

UTS ATHLETIC DEPT.

UNIVERSITY OF TORONTO  
SCHOOLS  
STUDENT ATHLETE HANDBOOK  
ATHLETIC DEPARTMENT  
2007/2008 SEASON  
M3 TO S6 GRADE LEVELS

## UTS ATHLETIC DEPT.

## 2007-2008 UNIVERSITY OF TORONTO SCHOOLS STUDENT- PARENT ATHLETIC HANDBOOK

### UTS HIGH SCHOOL 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 Secondary Schools Athletic Associations, TDSSAA, 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 also provide 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 M3 through S6 compete in the Toronto District Secondary Schools Athletic Association, one of the finest Athletic Associations in Ontario and Canada. UTS has participated in the TDSSAA and its' various historical derivatives for over seventy-five years. Our UTS Sports teams are increasingly achieving success and representing the TDSSAA at the Provincial Championships (OFSAA).

UTS high school sport teams compete in a fall, winter and spring season. The table below identifies the sport teams by season by age classification. Please note the Varsity classification represents teams that are comprised of students from M3 to S6.

#### FALL SPORTS

SPORT TEAM	MALE/FEMALE/COED	AGE	SEASON	TEACHER COACH
BASKETBALL	FEMALE	SENIOR	FALL	MR. KOLLINS
BASKETBALL	FEMALE	JUNIOR	FALL	MR. KENNEDY
CROSS COUNTRY	MALE/FEMALE	BANTAM	FALL	MR. MISKEW/MS. SHUGARMAN
		JUNIOR		MR. MISKEW/MS. SHUGARMAN
		SENIOR		MR. MISKEW/MS. SHUGARMAN
FIELD HOCKEY	FEMALE	VARSIITY	FALL	MS. SANGHERA
GOLF	COED	VARSIITY	FALL	MR. KENNEDY
TENNIS	MALE/FEMALE	VARSIITY	FALL	MS. M. HALL
VOLLEYBALL	MALE	VARSIITY	FALL	MR. COPE

J. Kennedy  
Athletic Director

## UTS ATHLETIC DEPT.

**WINTER SPORTS**

<b>SPORT TEAM</b>	<b>MALE/FEMALE/COED</b>	<b>AGE</b>	<b>SEASON</b>	<b>TEACHER COACH</b>
BASKETBALL	MALE	SENIOR	WINTER	MR. KOLLINS
BASKETBALL	MALE	JUNIOR	WINTER	MR. CAMPBELL
CURLING	MALE	VARSITY	WINTER	MS. STOYKA
	FEMALE	VARSITY	WINTER	MS. STOYKA
	COED	VARSITY	WINTER	MS. STOYKA
ICE HOCKEY	MALE	VARSITY	WINTER	MR. KENNEDY
SWIMMING	MALE	ALL	WINTER	MS. WINSTON/EWING
SWIMMING	FEMALE	ALL	WINTER	MS. WINSTON/EWING
VOLLEYBALL	FEMALE	SENIOR	WINTER	MR. SZETO
VOLLEYBALL	FEMALE	JUNIOR	WINTER	MS. THOMPSON
WRESTLING	MALE	VARSITY	WINTER	MR. CHUVALO
WRESTLING	FEMALE	VARSITY	WINTER	MS. CHUVALO

**SPRING SPORTS**

<b>SPORT TEAM</b>	<b>MALE/FEMALE/COED</b>	<b>AGE</b>	<b>SEASON</b>	<b>TEACHER COACH</b>
BADMINTON	MALE/FEMALE/COED	VARSITY	SPRING	MS. EWING
RUGBY	MALE	VARSITY	SPRING	MS. KENNEDY
RUGBY	FEMALE	VARSITY	SPRING	T.B.D.
TRACK/FIELD	MALE/FEMALE	ALL	SPRING	MS. THOMPSON
ULTIMATE	COED	VARSITY	SPRING	MS. CESCON
SOCCER	FEMALE	VARSITY	SPRING	MR. CHALMERS/WILSON

**ATHLETIC DEPARTMENT POLICIES**

Participation in athletics is a privilege earned by meeting the rules and standards set by our school, the conference and the provincial association, OFSAA. Students who have questions concerning eligibility should contact the Athletic Director.

