CALGARY CHRISTIAN SCHOOL



Athletic Handbook
2026-2027

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Philosophy

“Calgary Christian School is a community, called and dedicated to integrate faith and learning, reaching for excellence in equipping responsive citizens of God’s Kingdom through a Christ centered educational environment.”

CCS Athletics must contribute to the central purpose of education in our school. Each athlete is created to praise and serve God with their whole being – body, soul and mind. The athletic program at CCS allows for an opportunity to express our mission to integrate faith and learning and to reach for excellence. The pursuit of excellence in the areas of competition and development of physical skill and talent must be based in a firm understanding and conviction that all gifts and abilities are God given. These attributes should be reflected back to God for His glory. Players, coaches, and parents must strive for self control, perseverance, integrity, cooperation, teamwork and respect for others so that our Athletics program can uniquely create Christ-like citizens. (Philippians 2:1-11, Ephesians 5:22-26)
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 reputation of the school is often judged by its extra-curricular programs, high standards must be maintained. Those who earn the privilege of representing Calgary Christian 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 as outlined in the CCS Athletic handbook, and any requirements specific to the activity of their choice.

Athletic Department

- High School Athletic Director.....Mark Jonker
- Middle School Athletic Director……Curtis Smeding
- School Administrator……..Kirsten Klingvall
- Executive School Director.....Denise Steinke

Programs

- Students can participate at the Grade 7, 8, 9, Junior Varsity and Varsity levels.
- Junior Varsity teams are open to students in Grade 10 and Grade 11. Accomplished Grade 9 students may be invited to participate at the Junior Varsity level.
- Varsity teams compete in the most competitive leagues, and are comprised of the most accomplished players in Grade 10, 11, and 12.

Calgary Christian School sponsors the following athletic activities:

Sport	Boys			Girls			Mixed	
	7-9	JV	V	7-9	JV	V	7-9	V
Cross Country	▪		▪	▪		▪		
Golf	▪		▪	▪		▪		
Football (Joint School)			▪					
Volleyball	▪	▪	▪	▪	▪	▪		
Basketball	▪	▪	▪	▪	▪	▪		
Badminton	▪		▪	▪		▪	▪	▪
Track & Field	▪		▪	▪		▪		
Soccer							▪	▪

Seasons of Play

The seasons of play have been established to protect the student athlete from being placed in a position of having sports seasons overlap. It is not desirable for a student athlete to have to attend practices and games for two or more sports on the same days. Therefore:

- 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 should not include players of the preceding activity.
- Final cuts for the trailing activity occurs (minimum) 2 try-outs after the completion of the preceding activity.

Team Fees

It is necessary for the athletic program to charge a team fee for each activity that an athlete participates in. The following applies to participation fees:

- All team fees will be determined by the Athletic Directors.
- An effort will be made to keep the fees consistent from one activity to the next, respective of the level of the team.
- Fees are applied to family School Cash accounts and must be paid in full, or make arrangements with the Athletic Director, before students will be permitted to participate in league games or tournaments.
- The following chart shows the participation fee for each activity and specified what costs are covered by the participation fee.

Team fees help to offset the costs of league play, carded referees, city championships, tournaments, zones, provincials, and team shirts (select teams). Fees change from year to year and differ depending on activity/ coach - refer to the fee your coach is collecting.

This is a general guideline for team fees that are collected at the beginning of the season. Refunds for fees due to participation, injury and behavior will not be given.

Middle School Sports	**Approximate Fees**	**High School Sports**	**Approximate Fees**
Cross Country	$20.00		
Golf	Approx $100.00	Cross Country	$20.00
Junior Volleyball (Gr 7)	$160.00	Golf	Approx $150.00
Junior Volleyball (Gr 8)	$160.00	JV Volleyball	$300.00
Senior Volleyball (Gr 9)	$200.00	Varsity Volleyball	$375.00
Junior Basketball (Gr 7)	$160.00	JV Basketball	$400.00
Junior Basketball (Gr 8)	$160.00	Varsity Basketball	$475.00
Senior Basketball (Gr 9)	$200.00	Badminton	$30.00
Badminton	$25.00	Track and Field (depending on # of events entered)	~$30.00
Track and Field (depending on # of events entered)	$20.00	Soccer	$ 50.00
Soccer	$50.00	Overnight trips for tournaments will require additional fees for accommodations. Students must pay for their own food on all trips.	

Uniforms and Equipment

All uniforms will be provided by Calgary Christian School.

Uniforms will be distributed by the coach or Athletic Director after required forms and team fees are handed in.

