

## Guide to Co-curricular Activities: teams and clubs

### Role of the parents or guardians

#### **Before the activity:**

- Tell your child to “do your best and have fun!”
- Make a commitment to honour the activity, in action and language, no matter what others might do.

#### **During the activity:**

- Do not add to your child's confusion by giving him or her instructions during the game or club. Let the teacher correct mistakes.
- Role model positive behaviour and good sportsmanship.
- Find ways to gently correct unsportsmanlike behaviour of other parents and spectators.
- Mention positive feedback to other parents, but refrain from commenting on mistakes.
- Have fun and enjoy the game, club, or presentation.

#### **After the game:**

- Thank the officials, organizers, and volunteers.
- Thank or congratulate opponents.
- Compliment the students on standout plays, displays of sportsmanship, or performances.
- Don't give too much advice. Instead, ask your child what he or she thought about the activity and be a good listener.
- Understand that the best time to question a coach/leader is not immediately after the activity (wait at least 24 hours before questioning the coach/leader).

## **Role of the coach/leader**

### **Communication parents/guardians may expect from the coach/leader:**

- The philosophy of the coach/leader for the specific activity (e.g., who will be played).
- Expectations for the students in the activity.
- Coach/leader may collect parent/guardian emails to advise them of:
  - Location and times of the activity, practices, and/or events.
  - Requirements for the activity (e.g., equipment, supplies, rules).
  - The string each child is in (if necessary) this could change depending on the day.
  - General procedures for unforeseen interruptions (e.g., injury, rain, etc).
- The coach/leader may request a parent-volunteer to help co-ordinate communication.

### **Communication coach/leaders expect from parents/guardians:**

- Concerns that their child has expressed to the coach/leader, at the appropriate time and place.
- Concerns about the coach/leader's philosophy or expectations.
- Notification of any schedule conflicts well in advance.
- Notification of any related physical or emotional concerns.

### **Appropriate concerns to discuss with the coach or leader**

- What your child needs to do to improve.
- Aspects of your child's behaviour that are unique and need mention.

### **Concerns that are NOT appropriate for discussion and must be left to the discretion of the coach/leaders:**

- Whether the student's time to participate is equitable.
- School team strategy and play calling.
- Any situation that deals with children other than your own.

### **To discuss a concern with the coach/leader, parents/guardians should follow this procedure:**

- Wait 24 hours before contacting the coach/leader.
- Call or email the coach/leader to set up an appointment.
- Stick to discussing the facts as you understand them.
- Do not confront the coach/leader before, during, or after the activity as this is not the appropriate time.

### **What should a parent/guardian do if the meeting with the coach/leader does not provide a satisfactory resolution?**

- Call the administration to set up a meeting where everyone involved can be present.
- Seek to resolve problems at this meeting.

### **Good questions to ask your child:**

- *Did you have fun?*
- *Did you give it your best effort?*
- *What did you learn from the game?*
- *What was the best play you made and how did it feel?*
- *Did you bounce back from your mistake?*



# Northlea Elementary & Middle School



## Northlea's Co-Curricular Activities Contract

Thank you for showing an interest in Northlea's \_\_\_\_\_ team/club.

### **Selection Procedures**

- Students must be prepared for an attend all of the following meetings or tryouts to be considered for the club:

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- A team/group of \_\_\_\_\_ will be selected by the coach/leader based on the students' commitment and necessary skills.
- The selected teams will be posted outside the North gym following the last tryout and the club will be posted outside the coach/leaders classroom.
- Playing time during games or participating in the club will be at the discretion of the teacher.

### **Coach/leader:**

I pledge to: work hard to provide an environment conducive to a positive experience for the students and to teach and help them/you develop the necessary skills.

### **Student:**

I pledge to: demonstrate commitment, respect, and good sportsmanship at every tryout, practice, game, and meeting, be accepting and understanding of the teacher's decisions, and take responsibility for getting the necessary information from announcements and message boards.

### **Parents:**

I pledge to: Prepare my child for tryouts, practices, games, and clubs to the best of my abilities. Be accepting and understanding of the teachers' decisions. I will support the prevention and elimination of disrespectful, inappropriate, and bullying behaviours.

By signing my name below, I agree to the tryout procedures, I will follow guidelines set forth in the contract, and have fun win or lose. By signing my name below, I also understand that if I, or my child, do not follow the guidelines set forth in the contract, my child may be removed from the team.

**Coach/leader's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Student's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Student's Name:** \_\_\_\_\_ **Student's Grade:** \_\_\_\_\_ **Student's Teacher:** \_\_\_\_\_