

Spartan Athletics **Handbook**

Excellence in Athletics



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Spartan Beliefs



The New Norway School Athletics program exists to complement the overall educational experience of the students of our school. As such, the Athletics program should share a common purpose with all other educational endeavors - to provide for our students, an avenue to develop as a student, an athlete, and a citizen.

New Norway School recognizes that extracurricular athletics promotes sportsmanship, team building, good citizenship, high academic standards, and community responsibility. Extracurricular athletics provide an opportunity for students to explore their unique talents outside of the classroom setting. These activities demand a high level of commitment, excellence, and self-motivation, which will help prepare students for the challenges they will meet outside the school community.

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since the school's reputation is often judged by its extra-curricular programs, high standards must be maintained. Those who earn the privilege of representing New Norway School in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Participation in extracurricular athletics is open to all students provided they meet the general requirements outlined in this handbook, and any requirements specific to the activity of their choice.

Spartan Athletic Guidelines



The success of the New Norway School Athletics program has, and will continue to be, built upon a number of philosophical principles. These principles create the spirit and mentality that guide our athletic endeavors. Our New Norway Spartan athletes need to display:

Positive Attitude

As a Spartan, you are responsible for exhibiting maturity and responsibility in your personal, educational, and athletic life. At all times, your behavior should reflect positively on yourself, your name, your school and your team. Respect the game, the opponents, the officials, the fans, the coaches and your teammates.

Team Before Self

While it is proper and necessary to have personal goals, ambitions and motivations, the Spartan athlete needs to always understand that the team concept is paramount. Our Spartan athletes need to possess an unselfish attitude; understanding and supporting the decisions of the coach for whom, team success is first and foremost.

Privilege, Right and Responsibility

Being a member of any school team and wearing the Spartan colors is a privilege, which one must earn. It is not simply a right, which is provided upon enrollment. This privilege should never be confused with license to behave in a manner which may reflect negatively on the New Norway School, its athletic program, your teammates, or most importantly, on yourself. This privilege of wearing the Spartan colors carries with it, the responsibility to, at all times and in all places, represent those colors with class and dignity.

Attributes Of Success

Through your participation in the New Norway School Athletics program, you have the opportunity to develop and cultivate personal qualities that will contribute to your lifetime success. Athletics is not simply about sport; rather, the involvement in athletics develops those qualities that contribute to academic, personal, and emotional health and well-being.

Spartan Student - Athlete Expectations



Academic Expectations:

1. Student-Athletes will be expected to manage their time effectively such that all assignments are completed with utmost care and attention.
2. Student-Athletes will be expected to prepare diligently for all examinations.
3. Student-Athletes will make arrangements with all teachers to obtain any and all class materials when absent from class for team functions.
4. Athletics will not be used as an excuse for non-completion of any schoolwork.
5. Student-Athletes are expected to maintain regular school attendance
6. Failure to comply with any of the stated expectations will result in suspension or removal from the team.

Team Expectations:

1. Student-Athletes will attend all team functions unless physically unable to do so. Players must notify coach of absence ahead of time & give a reason.
2. Student-Athletes will practice with dedication, full effort and diligence.
3. Student-Athletes will be supportive of the efforts of all team members as they strive for personal and individual success.
5. Student-Athletes will consistently demonstrate respect for officials and judges and a high regard for the rights of opponents.
6. Players will practice sportsmanship in all situations and compliance to the highest of moral and social values.
7. Players will do all they can to maximize the success of the New Norway Spartans Athletics.
8. Failure to comply with any of the stated expectations will result in suspension or removal from the team.
9. Remember...There is no "I" in "Team!"

Athletic Opportunities



Elementary - Focus: Fun

Elementary students will be given opportunities to develop their love of sport, gain confidence and learn new skills in extracurricular activities that may include XC running, mini-dunkers, mini-spiikers, dodgeball and track and field. In some circumstances Grade 6s may play on a Grade 6/7 team at the Junior high level.



Junior High - Focus: Development

Junior High student-athletes will be given opportunities to develop their love of sport, gain confidence, learn new skills, challenge themselves and compete in extracurricular activities that may include XC running, volleyball, basketball, golf, badminton and track and field. Our Junior High teams are governed by rules and regulations of the Battle River Junior High Athletic Association (BBRJHAA). In some circumstances Grade 9s may play on a team at the Senior High level.