Players will be responsible for the care and maintenance of uniforms while they are in their possession.

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

All uniforms are to be cold water washed and hang dried.

Teams may be provided equipment, specific to their activity. This equipment is owned by the school. The care and supervision of this equipment shall be the responsibility of the coach or their designate. This equipment is provided for team use, and not for public use.

Transportation

The transportation for league, invitational, zone, and/or provincial events may be handled in two fashions at the discretion of the coach/Athletic Director. The preferred method of transportation is parent volunteer drivers.

School Bus

- The school owned buses must be booked for the tournaments through the business office.
- A Class 2 and Class 4 license is required prior to driving the long and 24 passenger buses. See the Business Office for more details.
- Buses should be returned to the bus compound with no less than a ½ full tank of gas. All garbage is to be removed from the bus.

Volunteer (Parent/Private) Vehicle

- High School players with a valid driver's license may transport themselves to events.
- Family members may transport other immediate family members to events.
- Players may be transported to events by registered Volunteer Drivers.
- To become a registered Volunteer Driver, drivers must complete Palliser's Volunteer Driver Form and meet all requirements as stated on the form.
- Volunteer Driver forms are available from the school office.
- Players being driven by volunteers must fill out the Parental Consent Transportation form.
- Volunteer driver forms are located on the Palliser Schools website.
- If volunteer vehicles are used to drive players to out of town tournaments, the driver can receive financial compensation for transportation gas upon filling out a Trip Expense form and attaching the gas receipt used for that specific trip. *See business office for the appropriate form

Practice and Game Times

All gym usage shall be booked through the Athletic Directors and business office.

League games and home tournaments have booking priority over practices.

Any activity under way shall have priority over the following season of play (e.g. volleyball over basketball)

There must be a teacher sponsor and coach present at all practices and games.

Coaches may request specific practice times. While all efforts will be made to accommodate requests, it shall be the priority of the Athletic Directors to provide a practice schedule which is equitable to all teams in accordance with priorities.

The Athletic Directors will create a practice schedule for each sport season.

Coaches are encouraged to provide players and parents with access to these schedules.

Guidelines for Student Athletes

Eligibility

To be eligible to participate, student athletes must meet eligibility requirements as outlined by the CISAA and ASAA.

Students must be in attendance for the day of a practice or game in order to participate in that practice or game. Students must actively participate in Physical Education classes in order to be eligible to play in a practice and/or game the same day.

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 absence 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, and their opponents if the athlete practices or plays that same day.

An athlete under suspension from school or serving an academic detention is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes or has completed all outstanding assignments.

Conduct

Student athletes are representatives and ambassadors of Calgary Christian School and Palliser Regional School Division.

Student athletes are expected to provide strong examples of Christian leadership and citizenship both on and off the court/field of play, and both in and out of the classroom.

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 each Calgary Christian School sports 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, marijuana, vaping, drugs, or alcohol is prohibited and shall be strictly enforced.

If a student athlete does not conduct himself or herself in a manner that reflects favorably on the school as per the Athlete's Code of Conduct, the privilege of participation may be suspended or revoked by a coach/teacher sponsor, the Athletic Director, or Principal.

Injury

All student athletes should carry some form of medical insurance. If an athlete is injured while participating on behalf of Calgary Christian School, the school will not cover medical costs (e.g. Ambulance costs). It is suggested that any student athlete not having medical coverage, subscribe to a student insurance package which may be offered at the beginning of each year.

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 any school team is a privilege, which each athlete must earn. A key to earning that privilege is commitment to the team. Team success can only be achieved if all participants are committed. This type of commitment includes;

- Attendance at all practices, games and team events.
- Providing the coach with advance notice of absences from practices or games, and an explanation of that absence.

While it is acceptable for a student athlete to have a job, it is not reasonable to expect the coach to accept working as a legitimate reason for missing practice or a game.

Hazing

Hazing or negative initiation activities are prohibited by Calgary Christian School. The planning, initiation of, or participation in such activities shall be dealt with under the behavioral expectation of CCS athletics, and may lead to suspension or removal from a team and or school.

Guidelines for Coaches

The following guidelines are to be considered a code of conduct for Calgary Christian coaching staff.

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 in meeting assignments – practices, games and meetings.

The Coach should be diligent in attention to routine details. This includes getting in all reports when due, keeping necessary records, communicating results, and forwarding any receipts when required.

The Coach should instill in the team an attitude of sportsmanship on and off the court, during the game and afterwards, in school and out.

