



# W.R. Myers Athletics Handbook

Revised August 2025

## **Philosophy and Goal of High School Sport**

The WR Myers High School Athletic Program serves several specific goals tailored to the development of its students. Firstly, the program prioritizes physical fitness and health, aiming to encourage regular exercise and promote an active lifestyle among students. Through participation in various sports, students not only engage in physical activity but also learn the importance of maintaining their well-being. The program is designed to instill healthy habits that can last a lifetime, contributing to the overall health and fitness of the student body.

Secondly, the WR Myers Athletic Program places a strong emphasis on character development and leadership skills. Coaches and staff work collaboratively to instill values such as discipline, dedication, and perseverance in student-athletes. By participating in team sports, students have the opportunity to develop crucial life skills such as effective communication, problem-solving, and decision-making. Leadership roles within the teams are encouraged, providing students with a platform to cultivate their leadership potential and contribute positively both on and off the field.

Lastly, the WR Myers Athletic Program aims to foster a sense of community and school spirit. Through sports, students form bonds of friendship and camaraderie, contributing to a positive and supportive school culture. The program actively engages students, parents, and the broader community in supporting the school's athletic endeavours, creating an environment where everyone feels connected and invested in the success of the teams. This sense of belonging and shared pride enhances the overall educational experience at WR Myers High School, contributing to a well-rounded and vibrant school community.

In short, REBEL Athletics goal is to instill the following values in our students

Respect  
Excellence  
Balance  
Effort  
Loyalty

# Code of Conduct

## Athlete Code of Conduct

Whereas it is the right of all students to have an equal opportunity to try out for any of the co-curricular teams, the final decision for making a team is left to the discretion of the coach, athletic director and/or school administration. As a student-athlete, there will be additional attention focused upon you; consequently, you must conduct yourself in a manner that will reflect positively on yourself, the team, and the school. This manner is to be presented during all co-curricular and curricular activities.

### **Classroom Expectations:**

A student-athlete must demonstrate that they have the ability to burden the additional responsibility of participating on a team. In order to participate in any co-curricular activities a student must be current in their assignments, and be in acceptable academic standing in their courses. Any student who has been referred to the office for missing assignment, poor academic performance or discipline matters will be at risk of forfeiting their right to participate in any co-curricular activities.

### **Smoking/Vape/Drinking/Drugs:**

A student caught smoking, vaping, drinking or doing drugs, or associating with a group who is involved in the aforementioned activities may be suspended from further involvement with the team for whom they participate. In addition, regular school discipline will apply.

### **Lates:**

Any late which has not been excused prior to the student arriving to school, or is not accompanied with an authorized note, may result in the student not being able to participate in the day's co-curricular activities.

### **Absence:**

Any unexcused absence (1/2 or full-day) will result in the student not being able to participate in that day's co-curricular activities.

### **Suspensions:**

A student who is suspended has forfeited their right to be involved in any co-curricular activities until the duration of their suspension is over. Furthermore, school administration may extend the co-curricular suspension past the date of the academic suspension. In addition, if a student receives a half day or full day in school suspension, they cannot participate in that day's co-curricular activities.

## Parent Code of Conduct

Parents must agree to the following terms;

- a. My child participates in W.R. Myers Athletics for his or her benefit, not mine.

- I will support all efforts to eliminate verbal and physical abuse from athletics.
- If I am upset by something I will wait 24hrs before discussing the issue with the team coach and will do so in a private and constructive manner by first making an appointment with the coach.
- I will not approach the team coach prior to or during a game/practice.
- I will not attempt to get other parents "on my side" regarding decisions made by the team coach.
- I will show respect for all players, all coaches, all officials and all spectators at all times.
- I will never take part in a practice, game or team event while under the influence of drugs and/or alcohol.
- I will make my child feel like a winner by offering praise for competing fairly and doing their best.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Children learn by example. I will applaud good plays by both my child's team and their opponents.
- I will make sure that my child arrives for practices and games at the time designated by the coach, ready to begin.
- I will not take part in any form of bullying, whether that be to a parent, player, team coach, or referee. Bullying in any form, whether in person, electronically (any form of social media) will not be tolerated.
- I realize that the team can be penalized for my behavior. I will obey a request by a referee or from the team's coach to leave the vicinity of the playing area.
- I will pay my child's fees in a timely manner
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If for any reason the Code of Conduct is not followed by the parent(s), any [one or more] of the following steps may be taken by W.R. Myers High School:

- Request the parent not attend team events
- Remove the player from the team

## **Coaches Code Of Conduct**

Coaches accept the responsibility of caring for the young people on their team.

