

ATHLETICS HANDBOOK

TABLE OF CONTENTS

PHILOSOPHY	2	A.S.A.A. SEASONS OF PLAY.....	11
GOALS OF VIKINGS ATHLETICS.....	2	SPORT AWARDS	11
ATHLETICS DEPT.....	2	CROSS COUNTRY RUNNING	11
JH SELECTION OF TEAMS	2	GOLF	11
SH SELECTION OF TEAMS	3	VOLLEYBALL.....	11
PRACTICE AND GAME TIMES	5	BASKETBALL	11
ABSENCES AND EARLY DISMISSALS	5	BADMINTON.....	11
ROLES FOR PARENTS	5	SOCCER	11
PARTICIPATION FEES	6	TRACK AND FIELD.....	11
EQUIPMENT.....	6	RECOGNITION FOR CONTRIBUTIONS TO THE VIKINGS PROGRAM	12
FUNDRAISING	6	ATHLETE OF THE YEAR	12
UNIFORMS.....	6	VIKING LEADERSHIP AWARD.....	12
TRANSPORTATION	6	APPENDIX A - CISAA GUIDELINES FOR STUDENT ATHLETES	12
GUIDELINES FOR STUDENT ATHLETES.....	6	APPENDIX B - CISAA GUIDELINES FOR COACHES ..	13
CONDUCT	6	APPENDIX C - CISAA GUIDELINES FOR PARENTS...	14
INJURIES.....	7		
COMMITMENT	7		
HAZING	7		
GUIDLINES FOR COACHES.....	7		
PLAYING TIME / EXPECTATIONS	8		
COMMUNICATION	8		
PROFESSIONAL DEVELOPMENT	8		
GUIDLINES FOR PARENTS	8		
JUNIOR HIGH SPORT SEASONS.....	8		
CROSS COUNTRY RUNNING	8		
GOLF	8		
VOLLEYBALL.....	8		
BASKETBALL.....	9		
BADMINTON.....	9		
SOCCER.....	9		
TRACK AND FIELD.....	10		
SENIOR HIGH SPORT SEASONS.....	10		
GOLF	10		
CROSS COUNTRY RUNNING	10		
VOLLEYBALL.....	10		
BASKETBALL.....	10		
BADMINTON.....	10		
SOCCER.....	10		
TRACK AND FIELD.....	10		

PHILOSOPHY

The Calgary French & International School (CFIS) recognizes that extracurricular athletics promote school pride, sportsmanship, and good citizenship. The chief objective of school athletics is to provide students with opportunities for leadership development, whether as an athlete, coach or official.

Representing CFIS demands a high level of commitment from students, coaches and parents but not at the cost of academics. Participation in CFIS's athletics program is voluntary and an earned privilege. Those who earn the privilege to represent CFIS in extracurricular athletics are expected to model good citizenship and sportsmanship on and off the playing field or court.

GOALS OF VIKINGS ATHLETICS

GRADE 7 AND 8 LEAGUES:

This league represents an introduction to competitive team and individual school sports. Students generally have had minimal prior experience in these sports, and as such, the goals of the 7-8 leagues are sport-specific skill development, the introduction of rules and strategies, and the introduction of the principles of fair play and sportsmanship.

GRADE 8/9 LEAGUE:

This is a competitive sports league and represents a higher level of competition. To maintain a safe playing environment, students should have prior experience in the sport. As such, the goals of the 8-9 league are continued sport-specific skill development, advanced sport-specific game strategy and team play, and leadership development and continued practice of the principles of fair play and sportsmanship.

JUNIOR VARSITY/ SENIOR VARSITY LEAGUES :

These are competitive sports leagues and represent a higher level of competition. To maintain a safe playing environment, students generally must have prior experience in the sport and they are expected to commit to practices. As such, the goals of the Junior Varsity and Senior Varsity leagues are as follows:

- continued sport specific skill development;
- advanced sport specific game strategy and team play;
- leadership development and demonstration of the principles of fair play and sportsmanship;

Participation in extracurricular athletics is open to all students

provided they meet the general requirements as outlined in this handbook, the ASAA policies and any requirements that may be specific to the activity of their choice.

ATHLETIC DEPARTMENT

Athletic Director Sabine Crandall

The Director oversees all the school's sports. This includes registration of teams, assigning of coaches and supervisors, creating practice schedules and communicating with all the stakeholders. He/She sets athletic policies within the school and sees that they are followed. Equally important is the knowledge and understanding of the policies and bylaws of the governing agencies (CISAA and ASAA) to ensure that the school is in compliance.

Principal (Secondary) Malcolm Mousseau

The principal is responsible for knowing and ensuring the eligibility of the school's competitors as per the ASAA handbook (Section IV, PP. 37-50)

JUNIOR HIGH PROGRAMS AND SELECTION OF TEAMS

An attempt to place interested students will be made to ensure that students have the opportunity to develop their skills and experience being a member of a team.