Senior High - Focus: Competition

Senior High student-athletes will be given opportunities to develop their love of sport, gain confidence, learn new skills, challenge themselves and compete at a high level in extracurricular activities that may include XC running, volleyball, basketball, golf, badminton, team handball, curling and track and field. Our Senior teams are governed by rules and regulations of the Alberta Schools Athletic Association . For Code of Ethics, Seasons of Play, Eligibility and specific sport information use this link: [ASAA Policy Handbook](#)

Spartan Policies and Guidelines



Instructional Time:

New Norway School is committed to preserving instructional time. Requests will be made to have later draws in tournaments and season planning will be done in such a manner that student-athletes will miss classes as least as possible. However, some classes will be missed. Student-athletes are required to communicate their absence from class ahead of time with their teacher and complete all required work, learning and assignments as directed by the teacher.

Hazing & Bullying:

The athletic department recognizes that hazing, harassment, sexual or otherwise, and/or bullying of students and staff is abusive and illegal behavior that harms victims and negatively impacts the school culture by creating an environment of fear, distrust, intimidation and intolerance. We further recognize that preventing and remedying hazing, harassment, and/or bullying in schools is essential to ensure a healthy, nondiscriminatory environment in which students can learn and employees can work productively. We are committed to providing an educational and working environment that promotes respect, dignity and equality and that is free from all forms of harassment. To this end, we strictly prohibit all forms of hazing, harassment, and/or bullying on school grounds, school buses and at all school-sponsored activities, programs and events including those that take place at locations outside of BRSD.

Spartan Policies and Guidelines



Banned Substances:

In accordance with BRSD Administrative Policy 165 (Tobacco, Alcohol, and Drugs), students shall refrain from consuming any substance determined to be prohibited. This includes vaping and marijuana.

Division facilities and grounds are officially declared as zones free from the use, possession or offer for sale of tobacco, alcohol or drugs. Employees and students are also prohibited from attending work and/or school impaired from the use of alcohol or drugs. Drugs includes any substance, chemical or agent the use or possession of which is unlawful in Canada or requires a personal prescription or authorization from a licensed treating physician, or the use of which is regulated by legislation such as marijuana/cannabis, or any other psychoactive substance, and any non-prescription medication lawfully sold in Canada, and drug paraphernalia.

All persons involved with school sanctioned student activities are prohibited from possessing and/or using tobacco, alcohol, and drugs, regardless of the location. Students or Coaches who fail to abide by these policies will face consequences as determined by Administration, which could lead to suspension or removal from the team.

Spartan Policies and Guidelines



Social Media and Online Interactions:

As much of our official and unofficial communication takes place via social media platforms, it is important to understand the capabilities and drawbacks of such a medium.

Pictures, videos and descriptions of public sports competitions may be posted on New Norway School's social media platforms: X, Instagram, YouTube, Facebook and our website. If this is a concern for your student athlete please inform the coach and school administration.

All efforts should be made to ensure posts on social media sites should protect and align with the Division's institutional voice by remaining professional in tone and in good taste.

Student-Athlete Use of Social Media

- If you feel harassed by someone on any social medium, report it to your coach, a teacher or administration.
- Model appropriate behavior in social media befitting your status as: a) an athlete, and b) a member of your team and of New Norway School athletics.
- Negative or derogatory content or behavior demonstrated on social media may result in temporary or permanent removal from the team.

Please see link: [BRSD Administration Procedure 138](#)

and

Link: [BRSD Social Media Guidelines for Schools / Departments](#)

Spartan Policies and Guidelines



Transportation:

- New Norway School believes that the safest way to travel is a school bus. Traveling by bus also affords the student-athletes opportunities to bond, socialize and make memories with their teammates.
- Traveling by bus affords coaches the opportunity to talk with their team, maintain logistical control of the team and ensure communication and direction is consistent.
- When traveling by bus is not feasible, the use of Private Vehicle Drivers may be used. Parents wishing to become a Private Vehicle Driver must first contact New Norway School and apply to BRSD to become one.
- If a student-athlete must travel with their family due to circumstances out of their control, the coach must be notified and a Declining Transportation Form (557-3) must be completed prior to the event
- Students should not drive themselves to any extra-curricular event without the prior permission of the administration.
- Students should NEVER drive other students while involved in school activities.
- Link: [Form 557-3 - TRANSPORTATION DECLINED BY PARENT/STUDENT \(FIELD & EXTRACURRICULAR TRIPS or OFF-SITE ACTIVITY\)](#)
- Link: [Administrative Procedure 557 - TRANSPORTATION - FIELD & EXTRACURRICULAR TRIPS](#)
- Link: [Administrative Procedure 559 – Transportation in Private Vehicles](#)

Spartan Policies and Guidelines



Athletic fees:

Participants are expected to pay an athletic fee to help cover some of the costs of running a program. These fees help cover tournament fees, officials fees, incidental expenses, fuel and mileage, bus drivers, and uniforms. The fees will vary from year to year, and will be different depending on which sport the student is involved in, and at which level. Please confirm with the School Office or the Athletic Director what the fees are before the season starts. Please see NNS Fee Schedules for maximum fees charged.

