



St. Albert Catholic School

1125 Midland Avenue

Toronto, Ontario M1K 4H2

416-393-5335

Sport or Club Student Participation Contract

STUDENT NAME _____ **SPORT** _____

I understand that a fulfilling educational sport experience requires the exercise of responsibilities on the part of both personnel associated with the athletics program and student-athletes. As a student-athlete, I understand my responsibility to commit to the principles of self-discipline, collaborative effort and team building, and to be an ambassador for St. Albert Catholic School.

Academic Standards

I understand that the Physical Education Department is committed to the philosophy that student-athletes are students first and foremost and that all student-athletes must exhibit behaviours that demonstrate a commitment to maximizing academic success as their first priority. I understand that the Physical Education Department at St. Albert has created the following standards, strategies, and policies to maximize the possibility of student-athletes meeting their academic goals. I understand that I am obligated to comply with these standards:

- Student-athletes must adhere to all academic requirements (class work, homework, coming to class regular, avoid late arrivals, etc.) specified by the classroom teacher and Principal.
- Student-athletes' academic progress is monitored by the classroom teacher and Special Education teacher. If at any time, the Principal receives academic information that a student-athlete is not meeting his or her responsibilities (i.e. rude/disrespectful behaviour towards staff or students, failure to complete class work, excessive absences, any violation of school policies, etc.) the Principal/Vice Principal will meet with the Coach and to determine if playing or practice privileges will be restricted, suspended, or terminated.
- If a student-athlete's grades begin to drop according to the classroom teacher(s), he or she will become automatically ineligible to participate until the grades reach an acceptable level.
- Sports schedules are designed to minimize missed class time. While classes missed for regular- or post-season contests, the expectation is that student-athletes will make every effort not to miss any additional classes and will only do so under extenuating circumstances such as illness or family emergency. Excessive absences may result in restriction of a student-athlete's participation in practice or competition. Student-athletes will also ensure missed assignments are completed – it is the responsibility of the student-athlete to talk to the classroom teacher(s)
- Student-athletes are not permitted to miss any regularly scheduled classes for activities other than scheduled athletics competitions, unless approved by the Principal.
- Student-athletes are expected to meet all deadline dates for class assignments and are required to make pre-arrangements with teachers when quizzes, tests or special assignments conflict with sporting/club dates.

Behavioral Expectations

I understand that student-athletes are visible representatives of St. Albert Catholic School both when at school and when at home or outside the school. It is fully understood that our students' behaviors are often closely scrutinized by the media and general public. Student-athlete behavior affects public perception of St. Albert's policies, goals, ethos, school standards, the character of the student body, and the moral tone of the school. Therefore, it is a strict expectation that student-athletes will demonstrate consistent role model behavior, sportsmanship and self-control. More specifically:

- Student-athletes must be committed to fair play. Intentional acts of unsportsmanlike behaviour or cheating will not be tolerated.
- When representing their teams during competition, student-athletes will exercise self-control in all ways including, but not limited to, resisting the use of profanity, demonstrating unnecessary aggression or hostility towards others, making inappropriate physical gestures, taunting or excessively celebrating, and disrespecting coaches, officials, teammates or opponents.
- Student-athletes are prohibited from interacting in any negative way with fans.
- When interacting with the media, student-athletes are expected to remain positive and not use media interviews as a platform to share personal frustrations about the team, coaches, or our school and/or school board or to make any negative comments about opponents or officials.

Physical Conditioning and Training

I understand that physical conditioning and training programs in preparation for athletics performance as designed and supervised by coaches and other staff require intense physical activities, constant feedback, and creating benchmarks to maximize each athlete's potential and team success. I understand that participation in training, try-outs, and instruction is an educational process that requires collaboration between school staff and student-athletes, especially as such collaboration is intended to minimize the inherent risks associated with intense physical activities that can also be mentally and emotionally challenging. Therefore, I understand the need for and accept the following participation responsibilities:

- Report to my coach, any change in my physical, mental or emotional well-being that may affect my ability to participate safely. This includes any additions of prescription medications or over the counter supplements or injury.
- Commit to completing all conditioning activities and practice session I am asked to perform to ready me for the physical, mental, and emotional stress associated with my sport unless I have documented limitations that have been approved by the medical doctor.
- Follow the guidelines given to me by my coaches regarding hydration, sleep, and nutrition.
- Communicate with my coach any time I feel any abnormal or laboured physical response to exercise (i.e. pain, nausea, shortness of breath, dizziness, etc.) and to stop the activity immediately.
- Communicate with my coach any time I feel incapable of continuing to participate due to any physical, mental or emotional distress. I understand that I will not be subjected to any retribution if I self-report physical, mental, or emotional distress and elect to discontinue participation.
- Communicate with my coach if I come become aware of another athlete's abnormal or laboured physical, mental, or emotional response to any activity.
- Willingly discontinue participation any time a coach tells me to and, if applicable, follow their directives regarding follow-up meetings with medical staff or other appropriate professionals.
- Recognize that participation decisions regarding the safety, health, and well-being of any student-athlete must be made by staff members and medical doctor(s), if applicable. Parents may not override these decisions.

Teamwork and Team Expectations

I understand that team unity and team chemistry are key variables for a positive and successful athletics experience. Commitment to team goals is essential which, at times, may take precedence over individual goals. However, I understand that the Physical Education Department does not subscribe to a team culture based on intimidation or mandatory allegiance to questionable practices and requires that all student-athletes be treated fairly and equitably by coaches, support staff, and teammates. Under these conditions, I understand that student-athletes are expected to exhibit a level of selflessness that promotes team goals and discipleship. More specifically:

- Student-athletes are expected to abide by team rules that have been constructed by the team, approved by the coaches, approved by the Head of the Physical Education Department and the Principal, and attached to this agreement.
- Student-athletes are expected to abide by all TCDSB guidelines and policies.
- Student-athletes are expected to report any actions that contravene the expectations and guidelines established at St. Albert Catholic School, to their coach immediately.

Policy Agreement in Participation Standards

I agree to accept the participation standards and policies listed above and knowingly accept that violations of these standards may result in a variety of sanctions by the St. Albert Physical Education Department including, but not limited to restriction, suspension from, or termination of participation in the athletics or club programs.

Student-Athlete Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Albertus Magnus



Semper facere bonum, quod bonum est faciatis