

Sir Robert Borden Junior High School

Bulldog Athletics



PLAYER, PARENT, and COACH
HANDBOOK



Introduction to the Sir Robert Borden Junior High School Bulldogs Athletic Handbook

Greetings! On behalf of the athletic coaches, teacher supervisors, school administration, parent volunteers and student volunteers, we welcome you to Sir Robert Borden Junior High School's athletic program. We hope you enjoy the many activities and sports offered to you at Sir Robert Borden Junior High School. The main objective of this handbook is to make information available regarding athletics to prospective athletes and their parent(s)/guardians enrolled at SRB Junior High School as well as athletic coaches and volunteers. This handbook will remain online and be updated periodically so that you can access it as a reference guide throughout your athletic years at SRB.

For students and staff in our junior high schools, promoting school spirit and pride is an important way for students to feel connected to their school. One way this is done is in participating in athletics. Athletics showcase skills developed by students in schools. Student-athletes have the opportunity to learn physical skills and team tactics, which are perfected during long hours of practice. Students also learn important social and life skills when they are part of a group. Goal setting, time management and coping with different types of stress associated with competition are just a few of the skills learned.

The success of the athletic program depends on the understanding and cooperation of the basic athletic policies of the Nova Scotia Sport Athletic Federation and Halifax Regional Centre for Education Junior High Athletics and Sir Robert Borden Junior High School.

Athletic Information:

HRCE: Akerley Zone- Eastern Division NSSAF: County Zone

Sir Robert Borden Junior High School Phone (902) 464-5140

Fax (902) 464-5150

Principal – Joe Beuckx

Phone (902) 464-5143 jbeuckx@hrce.ca

Vice Principal – Jill Sabadash

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Athletic Director – Meghan Robertson

mrobertson@hrce.ca

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SRB Website: <https://srb.hrce.ca/>

Ms. Robertson's Website: <https://sites.google.com/gnspes.ca/robertsonpe/home>

Philosophy

The major objective of our interscholastic program is to promote the growth and development of all the participants. It is the development of the whole person that is important.

Objectives

The mission of Sir Robert Borden Junior High School Athletics is to create an environment that maximizes student participation, supports academic progress and promotes physical and social development. It is expected that all student athletes display competitive spirit, exhibit good sportsmanship, and exemplary character throughout the year.

FAIR PLAY CODES FOR SRB ATHLETICS

Player's Code

1. Play for the "fun of it".
2. Play by the rules.
3. Respect the official's decision.
4. Respect your opponents.
5. Work equally hard to improve your own skills as well as your team's.
6. Accept and understand the seriousness, responsibility, and privilege of representing one's school.
7. Cooperate with your coach, teammates, and opponents.
8. Athletes will abstain from performance enhancing drugs as well as illegal drugs including alcohol and tobacco products, and demonstrate respect for the diversity among participants as it relates to race relations, cross-cultural understanding and human rights.
9. An athlete must remain in good standing at all times within SRB. This includes the school year leading up to, during the sport, and after the sport season has concluded. Failure to do so may prohibit trying out for and participating on future teams. **See terms of Effort 2 Play below...**

Coach's Code

1. Be reasonable in your demands on your players' time.
2. Provide all participants with playing time.
3. Teach players to play by the rules.
4. Respect your opponents, as well as the judgment of the officials.
5. Teach and reward sportsmanship
6. Check the equipment and facilities for safety.
7. Respect the integrity and personality of athlete.
8. Exemplify the highest moral character behavior and leadership.
9. Keep informed on sound coaching principles and the growth and development of children.

*All NSSAF community coaches (XC, badminton, and track & field) that do not hold a teaching

position at a NSSAF member school must complete the "Keeping School in School Sport" (KTSISS) coach orientation program. The KTSISS program can be delivered as a school-based session or be done online. All head coaches of the NSSAF are required to take the "Making Headway" or equivalent module offered by the Coaches Association of Canada (CAC). Both courses can be accessed at the NSSAF website (<https://sites.google.com/gnspes.ca/nssaf/coaching>)

Parent's Code

1. Do not force an unwilling child to participate in sports.
2. Children are involved in organized sports for their enjoyment not yours.
3. Encourage your child to always play by the rules.
4. Teach your child that honest effort is as important as victory, and to accept the outcome of a game without undue disappointment.
5. Help your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making mistakes or losing.
6. Applaud good play by all.
7. Respect the judgment of the officials.
8. Support all efforts to remove verbal and physical abuse from children's sporting activities.
9. Recognize the importance and value of volunteer coaches.

TRANSPORTATION

We have been fortunate at SRB to have many supportive parents and staff who volunteer to transport students in their personal vehicles. HRCE insurance covers the use of private vehicles for adults providing you complete a "J" form (explains vehicle requirements) and return it to the school administration office. Staff, coaches and advisors are encouraged to use private vehicles for evening and weekend games when possible. Any staff or parent using a personal vehicle must complete a "J" form each new school year and return it to be placed on file at the main office. We greatly appreciate the support we have received over the years from parents and volunteers. Thank you. Should you require more information regarding the transportation policy please contact the school administration, HRCE or the Athletic Director.

REPORTING INJURY

If your son/daughter is injured during a game or practice, make sure that the staff advisor is made aware so they will fill out an injury report of the event. Please visit sip.ca for all guidelines regarding the process of starting a claim. A claim must be started within 30 days of the injury.



BEHAVIOUR & ACADEMIC TEAM CONTRACT “EFFORT-2-PLAY”

I _____ am committed to full participation on the Sir Robert Borden’s _____ team. To be fully committed I will attend and participate in all practices and games. If I am unable to make a practice or a game I will let my coach(es) respectfully know in advance of the event. To be eligible to participate in practices and games I fully understand that **my academic status & behaviour must meet all of my teachers’ expectations.**

I fully understand that **academics & being a good citizen come first**; therefore, if a teacher or administrator requests that I miss a practice or a game to focus on academics or as a result of inappropriate behaviour, I will fully abide by their request and concentrate on the area(s) the teacher wants me to work on.

I understand that if I do not fulfill the requirements of this contract I may be removed from the team.

I, _____ have read the above guidelines and fully **agree to and understand** my responsibilities as a student athlete.

I have discussed this contract with my parents/guardians. Below is my parent/guardians signature indicating that they are aware of my responsibilities as a student and as a player.

Player’s Signature: _____ *Date:* _____

Parent/Guardian’s Signature: _____ *Date:* _____

Parent/Guardian’s Signature: _____ *Date:* _____

Coach’s Signature: _____ *Date:* _____

Principal/Vice Principal Signature: _____ *Date:* _____