

# **Immaculata Regional High School**

## **ATHLETICS HANDBOOK 2023-2024**

**Updated October, 2023**



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[www.immaculatakelowna.ca](http://www.immaculatakelowna.ca)

### **Mission Statement**

We are an educational community pursuing excellence and developing the whole person while striving to see and bring forth Christ in others.

# SUPPORTING SUCCESSFUL LIFE-LONG ATHLETES

Immaculata coaches and student-athletes are gracious competitors who remember that sport is an extension of our academics and an opportunity to share in friendship and challenge that which would not be attainable without a team. Have a look around the gymnasium and the trophy cabinets to see some of the program's successes, but more importantly, meet the athlete later in life and let them share their stories about their experiences as a Mustang. Their memories and their life-long passion for sports are the real success stories.

We offer programs which are historically and presently competitive and successful, while at the same time dignified, and ever positive. We have very high participation ratios, giving a large number of students an opportunity to participate in sports in which they would not have the opportunity at a larger school. This provides our student-athletes with cross-training opportunities in competitive environments, which pushes them to develop general athleticism and sport-specific movement skills.

We have consistent, ethical, passionate coaches make every effort to understand the needs of the specific student-athlete and to develop that athlete within a team setting. Most of our coaches have had a long history in sport and have played at either a University or National Level. Most of our coaches have a high level of certification in their sport and are always looking to further develop their own coaching abilities.

The teachers at the school support the student-athlete with modifications or adaptations on school assignments and recognize the benefits of sport within the school environment. These student-athletes are successful, well-rounded individuals, who have a passion for lifelong sport and learning.

Program offerings vary from year-to-year based on the needs of our current student body. Traditional programs include volleyball and basketball teams at the grade 8, junior (gr. 9-10), and senior (gr. 11-12) level, golf teams at the junior and senior level, soccer teams which represent all grades, a tennis team which is co-ed and represents all grades, an ultimate Frisbee team which is co-ed and represents all grades, and a Track & Field program which is also co-ed and represents all grades.

Paul Freire,

Immaculata Regional High School Athletic Director

# TRANSFERABLE LIFE-SKILLS PLAN

Through Immaculata's Athletics program we would like our students to develop transferable life-skills. A quick look at the core competencies can be a guide to these skills.

**Communication** -The communication competency encompasses the set of abilities that students use to impart and exchange information, experiences and ideas, to explore the world around them, and to understand and effectively engage in the use of digital media.

**Thinking** - The thinking competency encompasses the knowledge, skills and processes we associate with intellectual development. It is through their competency as thinkers that students take subject-specific concepts and content and transform them into a new understanding. Thinking competence includes specific thinking skills as well as habits of mind, and metacognitive awareness.

**Personal and Social** - Personal and social competency is the set of abilities that relate to students' identity in the world, both as individuals and as members of their community and society. Personal and social competency encompasses the abilities students need to thrive as individuals, to understand and care about themselves and others, and to find and achieve their purposes in the world.

Areas of focus may be:

- Transferable leadership skills from the court or field of play to the classroom or school.
- Transferable communication skills into the classroom (ie: working in groups)
- Transferable thinking skills into the classroom (ie: problem-solving skills)
- Players demonstrating personal and social responsibility through set-up and clean-up of practices, clean up of facilities prior to and following practices and games, keeping the bench area clear in all facilities, and helping to minimize the use of plastics and disposables by using non-disposable water bottles.

## IMMACULATA 2023-2024 SPORTS CALENDAR

Fall	Winter	Spring
Gr. 8 Girls Volleyball	Gr. 8 Girls Basketball	Senior Girls Soccer
Gr. 8 Boys Volleyball	Gr. 8 Boys Basketball	Tennis
Junior Girls Volleyball	Junior Girls Basketball	Track & Field
Junior Boys Volleyball	Junior Boys Basketball	Ultimate
Senior Girls Volleyball	Senior Girls Basketball	Senior Golf Team
Senior Boys Volleyball	Senior Boys Basketball	
Senior Boys Soccer		

## BC School Sports, OVSAA, and OCSAA

Immaculata is a member of BC School Sports, the governing body for sports in BC. All of our student-athletes must be registered with BC School Sports before they can begin competition. BC School Sports most important document is The Handbook. A copy of The Handbook can be found through the BC School Sports website at [www.bcschoolsports.ca](http://www.bcschoolsports.ca). BC School Sports is divided into 9 zones:

1. Fraser Valley East
2. Fraser River South
3. Fraser River North
4. Vancouver-Whistler
5. Vancouver Island
6. Thompson-Okanagan
7. Kootenay
8. North Central
9. North West

Immaculata competes as a member of the Okanagan Valley Sports Athletics Association (OVSAA). The OVSAA covers territory from the US border (Osoyoos) up the valley and past Kamloops. The main cities in the OVSAA are Kelowna, Penticton, Vernon, and Kamloops. The OVSAA website contains the sport-specific constitutions, and can be found at <https://www.ovsaa.ca/>. The OVSAA itself is divided into 4 zones:

