



SUTHERLAND SECONDARY SCHOOL

Student-Athlete Expectations

Dear Sutherland Student-Athletes/ Parents/Guardians/Sponsors/Coaches,

Being selected to participate in the **Sutherland Athletic Program** is a privilege. Learning to cooperate in a competitive environment, improving your skill and fitness levels, and making new friends are only a few of the benefits. You are representing yourself, your team, your sport and Sutherland Secondary School when you travel, practice, play and learn in the school and on the field of play. This carries with it certain standards that must be upheld. Please read these expectations carefully with your parents and address any questions you may have to the Athletic Director.

Sport Commitment and Attendance

Student-athletes who choose to play a sport will need to make a commitment during that season and will be expected to maintain the balance between sport, student academic responsibilities as well as other life commitments. Staff and community coaches voluntarily give their time, and therefore athletes should do their best to give full commitment to activities in which they participate. Players are expected to attend all training sessions and games unless they are medically unable to or have made previous arrangements with the coach. Even if your health limits your physical participation (e.g., if you are injured), there is a great deal that can be learned by being present, observing and listening at team activities and meetings. School comes first; and therefore student athletes must plan ahead and make every effort to commit fully to both. For instance, if there is an important classroom activity an athlete may need to come a bit later for a game/event that day. If a test needs to be re-written – the athlete could plan ahead and ask to do the test at a time that does not conflict with the sport they have committed to. If an athlete knows that there may be a conflict between an outside activity and school athletics, then they are required to discuss this situation with the coach as soon as possible. Players who attend practices and team activities irregularly may not play as much. Ultimately, students may be asked to leave the team if they are not committing fully or attending regularly and meeting expectations. Any student who quits a team (after first league game) or is expelled from a team for any reason may be ineligible for all school sports activities for a period of time. In special circumstances you may be excused from the team, but only after your parent/guardian has discussed the situation with the Coach and the Athletic Director. Athletic fees will not be refunded to athletes who withdraw from their team, except under special circumstances.

Communication

When there are issues such as conflicts, injuries or other issues, the coaching team expects the player to make every effort to communicate to coaches. Parents can certainly help support communication, but we would like to hear directly from the players. This gives students a chance to act independently and responsibly in making plans for oneself. Talking directly to the coach always works best – but if unavailable an email is a good second option. Try and communicate well ahead of potential conflicts so that coaches can make alternate arrangements so the team does not suffer.

Citizenship and Learning

Sutherland Student-Athletes are expected to be committed learners first, and maintain a high standard of behaviour and attitude as a part of the Sutherland Athletic Program. All athletes, coaches and sponsors, are expected to conduct themselves in an appropriate and responsible manner at all times. This includes sportsmanship on and off the field. Our Sutherland Code of Conduct is in place whether you are at a practice, game or tournament away from the school. We expect our athletes to be ambassadors of our school when they go into the community for athletics. Furthermore, student-athletes are students first and must use sports to enhance their learning not detract from it. If a teacher or school staff member feels that you are not meeting the expectations of learning (with regards to attendance, attitude, and performance) a meeting may be called with you, the coach, your parent/guardian, the teacher, and a counselor and/or administrator to discuss your commitments. If it is determined that you are not meeting expectations in the classroom, you may be, at the discretion of the Coach, Athletic Director, or Administration, suspended from your athletic team until those expectations are again being met. School Attendance If you are not going to classes then you do not deserve the privilege of playing on extracurricular sports. Students must maintain a good attendance record and try their best to be present and engaged in all their classes. Remember, you must attend classes on the day of practice or competition (which includes participating in Physical and Health Education), unless you have been given permission to leave early (i.e., an early dismissal). You are required to communicate an early dismissal to your teacher at the beginning of the class you are missing by politely reminding them that you are scheduled to leave early. It is your responsibility to talk to your teacher about making up any work that you missed. If you have a quiz or test that day, is it your responsibility to make arrangements with your teacher to make it up. It is expected that you will make every attempt to communicate with your teacher ahead of time if you know you will be missing a quiz or test.

Uniforms and Team Equipment

School athletic resources are limited. Lost or damaged school athletic resources have a direct impact on other students' opportunity to play that sport. Therefore, we rely on students to do their best to take care of school uniforms and team sport equipment they use. Most sports require students to borrow a uniform. Uniforms should be kept in good condition and only used when necessary for team events. Uniforms damaged or unreturned will result in a charge for the full cost of the uniform replacement. Uniforms returned late will result in a late charge.

To conclude, Sutherland is known as a program that competes with the best, but acts in a manner that brings pride to its community. While the above expectations are serious I know that our Student-Athletes will exceed what is expected of them. I look forward to a successful Athletic season and every student experiencing a positive experience in the Sutherland Athletic program.

Kind Regards,
Paul Ruben (Vice-Principal responsible for Athletics) and Ian Peers (Athletic Director)

I have read and understand the above Student-Athlete expectations:

_____	_____	_____	_____
Print Student Name	Student Signature	Parent Signature	Date