Coaches have the responsibility for the decision making of the team.

Coaches are expected to:

- Strive for a positive experience for every individual and the team as a whole.
- Treat everyone fairly within the context of their activity.
- Direct comments or criticism at the performance rather than the athlete.
- Consistently display high personal standards and project a favourable image of their sport, of coaching, of W.R. Myers High School and the community it serves.
- Seek ways of increasing professional development and self-awareness.
- Treat opponents and officials with due respect, both in victory and defeat, and expect their athletes to do likewise.
- Communicate with the athlete's parents.
- Be aware of the academic pressures placed on student athletes and conduct practices and games in a manner so as to allow for academic success.

A coach at W.R. Myers High School will respect the athlete's dignity; verbal or physical behaviours that constitute harassment or abuse are unacceptable.

## **Branding (Approved Logos, Colors, Name)**

### **Colors**

The official colors of WR Myers are Black, Scarlet Red and Athletic Yellow.

### **Logo**

The official logo of REBEL Athletics is the block M R shown below. Individual teams may use other logos (E.g. the football team using the cursive REBELS) when it is approved by school administration.

Any team gear should strive to use proper colors and logos. All designed gear needs to be approved by the school administration



### **Use of Inappropriate Imagery**

In the past, REBELS teams have used flags, logos and other imagery that is associate with the Confederate Army from the American Cival War.

The use of this imagery was hurtful to many former students and community members. It was wrong and inappropriate for Myers to use such images. It stands against the current mission of the school to be a safe and caring place for all. The school awknowledges this and apologies for all the pain this has caused.

Any imagery that is directly or indirectly tied to the Confederate Rebels is strictly prohibited and is not allowed on school property or events.

## **Playing Time**

### **Grade 9 Sporting Activities**

In this phase, ninth-grade students get accustomed to the dynamics of interscholastic practice and play. For many, it marks their initial foray into the realm of competitive sports, which stands distinct from recreational activities in its demands and philosophy. Concurrently, some participants may already have three or four years of experience in competitive sports.

Navigating the significant gap in experience within a team demands considerable patience and understanding from the coach, player, and parent. The primary emphasis at this playing level should be on accumulating experience through training and play, with less focus on the win/loss record. Key aspects include mastering athletic skills and game rules, understanding the fundamentals of team play, fostering socio-emotional growth, grasping physiologically appropriate demands on the adolescent body, and encouraging healthy competition.

All players are assured equitable playing time, contingent upon factors such as safety, team commitment (attendance), and positive engagement in practice. It's crucial to note that equitable playing time does not necessarily translate to equal playtime. Coaches strive to allocate sufficient court time for the development of each student athlete, considering factors such as player readiness, commitment, and safety.

### **Junior Varsity Sporting Activities**

At this level, there's an elevated emphasis on team play, physical conditioning, and honing basic skills. While success at the JV level is noteworthy, it's not the singular objective. This stage serves as a platform for athletes to showcase their readiness in executing skills at game speed. Success hinges on athletic abilities, commitments, and positive attitudes, all put to the test in competitive game situations. Although efforts are made to involve as many participants as possible, not all will have an equal share of playing time. Playing time is influenced by factors like team commitment (attendance) and the level of effort, skill enhancement, competitive ability, and execution of skills at game speed demonstrated by the student athlete in both practice and games.

## **Senior Varsity Sporting Activities**

Varsity competition marks the pinnacle of each sport program, typically comprising eleventh and twelfth-grade students. In exceptional cases, tenth-grade students may be included if they exhibit advanced levels of physical development, athletic skill, and appropriate socio-emotional development. This decision rests with the varsity head coach, JV head coach, and the Athletic Director. Squad size at the varsity level is restricted, determined by the number required for effective and meaningful practice and to partake in contests.