**ACADEMIC ELIGIBILITY**

To be eligible for athletics a student must:

- meet the academic standards of UTS
- be a full time student

**ABSENCE DUE TO ILLNESS OR INJURY**

An athlete who misses 5 consecutive days of school or athletic participation due to illness or injury must obtain written permission from a physician and/or parent and present this to the Athletic Director or coach before they may again become eligible for participation. Athletes should obtain a "Return to Participation" form from the coach or Athletic Director for completion.

**ACADEMICS**

Student athletes should manage their time in such a way as not to have to miss practices, competitions, or school in order to participate in athletics and achieve successfully in academics. If this cannot be done, students should NOT be involved in athletics. Academics must always be a higher priority than athletics.

J. Kennedy  
Athletic Director

## UTS ATHLETIC DEPT.

### **ATTENDANCE**

Student athletes are expected to make school attendance a priority. This includes attendance both the day of and the day after athletic contests. Student athletes are expected to be in attendance at school on time the day of games.

Student athletes are dismissed early for contests that require travel time or early game starts. Students will be notified of their early dismissal times by their coach. Students must attend classes until the time of dismissal. Upon departure from the class all athletes must sign out in the main office using their respective team signout form. A failure to signout will result in penalties including a failure to play for repeated violations.

### **CONDUCT AND CHARACTER**

Students shall not be eligible to participate as athletes if they:

- do not represent our school in a becoming manner, or
- are serving a suspension from UTS or the TDSSAA

### **CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

UTS recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students are also urged to use caution in attempting to “specialize” too much, thereby denying themselves a well-rounded high school career. Students, however, should be cautious about participating in too many activities. Interscholastic sports at the high school level require a substantial time commitment which usually extends Monday through Friday from the first official day of practice until the end of the season. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favour of the high school team. This would not include such things as significant religious holidays, participating in a relative’s wedding, a family obligation, etc.

If a conflict between activities arises, the student should notify the teacher coach and/or the teacher sponsor involved and attempt to resolve the conflict as equitably as possible. If the conflict persists, the student may contact the Athletic Director for assistance.

### **EQUIPMENT ISSUE AND RETURN**

The University of Toronto Schools endeavours to provide each team member with the best and safest equipment available. All equipment issued to an athlete is expected to be returned in the same condition as when issued (excepting normal wear and tear) or the athlete is expected to compensate the Athletic Department for the lost or damaged equipment. Students are expected to return their uniforms and equipment to their coach within five days of their season’s end. No new athletic equipment will be issued to the student until all outstanding equipment is return or compensated.

### **MULTIPLE SPORT PARTICIPATION**

The University of Toronto Schools Athletic Department supports the concept of participating in more than one school sport. High school coaches should not establish expectations “out of season” which would prohibit or restrict a student’s participation in another sport which is in season. A student athlete who wishes to participate in more than one sport in the same season (fall, winter, spring) must have prior approval of the coaches, teachers, parents and Athletic Director. A schedule resolving all practice and competition conflicts must be established prior to the season and the student athlete will be asked to designate a “primary” sport if necessary.

### **NUTRITIONAL SUPPLEMENTS**

The University of Toronto Schools does not encourage or endorse the use of any type of nutritional supplement. The use of products such as protein supplements, creatine, weight gain and/or loss products, etc. is a decision to be made by the student athlete and their parents. This decision should be made in consultation with a physician.

J. Kennedy  
Athletic Director

UTS ATHLETIC DEPT.  
**PARENT/STUDENT PERMISSION FORM**

The Toronto District Secondary School Athletic Association's permission form is found on the back of this handbook, additional copies will be distributed at the each team's preseason meeting. The form must be completed and returned to your coach before the start of the first tryout in order for a student to be eligible for athletic participation. The signature of a parent and athlete indicates that each have read, understood and agreed to abide by the stated policies.

**PHYSICAL EXAMS**

Students desiring to participate in interscholastic athletics should undergo a physical examination performed by a doctor prior to the first practice of any sport. All relevant medical information should be noted on the TDSSAA Athletic Permission form.