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

The Coach should, when faced with unpredicted disciplinary situations, let the common law prevail. Situations are to be assessed on a rational basis.

The Coach should accept the responsibility as a counselor to the athletes under her/his direction. The coach is in a unique position among all teaching staff in the relationship with the students. Many students complete their high school program because of, in part, of their interest in athletic participation and the influence of the coach. In this way, the coach can play a major role in the problems now confronting high schools in drop-out rates and related issues.

The Coach should be mindful of their position of guardianship entrusted by the athletes and their parents. While acting as a counselor 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 be familiar with all of the NCCP coaching guidelines including safe sport training, concussion protocols and direct athlete contact modules.

The Coach should work to instill with their players respect for the officials, and establish that they alone 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.

The Coach should teach the team to be respectful of and friendly towards opponents.

Team Selection

All activities are open to all students of Calgary Christian School who meet the requirements of grade, gender, and general eligibility.

Coaches must conduct an open tryout, and may not make final cuts until after the second try-out practice.

Final selections should be based on attitude, coachability, and skill (not necessarily in that order)

Once the team has been selected, the coach must promptly submit a roster to the Athletic Director.

Practices

All practices will be scheduled by the Athletic Directors. These schedules will be posted on the school website under the Athletics tab.

Coaches should distribute a practice schedule to players and parents.

Coaches should do their utmost to adhere to the practice and game schedule, and any changes should go through the Athletic Directors.

A change, addition, or cancellation to a game or practice should be made with as much advance notice as possible. Such changes may affect player and parent commitments and may have an effect on other teams.

The general guidelines for scheduling shall be as follows:

Team	Practices	League Play	Tournaments
Football	Daily (max. 4 per week)	1 game per week	n/a
Gr. 9 Volleyball	2 per week 3 when scheduling permits	1 or 2 per week	3 per season
Jr. Volleyball	2 per week 3 when scheduling permits	1 per week 2 when required	3 per season
Sr. Volleyball	2 per week 3 when scheduling permits	1 per week 2 when required	6 per season
Gr. 9 Basketball	2 per week 3 when scheduling permits	1 or 2 per week	3 per season
Jr. Basketball	2 per week 3 when scheduling permits	1 per week 2 when required	2 per season
Sr. Basketball	2 per week 3 when scheduling permits	1 per week 2 when required	4 per season
Gr. 9 Badminton	2 per week	City Championship	1 per season

Playing Time/ Tryouts/ Expectations

Gr. 7 teams - we do our best to take every child for development purposes. However, we can only have so many kids on the Game Roster. Therefore, each Gr. 7 team will have a group of student athletes for the game roster (i.e. 12 for volleyball) and the remainder will be a part of the team on the “practice squad”. We want to try and rotate some kids in for game experience if it works out, numbers allow us to do so, and they have shown high commitment levels to their development at practices. Gr. 7 will be equal playing time for games.

Gr. 8 teams - practice squad highly encouraged (red shirts), and as equal playing time as possible

Gr. 9 teams - practice squad highly encouraged (red shirts), and no more equal playing time as they prepare for the reality of Varsity sports

Calgary Christian School participates in competitive leagues. As such, there will be few, if any instances where playing time for each player on the team will be equal. The amount of playing time may vary from game to game, or from week to week, depending on player performance, coachability, attitude and team commitment to all practices and games. A player of a higher grade and more years of playing experience should be able to display a higher level of skill and game IQ. This however does not automatically guarantee more playing time or team responsibility.
During the regular season, coaches are encouraged to establish a meaningful role for each player and consider trying to get each athlete a minimum amount of playing time, but ultimately decisions regarding playing time shall be at the discretion of the coach.

For league, zone, and provincial playoffs there are no recommendations for minimum playing time.

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:

- At the beginning of tryouts, Coaches should provide a written statement of their philosophy, team goals, fees, and player expectations.
- Coaches should outline the process for communication. This process to apply to all parties, and can be outlined for all in a letter. (See Appendix A)
- Coaches can hold a pre-season meeting (suggested agenda – Appendix B)

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 class of the day prior to the end of the class. In these instances the AD and/or the coaches are required to provide notice to all school staff.

Teacher-coaches or teacher-liaisons may do so at their own initiative, or request the Athletic Director to execute this task. Community based coaches shall inform the Athletic Director of the dates and times, and the Athletic Director shall be responsible to execute this task.

The notice is to be distributed to all staff members via an e-mail. The notice should be provided as early as possible, and should contain the following;

- A list of all students involved
- The date of the Sanctioned Absence
- Periods involved
- Time of dismissal
- The event.

