

EDEN ATHLETICS

2023-2024



STUDENT-ATHLETE HANDBOOK

Background

At Eden High School, we value the experience that students can have through athletics. The athletic extra-curricular activities are designed to compliment the educational experiences of Eden High School and provide a framework to develop each students' further potential, both as an individual and as a responsible citizen who models the exceptional standards of the Eden school community.

Our goal is to provide a positive experience for as many students as possible. This depends on the understanding and partnership between students, coaches, guardians, and the school. At Eden High School, we are fortunate to have many volunteer coaches to run a wide range of athletic programs. Please review the following information so you are familiar with some of the guidelines that help our athletics programs run smoothly.

Code of Conduct - Students, Coaches, Spectators

Individuals are expected to develop and show exemplary character, on and off the playing field. Athletics is not just about play and competition, but sportsmanship. Whether a team or individual sport, student-athletes, coaches, spectators are reminded that they should align their goals with the team's success and the school's reputation:

- Be the student-athlete, coach, or spectator you would want on your team
- Play, coach, and watch for the purpose of enjoying the sport
- Put forth your best effort and do what is best for the team and school environment
- Be humble when winning and graceful in learning
- Be respectful and play in accordance to the rules
- Accept the decision of the officials without protest
- Treat all individuals, including visiting teams and spectators as welcomed guests
- Recognize and applaud the efforts of your teammates and opponents

Tryouts

Students are expected to listen regularly to announcements and visit our social media platforms for full tryout information. Prior to trying out for any athletic program, review the following:

- If you are new to Eden, complete an OFSAA Transfer Form and submit to Ms.Pavlovich
- New to Eden = registered at another school even for a day, attended a high school other than Eden in grade 9, 10, 11, or 12
- Complete a Permission to Participate Form for Athletics prior to attending any tryout.
- A Permission to Participate Form must be completed for each sport
- Individual or team sport students can typically expect 2 or 3 tryout dates, after which the coach will select a team and make cuts if necessary
- Students must attend all required tryouts to be considered for the team
- Students are encouraged to communicate with their coach if they are not successful in joining a team
- A potential team list will be shared with staff and administration, and for academic or behavioural reasons, a student may not be allowed to participate

Student-Athlete Expectations

Once selected for an athletic program, students are to review the following student-athlete expectations:

- Students are expected to maintain good academic standing. When a student's academic progress is at risk, through dialogue with staff and students, participation in extracurricular sports may be withheld, until changes are made.
- While efforts are made to provide valuable game experience to students, playing time is awarded at the discretion of the coach. Players should not expect time in league games only because they have made the team, paid athletic fees, or have been in regular attendance at practice.
- All safety protocols must be followed to provide a safe sporting environment.

- Commitment to regular practice will allow students to develop their skills and knowledge of the game to prepare best for success in games. If a player cannot make a practice, they will notify the coach through the policies they have set up.
- Student-athletes are encouraged to play a maximum of 1 team sport during a sport season. If playing more than 1 sport, all coaches must agree to student-athlete training schedule and commitment expectations prior to season.
- Gym schedules can be found on instagram, edenathletics.org, or on the Athletics board outside of Gym AB.
- Respectful approaches to concerns from a player or guardians must always be raised in a discreet manner, coaches will not respond to public confrontations. A meeting can be arranged so that these issues are discussed privately.
- Students are expected to be present for all four periods of the school day in order to participate in practices and/or games that day. If you must be away for reasonable and extenuating circumstances, it is your responsibility to communicate this to your coach prior to the day of practice/game in order to play.
- Students that miss class time due to league games or tournaments, must communicate in advance with their teachers of their absence, and should verify assignment dates. It is the student's responsibility to remain caught up in class.
- When on trips to other schools for games or tournaments, students are still under the jurisdiction of school rules and will be subject to the same consequences as though they were in a class setting. Furthermore, they are representatives of the school and should act as ambassadors.
- Student-athletes must adhere to DSBN transportation policies.
- If a student-athlete is diagnosed with a concussion, they are unable to participate in any practice or game until they are cleared by a medical professional and complete the Return-to-Learn and Return-to-Play Concussion Protocol.
- If a student-athlete is selected for a team, but is no longer interested in being a part of the team, they should clearly communicate this with their coach.
- Some teams may require an athletic fee to cover auxiliary expenses and will be communicated during try-outs. Please speak directly with Mrs.Parlatore if you have any concerns regarding athletics fee payment.
- Team uniforms are to be returned at the end of the playing season. A \$100 fine may be applied if the uniform is missing, damaged, or not returned.

Electronic Signature By completing the Permission to Participate Form for your sport, you adhere to the policies outlined above and

Fall Sports (September - November)

Team:

- Junior girls basketball
- Senior girls basketball
- Field hockey
- Football
- Junior boys volleyball
- Senior boys volleyball

Individual:

- Cross country
- Golf
- Tennis

Winter Sports (December - March)

Team:

- Junior boys basketball
- Senior boys basketball
- Boys curling
- Girls curling
- Boys hockey
- Girls hockey
- Junior girls volleyball
- Senior girls volleyball

Individual:

- Squash
- Swimming
- Wrestling

Spring Sports (April - June)

Team:

- Boys baseball
- Girls slo-pitch
- Boys rugby
- Girls rugby
- Boys soccer
- Girls soccer
- Ultimate

Individual:

- Badminton
- Track and Field

Additional Opportunities (September - June)

- Cheerleading
- Dance Team
- Athletic Council
- Game Day Crew
- Athletic Team Manager
- Tournament Volunteers
- Sports Photography

Resources

[OFSAA Transfer Form](#)

[Eden Athletics Instagram](#)

[Eden Athletics Website](#)

[Eden High School - School Cash Online](#)

[Niagara Region High School Athletic Association \(NRHSAA\)](#)

[Southern Ontario Secondary Schools Association \(SOSSA\)](#)

[Ontario Federation of School Athletic Association \(OFSAA\)](#)

Contact Information

Principal - Mrs. Kelly Parlatore
kelly.parlatore@dsbn.org

Athletic Director - Ms. Stefanie Pavlovich
stefanie.pavlovich@dsbn.org