



St. Mary High School **Letter to Parents and Athletes – 2025-2026**

Faith based education through sport

Dear Parents/Guardians/Athletes,

Welcome to another exciting year of co-curricular athletics at St. Mary High School. As team tryouts and practices begin, I want to take this opportunity to give you some information about the athletic program at St. Mary's.

This year we should have over 500 athletes participating on 35 different teams, burning calories, hitting the "highs and lows" in athletic competition and coming away from it all with a true sense of satisfaction and accomplishment. In order to do all of these things in a program of this size we have established some guidelines that the athletes and parents need to be aware of. Please read over this information and **all forms found online** or given to your son/daughter by the coach. All information can be found on the St. Mary's website. Please complete the following and return;

1. Permission for Sport & Recreation (This may have been submitted earlier)
2. Transportation of Student Form (This may have been submitted earlier)
3. All concussion forms (Done on SCO)

Eligibility:

In order for a student to be eligible he or she must:

- (1) Meet the provincial eligibility requirements:

1. Course Requirements Policy

a) Students who have fewer than twenty-two (22) credits must be taking courses which define them as full time students under the Ministry of Education definition. Namely, a student in a semestered school must be registered in a minimum of three full day school credit courses in the semester in which he/she participates.

b) Students in grade 12 need to be taking at least 5 credits. (Students in their 5th year and only returning one semester, must have 30 credits and be taking at least 2 credits in that semester.

2. Complete a **Transfer Eligibility Application** form if they have transferred from another secondary school in the past 12 months and be approved by the District 8 Athletic Association.

3. Have attended no more than five consecutive years from their date of entry into Grade 9.

- (2) Be the correct age for their sport classification:

2005 or earlier Ineligible
2006 Senior
2007 Senior
2008 Senior
2009 Senior
2010/2011 Junior
2011 Novice
How old was the student as of January 1, 2025?

- (3) Compete in **one major sport only per season.**

Important Information:

- ❖ Since high school athletics goes hand in hand with the curricular program, the students need to give their best daily effort in all of their classes. Coaching staff, teachers and administrators work jointly with our student athletes to encourage responsible citizenship. **The "Athletic Participation Contract" outlines our expectations. We ask that you read this carefully with your son/daughter and that you both be aware of the terms of their participation before you sign the Informed consent forms.**

- ❖ There is an enormous amount of time and personal energy put in by coaches, team members and managers in order to have a productive season. It requires self-discipline and sacrifice in order to maintain team commitment throughout the entire season. Therefore, it is essential that each athlete selected be prepared to make a total commitment.
- ❖ Athletes and parents will receive team schedules before the season starts so that they will know when the team will be practicing and playing. Once league play begins teams will have one or more games/competitions per week. Our teams will play/practice most days of the week. Practice times will either be in the morning or after school. There is usually a minimum four-day commitment per week to games and practices plus some tournaments on weekends. Some teams require a five-day commitment.
- ❖ Athletes will be charged for lost or damaged equipment/uniforms. Some teams may decide to purchase their own uniforms in which case the athletes will keep them.
- ❖ In order to assist with the costs of transportation, officials, team uniforms, league fees, tournament fees etc. each athlete will be charged an athletic fee. The standard team fees are as follows:

\$55 / Student	\$80 / Student	\$105 / Student
Badminton	Novice Bball/Vball	Basketball
Ultimate	Field Hockey	Volleyball
Golf	Soccer	Football
Cross Country	Track & Field	Hockey
Tennis	Swimming	Wrestling
	Slo-Pitch	

This fee includes the cost of transportation, equipment, other needs required by the team and the ticket to the athletic banquet. This fee may be incorporated into an overall team fee depending on whether students decide to purchase team athletic wear, participate in additional tournaments etc. Coaches will clarify the actual cost with each team. **All athletic fees can now be paid through “School Cash Online” which is on the SMHS website.**

- ❖ It is hoped that all athletes make every effort to attend the Athletic Awards Ceremony in June. This is an opportunity for all of the athletes in our program and their families to celebrate their participation throughout the year.
- ❖ **Please be aware that students, regardless of age, are not allowed to drive themselves or other students to/from games/practices.** It is the expectation that athletes will use the transportation provided by the school (bus/taxi). Only volunteer parents/coaches will be allowed to transport students. Parent drivers must complete the “Volunteer Driver” form available from the coach/Main Office. This ensures proper insurance coverage. Please refer to the SMHS Athletics letter.
- ❖ We ask that athletes and spectators follow the ***District 8 Code of Ethics*** during all competition:

Code of Ethics for Student-Athletes

- o I will respect student-athletes, coaches, officials, and spectators.
- o I am a student first and athletics is an extension of my educational experience.
- o I am committed to striving for excellence with integrity and sportsmanship.
- o I will communicate in a positive way.
- o I am grateful to be a student-athlete, and I will win with dignity and lose with grace.