1. South (Penticton region)
2. Central (Kelowna region)
3. North (Vernon region)
4. West (Kamloops/North Thompson)

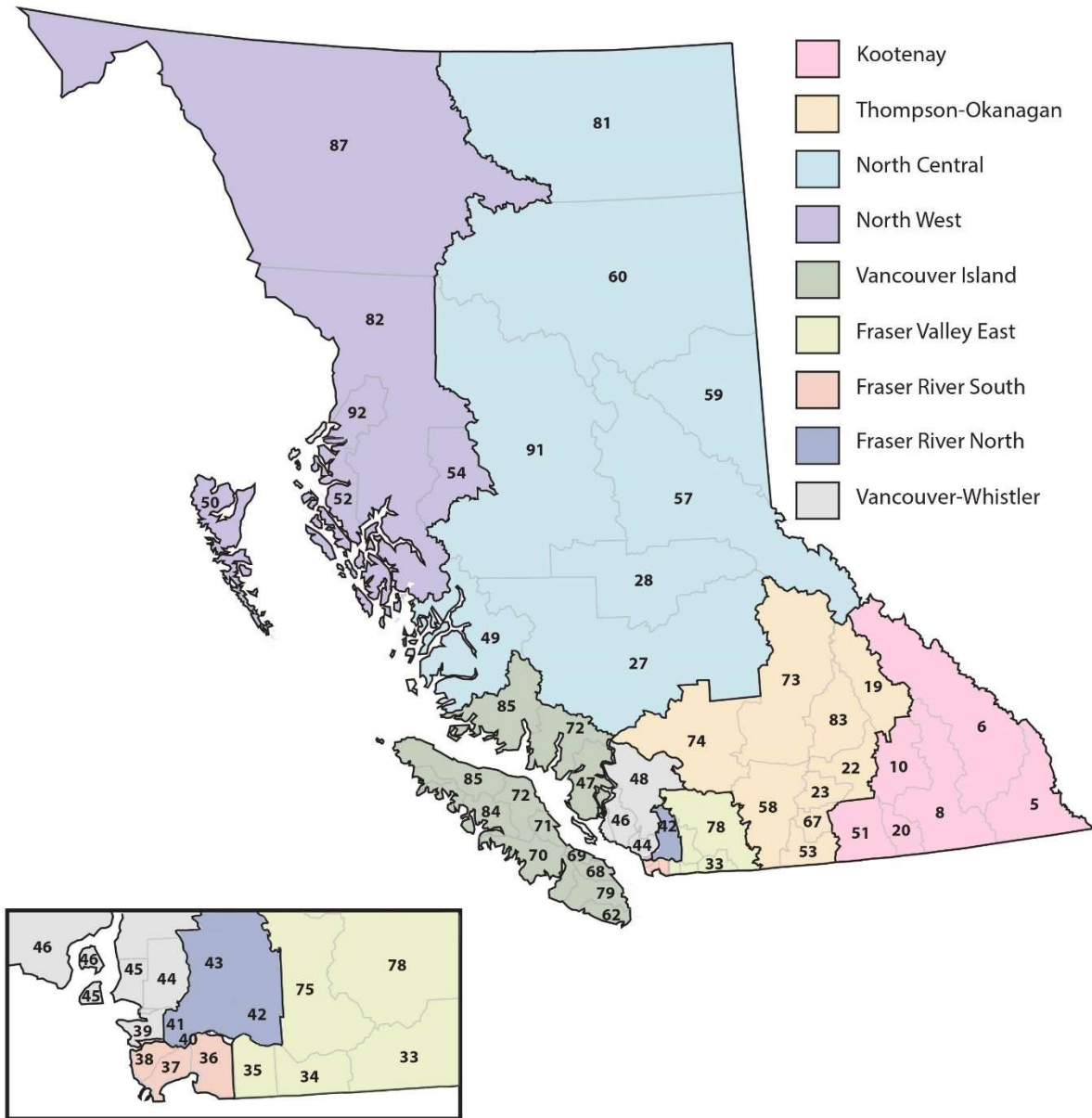
Immaculata competes as a member of the Okanagan Central Schools Athletics Association (OCSAA). The OCSAA covers territory from Peachland to Winfield. The other traditional single A teams in the OCSAA are Kelowna Christian, Aberdeen Hall, and Heritage Christian.

Team schedules can be found on the OCSAA website at <http://www.sd23.bc.ca/DistrictInfo/athletics/Pages/default.aspx>

### **Provincial Qualification**

Senior sports, and some junior sports, host Provincial Championships through BC School Sports. In order to qualify for Provincials, teams must follow qualification through the above zones. For example, your team must first qualify from the OCSAA to the OVSAA ("Valleys"), then from the OVSAA to the BC School Sports Championship ("Provincials").

## BC School Sports Zones Map



## Coaching Staff – Code of Conduct

The function of a coach is to educate students through participation in interscholastic competition, while encouraging students to bring forth Christ.

Immaculata's athletics program is designed to enhance academic achievement and should work in concert with opportunities for academic success. Each student-athlete should be treated as though he or she was the coaches' own child, and his or her welfare is the main priority at all times.