- Programs will be offered based on
- Number of students interested in the sport
- Availability of coaches
- Availability of court time

GENERAL REQUIREMENTS FOR SELECTION OF JUNIOR HIGH TEAMS:

Selection of the grade 7-8 teams will be based on: Commitment to participate in practices and games; and Skill, only if student interest exceeds the team capacity.

- Selection of the grade 8-9 teams will be based on:
- Commitment to participate in all practices and games;
- Sport-specific skill of the student athletes, should student interest exceed the team capacity; and
- Safety considerations.

SENIOR HIGH SELECTION OF TEAMS

All sports are open to all students who meet the eligibility requirements as outlined in the ASAA Handbook.

As a 1A classified school the ASAA allows schools to run the following teams:

Jr. Varsity (grades 9 - 11) boys and girls

Sr. Varsity (grades 9 - 12) boys and girls

Numbers permitting, The Calgary French & International School sponsors the following Senior High athletic activities:

- Golf Cross Country running, Volleyball, Basketball, Badminton, Team Handball, Soccer and Track and Field

Should CFIS not be able to field its own Senior High team sport, attempts will be made by the CFIS Athletic Director to seek out another school that is willing to accept a student or students from CFIS. In that situation, a joint school application will be submitted to the ASAA by the Athletic Director of the receiving school. Student athletes will be required to follow the host school's rules and codes of conduct.

CFIS Senior High programs will be offered based on

- Number of students interested in the sport
- Availability of coaches
- Availability of court time

An attempt to place students that meet the general requirements to play, will be made to ensure that students have the opportunity to develop their skills and experience being a member of a team.

- Coaches must conduct an open tryout, and may not make final cuts until after the second practice.
- Once a team has been selected, the coach must promptly submit a roster to the Athletic Director.

GENERAL REQUIREMENTS FOR SELECTION OF SENIOR HIGH VOLLEYBALL, BASKETBALL, TEAM HANDBALL AND SOCCER TEAMS:

Selection of the Senior High teams will be based on:

- commitment to participate in all practices and games;
- skill, only if students numbers exceed the team capacity.
- Student safety considerations

STUDENT ELIGIBILITY

JUNIOR HIGH ELIGIBILITY

Age group eligibility is determined by the policies of the Calgary Independent Schools Athletic Association (CISAA).

SENIOR HIGH ELIGIBILITY

To be eligible to participate, Grade 10, 11 and 12 students must meet the eligibility requirements as outlined by the Alberta Schools Athletic Association (ASAA).

As a 1A classified school students in grades 9 – 11 can play on the school's Junior Varsity team. A Senior Varsity team may be composed of students in grade 9 – 12.

Students must be in attendance at school for the day of a practice or game in order to participate in that practice or game. Legitimate reasons for an absence, which would allow a student to participate on the same day as the absence are;

- School sanctioned activities
- Appointments with health professionals
- Emergency situations
- Planned absences for personal or educational purposes that have been approved by the school administration

Students who are absent from classes for a portion of the day due to illness are not eligible to participate by simply making it to the remaining portion of their classes. It may be considered unethical for a coach to practice or play an athlete who was ill earlier in the day. The effects of that illness may linger and present a potential health risk to the athlete, their teammates, coach and their opponents if the athlete practices or plays that same day.

An athlete under suspension (internal or external) from school is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes.

JUNIOR AND SENIOR HIGH SCHOOL OUTLINE OF PRACTICE AND GAME COMMITMENTS PER SEASON PRACTICE AND GAME TIMES

Team	Practices	League Play	Tournaments
Junior High Golf	1-3 after school	CISAA Championship	none
Sr. High Golf	1-3 after school	CISAA Championship	Provincial Championships
Junior High Cross Country	2 mornings/week	1 race/week Mondays 4 - 5:30 PM	none
Senior High Cross Country	2 mornings/week	1 race/week Thursdays 4 - 5:30 PM	City Championships and possible Provincial Championships
Grade 7 and 7/8 Volleyball	1-2 when scheduling permits	1 - 2 / week Tuesday/ Thursday 4PM and 5 PM	1-2 pre-season plus Year End Championships
Grade 8/9 Volleyball	1-2 when scheduling permits	1-2 /week Tuesday/ Thursday 4PM and 5 PM	1
Senior High Volleyball	2-3 when scheduling permits	1-2 / week Monday/ Wednesday 4 PM and 5 PM	1-3
Grade 7 and 7/8 Basketball	1-2 when scheduling permits	1 - 2 / week Tuesday/ Thursday 4PM and 5:15 PM	1 pre-season plus Year End Championships
Grade 8/9 Basketball	1-2 when scheduling permits	1-2 /week Tuesday/ Thursday 4PM and 5:15 PM	1
Senior High Basketball	2-3 when scheduling permits	1-2 / week Monday / Wednesday 4 PM and 5 PM	1-2
Junior High Badminton	2/week	CISAA Championships During school hours	1 pre-Championship tournament: Early Birdie Tournament (after school)
Senior High Badminton	2/week	CISAA Championships During school hours	Possible City (Friday after school) and Provincial Championships (weekend tournament)

