



**St. Michael's School**  
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Dear Parents,

Oct 31, 2022

**Basketball TEAM**

Welcome to the Basketball season. St. Michael's staff members hope that your participation on the Basketball team will be a valuable and fun part of your school life.

**Please ensure that you carefully read through the following notice and return the attached Informed Consent/Permission Form. If you have any questions please contact the coach before signing the Informed Consent/Permission Form.**

Normally at this time, we would be encouraging students from Grades 5-7 to participate in our extra-curricular athletic program that includes Boys and Girls Basketball.

Each team will have a few games, most of them are scheduled to start within our zone in January.

In deciding to play a particular sport, a student must commit to meeting expectations in several key areas including academics, practices, sportsmanship, and discipline. A student/athlete may be suspended or removed from the team if problems arise in any of these areas.

The student recognizes that academics takes priority over athletics, and agrees to remain up to date in all school work. As a member of a team, the student agrees to attend all practices on time and to participate fully.

The student agrees that as a member of an extra-curricular team, he/she plays an important role as part of a team, even when she is not actually on the field. The student agrees to show good team spirit and sportsmanship by providing encouragement to the other members of the team and to maintain a positive attitude in order to be ready to play when called upon.

The student agrees that representing the school is a privilege, and that discipline problems in other areas of the student's school activities may result in suspension from the team.

The student agrees to abide by the guidelines from players set out by the CISVA Philosophy of Athletics (a copy of this policy is available in the office).

Please review the following with your son/daughter:

## **SCHOOLWORK**

1. Schoolwork comes first. To be involved on an extra-curricular team requires excellent time management skills to ensure that all school assignments are completed to the best of the student's ability.
2. Before and after school extra-curricular games/practices should never be used as an excuse for incomplete homework assignments. Athletes, who are not able to keep up with their studies because of after school athletics, will be suspended from the team until their school work shows signs of improvement.

## **PRACTICES**

1. Students wishing to participate must attend the practices being held for their team. If the student is unable to attend practice for any reason, a note from the parent must be given to the coach as soon as possible. If practices are missed frequently or without a good reason, the student's playing time will be shortened. If the problem persists, a player might be suspended from the team.
2. Athletes are expected to bring a water bottle and be in St. Michael's gym strip for all practices. Players who arrive late, or frequently miss practice, will not receive the same amount of playing time as those who show up on time and in the proper gym strip.
3. It is expected that each player will listen carefully and give 100% during drills and practice sessions to improve individual skills. If an athlete continually disregards the coach's instructions or disrupts the practice, his/her behavior may result in suspension and/or less playing time.
4. **For safety reasons, siblings of athletes are not to attend practices or games unless they are under the direct supervision of their parents.** Our coaches are coaching and looking after their team members, and do not have the time to supervise and/or ensure the safety of other students. Thank you for your understanding and cooperation.

## **TEAM JERSEYS**

1. All players will be given a team uniform to be worn during league games. The jersey is not to be worn during practices or gym classes. If an athlete forgets his/her jersey on game day, he/she will not be allowed to participate. All jerseys must be returned in good, clean condition.

## **LEAGUE GAMES**

1. St. Michael's coaches do their best to play each team member fairly during games. Players are to wait their turn and cheer their teammates on during game play.

## **TRANSPORTATION**

1. It is the responsibility of each parent to arrange transportation to and from practices and games. All teams will have away games at other Catholic schools (usually in our zone), and we will need parent drivers.
2. Parents are expected to pick up their child at the game location. Game times vary according to the age group.
3. When arriving at the school to drive your child to an away game, please come to the front office to sign your child out with the coach or the office staff.

**PRACTICE SCHEDULE: all practices will start in the third week of November.**

Gr5 Boys Basketball: Wednesday and Friday from 7:45 till 8:30am

Gr5 Girls Basketball: Friday 7:45-8:30am and Thursday 12:00-12:45

Gr6 Boys Basketball: Monday from 7:45 till 8:30 and Wednesday from 12:00 till 12:40