### **412.0 COACHES CODE OF ETHICS** *(taken from the BC School Sports Handbook 2022-2023)*

The coach/student-athlete relationship is a privileged one. Coaches play a critical role in the personal and athletic development of student-athletes. Therefore, coaches are expected to model the fundamentally positive aspects of school sport. Coaches, including community coaches, are expected to uphold the following standards:

412.1 Recognize that school sport is an extension of the classroom, and shall conduct themselves accordingly when performing coaching duties;

412.2 Observe the Bylaws and Policies of BCSS and those of their local athletic association;

412.3 Observe the rules of the sport, the spirit of the rules of the sport, and shall encourage student-athletes to do the same;

412.4 Fulfill all competition, invitational, playoff and championship competitive and event obligations;

412.5 Treat all participants fairly regardless of gender, race, sexual orientation, religion, physical or mental abilities, political belief or economic status.

412.6 Respect the rulings of officials without gesture or argument, and shall require student-athletes to do the same;

412.7 Shall not use foul, profane, harassing or offensive language or gestures in the conduct of coaching duties;

412.8 Shall not use the media, social media or networking forums to criticize or threaten student-athletes, coaches, officials, school teams, spectators or BCSS.

412.9 Shall not use physical force of any kind in the conduct of coaching duties;

412.10 Shall not, under any circumstances, endorse, recommend, or suggest the use of performance-enhancing drugs or supplements by any student-athlete;

412.11 Shall not use tobacco products and alcohol while in the presence of student-athletes, and shall discourage their use by student-athletes;

412.12 Shall not, under any circumstances, require, suggest or imply that a student-athlete must be involved in any summer program or club program as part of their responsibilities as a school team member;

412.13 Shall not, under any circumstances, require, suggest or imply that a student-athlete cannot or should not participate in any BCSS-approved sport in the season preceding or following the coach's season of play;

412.14 Shall not, under any circumstances, start pre-season tryouts or practices to the detriment of any in-season sport.




# CATT – Concussion Awareness Training Tool

Beginning in the 2020-2021 school year, all coaches in BC School Sports are required to complete the online Concussion Awareness Training Tool. This can be done by visiting <https://cattonline.com/>. This program has been mandated as scientific knowledge continues to grow on the long-term effects of concussions among youth athletes. Below is the Concussion Recognition Tool 5<sup>th</sup> Edition. It is important to be aware of concussion signs and symptoms and remove any athlete that may have experienced a concussion.

## CONCUSSION RECOGNITION TOOL 5<sup>©</sup>

To help identify concussion in children, adolescents and adults

Supported by



### RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

#### STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play and a healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

#### Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

### STEP 2: OBSERVABLE SIGNS

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

**Visual clues that suggest possible concussion include:**

- Lying motionless on the playing surface
- Slow to get up after direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

### STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

### STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

**Failure to answer any of these questions (which are asked privately or in a confidential manner) correctly may suggest a concussion:**

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

**Athletes with suspected concussion should:**

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

**ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE**

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## Teacher-Sponsor – Roles and Responsibilities

- Pre-Season:
  - Connect with team coach and Athletic Director prior to the season and help to organize season schedule and fee payments.
    - Each team is encouraged to host one tournament at Immaculata. While it is not a requirement, student-athletes enjoy the opportunity to play in their own gym, in front of their friends and classmates.
  - Communicate with coach and AD to plan your team's clothing purchases for the year.
  - Plan a team budget and set team fees according to budget.
    - Teacher-sponsor should be keeping track of team finances including money collection
    - It is prudent to maintain a positive balance in your team's account.
    - Some considerations for team fees are jersey fee (\$25 per student for all sports except junior and senior basketball which is \$50 per student), clothing purchases, tournament entry fees, trip costs such as bus usage and hotels, coaches gifts, sponsor and coach food costs on team trips, sub costs (\$130 per day).
  - Create a permission form (found on the teacher drive)
  - Organize pre-season team meetings.
    - It is a requirement to have player commitment to attend all tournaments, including Provincial Championships, prior to entering qualifying tournaments.
  - Create a team list and give to Athletic Director to register players with BC School Sports and to Paula to set up a groups in MyEd.
    - Paula can help set up a team group in MyEd to help organize care card numbers, emergency contacts, and team emails. This is a confidential list and should not be released to the community coach unless an emergency occurs.
  - Communicate with parents the student-athlete expectations, team fees, practice and game schedules, and transportation requirements.
  - Attend OCSAA declaration meeting
  - Distribution of uniforms. Once fees have been paid, distribute uniforms to players. Keep track of numbers so that you can make a team list for all games and to help with collection at the end of the season

### **Email money transfer email addresses**

<b>Operating account (green)</b>	<b>In-House account (blue)</b>
<b>irhs.general@cisnd.ca</b>	<b>irhs.activities@cisnd.ca</b>
<b>tuition capital building fee parent participation fee general donations rentals</b>	<b>team fees student fees club fundraisers</b>