Junior High Soccer	1-2 when scheduling permits on Tuesdays/Thursdays	1-2/week Tuesday/Thursday 4PM or 5 PM	none
Senior High Soccer	1-2 when scheduling permits on Monday/Wednesdays	1-2/week Monday/Wednesday 4 PM or 5 PM	none
Junior High Track and Field	2 /week on Mondays and Wednesdays	CISAA Championships During school hours	1-2 meets
Senior High Track and Field	2/week on Tuesdays and Thursdays	CISAA Championships During school hours	Possible City Championships and Provincial Championships

PRACTICE AND GAME TIMES

All gym usage shall be booked by the Athletic Director. The schedule will be posted on the www.cfis.com website calendar by the Athletic Director one week in advance whenever possible. Practices and games are also found on the whiteboard by the Secondary gymnasium.

League games and tournaments have priority over practices. Any sport season underway will have priority over the following season of play.

Coaches may request specific practice times. While all efforts will be made to accommodate the requests, the Athletic Director will have to take into account the school's contracts with outside renters. All attempts will be made to provide teams with equitable court time.

SANCTIONED ABSENCES AND EARLY DISMISSALS

It is at times necessary for student athletes to be absent from classes, or to be released from the last period of the day early. In these cases the Athletic Director will communicate the times to all school staff. The notice should be provided as early as possible and will include the following.

- A list of all students involved
- Dismissal time from class and time of departure

ROLES FOR PARENTS

COACHES

Parents wishing to share their passion and knowledge of the game are welcome to join the program as long as they have a completed and submitted a City of Calgary police check with CFIS.

TEAM MANAGERS

Parents are needed as team managers to liaise between the coach and the team families. Communication regarding tournament times, coordination of healthy snacks between games and questions about transportation are handled by the team manager.

REFEREES

Parents that are carded or have extensive knowledge and experience of a sport can become officials for CFIS home games.

BENCH PARENT (JUNIOR HIGH ONLY)

See description of role below.

EXPLANATION OF BENCH PARENT ROLE:

Bench parents are not coaches but an extra pair of eyes and ears on the bench during games to ensure that there is mutual respect between the players and the coaches. Our student coaches are developing their leadership skills and need the opportunity and space to do so. Bench parents are present to support the student coaches in their role.

RATIONALE FOR SUPERVISORS AND BENCH PARENTS

Legally, adult supervision is required of our student coaches.

During practices, a staff member will be present to ensure that respect and safety are observed by both the coaches and the players.

For home games, the Athletic Director or a staff member appointed by the Athletic Director will be the supervisor for the teams led by student coaches.

At away games, a parent will sit on the bench with the players as a silent observer unless a situation warrants the participation of the bench parent (i.e., disrespectful behaviour, unsportsmanlike behaviours, assisting with the administration of first aid).

In the event that a supervisor or bench parent is witness to unsportsmanlike or disrespectful behaviour by either the coach or the athlete, they will relate the situation in writing to the athletic director who will then follow up with an investigation of the event.

APPOINTMENT OF SUPERVISORS

The Athletic director will circulate a practice schedule the Thursday before the next week to the staff members that have offered to support the teams in question.

APPOINTMENT OF BENCH PARENT

Once rosters are finalized, the Athletic Director sends out a communication to introduce the coach, provide links to schedules and calendars where games and practices are posted, and asks for a parent to volunteer as team manager. The team manager will then send out the away game schedule and a request for parents to act as a bench parent. The role of bench parent may be shared among the parents or a parent can volunteer to always sit on the bench with the team.

PARTICIPATION FEES

CFIS does not charge participation fees for sport. Should a Senior High team be eligible for Provincial playoffs, families will incur the costs of travel, overnight accommodations and the coach's costs. Calgary French & International School does not permit its students to fundraise for extracurricular athletics.

EQUIPMENT

With the exception of badminton, equipment is provided for practices and games.

Badminton racquets are not provided by the school but can be purchased through the Athletic Director or families can purchase their own.

UNIFORMS

Most uniforms will be provided by CFIS. Badminton shirts must be purchased for tournament play.

Any teams wishing to order warm-up gear may do so through the Athletic Director. The design must be approved by the Athletic Director and costs will be absorbed by the student athletes.

The Athletic Director will distribute the uniforms to the players once the team roster has been determined.

Players will be responsible for the cost of replacement of any uniform damaged or lost while in their possession.

All uniforms are to be washed in cold water and hung to dry.

Players needing a replacement uniform the day of competition must see the Athletic Director before the end of the day.

TRANSPORTATION

Teams may be transported to and from games in the CFIS van. Any teacher driving the van must have a Class 4 driver's license and a current (less than one year old) driver's abstract on file with CFIS's Director of Operations.

If the CFIS van is unavailable to transport a team, families are responsible for providing or arranging for their child's transportation to and from games.

GUIDELINES FOR STUDENT ATHLETES

The Calgary French & International School supports the Calgary Independent Schools Athletic Association document entitled Role of the Athlete (Appendix A). Athletes and their parent(s)/guardian(s) should be familiar with the document.

