

**UNIVERSITY OF TORONTO SCHOOLS**

**STUDENT-ATHLETE/PARENT HANDBOOK**

**2014-15**

The purpose of the student-athlete/parent handbook is to acquaint the student-athlete and parent(s) with the athletic program at the University of Toronto Schools.

The handbook should be used as a guide to aid and orientate the student-athlete and to provide for a successful athletic experience.

Please refer to this handbook throughout the season.

## **UTS ATHLETIC PHILOSOPHY**

The University of Toronto Schools recognizes that interested students should have the opportunity to develop their potential as athletes in activities appropriate to their level of ability. In this spirit, UTS provides a program of interscholastic athletics which promotes participation for qualified students within the rules and regulations of the Toronto District Colleges Athletic Association (TDCAA) for students in grades M3 to S6; and of the Small Schools Athletic Federation (SSAF) for students in grades F1 and F2; and the UTS Athletic Department. It is the goal of our school to provide such opportunity as a further means of developing the intellectual, emotional and social maturity of our students, while at the same time teaching the importance of teamwork and sportsmanship. UTS Athletics provides a unifying influence upon our student body and between our school and community. Finally, as is true in all aspects of education at the University of Toronto Schools, our athletic program is committed to the pursuit of excellence, acknowledging that the quest itself is the most significant aspect of achievement.

## **PROFILE OF THE UTS ATHLETIC PROGRAM**

UTS students in grades F1 and F2 compete in the UTS Middle School Athletic program and in the SSAF Association. UTS students in grades M3 to S6 compete in the UTS High School Athletic program and in the TDCAA Association. Successful High School teams and student-athletes are also eligible to compete in the provincial championships called OFSAA (Ontario Federation of School Athletic Association).

The Middle School and High School sport teams compete in a fall, winter and spring season. Please note the Middle School and High School Athletic programs are separate and team sports are therefore offered at different times of the year. Below you will find the list of UTS sport teams - first for the High School, followed by the Foundation grades.

### **FALL SPORT TEAMS HIGH SCHOOL (SEPTEMBER UNTIL THE BEGINNING OF NOVEMBER)**

<b>Team</b>	<b>Level</b>
Girls Basketball	Varsity (S5 and S6)
Girls Basketball	Junior Varsity (M3 and M4)
Cross Country Coed	Varsity and Jr. Varsity (M3 to S6)
Girls Field Hockey	Varsity (M3 to S6)
Girls Flag Football	Varsity (M3 to S6)
Rugby 7s	Varsity (S5 and S6) and Jr. Varsity (M3 and M4)
Boys Jr. Soccer	Jr. Varsity (M3 to M4)
Boys Tennis	Varsity (M3 to S6)
Girls Tennis	Varsity (M3 to S6)
Boys Volleyball	Varsity (S5 and S6)

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**WINTER SPORT TEAMS HIGH SCHOOL** (NOVEMBER UNTIL MARCH)

Basketball - Boys	Varsity (S5 and S6) and Jr. Varsity (M3 and M4)
Curling - Coed	Varsity (M3 to S6)
Hockey Non-Contact Coed	Varsity (M3 to S6)
Swim Coed	Varsity (M3 to S6)
Alpine Skiing Coed	Varsity (M3 to S6)
Snowboard Coed	Varsity (M3 to S6)
Girls Volleyball	Varsity (S5 and S6) Junior Varsity (M3 and M4)
Wrestling Coed	Varsity (M3 to S6)

**SPRING HIGH SCHOOL SPORT TEAMS** (APRIL UNTIL JUNE)

Badminton Coed	Varsity (M3 to S6)
Boys Baseball	Varsity (M3 to S6)
Boys Sr. Soccer	Varsity (S5 to S6)
Girls Soccer	Varsity (M3 to S6)
Coed Table Tennis	Varsity (M3 to S6)
Coed Track and Field	Varsity (M3 to S6)
Boys Jr. Volleyball	Jr. Varsity (M3 to M4)

**FOUNDATION SPORT TEAMS**

- Badminton - Coed
- Basketball - Boys
- Basketball - Girls
- CrossCountry Coed
- Hockey Coed Non-contact
- Soccer - Boys
- Soccer - Girls
- Table Tennis - Coed
- Track and Field - Coed
- Ultimate - Coed
- Volleyball - Boys
- Volleyball - Girls
- Ultimate - Coed
- Track and Field Coed

**WHERE TO VIEW SCHEDULING INFORMATION FOR TEAMS**

Scheduling information for team tryouts, practices and game schedules will be available online at [utsblues.org](http://utsblues.org). Game schedules will also be included in the weekly parent e-newsletters. The tryout information will also be available in form notices to all the students.

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## **UTS ATHLETICS TWITTER**

Quick news flashes and updates will be available on the UTS Athletics Twitter account. Follow our twitter feed at UTS\_Athletics.