- During Season:
  - Attend all practices and games, including out of town tournaments.
  - Communicate with parents throughout the season, including updated practice and game schedules, and season updates.
  - Constant communication with the coach about concerns. Mediate parent meetings whenever necessary.
  - Set-up and put away equipment in gym for all practices and games, including cleaning bleachers and putting bleachers away.
    - Players should be helping with this as a way to develop personal and social responsibility.
  - Encourage athletes to give back to the athletic program through scorekeeping, lining, and refereeing.
  - Organize scorekeepers for all home games.
  - Check gym calendar for any conflicts throughout the season. Our gym is rented consistently, so this is vital to avoid conflict.
    - If any conflicts arise, please let Bruno know ASAP so that the situation can be resolved.
  - Practice time conflicts:
    - Some times of the year are very busy in the gym. Occasionally practice conflicts may occur. You may be asked to move your practice time or share the gym. This is simply required at certain occasions.
    - If you see a conflict, please take it upon yourself to discuss the conflict with the other person involved.
    - Be prepared to give up practice times to others who have none in busy times of the year.
  - Out-of-town tournament checklist:
    - ✓ Book hotel
    - ✓ Plan trip fee
    - ✓ Create and distribute permission form
    - ✓ Cheque request for tournament entry fee cheque

- ✓ Bring a school credit card to pay for hotel, fuel, and coaches/teacher-sponsor meals
  - ✓ Plan team meals and activities accordingly, including study time for students.
- Post-Season:
  - Collection of uniforms. If a student does not return their uniform, or if the uniform is in disrepair, the student must pay for a replacement. The Athletic Director will know the replacement cost.
  - Communicate with coach to create post-season awards for the end of year athletic awards ceremony.
  - Plan a season-end gift for community coaches
  - Complete the Post-Season debrief. This is a way to organize your thoughts and to pass on knowledge from one year to the next.

## Coaches – Roles and Responsibilities

- Pre-season:
  - In advance of the season, connect with the Athletic Director and teacher-sponsor in order to begin to plan your season and build your schedule. (See Season Plan page)
    - Find and register your team for tournaments
    - Each team is encouraged to host one tournament at Immaculata. Student-athletes enjoy the opportunity to play in their own gym, in front of their friends and classmates.
  - Coordinate with teacher-sponsor your team's clothing purchases for the year.
  - In conjunction with the teacher-sponsor, host a pre-season team meeting to gauge interest and begin planning with team members.
    - It is a requirement to have player commitment to attend all tournaments, including Provincial Championships, prior to entering qualifying tournaments.
  - Create a team list and give to Athletic Director to register players with BC School Sports
  - Attend OCSAA declaration meeting
  - Communicate with Athletic Director equipment needs and home game schedules.
- During Season:
  - Have strong commitment to preparation and delivery of practices and meetings (see Sample Practice Plan for an example).
  - Communicate with parents through the teacher-sponsor.
  - Encourage athletes to give back to the athletic program through scorekeeping, lining, and refereeing.
  - Practice time conflicts:
    - Some times of the year are very busy in the gym. Occasionally practice conflicts may occur. You may be asked to move your practice time or share the gym. This is simply required at certain occasions.
    - If you see a conflict, please take it upon yourself to discuss the conflict with the other person involved.
    - Be prepared to give up practice times to others who have none in busy times of the year.
- Post-Season
  - Communicate with teacher-sponsor to create post-season awards for the end of year athletic awards ceremony.
  - Complete the Post-Season debrief. This is a way to organize your thoughts and to pass on knowledge from one year to the next.

## Athletic Director – Roles and Responsibilities

- Ongoing:
  - Attend all OCSAA, OVSAA, and BC School Sports meetings including:
    - OCSAA AGM
    - OVSAA AGM
    - OCSAA Fall meeting
    - OCSAA Spring meeting
    - Fall, Winter, and Spring declaration meetings
  - Communicate declaration meetings to all teacher-sponsors and coaches
    - Communicate with St. Joe's AD all declaration meetings and important information from OCSAA AD meetings.
- Beginning of School Year:
  - Register all student-athletes on BC School Sports STARS website
  - Complete any eligibility and appeals requests
  - Organize teacher-sponsors and coaches
- Pre-Season:
  - Register all teams on BC School Sports using lists from coaches and teacher-sponsors.
  - Organize practice, game, and tournament schedules on school calendar, taking note of any conflicts.
- During Season:
  - Double-check all team lists as registration deadlines approach.
  - Continuous checking of team schedules and gym calendar to ensure no conflicts and clarity for everyone involved.
  - Mediate any problems that may arise
- Post-Season:
  - Organize uniforms back into equipment room.
  - Check for any uniforms that are in need of replacement.

## Team Selection

The policy of Immaculata's Athletics Program is to encourage as many students to be involved in the athletics program as possible. Athletics can be a motivator, can help to develop pride, and encourage positive social interaction.

Immaculata's Athletics Program encourages coaches to take every player possible in order to instill the above-mentioned in our students. Releasing players from the team can have negative impacts on students and on student-coach relationships.

