

ST. JOHN PAUL II  
SPORT FOR LIFE PROGRAM



STUDENT/PARENT  
HANDBOOK  
2021-2022

## WELCOME TO THE PATRIOTS SPORT FOR LIFE PROGRAM

Dear Parents,

Welcome to the 2021-2022 Sport for Life CTF program at St. John Paul II Catholic School. We hope to provide a fun and challenging year of activities for your child. This booklet is a resource to explain many of the procedures and policies of our program. Please read through the materials and feel free to contact us if you have any questions.

You will note there are no waivers attached to this booklet. Since many of the activity waivers are not needed immediately for September activities and we will be trying out several new activities (for which we do not currently have the waiver forms for), we would like to collect them throughout the school year as they become available. Without the completion of the participation waivers, your child will be unable to attend any off school ground activities. Thank you in advance for your cooperation regarding this task.

Due to the uncertainty of the return of school programs, we did not place our clothing order as we typically do in June. Due to this, we will be placing the clothing order in September and will be sending home sizing forms sometime in the near future.

If you have any comments or questions please email us or phone the school.

Yours in Sport,

Jodie Bjornstad, Jamie Dziwenko, Kaitlyn Vangrinsven

## COMMUNICATION

1. All parents are invited to view the Sport for Life Google Classroom.
  - a. Google Classroom Code for Students: n62jgua
2. Please ensure that your email is valid in PowerSchool as teachers will invite you to join the Google Classroom to receive the parent summaries (if you haven't already) and will be sending important Sport for Life program information via email throughout the year.

### **Teacher Emails:**

- ★ Jodie Bjornstad: [jodie.bjornstad@eics.ab.ca](mailto:jodie.bjornstad@eics.ab.ca) (Grade 7 Questions)
- ★ Jamie Dziwenko: [jamie.dziwenko@eics.ab.ca](mailto:jamie.dziwenko@eics.ab.ca) (On-Ice & General Questions)
- ★ Kaitlyn Vangrinsven: [kaitlyn.meador@eics.ab.ca](mailto:kaitlyn.meador@eics.ab.ca) (Grade 8 Questions)

**School Phone Number:** 780-992-0889

## SCHEDULING

Typical Weekly Schedule:

Tuesdays: Periods 3-4 (10:05-11:25)

Wednesday: Periods 1-4 (8:30-11:25) \*On-ice/dryland rotation begins in October

Thursdays: Periods 3-4 (10:05-11:25)

**\*Note 1:** Your child will have Sport for Life as their CTF course on **either Tuesday or Thursday, not on both days**. Please view your child's semester schedules to find this information.

**\*Note 2:** Some activities will require students to return to the school during the lunch break. Students will be given time to eat their lunch after returning to school during lunch recess. **We recommend that students have a healthy, filling breakfast and bring a snack along during Wednesday morning activities.**

The monthly schedule will be posted to Google Classroom and will be sent via email each month. Any updates to the schedule will be updated on Google Classroom. **Please check this regularly!**

In addition to the typical weekly schedule, we attend 2-3 full day trips throughout the year. These dates will be provided in the monthly calendar that will be posted to Google Classroom and sent via email.

## **ON ICE GROUPINGS**

### **PATRIOTS SPORT FOR LIFE PROGRAM GROUPINGS:**

Parents are often curious about how the groupings for the Sport for Life Program are arranged. Here is a description of each. Due to the prevalence of hockey/ringette as a primary sport for our students there is an emphasis on these activities for the elite and competitive group. If another primary sport reached a number of students equal to our hockey/ringette numbers, programming would be changed to accommodate the grouping.

### **STREAMS:**

1. **ELITE:** Striving for an elite edge, students will participate in rigorous practice and training to become high level athletes. On-ice instruction will focus on advanced skills. Students will also be exposed to a variety of activities to develop as well rounded athletes.
2. **COMPETITIVE:** Striving for a competitive edge, students will participate in practice and training to improve skills and abilities. On-ice instruction will focus on improving skills. Students will also be exposed to a variety of activities to develop as well rounded athletes.
3. **RECREATIONAL:** Discover your athletic abilities. Students will participate in a variety of activities that explore physical activity. On-ice instruction will focus on basic skills and be reduced in frequency. Emphasis on life-long learning and training.

### **EVALUATION FOR GROUPING:**

Students are asked to self-group for their initial on-ice practice. On-ice instructors then make recommendations to students to stay or adjust the grouping. Maximum numbers in each group cannot be exceeded.

Adjustments in groupings occasionally occur during the year due to a variety of circumstances. These are dealt with on the merits of each circumstance.

## **BEHAVIOR POLICY**

We will be using a Behavior Tracking Policy for students not meeting our expectations. At this age level we understand students will occasionally make poor choices, however, our goal is to help our students recognize these “teachable moments” so that they have the opportunity to correct and improve their behavior. If a student continues to repeatedly demonstrate the inability to follow and meet an expectation, they will be removed from off-school grounds activities and we will contact the parent(s) to discuss a plan to move forward in the program. Upon completion of this plan, he/she will resume all activities but will be required to meet all expectations immediately, meaning another failure to meet expectations will result in removal from off-school grounds activities and a parent meeting. Students will be informed each time he/she receives a notice on their record and we will discuss the issue with them at that time.

As Sports for Life teachers, we want to emphasize student responsibility and positive behaviour. The vast majority of students will do an awesome job and we are encouraged by the growth we have seen in many students throughout the years. If you have any questions or concerns, please contact us.

- At this age level we assume students will occasionally make poor choices.
- We will treat “teachable moments” for each student as warnings.
- If a student reaches a consistent level of not meeting our expectations they will be removed from off-school grounds activities until the related expectation is discussed with his/her parents.
- Additional failure to meet expectations will once again result in removal from off-school grounds activities, and a parent meeting required for re-entry.
- Students will be informed each time he/she receives a notice on their record and we will discuss the issue with them at that time.

## **CLOTHING**

Each student will be receiving their clothing at the start of the school year (**please note that due to the uncertainty of programming this year, the clothing order was delayed and will take place in September**). This kit includes a t-shirt, hoodie, shorts, and pants. Furthermore, students will receive a Patriots bag to carry their clothing and shoes to activities. We also supply a practice jersey for on-ice sessions.

Students are expected to change into appropriate clothing during every activity. Failure to wear appropriate Sport for Life Program and athletic clothing results in a recording in our behavior plan.

Sweatpants/Leggings: Students are allowed to wear their own athletic sweatpants or leggings if they desire. We ask that these alternate pants are an appropriate color to match our attire. Pants are required if we are travelling by bus during the cold months. Please ensure that your child comes prepared and dressed for the weather!

**Due to all students having the same clothing, it is very important to label it.** You may wish to write your child's name on the shirt tag or local businesses are available to add a name to the clothing if you wish to pay for the service.

We typically wait until January to do a refill order on items. If we have more students register in the program, this may be done earlier. An order form with prices will be sent home with students at this time. Typically the items arrive 4-5 weeks later.