeroom announcements.



Q: How can I find out about the great things already happening at Charleswood School?

A: We use Twitter and Instagram for promotion and community awareness of what is happening at ECS.



Q: How can I get so more information about the new activity starting up?

A: For grade 5 & 6s, messages about the next activity will occur at ALC. For 7 & 8s a player meeting will occur in the gym to share important start up information about the upcoming season. The ECS website has general information about extra-curricular programming at ECS.



Q: Who should I contact about Badminton? I know it's a few months away...but I have some questions.

A: The PE team at ECS each are the "School Level Convener" or organizer for each activity. [Click here to figure out who the school level convener is.](#) [Here is the staff email directory.](#)



Q: HELP! My son is in grade 7 and he's I'm interested in indoor track...but I realized I missed the meeting!!!

A: The PE team at ECS each are the "School Level Convener" or organizer for each activity. They help get each season started. Click here for more information on how to figure out who the convener is. Then, go and get the permission form.





Communication FAQ

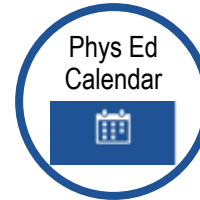
Q: I have a question about ALC.

A: The PE team at ECS each take turns the head coach of each ALC activity. [Click here to figure out who the head coach is for the activity you are wondering about.](#) [Here is the staff email directory.](#)



Q: When is my next practice?

A: All scheduling information for each team is on the Phys Ed calendar. The grade 7 & 8 Volleyball and Basketball teams are named after their coach. *i.e. Adam BB or Hunter VB*



Q: My daughter is in grade 7 and she tried out for Volleyball but she isn't sure what team she is on.

A: The athlete should go and talk to the "School Level Convener" or organizer for the activity. They help get each season started. [Click here to figure out who the convener is.](#)



Q: My son is on Mr. Hamilton's volleyball team. I'd like to know more of what's going on.

A: Each coach is encouraged to have a method to communicate directly with families. Each coach may do this a little bit differently. [Try emailing your coach to get setup.](#) [Contact the school level convener if you are trying to reach a community coach and do not have contact information.](#)



Q: I have a big problem with my daughter's volleyball team! I'm really upset!

A: We want you to feel connected and inspired by extra-curriculars. If there is a conversation that has a lot of emotion attached it is best handled by sitting down to talk. Please wait 24 hours to calm down and then send a short email to arrange a meeting. A long angry email rarely solves the problem at hand.



Q: !@#%#\$%&@#\$\$@!!!! MY SON HAS A GAME TONIGHT AND HE DOESN'T KNOW WHO HIS COACH IS AND I CAN'T LOOK UP THE LOCATION OR TIME!!!

A: Yikes! Chances are....some coach to athlete/family communication has been missed. For now...call the ECS office.



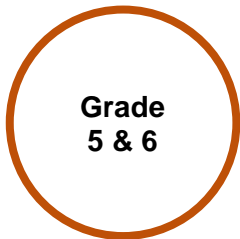


Schedules & Practice Times




The best way to access scheduling information such as games, practice and team meetings is on the Celtics Athletic Calendar.


Celtics Athletic Calendar



Practice times for grade 5 & 6 students are very consistent. ALC occurs at the same time each week.




Tuesday
Gr. 6 Girls @
12:05 PM



Wednesday
Grade 5 @
12:05



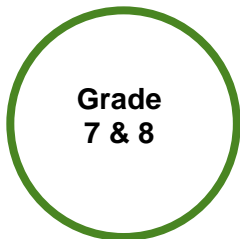
Thursday
Grade 6 Boys
@ 12:05



Friday
Grade 5 @
12:05




Friday
Grade 6 @
3:30




Practice times for grade 7 & 8 students are more flexible. The specific times will vary based on gym and coach availability. Coaches will also try to schedule practices based on the availability to the players on his or her team. Possible practice times are listed below.




Morning
7:15 –
8:30 AM



Lunch
11:50 AM –
12:30 PM



After School
3:30 –
5:00 PM



Evening
5:00 –
6:30 PM



Uniforms

Athletes in Grades 5-8 will have the opportunity to purchase Celtics Wear at the beginning of the school year. Importantly, this clothing is not required. Our intent is to represent our school with pride. Families should not feel pressure to purchase as this clothing is not a uniform.

In grade 7 & 8 a deposit is required for Volleyball & Basketball Uniforms. Deposits are reimbursed once uniforms are returned at the end of the season.



Awards



Participation Award

Each athlete in grade 5-8 who attends at least half of the practices for an extra-curricular or ALC activity will receive a **Participation Award**.



Celtics Award

The coaches from each grade 7 & 8 extra-curricular team will select one athlete from their team. Each coach will select the athlete that has been outstanding in one of these categories. Celtics Awards will be presented at the end of each season.



Inspire



Persevere



Most Valuable Celtic

The MVC exemplifies connect, inspire and persevere during extra-curricular sport throughout the school year. Two recipients from each grade will receive the MVC at year end celebrations in June.



Connect