On some occasions, however, too many students involved may reduce opportunities for student growth through athletics. Therefore, team selection may occur.

Team selection should be made by the coach with help of the teacher-sponsor. Some factors to consider when making selections:

- Student-athlete's proficiency in sport
- Student-athlete's attitude
- Student-athlete's commitment to Immaculata Athletics
- Student-athlete's commitment to attending all practices and games
- Student-athlete's potential role on the team, and their willingness to take on that role
- Student-athlete must know that they should have prior experience playing the specific sport

## "Playing Up" Policy

It is the policy of Immaculata for student-athletes to compete with their peers in their grade appropriate teams. While playing with their peer group student-athletes have an opportunity to develop their own skill level, to develop their relationships with their peers, to develop their own leadership skills.

In some instances a more "junior" player may be asked to a more "senior" team, however the "junior" player should not displace a more "senior" player from their spot on the team. This aligns with our Athletics Department goal of "encouraging as many students to be involved in the athletics program as possible. Athletics can be a motivator, can help to develop pride, and encourage positive social interaction." While we want to help student-athletes to develop their own personal skills, we want to ensure as many students have the opportunity to participate as possible.

# STUDENT ACCIDENTS / INJURIES PROCEDURE

## Background

Injury prevention must be a priority at all times and care must be exercised when a student is injured.

- A serious injury may involve the head, back, dental, or other injury, seizure, anaphylactic reaction, and or illness.
- A superficial injury is an injury that can often be remedied with the supplies in a basic first aid kit or ice pack and requires minimal staff time to address.

Wherever possible, personnel with first aid training may examine the student to determine the nature and extent of the injury before proceeding further. Where no such person is immediately available, the staff member will use reasonable judgement as to what is best for the student.

## Procedures

1. All accidents involving injury to students shall be reported to the school office and principal.
2. Student injuries shall be treated as promptly as possible.
3. Parents/guardians must be advised of serious injuries or concerns that may require further medical attention as observed by the principal or designate.
  - a. In cases of superficial injury, consider informing parents/guardians of the injury and encourage them to obtain further treatment if they consider it necessary.
  - b. School personnel should also take into consideration the needs of the student, even if it is a superficial injury, when making the determination to notify parents/guardians.
4. Students and witnesses may need assistance when providing details of the mishap, enabling school personnel to gauge the seriousness of the accident and the extent of any possible internal injuries.
5. The Schools Protection Plan "Accident Report Form" shall be completed on-line by the school personnel with the greatest knowledge of the incident. Whenever possible, the Accident Report Form should be submitted on the same day as the accident.
6. Parents/guardians or an alternate must be contacted to transport the student for emergency medical attention in a hospital or by the family doctor. Where this is not feasible, and with agreement from the parent/guardian, staff members or taxis may transport the student. If the nature of the injury is severe, the school should contact emergency services (911 for Fire Rescue or Ambulance service). Costs will be assumed by the family or guardians and or by their medical coverage provider.
7. Procedures regarding student accidents and injuries should be reviewed annually with all school personnel.



8. Student injuries that occur during fieldtrips should be reported to the school principal or vice principal as soon as possible. All other steps in this protocol should be followed.
9. Schools can call 811 to speak with a registered nurse anytime if they have concerns about a minor head, neck, or back injury. Parents/guardians need to be contacted if a minor head, neck, or back injury is suspected. When contacted, parents should be informed to seek medical advice. Anytime a neck or back injury could be more serious, contact 911 and do not move patient.

## **HEAD (POSSIBLE CONCUSSION), NECK, AND BACK INJURY SYMPTOMS**

**Symptoms of a concussion fit into four main categories:**

### **Thinking and Remembering**

- Not thinking clearly
- Feeling slowed down
- Not being able to concentrate
- Not being able to remember new information
- Balance problems
- Feeling tired or having no energy
- Feeling Pressure in the head

### **Physical**

- Nausea and vomiting
- Headache
- Fuzzy or blurry vision
- Dizziness
- Sensitivity to light or noise

### **Emotional and Mood**

- Easily upset or angered
- Sad
- Nervous or anxious
- More emotional

### **Sleep**

- Sleeping more than usual
- Sleeping less than usual
- Having a hard time falling asleep

**Young children** can have the same symptoms of a concussion as older children and adults. But sometimes it can be hard to tell if a child has a concussion. Young children may also have symptoms like:

- Crying more than usual
- Headache that does not go away
- Changes in the way they play or act
- Changes in the way they nurse, eat, or sleep
- Being upset easily or having more temper tantrums
- Lack of interest in their usual activities or favourite toys
- A sad mood
- Loss of new skills, such as toilet training
- Loss of balance and trouble walking
- Not being able to pay attention

### **How is a concussion diagnosed?**

Any person who is suspected of having a concussion needs to see a doctor.

### **Concussion and Sports**

A person who might have a concussion needs to immediately stop any kind of activity or sport. Being active again too soon increases the person's risk of having a more serious brain injury. Individuals should follow the advice of their doctor.