Families must pay online through their New Norway School Online Payment account website. All athletic fees must be paid and consent forms signed online before the first league game/competition or the student will not be allowed to play.

There are many options available to pay for fees. Please contact the School Office for specifics on a payment plan or to sign up for KidSport.

Uniforms:

All uniforms remain property of New Norway School. Coaches will be responsible for ensuring that uniforms are distributed before a competition and collected after a competition. Uniforms do not go home with the student athlete. All uniforms will be laundered at the school. Student-athletes are responsible for the cost of replacement of any uniform damaged or lost while in their possession. Student-athletes are responsible for the cost of replacement of any uniform not returned to the coach/school.

Spartan Parent-Coach Interactions



Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place (use a 24 hour rule, if needed).

Communication parents should expect from their child's coach:

- Coach's philosophy.
- Expectations the coach has for your son or daughter, as well as other players on the team.
- Locations and times of practices and games/tournaments/events.
- Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- Procedures that will be followed if your child becomes injured during participation.

Communication coaches should expect from parents:

- Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place. (24 hour rule-not at the game/practice, not immediately after the game)
- Specific concerns in regard to the coach's philosophy and/or expectations.
- Notification of any schedule conflicts well in advance.

Spartan Parent-Coach Interactions



Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behaviour.

Issues NOT appropriate for discussion with your child's coach:

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- Contact the coach to set up an appointment.
- If the coach cannot be reached, call the athletic director and ask them to set up a meeting with the coach for you.
- Think about what you expect to accomplish as a result of the meeting.
- Stick to discussing the facts, as you understand them.
- Do not confront the coach before, during, or after a practice or contest.

What should a parent do if the meeting with the coach did not provide satisfactory resolution?

- Contact the athletic director/school administration to set up a meeting with the coach and parent present.
- At this meeting, an appropriate next step can be determined, if necessary.

Spartan Coaches' Code of Conduct



- **Ensure that training or competition site is safe at all times**
- **Avoid placing athletes in situations presenting unnecessary risk or that are beyond their level**
- **Make wise use of the authority of the position and make decisions in the interest of athletes**
- **Foster self-esteem among athletes**
- **Avoid deriving personal advantage for a situation or decision**
- **Maintain confidentiality and privacy of personal information and use it appropriately**
- **Abstain from all behaviours considered to be harassment or inappropriate relations with an athlete**
- **Ensure that everyone is treated equally, regardless of age, ancestry, colour, race, citizenship, ethnic origin, place of origin, language, creed, religion, athletic potential, disability, family status, gender identity, gender expression, sex, and sexual orientation**
- **Aim to compete fairly**
- **Maintain dignity in all circumstances and exercise self-control**
- **Respect officials and accept their decisions without questioning their integrity**

Spartan Parents' Code of Conduct



- The support of parents regardless of winning or losing or how your child performs is vital to the physical, social and emotional development of all student-athletes at New Norway School. Therefore it's important that parents model good sportsmanship and should lead by example by demonstrating fairness, respect and self control. The following is a guideline for you as a parent:
- Attend as many games or events as possible
- Be a model, not a critic. Model appropriate behavior, poise and confidence.
- Attempt to relieve competitive pressure, not increase it. "I love watching you play"
- Support all student-athletes and coaches.
- Do everything possible to make the athletic experience positive for your son/daughter and others. Put the goals of the team first.
- Accept the judgement of the officials and coaches
- Demonstrate winning with humility and losing with dignity
- Allow the coach to be the one to offer advice and correction. Maintain an encouraging voice. Only the coach should have an instructional voice.
- Dignify mistakes made by athletes who are giving their best effort (support development of a "mistake mentality").
- Focus on the athletic effort and improvement, instead of the outcome.



Thank You

For your commitment to
Excellence in Athletics
and continuing
The Spartan Tradition.

Once A Spartan . . . Always A Spartan

Contact Information :

 780-855-3936

 [New Norway School Website](#)

 808 - 2 Avenue Box 69 New Norway, AB T0B 3L0