Gr6 Girls Basketball: Tuesday 7:45 till 8:30 and Thursday from 3:00 till 4:00

Gr7 Boys Basketball: Monday and Friday from 12:00 till 12:40

Gr7 Girls Basketball: Monday and Thursday 7:45 till 8:30

**GAME SCHEDULE:** Will be posted on the Athletic Calendar ASAP.

**COACHES:**

**Juvenile Girls (Grade 5)** – Ms. Lee

**Juvenile Boys (Grade 5)** - Mrs. Youn/Parent

**Junior Girls (Grade 6)** –Mr. Cavaliere/Mr. Roder

**Junior Boys (Grade 6)** - Mrs. Grant

**Senior Boys (Grade7)** -C. Oleg/Mr. Licerio

**Senior Girls (Grade7)** - C. Oleg/Mr. Licerio

**PERMISSION FORMS**

Both athletes and parents are to read the CISVA Spectator and Player Conduct Regulations and sign the Informed Consent/Permission Form attached.

Sincerely,  
Oleighe Fghaly  
Athletic Director

## **C.I.S.V.A. Spectator and Player Conduct Regulations**

### **Spectators**

Spectators include everyone watching a game. Conduct is an important part in the school athletic program and, therefore, a spectator must act in accordance with these policies.

#### **Spectators must:**

1. Exhibit exemplary behaviour at all times.
2. Maintain and exhibit poise, self-discipline, and restraint during and after a game.
3. Conduct themselves in such a manner that attention is drawn not to them, but to the participants playing the game.
4. Regulate action at all times so as to be a credit to the team they support, knowing the school gets the praise or blame for spectator conduct since they represent the school the same as does the athlete.
5. Support all reasonable moves to improve good sportsmanship.
6. Treat the visiting team and other spectators with respect.
7. Avoid actions which will offend the individual athlete.
8. Accept the judgment of the coach.
9. Respect the property of the school.
10. Display good sportsmanship by being gracious in victory and defeat.
11. Appreciate the good play by both teams.
12. Show sympathy for an injured player.
13. Regard the officials with respect.
14. Direct any energy to encourage the team rather than booing the officials.

### **Players**

Players are expected to follow the lead of their coaches and act in a manner that is consistent with the highest principles of sportsmanship and our own Catholic values.

Players must come to know school sports as an integral part of their education but not the be all and end all of school. Sports are not to be used as an excuse for poor academic performance. The role of the player in elementary school sports is as a student first and player second. The goal is to become a student-athlete.

#### **Players must:**

1. Show respect and appreciation for the coach's time and effort.
2. Treat opponents with respect.
3. Shake hands with opponents before and/or after a game and wish them well.
4. Exercise self control at all times; the player must abide by the decisions made by the coach and the referee.
5. Respect the official's interpretation of the rules and regulations.
6. Realize that only the team captains and coaches should seek clarification from officials regarding infractions.
7. Accept both defeat and victory graciously.
8. Congratulate opponents in a sincere manner following a contest.
9. Accept seriously the responsibility of representing the school, realizing that it is a privilege and not a right.

<p><b>N.B. Please speak with your child's coach if you have any questions or require further clarification of the items you are signing below.</b></p>
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# INFORMED CONSENT/PERMISSION FORM

## Basketball Team

I understand and agree with the St. Michael's Guidelines for Student Participation and the C.I.S.V.A. Spectator and Player Conduct regulations. I have also discussed with my child what it means to be involved in team sports.

I give permission for my son/daughter \_\_\_\_\_ in Grade \_\_\_\_\_ to be a member of the **St. Michael's Basketball Team**, to attend all scheduled practices, and games, and to be driven in private vehicles to all team events.

I am aware that

- i.) As in any sport, certain inherent risks are present. I understand that it is important for my son/daughter to maintain higher conditioning levels to increase her endurance and prepare herself for rigorous strain on her body. I am not aware of any medical conditions which would affect my son/daughter's participation.
  
- ii.) accidents can be the result of the nature of the activity and can occur without any fault on either the part of the students, the school or its employees, the facility where the activity is taking place, or by the parent driver. By allowing my son to participate in this activity, I am accepting the risk of an accident occurring, and agree that this activity is suitable for my child.

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

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Parent's email)

### STUDENT'S AGREEMENT:

My coach has reviewed the expectations for Basketball practices and games. I will try my best at practices and at games, and will play in a sportsmanlike manner as stated in the CISVA Guidelines for Players.

\_\_\_\_\_  
(Student's Signature)

**Please sign and return this entire page to St. Michael's School by Thursday Nov 10, 2022.**