

# George Street Middle School

## Athletics Expectations

Updated: 2021



The following expectations are to be met to ensure the everyone has the best possible experience:

**1. Athletes will perform to the best of their abilities in all activities**

- You are a student first and an athlete second.
- If teachers are not satisfied that you are working to your potential, you may be removed from participating until improvement is shown.

**2. Athletes will attend and be on time for school**

- Any player who has missed classes during the day will not compete in evening activities, except players absent due to medical appointments.

**3. Athletes are expected to demonstrate leadership within the school**

- Show good behaviour towards school staff and other students.
- Demonstrate cooperation and a positive attitude.

**4. Athletes will commit to participate in the athletics program at GSMS**

- Follow the guidelines to activities provided by GSMS and ASD-W.
- Commit to all practices and competitions.
- Arrange to take care of team fees (speak with Athletic Director if needed).
- Display good behaviour towards coaches, teammates, game officials, and opponents.
- Applaud good plays by our team and the opponents.
- Take good care of uniform and equipment given for player use.
- At the last competition of the season return the uniform to the coach. A fee can be charged and/or participation in another activity withheld if the uniform is not returned.
- Your coach will discuss any further expectations for your team to make it the best possible experience for everyone.

**Overall, the choices you make should reflect on you and the school in the best possible way.**

As an athlete at GSMS, you will agree to the above expectations, and understand that if at any time you do not follow these expectations your participation may be restricted or finished.

**Athletics Website:** <https://tinyurl.com/gsmsathletics>

## **Guardians:**

*Please ensure you have reviewed the expectations for players and follow the guidelines below for guardians:*

### Ways to Successfully Support Youth Sports

1. Be realistic about your child's physical ability.
2. Help your child set realistic goals.
3. Emphasize improved performance, not winning.
4. Positively reinforce improved skills.
5. Do not relive your own athletic past through your child.
6. Provide a safe environment for training and competition. This includes proper training methods and use of equipment.
7. Control your own emotions at games and events. Do not yell at other players, coaches, or officials.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's volunteer coaches. Communicate openly with them. If you disagree with their approach, discuss it with them at an appropriate and mutually agreed upon time.
10. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.