## **ATHLETIC CONSENT FORMS ONLINE**

Athletic Consent forms for all the sport teams will be made available at appropriate times throughout the school year at the utsblues.org website. Online forms must be completed by the parent/guardian and submitted at least 48 hours before the first tryout.

## **THE USE OF AN ATHLETIC THERAPIST**

We use the services of the Athletic Edge Clinic and its' team of athletic therapists to work with our sport teams and athletes. They are part-time and therefore we must prioritize their services according to higher risk activities. We use the Ontario Physical Health and Education Safety Guidelines for Interscholastic Sports to identify the higher risk sports. Followup treatment services for student-athletes will be provided at a cost, parental consent will be required.

## **PRACTICE TIMES**

Team practices are typically held before or after school. The morning practices start at 7am and conclude by 8:30am. The afternoon practices start at 4pm and conclude by 6pm.

## **GAME TIMES**

For high school - game times will typically be held in the afternoon and may require some missed class time. Since games are considered "school wide activities" student-athletes are excused from their classes however student-athletes are responsible for their classwork as assigned by the teacher. It is imperative that student-athletes discuss their classroom obligations with the teachers at the beginning of the season to determine a strategy for catching up with missed class times due to games. All game times and class dismiss times will be posted at the start of the team's season on utsblues.org.

For foundation - game times may be held in the afternoon or in all day tournaments. Student-athletes may miss class time due to their games and/or tournaments. Since athletic activities are considered "school wide activities" student-athletes are excused from their classes however student-athletes are responsible for their classwork as assigned by the teacher. It is imperative that student-athletes discuss their classroom obligations with the teachers at the beginning of the season to determine a strategy for catching up with missed class times due to games. All game times and class dismiss times will be posted at the start of the team's season on utsblues.org. Please note for some teams games sites will include a combination of home games (held at UTS) and away games (held at other school/gym sites). Game times, site locations, transportation mode and class dismiss times will be posted on the utsblues.org website.

## **SPORTS EXPECTATIONS FOR PARENTS AND STUDENT-ATHLETES**

We recognize that healthy sports experiences take commitment from student-athletes and their parents. These are the core values of the UTS Athletic program:

- \* Student-athletes and parents exhibit good sportsmanship and show respect for everyone associated with the program, including teammates, coaches, support staff, opponents and officials.
- \* Student-athletes and parents understand the value of competition without conflict and how to handle success with grace and failure with dignity. The spirit of excellence replaces the “win at all costs” mentality.
- \* Student-athletes and parents commit to a focus on lifetime health and fitness, including habits of fitness and good nutrition.
- \* Student-athletes and parents appreciate sports opportunities, regardless of the degree of success, the level of skill or time on the field.
- \* Student-athletes and parents respect coaches and appreciate the importance of contributing to the team and its success, even when there may be differences of opinion.

## **GOALS AND OBJECTIVES OF THE UTS ATHLETIC PROGRAM**

It is the desire of the Department of Athletics to achieve the following goals and objectives:

- A. To develop the student-athlete physically, socially, mentally and emotionally
- B. To develop in each student-athlete the concepts of loyalty, cooperation, fair play, dedication, determination and self-discipline.
- C. To develop a positive sense of self-respect and self-confidence in each individual.
- D. To develop positive attitudes that will enable students to function as responsible citizens.
- E. To develop in each student-athlete healthy and constructive attitudes towards winning and losing.
- F. To develop in each student-athlete the desire to develop his/her talents to the best of his/her ability; to strive to be the best that they can be.
- G. To develop a high degree of sportsmanship and respect for fellow athletes, coaches and officials.

## **UTS ATHLETIC POLICIES AND PROCEDURES**

The following procedures must be followed in order to participate on a UTS Sports Team.

### **1. Attend the Pre-Season Tryout Meeting**

Coaches will hold a meeting prior to the start of the team tryouts. It is mandatory student-athletes attend the meeting and secure the information regarding tryout dates, permission forms and any other pertinent information. Attendance will be taken at all preseason tryout meetings.

### **2. Complete and Submit the Online Athletic Permission Form 48 hours Before**

The permission form must be completed online and submitted online 48 hours prior to the first tryout. No student-athlete will be eligible to participate in the tryout without the permission form. The sport specific permission form's link is located on the utsblues.org website.

### **3. IMPACT Baseline Concussion Testing**

UTS will administer IMPACT Baseline Concussion Testing to all students in the fall during their UTS Physed classes and for the S6 students at designated times in the fall. The IMPACT test will be administered online in a UTS computer lab, the test is usually 30 minutes in duration. Baseline concussion tests, such as the IMPACT test, may provide useful information to assist in the identification and treatment of a student athlete suspected of sustaining a concussion. Further information about the IMPACT test can be found at their website - [impacttest.ca](http://impacttest.ca).