CONDUCT

Student athletes are representatives and ambassadors of CFIS. They are expected to provide strong examples of leadership and citizenship both on and off the court/field of play, and both in and out of the classroom. Students will use acceptable language at

all times. The conduct of CFIS athletes when representing the school is governed by the CFIS Mutual Respect policy.

Team Before Self: Most sports are team games and although it is proper and even necessary to have personal objectives, it is paramount that each member of The Calgary French & International School team possesses an unselfish attitude where team objectives are primary.

Regardless of when or where an athletic event occurs, it is a school sponsored activity. The use of tobacco, drugs, alcohol, electric or vapour cigarettes is prohibited.

If a student athlete does not conduct him/herself in a manner that reflects favourably on the school, a review of the incident(s) with the coach, Athletic Director and the Principal will occur to determine if the privilege of participation is to be suspended or revoked. The student will have an opportunity to represent his/herself prior to a decision being made.

INJURY

Any student injured on or off the field of play, and requiring medical attention, must present a note from a physician before being eligible to practice or play again.

COMMITMENT

Being a member of a school team is a privilege which each athlete must earn. A key to earning that privilege is commitment to the team. While CFIS encourages multi-sport athletes, a student athlete who misses practices on a regular basis may not see equal playing time due to the absences.

HAZING

Hazing and negative initiation activities are prohibited by CFIS. The planning, initiation of, or participation in such activities shall be dealt in accordance with the behavioural expectations of CFIS and may lead to suspension or removal from a team and or school.

GUIDELINES FOR COACHES

CFIS supports the Calgary Independent Schools document entitled Role of the Coach (Appendix B). Coaches should be familiar with the document.

Coaches will be selected and assigned to teams by the Athletic Director. Coaches must have a police check filed with The Calgary French & International School. Coaches can be teachers, parents or volunteers from the community.

The following guidelines are to be considered a code of conduct for The Calgary French & International School coaches.

The coach is foremost a teacher. The chief objectives of school athletics are to build leaders and to develop athletic skills. Winning games is secondary to these objectives. Coaches who do not make a positive contribution to the total educational process are not meeting their obligations.

The Coach should always be regular and prompt to practices games and team meetings.

The Coach is responsible to communicate any of the following to the Athletic Director;

- Injuries
- game misconducts
- unsportsmanlike behaviour
- yellow/red cards

The Coach must email the away game results to the Athletic Director in a timely fashion so that results can be reported to the CISAA.

The Coach will model and instil in the team an attitude of sportsmanship on and off the court, during the game and afterwards, on and off campus.

The Coach will use acceptable language at all times. Vulgarity and profanity have no place on the athletic field or court, in the gym or in the classroom.

The Coach will not use alcohol or non-prescription drugs in any form while with the team.

The Coach should be mindful of their position of guardianship entrusted by the athletes and their parents. While acting as a role model and at times a mentor to the athletes, there must also be a necessary social separation, so that over-familiarity or impropriety does not occur or is not perceived to have occurred.

The Coach should work to instil with their players respect for the officials, and establish that only the floor captain (when designated by the Coach) or they themselves shall discuss aspects of the game with the officials.

The Coach will respect the rights and feelings of other coaches and will never use tactics that take unfair advantage of others. The coach should be friendly and courteous at all times and never argue with an opposing coach in front of the team or spectators.

PLAYING TIME / EXPECTATIONS

The grade 7 and 7/8 leagues are developmental leagues designed to introduce student athletes to the sport. Standings are not kept in this league. Coaches must strive to provide as close to equal playing time as possible to allow student athletes to grow in the sport. Factors such as number of players, injuries and player confidence and safety must be taken into consideration. Coaches are encouraged to discuss with their team how they want the coach to manage playtime during the Year End Championships.

The grade 8/9 teams and the Senior High teams participate in competitive leagues. As such, playing time may not be equal. Neither the player's grade nor prior years of playing experience with The Calgary French & International School teams, will be a factor in determining playing time. Factors that will be considered include.

- Team commitment
- Health
- Ability on that day/confidence
- Safety

COMMUNICATION

Clear communication between coach and player, player and parent, parent and coach and between players is critical to avoid misunderstanding. This communication can be initiated and maintained in a number of ways:

Following team selection Coaches should introduce themselves and communicate via email to the parents. This communication should include an outline of their philosophy and player expectations .

Coaches should outline the process for communication (see Appendix C)

PROFESSIONAL DEVELOPMENT

It is in the best interests of the student athletes to have coaches who are well trained. In support of this, coaches will be reimbursed for registration in approved professional development activities that are directly related to their coaching assignment. Approval will be made by the Athletic Director and must be supported by receipts.

As a member of the ASAA, CFIS High School coaches must take the online School Coach course called "Concussion in Sports: What you need to know".

GUIDELINES FOR PARENTS

The Calgary French & International School supports the Calgary Independent Schools document entitled Role of the Parent (Appendix D).