**Someone with a neck or back injury may have:**

- Localized pain
- Localized tenderness
- Stiffness
- Muscles may spasm immediately after injury or up to 24 hours later
- Numbness or tingling in extremities
- Paralyzes or extremities

**Numbness, tingling or paralysis of extremities indicates a more serious injury (spinal injury).**

The possibility of a spinal injury must be considered anytime an accident involves the head, face, neck, or back. Permanent paralysis maybe avoided if the injured person is kept from moving (immobilized) and is transported correctly.

- **Do not move the person** if you think he or she may have a spinal injury unless there is an immediate threat to his or her life, such as a fire. If there is immediate danger, keep the person's head and neck supported and in a straight line while you move him or her to a safe place.
- **Do not remove the person** from the water if he or she has been in a diving accident. Float the person face up in the water until help arrives.

**Call 911** to transport the injured person if you think he or she may have a spinal injury. This will reduce the risk of more injury to the spinal cord.

## Season Plan – Team Goals

**Sport** \_\_\_\_\_

**Team** \_\_\_\_\_

**School Year** \_\_\_\_\_

**Team Goals** (list) – Players should be included in setting team goals. This is generally accomplished through a team meeting, and should include the history of the program, the previous season's results, and players input on what they realistically hope to accomplish this season. Team goals should motivate the players to improve their individual skills, while pushing the team to compete for a purpose. Example team goals might be winning city championships, qualifying for the valley championships, qualifying for the Provincial championships, winning the provincial championships, for every player to enjoy the season, for every player to return to the sport next season, for players to continue to play the sport in post-secondary school, etc... Depending on your grade, sport, season, and players these goals may be different. All goals should abide by the SMART goals, Specific, Measurable, Achievable, Relevant, Time-Bound.

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**Plan to Achieve Goals** – Each of the goals above needs a plan to achieve it. The plan to achieve the goal should include competitions leading to goal as well as specific skills that the team and players must work on to achieve these goals. For example, if the Sr. Boys soccer team goal is to win a Provincial Championship, it would make it more likely if they first win the Okanagan Valley Championship in order to get a better draw at Provincials. In order to get a better draw at Valleys, they should win the City Championships. How is this accomplished? Are the players aware of this? Do they understand the importance of early season league games in order to accomplish their end of season goals?

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**What Do Your Players Need to Know** – These are the principles that your players must know. In the terms of education, this is your curriculum. Your practices should be planned with these principles in mind. For example, if I am a basketball coach, I may spend one practice teaching the principle of help defence. That practice will be focused on that, and all of the drills and scrimmages should focus on that. For example, in Soccer Academy we have 4 essential principles that we focus on. With a soccer team, there may be 6 to 7. Soccer Canada recommends about 10. In essence, this list should be short and specific.

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# Post-Season Debrief

Following your season, it is a good idea to leave yourself, or the coach taking over for you, notes for the following season. For example, what tournaments were good experiences, what tournaments would you not recommend going to, what teams were really strong, what were weaknesses of your team compared to those, which players are returning to your team next season, what might their roles be, would you change the season schedule for the following season, etc...

Through these notes, you can continually improve from one season to the next. Please pass these onto the Athletic Director to further improve the program.

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# Sample Practice Plan

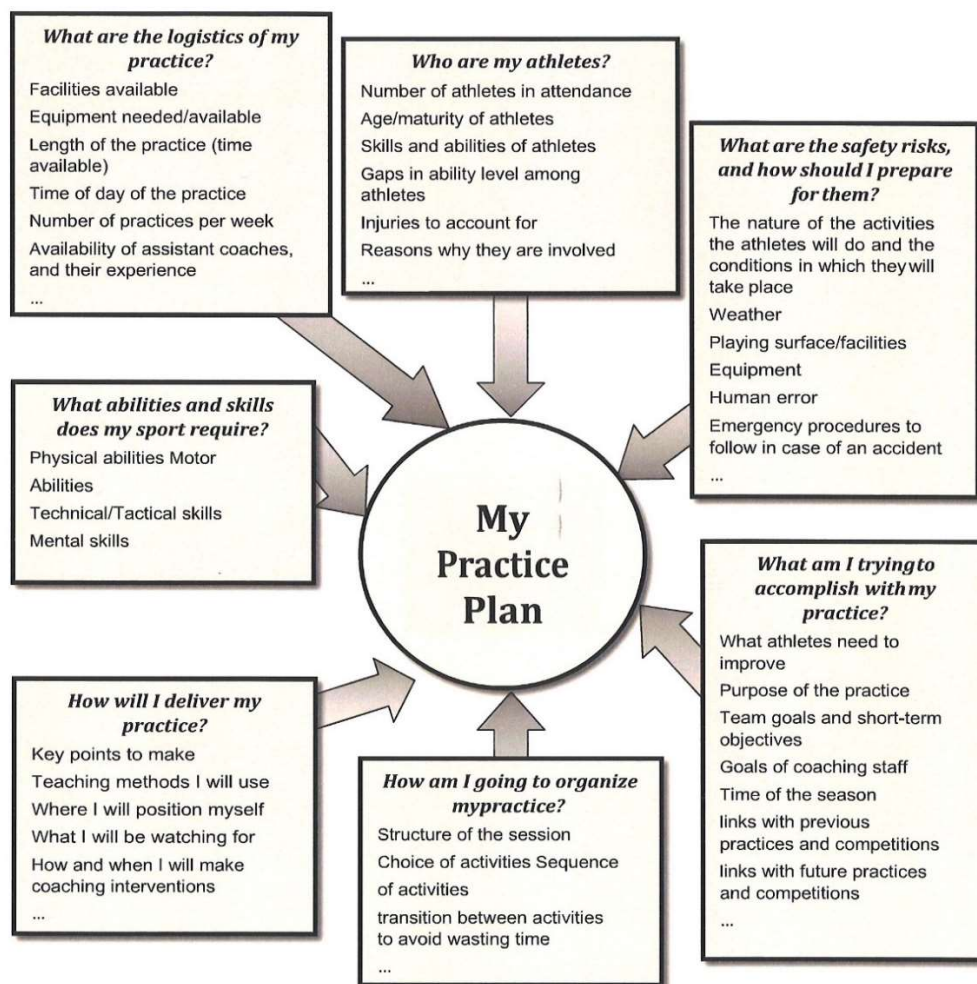
This is meant to be an example of a practice plan. Sport-specific plans may be different. Examples of sport-specific practice plans can be found online through sport associations.