### **4. Uniform and Equipment Return**

The team uniform and any issued athletic equipment is UTS School property and must be returned within one week of the completion of the team's season. If the uniform and/or equipment is not returned the student will be responsible for the complete cost of the uniform/equipment and will be ineligible to play the next sport season until the uniform/equipment is returned and/or payment for the uniform/equipment is received by the Finance Department.

## **ATHLETIC DEPARTMENT EXPECTATIONS**

While team expectations may vary, the following Athletic Department Expectations and Guidelines will exist for all athletic teams:

1. Student-athletes are expected to be at all practice sessions through the season.
2. Student-athletes are expected to be on time to all practices, team meetings and athletic events.
3. Injured student-athletes are expected to attend all practices, team meetings and athletic events unless physically unable.
4. Student-athletes are expected to maintain high ideals of citizenship and sportsmanship.

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## **Team Guidelines and Expectations**

### **Excused and Unexcused Absences**

The following are considered **excused** absences from a practice or game. Any other type of absence is considered unexcused:

Medical emergencies, family emergencies, Religious Observances, Academic Reasons (after all other avenues of extra-help, etc. have been exhausted).

1. All student-athletes are expected to attend every scheduled practice, scrimmage, team meeting and athletic event unless excused by the coach.
2. The following guidelines shall be used when dealing with unexcused absences: Initial unexcused absences are discussed between the Head Coach and the Student Athlete. Frequent Unexcused Absences will result in a meeting with the Director of Athletics, Coach and Vice Principal for Athletics to determine his/her eligibility on the team.
3. If a student-athlete is absent from a practice, team meeting or athletic event, the student-athlete should notify the Head Coach prior to the absence.
4. All student-athletes are expected to be on time to all practices, team meetings and athletic events. All student-athletes are encouraged to attend academic extra help if needed. If a student-athlete attends academic help and will be late to practice, the student-athlete should bring a note from the teacher.
5. The Head Coach will determine excused and unexcused lateness to practice. Athletes should note that unexcused lateness would result in decreased playing time. Continued unexcused lateness may result in being dismissed from the team. If a student-athlete is aware that he/she will be late to a practice, team meeting or athletic event, it is the student-athlete's responsibility to inform the coach prior to the practice, team meeting or athletic event.

### **Participation in other Co and Extra Curricular Activities**

Athletes are encouraged to participate in school extra curricular activities and functions throughout the school year. Due to the size of our school, a collaborative effort should be made by the head coach, student-athlete and the staff advisor of the activity to allow for such participation when and where possible. Student-athletes should note however, that absence from practice, team meetings and athletic contests may result in decreased playing time.

## **Team Participation - General Guidelines**

### **Quitting a Team**

1. Any student-athlete dropping out of a sport should:
  - a. Notify the head coach
  - b. immediately hand in all issued athletic equipment to the head coach

### **Season Overlaps**

2. When an athletic season overlaps with another athletic season, a student-athlete will be allowed to complete the first season before beginning the second season without penalty.
3. A student-athlete will not be permitted to drop from one athletic team and begin participation

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on another athletic team during the same season unless permission is granted by the head coaches of the sport and the Director of Athletics.

4. Athletes are considered members of a team when they have completed one team practice.

### **Dual Sport Participation (Two sports in the same season)**

For High School Sport Teams only

No student-athlete is permitted to participate on more than one school sport team during the same season, due to the amount of time required for team practices and games and the amount of classes missed for game dismissals. For further information please contact the Director of Athletics.

### **General Policies - Storage Areas and Cleats in Hallways**

1. Student-athletes are not permitted in the main storage areas without permission and supervision from a staff member.
2. Cleated or spiked shoes are not permitted in the school building.

### **School Attendance - eligibility to attend practice and games**

Student-athletes are expected to attend school and be on time.

A) if a student-athlete is absent from school for illness or unexcused absence on the day of a game, a scrimmage, or a practice, he/she is not permitted to participate that day.

B) if a student-athlete receives an excused absence from school on the day of a game, scrimmage or practice, he/she is permitted to participate that day.

C) If a student-athlete receives permission for an early dismissal for reasons other than illness, he/she is permitted to participate that day

D) If a student-athlete is present in school and leaves school due to illness, the student-athlete is not permitted to participate that day.

### **Health and Physical Education Classes - Must Participate**

All student-athletes are required to participate in physical education classes. An in-season student-athlete with a medical excuse from physical education will not be allowed to participate on his/her athletic team until released in writing by a medical physician.

### **Early dismissal for Athletic Events**

When an early dismissal becomes necessary it is the student-athlete's responsibility to make up any and all work or assignments missed.