JUNIOR HIGH SPORT SEASONS

CROSS-COUNTRY RUNNING

There is no restriction to the number of student who can participate. Students can join the team at any time and are encouraged to attend practices and races as outlined in table (page 12).

GOLF

Process for the selection of the golf team requires the submission of 4 score cards for a round of 9-holes or 2 score cards for a round of 18-holes two weeks prior to the CISAA championships.

When more athletes than spots are available, students will be required to play a round of 9 holes in a playdown to determine which golfers will represent CFIS at the CISAA Championships.

JUNIOR HIGH CHAMPIONSHIPS

CFIS can send a maximum of 16 students to the annual CISAA championship in the following categories:

- grade 7-8 girls: 4 students;
- grade 7-8 boys: 4 students;
- grade 8-9 girls: 4 students;
- grade 8-9 boys: 4 students.

Families will be required to pay a portion of the tournament fees.

VOLLEYBALL

As per the goals of the grade 7-8 league, CFIS will field a maximum of four grade 7-8 league teams. Should sufficient numbers warrant the fielding of four teams, the division of teams will as follows:

- grade 7 girls with a minimum of 8 players and a maximum of 12 players;
- grade 7 boys with a minimum of 8 players and a maximum of 12 players;
- grade 8 girls with a minimum of 8 players and a maximum of 12 players;
- grade 8 boys with a minimum of 8 players and a maximum of 12 players;

- As per the goals of the 8-9 league, CFIS will field two grade 8-9 league teams. The division of teams will be as follows:
- grade 8-9 girls with a minimum of 8 players and a maximum of 12 players;
- grade 8-9 boys with a minimum of 8 players and a maximum of 12 players.

BASKETBALL

As per the goals of the grade 7-8 league, CFIS will field a maximum of four grade 7-8 league teams. Should sufficient numbers warrant the fielding of four teams, the division of teams will as follows:

- grade 7 girls with a minimum of 8 players and a maximum of 12 players;
- grade 7 boys with a minimum of 8 players and a maximum of 12 players;
- grade 8 girls with a minimum of 8 players and a maximum of 12 players;
- grade 8 boys with a minimum of 8 players and a maximum of 12 players;
- As per the goals of the 8-9 league, CFIS will field two grade 8-9 league teams. The division of teams will be as follows:
- grade 8-9 girls with a minimum of 8 players and a maximum of 12 players;
- grade 8-9 boys with a minimum of 8 players and a maximum of 12 players.

BADMINTON

There is no restriction to the number of students who can participate in practices. Students wishing to compete in the CISAA Championships will be required to attend practices regularly and compete in an in school tournament. The teams or players that finish in the top 2 of their tournament will represent CFIS at the Championships. Those that finish third and fourth will have an opportunity to compete in a pre-season tournament.

Students are only permitted to compete in one category in tournament play (singles, doubles or mixed doubles)

The division of categories are as follows;

BANTAM (GRADE 7)

- Girls singles

- Boys singles
- Girls doubles
- Boys doubles
- Mixed doubles

MIDGET (GRADE 8)

- Girls singles
- Boys singles
- Girls doubles
- Boys doubles
- Mixed doubles

JUVENILE (GRADE 9)

- Girls singles
- Boys singles
- Girls doubles
- Boys doubles
- Mixed doubles

SOCCER

In CISAA competition teams are mixed (boys and girls play together).

As per the goals of the grade 7-8 league, CFIS will field a maximum of two grade 7-8 league teams. Should sufficient numbers warrant the fielding of two teams, the division of teams will as follows:

- grade 7 girls and boys with a minimum of 14 players and a maximum of 17 players;
- grade 8 girls and boys with a minimum of 14 players and a maximum of 17 players;

Should numbers be insufficient to warrant 2 teams, CFIS will combine grade 7 and grade 8 students to field 1 team in the 7/8 league.

As per the goals of the 8-9 league, CFIS will field one grade 8-9 league team. The team will be as follows:

grade 9 girls and boys with a minimum of 14 players and a maximum of 17 players;

The CISAA co-ed rules dictate that a minimum of 3 players of the team's minority sex be on the field at all times. This rule may influence team selection.

TRACK AND FIELD

There is no restriction to the number of students who can participate in practices. Students wishing to compete at the CISAA Championships Meet will be required to attend practices regularly and compete in event tryouts should more than 3 students want to compete in any given event. The athletes that finish in the top 3 of the tryout will represent CFIS at the CISAA pre-Championship qualifying meet. The top 4 from that meet will advance to the CISAA Championships.

SENIOR HIGH SPORT SEASONS

GOLF

Process for the selection of the golf team require the submission of 4 score cards for a round of 9-holes or 2 score cards for a round of 18-holes two weeks prior to the CISAA championships.

When more athletes than spots are available, students will be required to play a round of 9 holes in a playdown to determine which golfers will represent CFIS at the CISAA Championships.