**PRESEASON TEAM TRYOUT MEETINGS**

Students intending to participate on a interscholastic team must attend the "Preseason Team Tryout Meeting". The meeting will be set by the Head Coach of the team to discuss the dates of tryouts and other important information regarding the upcoming season. Attendance at the meeting is mandatory, the number present will determine the viability of operating the team for the upcoming season. Information for the Preseason Team Tryout Meeting will be posted by the Head Coach in the Form Notices.

**SANCTIONED SPORTS**

As a general rule the University of Toronto Schools sanctions the sports which are sanctioned by the TDSSAA. New requests for sport teams must take into account the number of schools available for competition, costs, supervision, availability of facilities, availability of qualified coaches, student interest, etc. All new sport team request must be discussed with the Athletic Director and submitted to the Athletic Council and Senior Management Team for approval.

**TRANSFER STUDENTS**

Parents of students who wish to participate in athletics at the University of Toronto Schools but who did not attend UTS in grade M3, the previous school year, are required to complete an Athletic Transfer Report Form. The transfer form will be sent to the student's former school and to the TDSSAA for approval. Transfer students should meet with the Athletic Director at the very beginning of September, if possible. TDSSAA League transfer meetings are held infrequently throughout the year and therefore the sooner the form is completed the better the chance of eligibility by the start of the season. Transfers students who have not completed the form and have not received TDSSAA approval cannot attend or play in any exhibition, tournament or league games.

**TRAVEL**

UTS athletes are required to travel to athletic contests by the transportation modes approved by the parent/guardian on the TDSSAA Permission forms completed prior to the start of the Season. UTS students travel to most away contests by public transit. Parents can approve of students traveling to games by use of a private vehicle but they cannot transport other players/students. Occasionally a private charter bus will be hired to transport the team to an away game.

**WEIGHT ROOM**

Students are not permitted to the use the weight room facilities without teacher supervision. Students are urged to request assistance from the teacher-coaches when planning and initiating a workout regimen.

## UTS ATHLETIC DEPT.

**UNIVERSITY OF TORONTO SCHOOLS  
ATHLETIC TRAINING RULES**

Participation in school athletics is a privilege that carries with it varying degrees of responsibility, recognition, and reward. Participating students represent their school and other members of the student body, and it is their duty to conduct themselves in a manner that is positive for themselves, their families, their school, and their community.

**EXPECTED STANDARDS OF CONDUCT FOR ATHLETES**

- The good of the team is first and foremost.
- All players will devote themselves to positive sportsmanship
- All athletes will care for all equipment as though it was their own personal property.
- All athletes will respect the training rules as given to them by the coaching staff
- Sport officials will receive courteous respect from all athletes
- Athletes should appreciate that coaches, teachers and school officials have the best interests of all athletes in mind as they equip, schedule and conduct the athletic program

**ANTI-HAZING**

The University of Toronto Schools is committed to providing the best learning atmosphere for our students. Hazing activities are inconsistent with our educational mission and will not be tolerated in the Athletic Department. 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”. The University of Toronto Schools Athletic Department 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.

**ATHLETIC COUNCIL**

The UTS Athletic Council is composed of the Vice-Principal responsible for Athletics, the Athletic Director and the Coach of the sport involved with the athlete in question. The Athletic Council is in existence to hear appeals of athletes from decisions or exclusions by the coach and athletic department.

**SCHOOL WIDE AND LEAGUE WIDE TRAINING RULES**

The following training rules shall apply to all athletes or any other student associated with athletic teams in grades F1 to S6.

1. **Violations of School Rules**  
Students may not compete, practice or participate in any way with an athletic team during a suspension from school. Less serious violations of school rules are to be handled by the Head Teacher Coach.
2. **Violations of League Association Rules**  
Student may not compete, practice or participate in any way with an athletic team while serving a league/association suspension from the team.

**TEAM RULES**

Specific team rules may be set forth by the Coach of Each Sport. These Rules and the Penalties for breaking them will be presented to the Athletes by the Coach in the Preseason meeting of the that Sport. These written regulations will be on file with the Athletic Director.

