

Niverville High School PARENTS Handbook
2023-24



High School Athletics - the Other Half of Education

Being a Part of the Team: The Positive Parent Role

Signing your son or daughter up for a team means that he or she will become a teammate. As a parent, you will likely have many conversations with your young athlete about sharing, supporting, and working through conflict as he navigates this important role. Have you thought about the new role that you'll also take on once you've added your child's name to the roster? What exactly does it mean to be a student-athlete parent? The student-athlete's job is clear. He is there to work hard, have fun, learn, and grow. The coach's job is also straightforward. She is the leader, organizer, and teacher. It is the coach's role to develop the athletes and design a safe and effective plan for the season and each competition. So where exactly does that leave you? Chauffeur? Fan? Financier? Support network? How can the student-athlete's parents best support both the coach and athlete?

A student-athlete's parents:

- ◆ Supports his/her athlete unconditionally
- ◆ Helps the coach or officials when asked
- ◆ Leaves the coaching to the coach
- ◆ Focuses efforts on cheering for the things all players do well and doesn't look for things to criticize
- ◆ Lets the experience be the student-athlete's
- ◆ Stays in control of emotions

A student-athlete's parents do not:

- ◆ Overemphasize winning, championships, or a career in sports
- ◆ Rush his/her student-athlete through the early fun stages into more serious training before he is ready
- ◆ Use the car ride home to do an in-depth game analysis

- ◆ Undermine or override the coach's decisions

Parent - Coach Relationship:

- Your son/daughter should be invited to join Teamsnap and you should be added by your son/daughter.
- Practice/game and tournament schedules will be shared as early as possible via email and/or Teamsnap
- Work with and support the coach in their efforts
- Wait 24 hours before raising concerns to your coach
- If concerns are not addressed adequately by your student-athlete's coach, contact the school athletic director for assistance

2023-24 Fees

Sport fees are charged to cover the cost of entering the league, entering tournaments and wear and tear on uniforms. Fees are posted and collected through the Parent Portal. Fees should be immediately after tryouts have been completed and the team is made.

Sport	Fee:
Soccer	\$75
JV Volleyball	\$150
Varsity Volleyball	\$175
JV Basketball	\$175
Varsity Basketball	\$200
Badminton	\$10
Track	\$25
Baseball	\$60

Transportation

For games and tournaments buses will be booked by the athletic department for transportation to and from events. Players are expected to travel on the bus with their team. In exceptional circumstances players may be driven by their own parents to or from a game or parent with their coaches permission. PLayer's may not travel with another player's parents even with permission.

Shared Respect and Fair Play Code for Parents

Respect The Game

Consider your role in showing “Respect” for the game, and for the people who make this the great game it is. How much do you RESPECT the game and all its participants?

Check off the statements that apply to you.

- The safety of the participants in the game is more important than the final score.
- I value the contribution of the coach in developing the player’s talents, even though I may not always agree with their methods.
- I understand that officials do not make the sports rules, they only apply them.
- I understand that children learn from adults, and my behaviour reflects what I want children to learn.
- I understand that officials are responsible to ensure that the game is played in a safe and fair manner for all participants.
- I understand that players, coaches and officials are learning the game, and mistakes will be made in the learning process.
- I may not cheer for the opposition team, but I will also not cheer against them or verbally abuse them.
- I understand that the biggest reason for players and officials quitting the game is abuse.

Fair Play Code for Parents

- I will not force my child to participate in sports.
- I will remember that my child plays sports for his or her enjoyment, not mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one’s best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good plays/performances by both my child’s team and their opponents.
- I will never question the official’s judgment or honesty in public.

- I will support all efforts to remove verbal and physical abuse from children's sports.
- I will respect and show appreciation for the volunteer coaches who give their time to provide sport experiences for my child.

10 Ways to Become a Good Sports Parent

1. Get involved with your son or daughter's team in a positive way.
2. Let your son or daughter know you enjoy having them involved with the game.
3. Don't lose perspective; emphasize the values associated with the game.
4. Be supportive and don't let expectations become a burden to your son or daughter.
5. Model respectful behaviour for your son or daughter.
6. Be there for your child whether they win or lose.
7. Make safety, respect, fair play and fun a priority.
8. Support your child emotionally.
9. Encourage your child to participate but avoid pressuring them to play the game.
10. Communicate with your son or daughter's coach in a professional, effective manner.

Concussion Protocol and Management

If a student is experiencing concussion-like symptoms or has informed the teacher/coach that they have a concussion, the student is to be immediately removed from all activities and play and are not allowed to return to activity/play until assessed by a doctor. Direct supervision is required of all students suspected of having a concussion. Parents/Guardians are to be called to transport their child to the doctor upon discovery of a suspected concussion.

Definition of a Concussion: Temporary change in a person's mental state as a result of a trauma to the head, face, jaw, or neck area (whiplash) **not necessarily with loss of consciousness.**

A student (adult) who may have experienced a concussion can display a wide variety of symptoms:

Visible Clues, Signs and Symptoms include but not limited to:

Headache/pressure in head	Dizziness	Neck Pain
Feeling "dinged" or stunned	Felt like "bell rung"	Feeling "slowed down"
Seeing stars	Feeling dazed/ "in a fog"	Sensitivity to light or noise
Double or blurred vision	Ringing in ears	Nausea /vomiting
Sleepiness	Poor balance	Confusion
Disorientation (time, date, place)	Slow or slurred speech	Slow response to questions
Poor concentration/easily distracted	Decreased playing ability	Loss of consciousness
Vacant stare/glassy eyed	Personality change /irritability	Memory deficits / amnesia
Unusual/inappropriate emotions	Inappropriate behaviour (skate or run in the wrong direction)	
Seizure/convulsion		

Although the classic symptoms of loss of consciousness, confusion, memory loss, and/or balance problems may be present in some athletes with mild concussion, there may or may not be obvious signs that a concussion has occurred.