## METHODOLOGY THE SESSION PLAN MODULE 2 - CHAPTER 3



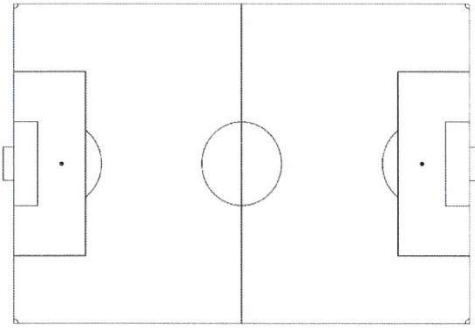
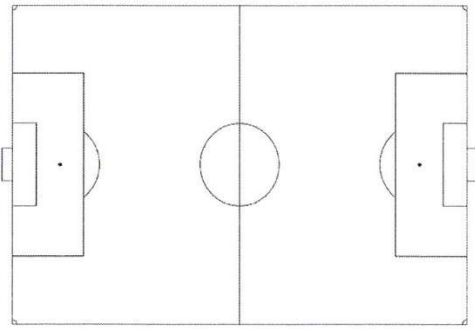
### Key Factors to Consider in Planning the Delivery of a Session



## SESSION PLAN - EAP

COACH		DATE	
TOPIC		DURATION	

<b>WARM UP</b>		
<b>INITIAL GAME</b>	ORGANIZATION (AREA/FORMATION)	COACHING POINTS
		
<b>ANALYTICAL</b>	ORGANIZATION (RULES/VARIABLES)	COACHING POINTS
<b>FINAL GAME</b>	ORGANIZATION (AREA/FORMATION)	COACHING POINTS
		
<b>COOL DOWN</b>		

## Mustangs Athletics Recent Provincial Team Finishes

Sport	2014-2015	2015-2016	2016-2017	2017-2018	2018-2019	2019-2020	2021-2022	2022-2023
Sr. Girls Volleyball	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>		14 <sup>th</sup>	5 <sup>th</sup>	DNP	3 <sup>rd</sup>
Sr. Boys Soccer	2 <sup>nd</sup>	6 <sup>th</sup>	1 <sup>st</sup>	9 <sup>th</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		4 <sup>th</sup>
Sr. Girls Basketball	1 <sup>st</sup> AA	3 <sup>rd</sup> AA	6 <sup>th</sup> AA				5 <sup>th</sup>	
Sr. Boys Basketball	2 <sup>nd</sup>	13 <sup>th</sup>						
Sr. Boys Volleyball								
Sr. Golf	2 <sup>nd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>				3 <sup>rd</sup>	
Sr. Girls Soccer	1 <sup>st</sup>	1 <sup>st</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>		1 <sup>st</sup>	1 <sup>st</sup>
Sr. 'AA' Tennis		9 <sup>th</sup> AA	8 <sup>th</sup> AA	3 <sup>rd</sup> AA	4 <sup>th</sup>			
Ultimate								
Track & Field								Gabriel Hanzek 2 <sup>nd</sup> Jr. 400 m 4 <sup>th</sup> Jr. 200 m

## 2022-2023 Notable Team Finishes

Sr. Girls Volleyball	1 <sup>st</sup> in Okanagan 3 <sup>rd</sup> in BC
Sr. Boys Soccer	2 <sup>nd</sup> in Okanagan 4 <sup>th</sup> in BC
Sr. Girls Soccer	1 <sup>st</sup> in Okanagan 1 <sup>st</sup> in BC



## 2022-2023 Participation Rates

As an athletic department it is important to remember that first and foremost we want to encourage all of our students to become a part of our athletics program in order to foster the development of the whole person. We want to encourage a trend towards the participation of more students in the department.