For early dismissals student-athletes must signout in the main office prior to departing the athletic event.

At the beginning of the season, when the schedule is announced, discuss all early dismissals with your classroom teachers - do not wait until the day before, inform at the start of the season.

## **Athletic Game and Practice Schedules**

The UTS Athletic schedules are available from the [utsblues.org](http://utsblues.org) website and the Parent E-newsletter.

You can also visit the association websites for the latest scheduling news; for high school the [tdcaa.org](http://tdcaa.org) and for foundation teams the [ssaf.ca](http://ssaf.ca).

## **ANTI-HAZING**

UTS is committed to providing the best learning atmosphere for our students. Hazing activities are inconsistent with our educational mission and will not be tolerated. Hazing is defined as “forcing or requiring another person (1) with or without the consent of the other person and (2) as a condition of association with a group or organization; to perform an act that creates a risk of bodily injury”. The American Heritage Dictionary, Fourth Edition, defines hazing as: “To persecute or harass with meaningless, difficult or humiliating tasks, to initiate by exacting humiliating performances from or playing rough practical jokes upon”. UTS will not tolerate actions by athletes that recklessly or intentionally endanger the mental or physical health or safety of a student. Disciplinary action will be taken against students who plan, encourage, or engage in hazing activities.

## **STAFF ATHLETIC COUNCIL**

The UTS Staff Athletic Council is composed of the Vice-Principal responsible for Athletics and the Director of Athletics. The Staff Athletic Council is in existence to hear appeals of athletes from decisions or exclusions by the coach and athletic department.

## **GAME CONDUCT SUSPENSION - TDCAA (HIGH SCHOOL)**

The TDCAA requires all student-athletes that have violated the game conduct rules to be suspended from further play until they attend a “Conduct Review Board”. The player along with either the UTS Athletic Director or the Coach will be attend the meeting. At the meeting the violation will be reviewed and the student-athlete will have an opportunity to explain his/her actions. The Conduct Review Board will render a decision on penalties shortly thereafter.

## **INJURY - RETURN TO ATHLETIC PARTICIPATION**

When a student-athlete has sustained an injury that requires removal from play or interferes with the student-athlete’s ability to participate the student-athlete must complete a Return To Athletic Participation Form. The form must be returned to the Athletic Director before the student-athlete can resume play or practice.

## **INJURY - SUSPECTED CONCUSSION RETURN TO ATHLETIC PARTICIPATION**

If a student-athlete is suspected of a Concussion they will be required to submit a completed "UTS Return to Play Concussion Related Form" to the Director of Athletics before he/she can resume participation on the team (this includes practices and games) or before the student-athlete participates in a new season of sport activity at UTS if the suspected injury occurred at the end of the sport season. The Return to Play Concussion Form will be given to the student-athlete by the Coach and/or UTS Athletic Therapist.

## **HIGH SCHOOL ATHLETIC BANQUET - END OF THE YEAR**

At the end of the school year, usually in June, the Athletic Department hosts an afternoon or early evening Athletic Banquet for High School Athletes to celebrate the participation and events of the past Athletic year. During the banquet awards will be given, such as:

- The Senior Male and Female Athletes of the Year
- The M3 Athlete of the Year
- The Sport Team of the Year
- The Coach of the Year
- The First and Second Athletic Letter recipients
- The Director of Athletics Awards
- And each team will recognize their MVP and Blues recipients

## **SENIOR AND JUNIOR ATHLETIC LETTER POINT SYSTEM**

Student-Athletes are responsible for keeping track of their athletic points. Points are awarded at the high school level only. All participation points will require the signature of the Team's Head Coach. Spirit points will require the signature of the Athletic Director. The following table explains the Athletic Letter point system. Please note the points listed below are the maximum points available for each category, it is the discretion of the head coach as to the actual number of points you will receive, for example - team member participation points are at a maximum of 100 points for a player with excellent attendance and effort.

## **ATHLETIC LETTER POINT SYSTEM (M3 TO S6)**

FIRST LETTER: A minimum of 1,000 points which must include 100 Spirit points.

SECOND LETTER: A minimum of 2,000 points which must include 200 Spirit points.

Point Definitions (use the tracking sheet to keep your point totals)

### **PARTICIPATION**

Team member	max of 100 points
League finalists	25
League Champions	50
OFSAA Participant	25
OFSAA Champions	200 points

### **SPIRIT**

Team Captain	50 points
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Team Assistant Captain	25 points
Team Manager	50 points
Student Team Coach for Foundation	50 points
Scorekeeper/Timekeeper per game	10 points
House Athletic Representative	200 points
Athletic Banquet Coordinator	100 points
Student Athletic Council Rep	50 points

Note - the point verification form must be handed in to the Athletic Director by May 1st for receipt of the Letter at the Athletic Banquet.