J. Kennedy  
Athletic Director

## UTS ATHLETIC DEPT.

## UNIVERSITY TO TORONTO SCHOOLS' ATHLETIC AWARDS AND BANQUET

At the end of every school year the University of Toronto Schools will host an "end of the year" Athletic Banquet to celebrate the sport achievements throughout the academic year. Students can purchase tickets to the Banquet from the Athletic Director and/or the Student organizers. The following information describes the awards and athletic point system. It is important to note that each student is responsible for keeping track of their sport participation throughout their high school years at UTS. Students must ensure the Head Coach, for team achievements, and the Athletic Director, for support work, have signed the appropriate forms before submitting the form to the Athletic Director. All students eligible for an Athletic Point Award must submit the completed form to the Athletic Director prior to the first school day of April to receive their year end award.

The following table outlines the point totals and distribution required to earn you First and Second Athletic Letters. Please note all Participation Points will require the signature of the coach. Spirit points will require the signature of the Athletic Director or Activity Staff Supervisor.

### 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:**

**Participation**

Team member (in good standing)	max 100pts
Captain	50
Asst. Captain	25
TDSSAA Finalists	25
TDSSAA Champions	50
OFSSAA Participant	25
OFSSAA Champions	50

**Spirit**

Team Coach	100
Team Asst Coach	50
Team Manager	50
Scorekeeper/Timekeeper	10 pts/game
Intramural	5/game to a max of 50
House Event Participation	10/event
House Athletic Representative	200
Athletic Banquet Coordinator	100

**Note** – If you participated in athletics at another school, a letter is required from your former school's Athletic Director and/or CL of Health and Physical Education listing your involvement so that the points can be counted towards your First and Second Letters.

**Reminder** – the Point Verification sheets must be returned to the Athletic Director, with proper signatures, prior to April 1<sup>st</sup> of the academic year for receipt of the appropriate Letter (First or Second).

J. Kennedy  
Athletic Director

UTS ATHLETIC DEPT.

**ATHLETIC LETTER POINT VERIFICATION SHEET BY GRADE LEVEL**

**STUDENT NAME (PRINT):** \_\_\_\_\_

*HAND IN ALL COMPLETED FORMS BY GRADE LEVEL BY APRIL 1<sup>ST</sup> OF THE YEAR OF YOUR FIRST OR SECOND LETTER.*

**SUBMITTED FOR :**            **FIRST LETTER** \_\_\_\_\_ (1,000 POINTS WHICH MUST INCLUDE 100 SPIRIT POINTS)  
    **SECOND LETTER** \_\_\_\_\_ (2,000 POINTS WHICH MUST INCLUDE 200 SPIRIT POINTS)

**POINT ACCUMULATION BY GRADE BY ACTIVITY**

<b>GRADE LEVEL:</b> _____	<b>SPORT</b>	<b>SPORT</b>	<b>SPORT</b>	<b>SPORT</b>	<b>SPORT</b>
TEAM (WHICH SPORT/LEVEL)					
NAME OF COACH (PRINT)					
TEAM MEMBER 100pts (Coach Signature)					
CAPTAIN 50 pts (Coach Signature)					
ASST. CAPTAIN 25pts (Coach Signature)					
TDSSAA FINALIST 25 pts (Coach Signature)					
TDSSAA CHAMP 50 pts					
OFSAA PART. 25 pts (Coach Signature)					
OFSAA CHAMP 50 pts Coach Signature)					
TOTAL PARTICIP.					
<b>SPIRIT</b>					
TEAM COACH 100 pts (AD Signature)					
TEAM ASST COACH 50pts (Coach Signature)					
TEAM MANAGER 50 pts (Coach Signature)					
SCORER/TIMEKPR (Coach Signature at end of season)					
INTRAMURALS (AD Signature at end of season)					
HOUSE ATHLETIC REP (AD Signature)					
ATHL BANQ COORD (AD Signature)					

TOTAL POINTS: PARTICIPATION AND SPIRIT FOR GRADE LEVEL= \_\_\_\_\_

STUDENT'S SIGNATURE: \_\_\_\_\_

J. Kennedy  
 Athletic Director