Code of Ethics for Spectators

- o I will respect student-athletes, coaches, officials, and spectators.
- o I will remember that student-athletes play sports for their own enjoyment and as an extension of their educational experience.
- o I will cheer in a positive manner.
- o I will respect the area of play.
- o I will respect the decisions of the officials.

Should you have any comments, questions or concerns please feel free to email me at the school anytime. I also want to take this opportunity to thank you for supporting your son/daughter in their investment in athletics at St. Mary's. Late suppers, early morning rides, attending games, weekend tournament trips... are all part of the commitment that you make to encourage their participation in sports. Without your support it would not be possible!

Sincerely,
 Kyle Armour (Athletic Director)



St. Mary's High School Athletic Participation Code of Conduct

High school athletics goes hand in hand with the curricular program. SHMS expects our athletes to be students, to be positive citizens in our school community and first rate ambassadors for our athletic program. Adhering to the expectations listed below will help to ensure the student athlete's success.

- ❖ The student needs to give his/her best daily effort and work to potential in all of their classes. **Teachers and coaches will monitor attendance, behavior and academic performance.** Students with chronic attendance, academic or disciplinary problems may be put on an "Athletic Participation Agreement" or be removed from the team.
- ❖ Characteristics of good citizenship shall be fostered. The student must be aware that they have a responsibility to the school and to the team to be responsible citizens. SMHS athletes are expected to be good role models both on and off the "playing field".
- ❖ If absent from school due to illness on a particular day, the student is not to play or practice with the team that same day.
- ❖ The student is expected to get the class work they will miss, in advance, so that he/she can keep up when they are away from class.
- ❖ The student will be committed to the team and will attend all practices, team meetings, games, championships and championship functions. Exceptions to this guideline should occur very rarely, and need to be discussed with the coach well in advance. Athletes that have a job and play on other sports teams outside of school will have to make arrangements to work and play on their other teams after practices, games and championships.
- ❖ The student is responsible for his/her team uniform and will have to pay the replacement cost should it be misplaced or damaged. The same holds true for any equipment lent to the student.
- ❖ Students will be allowed to wear their team jersey over their school uniform on Spirit Wear Days (every Wednesday) **but not at any other time.** (i.e. in PE class, at practice...)
- ❖ Smoking/Vaping is not allowed while participating in school-organized events. The student acknowledges that smoking severely affects his/her overall health and athletic performance and will consider a strategy for changing this part of his/her lifestyle.
- ❖ The student is expected to attend the pre-season all teams meeting at the start of each season which is held by the athletic director.
- ❖ **The student realizes that regardless of age, he/she is not allowed to drive other students to or from games/tournaments/practices.**

A student who encounters difficulty with the above expectations will be consequence accordingly. Examples include:

- ❖ Game suspension(s)
- ❖ "Athletic Participation Agreements" designed in consultation with the coach, teacher, administration, and athletic director.
- ❖ Withdrawals from the team until classroom work, behavior and attendance have returned to an acceptable standard for that student.

Co-curricular Suspension

If an athlete:

- quits the team after selections are made
- is removed from the team (i.e. unacceptable class attendance, poor academic performance, or behavior.)
- Does not demonstrate their academic potential and good citizenship
- fails to show up to championship games and championships functions

He/she will be suspended from all athletic co-curricular activities for up to one calendar year. However, **if an athlete feels there are mitigating circumstances or they have been consequence inappropriately, he/she is encouraged to appeal the suspension.**

To appeal the suspension, the athlete must complete the Co-curricular Suspension Appeal Form (available from the athletic director) with supporting documentation and submit to Mr. Ambeau within two weeks of leaving the team.