CISAA Senior High Championships

CFIS can send a maximum of 16 students to the CISAA Senior High Championships which also acts as a Calgary Zone Qualifier for Provincial Championships

- Junior girls (Grade 10): 4 students
- Junior boys (Grade 10): 4 students
- Intermediate girls (Grade 11): 4 students
- Intermediate boys (Grade 11): 4 students
- Senior girls (Grade 12): 4 students
- Senior boys (Grade 12): 4 students

CROSS COUNTRY

There is no restriction to the number of student who can participate. Students can join the team at any time and are encouraged to attend practices and races outlined in table (page 12).

VOLLEYBALL

As a 1A classified school, CFIS is allowed to field a maximum of 2 teams for both boys and girls leagues.

The division of teams is as follows.

- Junior Varsity Girls (grades 9-11) with a minimum of 9

players to a maximum of 12 players

- Junior Varsity Boys (grades 9-11) with a minimum of 9 players to a maximum of 12 players.
- Senior Varsity Girls (grades 9-12) with a minimum of 9 players to a maximum of 12 players
- Senior Varsity Boys (grades 9-12) with a minimum of 9 players to a maximum of 12 players.

BASKETBALL

As a 1A classified school, CFIS is allowed to field a maximum of 2 teams for both boys and girls leagues.

The division of teams is as follows.

- Junior Varsity Girls (grades 9-11) with a minimum of 9 players to a maximum of 12 players
- Junior Varsity Boys (grades 9-11) with a minimum of 9 players to a maximum of 12 players.
- Senior Varsity Girls (grades 9-12) with a minimum of 9 players to a maximum of 12 players
- Senior Varsity Boys (grades 9-12) with a minimum of 9 players to a maximum of 12 players.

BADMINTON

There is no restriction to the number of students who can participate in practices. Students wishing to compete in the CISAA Championships will be required to attend practices regularly and compete in an in school tournament should there be more than 2 players or teams that want to play in an event. The teams or players that finish in the top 2 of this tournament will represent CFIS at the Championships. Students that place in the top 2 at the CISAA Championship will have an opportunity to compete in the City Championships. The top 2 finishers of the City Championship earn the right to represent the Calgary Zone at the Provincial Championships.

Students are only permitted to compete in one category in tournament play (singles, doubles or mixed doubles) .

The division of categories are as follows;

JUNIOR (GRADE 10)

- Girls singles
- Boys singles
- Girls doubles
- Boys doubles
- Mixed doubles

INTERMEDIATE (GRADE 11)

- Girls singles
- Boys singles
- Girls doubles
- Boys doubles
- Mixed doubles

JUVENILE (GRADE 12)

- Girls singles
- Boys singles
- Girls doubles
- Boys doubles
- Mixed doubles

SOCCER

In CISAA competition teams are mixed (boys and girls play together).

CFIS will field one team. Composition of the team will be as follows.

Senior Varsity Mixed team (grades 9-12) with a minimum of 14 players to a maximum of 17 players.

The CISAA Mixed team rules dictate that a minimum of 3 players of the team's minority sex be on the field at all times. This rule may influence team selection.

TRACK AND FIELD

There is no restriction to the number of students who can participate in practices. Students wishing to compete at the CISAA Championships Meet will be required to attend practices regularly and compete in an in school meet should there be more than 2 athletes wanting to compete in an event. The athletes that finish in the top 2 of this meet will represent CFIS at the Championships. Students that place in the top 2 at the CISAA Championship will have an opportunity to compete in the City Championships. The top 2 finishers of the City Championship earn the right to represent the Calgary Zone at the Provincial Championships.

ASAA SEASONS OF PLAY

The seasons of play have been established to protect the student athlete from being placed in a position of having sport seasons overlap.

Each activity may hold practices according to the Alberta Schools' Athletic Association (ASAA) seasons of play.

- The preceding activity has priority for practice times and games.
- The trailing activity may hold practices according to the ASAA seasons of play, however, these practices are not to include players of the preceding activity.
- Final cuts for the trailing activity occurs (minimum) 2 practices after the completion of the preceding activity.

SPORT AWARDS

Each year CFIS celebrates individual and team accomplishments. Coaches are responsible for submitting the nominations for the following awards to the Athletic Director at the completion of their season. Coaches are also expected to communicate any team or individual accomplishments which deserve recognition.

CROSS COUNTRY

- Recognition of league results
- Most Valuable Player
- Coach's Choice

GOLF

- Recognition of Zone Medalists and Champions

VOLLEYBALL (JUNIOR HIGH AND SENIOR HIGH)

- Recognition of league results
- Most Valuable Player
- Coach's Choice

BASKETBALL

- Recognition of league results
- Most Valuable Player
- Coach's Choice

BADMINTON (JUNIOR AND SENIOR HIGH)

- Recognition of league results
- Most Valuable Player
- Coach's Choice

SOCCER (JUNIOR HIGH AND SENIOR HIGH)

- Recognition of league results
- Most Valuable Player
- Coach's Choice

TRACK AND FIELD (JUNIOR AND SENIOR HIGH)

- Recognition of league results
- Most Valuable Player

RECOGNITION AND CONTRIBUTIONS TO THE VIKINGS PROGRAM

Junior High students will be recognized individually for their involvement in The Calgary French & International School Athletics Program.