Ensuring each team member has a defined role and comprehends its significance is paramount. Roster positions align with students' acceptance of their individual roles in pursuit of the team's goals. While game participation is sought after, a specific amount of playing time at the varsity level is never guaranteed. It's the coach's responsibility to define the student athlete's role on the team throughout the season. A positive attitude and an advanced level of skill are prerequisites for a position on a varsity team, coupled with the understanding that varsity sports demand a five-day-a-week commitment.

This commitment often extends into vacation periods for all sport seasons, underscoring the gravity with which dedication and commitment to a successful varsity program should be regarded by all involved.

## **Communication (School to Parents/Player, Coach to Parents/Player, Parents/Player to Coach)**

Both parenting and coaching can be challenging roles. By understanding the expectations of each position, we can better appreciate the actions of the other and enhance the overall experience for students. It's crucial to recognize that coaches at WR Myers High School are volunteers generously dedicating their valuable time to enhance your child's leadership abilities, athletic skills, social interactions, team cooperation, and sense of responsibility. Below are some guidelines for parents supporting the athletics programs at WR Myers:

### **Communication Coaches Expect from Student-Athletes:**

- Express concerns privately and directly to the coach.
- Notify any schedule conflicts well in advance.
- Share specific concerns regarding a coach's expectations and/or philosophy.



As your son or daughter engages in sports programs at WR Myers High School, they'll encounter some of the most rewarding moments in their high school journey. It's important to understand that challenges may arise, and during such times, open discussions with the coach are encouraged.

**Communication Coaches Expect from Parents:**

- Express concerns privately and directly to the coach away from the field setting (a waiting period of 24 hours is recommended before contact).
- Notify any scheduling conflicts well in advance.
- Share specific concerns about a coach's philosophy and expectations.

**Appropriate Concerns to Discuss with Coaches:**

- The treatment of your child, mentally or physically.
- Ways to help your child improve.
- Concerns about your child's behavior.
- Any impact the activity may have on your child's academic performance.

While it might be challenging to accept your child's playing time, coaches make decisions based on what they believe is best for all students and the team. Some decisions should be discussed with the coach, but others are left to the coach's discretion and are communicated during pre-season meetings.

**Issues Not Appropriate to Discuss with Coaches:**

- Playing time.
- Team strategy.
- Play calling.
- Other student-athletes.

If a situation requires a conference between the coach and the parent, the following procedures are encouraged to promote resolution:

- Call and set up an appointment with the coach.
- Approach the situation with a resolution-focused mindset rather than confrontation.
- Avoid confronting a coach before or after a game or practice, as these can be emotional times. Coaches are instructed to walk away from such situations.

**The Next Step:**

- If a resolution cannot be reached, set up a meeting with the Athletic Director and/or Principal to discuss the situation.
- Determine the next steps in resolving the matter through the meeting.

**Fees and Registration**

It is necessary for the athletic program to charge a participation fee for each activity that an athlete participates in. The following applies to participation fees;

All participation fees will be determined by individual coaches with the approval of the Athletic Director.

An effort will be made to keep the fees consistent from one activity to the next, respective of the level of the team. Fees are paid to the school office.

Players must pay fees in full, or make arrangements with the Athletic Director, before they will be permitted to participate in league games or tournaments.

**Fundraising**

Any donations made to REBEL Athletics generally or specific programs should be made through Horizon School Division.

Individual team will organize their own fundraising with the approval of the School Administration.

## **Awards**

Annually an Awards Night will be held at the completion of the Athletics Calendar. Each team will award three athletes with awards of the coaches choosing. The Major Awards selected by the school will be as follows;

- Grade Level Athletes of the Year: One male and one female from each grade level will be selected. This will be determined by the coaches of the different programs in a method laid out below.
- Academic Athlete of the Year: Given to the Myers Athlete (minimum two sports) with the highest grade average
- Heart Awards: Given to a male and female Grade 12 Athlete. Each Varsity coach will vote for one athlete to earn this award.