SPORT	8 B	8 G	9/10 B	9/10 G	11/12B	11/12G	Coaches
Basketball	13	0	13	12	12	10	7
Golf	2		1		2		3
Soccer	1	0	10	8	7	8	3
Tennis	2	1	3	4	2	3	2
Track & Field	0	1	3	4	1	1	1
Volleyball	10	19	10	12	12	12	7
Ultimate Frisbee	2	2	3	4	6	5	2
<b>TOTALS:</b>	<b>30</b>	<b>23</b>	<b>43</b>	<b>46</b>	<b>40</b>	<b>39</b>	<b>20</b>

TOTAL PARTICIPANTS:   221  

TOTAL COACHES:   20

# Immaculata Mustangs Moving On To Post-Secondary Athletics

Name (Grad Year) – Post-Secondary Institution (only the first post-secondary attended is listed)

## **Women's Volleyball**

Renee Smithwick (1993) – Okanagan University College  
Robyn Atwell (1994) – Okanagan University College  
Ashley Spilak (1997) – Okanagan University College  
Suzanne Wengenmeier (1998) – Okanagan University College  
Kasandra Martell (2001) – Washburn University  
Alex Basso (2008) – University of British Columbia Okanagan  
Veronica Livingston (2012) – Ryerson University  
Erin Jacobs (2013) – University of Toronto  
Caroline Livingston (2014) – Queen's University  
Megan Hart (2015) – New Mexico State University  
Natalie Livingston (2016) – University of British Columbia Okanagan

## **Men's Volleyball**

Bailey Klinger (1997) – Simon Fraser University  
Brandon Jacobs (2010) – University of Toronto

## **Women's Basketball**

Paula Thorburn (1973) – Simon Fraser University  
Katie Woodman (2004) – Okanagan University College  
Rachel Leier (2004) – Okanagan University College  
Laura Gini (2009) – Algonquin College  
Olivia Johnson (2013) – University of British Columbia Okanagan  
Emma Johnson (2015) – University of British Columbia Okanagan  
Nicole Hart (2016) – University of British Columbia Okanagan  
Ashlyn Day (2017) – University of Victoria  
Kate Johnson (2017) – University of British Columbia Okanagan

## **Men's Basketball**

Andrew Gini (2009) – Lakehead University  
Dario Gini (2012) – University of British Columbia Okanagan  
Alex Hart (2013) – University of California at Santa Barbara  
Michael Gini (2015) – Red Deer College

**Women's Soccer**

Gabby Guidolin (2007) – Trinity Western University  
Kayla Ungaro (2007) – Trinity Western University  
Alexa Kennedy (2008) – Langara College  
Nicole Vincze (2008) – Quest University  
Kristina Gasser (2008) – Queen's University  
Justine Drosdovech (2012) – University of British Columbia Okanagan  
Hannah Johnson (2014) – University of British Columbia Okanagan  
Teaghan Wallace (2018) – Mount St. Vincent University  
Sarah Donick (2023) – Arizona State University  
Taylor Melnyk (2023) – Capilano University

**Men's Soccer**

David Ridgewell (2008) – University of Calgary  
Cole Berry (2010) – University of British Columbia  
Colin Hasick (2010) – University of Calgary  
Tyler Shalansky (2014) – University of British Columbia Okanagan  
Corbin Beauchemin (2016) – University of British Columbia Okanagan  
Gavin McFee (2022) – McGill University

**Cross Country**

Rejeanne Dickie (1993) – Okanagan University College

**Rugby**

Angus Mackay (2008) – University of Victoria  
Steven Tostenson (2013) – University of British Columbia Okanagan  
Andrew McFee (2019) – University of British Columbia Okanagan

**Golf**

John Mlikotic (2010) – Simon Fraser University  
Michael Lee (2011) – University of British Columbia Okanagan  
James Casorso (2013) – University of British Columbia Okanagan  
Stephen Lee (2013) – Drury University  
Lauren Rutherglen (2014) – Adams State University  
Nik Federko (2017) – University of British Columbia Okanagan  
Ethan Hunt (2017) – University of British Columbia Okanagan

**Swimming**

Kierra Smith (2012) – University of Minnesota

**Softball**

Courtney Blanleil (2003) – Dickinson State University

**Field Lacrosse**

James Alexander (2016) – Maryville University

**Hockey**

Jessica Nadon (2001) – Elmira College

John Mazzei (2004) – Bowling Green State University

Sarah Casorso (2010) – University of British Columbia

Kennedy Gorges (2015) – Weber State University

Andrew Gorges (2017) – Weber State University

**Tennis**

Grace Gorges (2019) – Concordia University Irvine

## Immaculata Mustangs Competing For Canada

**Swimming**

Kierra Smith 2016 Summer Olympics Rio de Janeiro; 2020 Summer Olympics Tokyo

100m breaststroke – 19<sup>th</sup>

200m breaststroke – 7<sup>th</sup>

**Women's Volleyball**

Caroline Livingston