- Bronze Certificate: A student was involved in 1 or 2 sport seasons.
- Silver Certificate: A student was involved in 3 to 4 sport seasons.
- Gold Certificate: A student was involved in 5 to 6 sport seasons.
- Platinum Certificate: A student was involved in all 7 sport seasons.

Senior High students will be recognized individually for their involvement in The Calgary French & International School Athletics Program.

- Bronze Certificate: A student was involved in 1 sport season.
- Silver Certificate: A student was involved in 2-3 sport seasons.
- Gold Certificate: A student was involved in 3-4 sport seasons.
- Platinum: A student was involved all 5 sport seasons.

ATHLETE OF THE YEAR – MALE AND FEMALE JUNIOR AND SENIOR HIGH

CRITERIA:

- The nominated student must have participated in a minimum of one extracurricular activity.
- The athlete should have demonstrated an above average degree of athletic ability in all activities he or she participated in.
- The athlete should have excelled in one or more of those activities he or she participated in.
- The athlete should have demonstrated leadership abilities on and off the court, field or course which has made him or her a respected individual in the eyes of the staff, fellow athletes, and the student body in general.
- The athlete should have demonstrated athletic, personal, and sportsmanship abilities and qualities that have brought the pride and respect to himself/herself and The Calgary French & International School

and opponents.

- The athlete should demonstrate to all a desire to better him/herself through athletics at The Calgary French & International School.
- Above all, the athlete should be an example, or epitomize the type of athlete and individual who The Calgary French & International School strives to develop through the sponsorship of extra-curricular athletics.

Athlete of the Year Selection Committee:

Athletic Director, Physical Education staff and CFIS staff coaches.

VIKING LEADERSHIP AWARD

Is awarded to one Junior and one Senior High students that have contributed to the Athletic Program as coaches, officials and minor officials on a consistent basis.

APPENDIX A – GUIDELINES FOR STUDENT ATHLETES

CISAA WEBSITE UNDER HANDOUTS

A MESSAGE FROM THE CISAA

Dear Student-Athlete:

Good sportsmanship is the attitude and behaviour that exemplifies positive support for the interscholastic athletic programs of The Calgary Independent Schools Athletic Association member schools as well as for the individuals who participate. People involved in all facets of the interscholastic athletic programs are expected to demonstrate respect for others and display good sportsmanship.

It is essential that student-athletes, coaches, parents, student groups and fans in general are constantly reminded that Good Sports Are Winners! People seriously believe sportsmanship to be an important issue of concern in interscholastic athletics. Positive experiences do not occur by chance, rather they are a result of the educational structure, the right perspective, the right leadership and the true understanding of sportsmanship. Good sportsmanship is not merely a campaign – it is the essence of what educational athletics is about. Let all of us who have the opportunity promote the ideals of sportsmanship so that today's students and tomorrow's citizens may build a better society.

The Calgary Independent Schools Athletic Association trust that you will do your part in promoting good sportsmanship within your school and community.

Remember, Sportsmanship is EVERYONE's responsibility!

ACCEPTABLE AND UNACCEPTABLE BEHAVIOUR

- Participate because you want to, not just because your parents or coaches want you to.
- Play by the rules and in the spirit of the game.
- Control your temper since fighting and disrespect can spoil the activity for everyone.
- Respect your opponents.
- Do your best to try to be a true team player.
- Remember that winning isn't everything. Having fun, improving your skills, making friends and doing your best are also important.
- Acknowledge all good plays or performances by both your teammates and your opponents.
- Remember that coaches and officials are there to help you. Accept their decisions, show them respect and understand they have given their time to be with you.

SPORTSMANSHIP PLEDGE

Young people need to know that integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship.

We need good sportsmanship

- To prevent violent action towards officials, opponents and other spectators which are becoming commonplace in today's society and sports.
- To decrease the emphasis on just winning and losing an athletic event.
- To promote ethics, respect and integrity in all walks of life.
- To promote the ideal of intrinsic rewards of athletics.
- To learn the attitudes necessary for responsible behavior. You can make proper behavioural choices while participating in your school's athletic events.
- Those who pledge agree
- To be a proper role model for other young people.
- To inform our fellow students and teammates that we have taken the pledge and why.
- To be clear and firm about rules concerning our conduct and behaviour while participating in an athletic contest.

THE STUDENT-ATHLETE PLEDGE

As a student-athlete, I acknowledge that I am a role model. I understand the spirit of fair play while playing hard and trying my best. I will refrain from engaging in all types of disrespectful behaviour, including inappropriate language, taunting, trash talking and unnecessary physical contact. I know the behaviour expectations of my school and the ISAA, and I hereby accept the responsibility and privilege of representing this school and community as a student-athlete.

APPENDIX B – GUIDELINES FOR COACHES

CISAA WEBSITE UNDER HANDOUTS

A MESSAGE FROM THE CISAA

Dear Coaches:

Good sportsmanship is the attitude and behaviour that exemplifies positive support for the interscholastic athletic programs of the Calgary Independent School Athletic Association member schools as well as for the individuals who participate.