Guidelines for Parents

Support the team, the players, and the coaches.

Help your child to follow and uphold the CCS athletes' guidelines for participation.

Support the goals of sportsmanship and help bring pride and respect to your child and Calgary Christian High School.

Support your child's' role on the team, even if you don't understand his/her position on the depth chart. In the event of concerns, follow the guidelines and procedures as outlined in Appendix A.

Awards

Each year in June, after the conclusion of all school sponsored athletic activities, CCHS/MS sponsors an “Annual Awards Assembly”. At this assembly individual activity awards as determined by the athletic department, and selected by the respective coaching staffs, shall be presented. The Athletes of the Year awards will also be presented.

Athlete of the Year – Male and Female

Criteria:

1. Grade 10, 11, or 12 student.
2. Participated in a minimum of two extracurricular activities, at the varsity level, listed below:
    1. Golf
    2. Cross Country
    3. Volleyball
    4. Basketball
    5. Soccer
    6. Track and Field
    7. Football
    8. Badminton

1. The athlete should have demonstrated an above average degree of athletic ability in all activities he or she participated in.
2. The athlete should have “excelled” in one or more of those activities he or she participated in.
3. The athlete should have demonstrated leadership abilities on and off the court, field, course, or rink which has made him or her a respected individual in the eyes of the staff, fellow athletes, and the student body in general.
4. The athlete should have demonstrated athletic, personal, and sportsmanship abilities and qualities that have brought the pride and respect to himself/herself and CCHS/MS in the view of the community, opponents, and others (others referring to other schools, communities, administrators, and coaches).
5. The athlete should demonstrate to all a desire to better him/herself through athletics at CCHS/MS.
6. Above all, the athlete should be an example, or epitomize the type of athlete and individual who CCHS/MS strives to develop through the sponsorship of extra-curricular athletics.

Appendix A

Parent & Coach Communication

Both parenting and coaching are difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to students. It is also very important to remember that coaches are volunteers and they are giving their valuable time to work and help improve your child's leadership abilities, social skills, team cooperation and responsibility. Here are some guidelines to help you as a parent supporter of the athletics programs at Calgary Christian High School.

Communication Coaches expect from student athletes:

- concerns expressed privately and directly to the coach
- notification of any schedule conflicts well in advance
- specific concerns in regards to a coach's expectations and/or philosophy

As your son or daughter becomes involved in the sports programs at Calgary Christian High School he/she will experience some of the most rewarding moments in their high school career. It is important to understand however that there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

Communication Coaches expect from Parents:

- concerns expressed privately and directly to the coach away from the court setting and after a minimum 24 hour time period.
- notification of any scheduling conflicts well in advance
- specific concerns in regard to a coach's philosophy and or expectations

Appropriate Concerns to Discuss with Coaches:

- the treatment of your child mentally or physically
- ways to help your child improve
- concerns about your child's behavior
- any influence that the activity is having on your child's academic performance

It is difficult to accept your child's not playing as much as you or they may hope. Coaches make judgment decisions based on what they believe to be the best for all students involved. Those decisions will be left to the coach's discretion.

There may be situations that require a conference between the coach and the parent.

i.e. :

- Playing time
- Team strategy
- Play calling

The following procedures should be followed to help promote a resolution to the issue of concern:

- call and set up an appointment with the coach
- resolution, not confrontation is the best approach
- please do not confront a coach before or after a game or practice - these can be emotional times for both the parent and coach, and our coaches are instructed to walk away from such situations.

The Next Step:

- call and set up a meeting with the Athletic Director and or Principal to discuss the situation
- at this meeting if a resolution cannot be reached, the next step can be determined

The coaches at Calgary Christian High School recognize the importance of extracurricular activities. We provide a program that strives to provide your child with a positive and meaningful experience.

Appendix B

Coach's Guidelines for a Preseason Parent Meeting

All coaches are required to distribute copies and address the following - may be done either by a meeting or by a letter:

- Team Rules and School Rules regarding athletics.
- Participation - amount of play time athletes can expect.
- Sportsmanship - expectations by players and parents.
- The procedure to deal with disagreements between coach and players or parents: at no time are problems to be discussed in front of other players.Ask parents to meet the following day with the athletic director... make sure there is parent communication !!
- Fees and the breakdown of the costs.
- Team supervision - coaches and parents

Other topics you may want to address

- Your coaching philosophy
- How practice sessions are conducted
- Length of practice times
- Expectation of attending practices
- The consequences of missing practices
- Medical information in case of injury
- Question and Answer