People involved in all facets of the interscholastic athletic programs are expected to demonstrate respect for others and display good sportsmanship.

It is essential that student-athletes, coaches, parents, student groups and fans in general are constantly reminded that Good Sports Are Winners! People seriously believe sportsmanship to be an important issue of concern in interscholastic athletics. Positive experiences do not occur by chance, rather they are a result of the educational structure, the right perspective, the right leadership and the true understanding of sportsmanship.

Good sportsmanship is not merely a campaign – it is the essence of what educational athletics is about. Let all of us who have the opportunity promote the ideals of sportsmanship so that today's students and tomorrow's citizens may build a better society.

The Calgary Independent School Athletic trust that you will do your part in promoting good sportsmanship within your school and community.

Remember, Sportsmanship is EVERYONE's responsibility!

ACCEPTABLE AND UNACCEPTABLE BEHAVIOUR

- I will be reasonable when scheduling games and practices, remembering that young people have other interests and obligations.
- I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- I will ensure that all athletes get equal instruction, support and opportunities.
- I will not ridicule my athletes for making mistakes or performing poorly. I will remember that young people play to have fun and must be encouraged to have confidence in themselves.
- I will remember that young people need a coach they can respect. I will be generous with praise and set a good example.
- I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
- I will obtain proper training and continue to upgrade my coaching skills.

SPORTSMANSHIP PLEDGE

Young people need to know that integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship.

We need good sportsmanship

- To prevent violent action towards officials, opponents and other spectators which are becoming commonplace in today's society and sports.
- To decrease the emphasis on just winning and losing an athletic event.
- To promote ethics, respect and integrity in all walks of life.
- To promote the ideal of intrinsic rewards of athletics.
- To learn the attitudes necessary for responsible behaviour. You can make proper behavioural choices while coaching your school's athletic team.

Those who pledge agree

- To be a proper role model for our student-athletes.
- To inform our student-athletes that we have taken the pledge and why.
- To be clear and firm about rules concerning our conduct and behaviour while serving as a coach for our athletic team.

APPENDIX C – GUIDELINES FOR PARENTS

CISAA WEBSITE UNDER HANDOUTS

A MESSAGE FROM THE CISAA

Dear Parents:

Good sportsmanship is the attitude and behaviour that exemplifies positive support for the interscholastic athletic programs of the Calgary Schools Athletic Association member schools as well as for the individuals who participate. People involved in all facets of the interscholastic athletic programs are expected to demonstrate respect for others and display good sportsmanship. It is essential that student-athletes, coaches, parents, student groups and fans in general are constantly reminded that Good Sports Are Winners! People seriously believe sportsmanship to be an important issue of concern in interscholastic athletics. Positive experiences do not occur by chance, rather they are a result of the educational structure, the right perspective, the right leadership and the true understanding of sportsmanship.

Good sportsmanship is not merely a campaign – it is the essence of what educational athletics is about. Let all of us who have the opportunity promote the ideals of sportsmanship so that today's students and tomorrow's citizens may build a better society.

The Calgary Independent Schools Athletic Association trust that you will do your part in promoting good sportsmanship within your school and community.

Remember, Sportsmanship is EVERYONE's responsibility!

ACCEPTABLE AND UNACCEPTABLE BEHAVIOUR

- Remember that young people play sports for THEIR enjoyment, not to entertain you.
- Do not have unrealistic expectations and understand that doing one's best is as important as winning. Understand that ridiculing an athlete for making a mistake is not acceptable behaviour.
- Respect the official's decisions and encourage all participants to do the same.
- Respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
- Encourage athletes and coaches to play by the rules

and to resolve conflicts without resorting to hostility or violence.

- Show respect for my team's opponents and realize there would be no game without them.
- Do not use bad language and harass athletes, coaches, officials or other spectators.
- Always show good sportsmanship since young people learn best by example.

SPORTSMANSHIP PLEDGE

Young people need to know that integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship.

We need good sportsmanship

- To prevent violent action towards officials, opponents and other spectators which are becoming commonplace in today's society and sports.
- To decrease the emphasis on just winning and losing an athletic event.
- To promote ethics, respect and integrity in all walks of life.
- To promote the ideal of intrinsic rewards of athletics.
- To learn the attitudes necessary for responsible behaviour. You can make proper behavioural choices while viewing your school's athletic events.

Those who pledge agree

- To be a proper role model for our student-athletes.
- To inform our students that we have taken the pledge and why.
- To be clear and firm about rules concerning our conduct and behaviour while viewing and participating in an athletic contest.

THE PARENT PLEDGE

As a parent, I acknowledge that I am a role model. I will remember that school athletics are an extension of the classroom, offering learning experiences for students. I must show respect for all players, coaches, spectators, officials and support groups. I will participate in cheers that support, encourage and uplift the teams involved. I understand the spirit of fair play and that good sportsmanship is expected by our school and the ISAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student-athlete.