



COUGARS

COVENANT CHRISTIAN

ATHLETIC HANDBOOK

2026-2027



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Philosophy

Covenant Christian School is a community where we ask our staff, students, and all stakeholders to be Flourishing Learners, who Delight in God, and who are Inspired to Serve Him, in all we do.

CCS Athletics must contribute to the central purpose of education in our school. Each athlete is created to praise, delight and serve God with their whole being – body, soul and mind. The athletic program at CCS allows for an opportunity to express our mission to flourish in our faith and learning and to reach for excellence. The pursuit of excellence in the areas of competition and the development of physical skill and talent must be based in a firm understanding and conviction that all gifts and abilities are God-given. These attributes should be reflected back to God for His glory. Players, coaches, and parents must strive for self-control, perseverance, integrity, cooperation, teamwork and respect for others so that our Athletics program can uniquely create Christ-like citizens. (Philippians 2:1-11, Ephesians 5:22-26)

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. As a Christian school program, we are witnesses of God's Kingdom, and our extra-curricular programs are an opportunity to showcase this. With that in mind, high standards must be maintained. Those who earn the privilege of representing Covenant Christian School in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in the CCS Athletic handbook, and any requirements specific to the activity of their choice. This does not mean all students who try out will make a team, but all have an opportunity to try.

Programs

- Students in Gr. 3, 4, 5 and 6 have the opportunity to play in our Elementary division when we have enough participation and coaching for a team
- Students in Gr. 7 and 8 have the opportunity to play in Junior divisions when we have enough participation for a team.
- Students in Gr. 7, 8 and 9 have the opportunity to play in Senior divisions when we have enough participation for a team.

Covenant Christian School sponsors the following athletic activities:

Sport	Boys			Girls			Co-Ed	
	Elem	Jr.	Sr.	Elem	Jr.	Sr.	Elem	Jr High
Cross Country								
Golf								
Floor Hockey								
Volleyball								
Basketball								
Badminton								
Track & Field								
Soccer								

Seasons of Play

Sport:	Dates:
Golf	Third week of September (preferably Thursday)
Cross-Country Running	Meet to be held before the first Tuesday in October
Volleyball	Seniors start on the last Thursday in September Playoffs take place on the second Thursday of November Juniors start the Tuesday after seniors start Playoffs take place on the third Tuesday of November
Basketball	Commences on the first or second week after Christmas break Playoffs complete by the second week of March
Badminton	Playdowns on the third Tuesday in April Finals on the fourth Tuesday in April
Soccer	During the month of May concluding the first week of June
Track and Field	Held on the Tuesday one week before the Zone Five Meet

The seasons of play have been established to protect the student athlete from being placed in a position of having sports seasons overlap. It is not desirable for a student athlete to have to attend practices and games for two or more sports on the same days. Therefore:

- o Each activity may hold practices according to the Leduc District Athletic Association (LDAA) seasons of play (see above).
- o The preceding activity has priority for practice times and games.
- o The trailing activity may hold practices according to the LDAA seasons of play; however, these practices should not include players of the preceding activity.
- o Final cuts for the trailing activity occurs (minimum) 2 try-outs after the completion of the preceding activity.



Team Fees

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

- o All team fees will be determined by the Athletic Director in conjunction with the Principal.
- o An effort will be made to keep the fees consistent from one activity to the next, respective of the level of the team.
- o Fees are applied to family PowerSchool accounts and must be paid in full, or make arrangements with the Athletic Director, before students will be permitted to participate in league games or tournaments.

Team fees help to offset the costs of league play, carded referees, city championships, tournaments, zones, provincials, and team shirts (select teams). Fees change from year to year and differ depending on activity/ coach - refer to the fee your coach is collecting. These fees are at a minimum to ensure the league runs, and not a reason for playing time.

Uniforms and Equipment

All uniforms will be provided by Covenant Christian School.

Uniforms will be distributed by the coach or Athletic Director after required forms and team fees are handed in.

Players will be responsible for the care and maintenance of uniforms while they are in their possession.

Players will be responsible for the cost of replacement of any uniform damaged or lost while in their possession.

All uniforms are to be cold water washed and hang dried.



Transportation

The transportation for league, invitational, zone, and/or provincial events may be handled in two fashions at the discretion of the Athletic Director/Principal. The preferred and most common method of transportation is parent volunteer drivers.

School Bus

- The school-owned buses must be booked for overnight, away tournament use only (through the business office).
- Bus Drivers will be booked by the CCS business office

Volunteer (Parent/Private) Vehicle

- Family members may transport other immediate family members to events.
- Players may be transported to events by registered Volunteer Drivers.
- To become a registered Volunteer Driver, drivers must complete BGSD's Volunteer Driver Form and meet all requirements as stated on the form.
- Volunteer Driver forms are available from the school office.
- Players being driven by volunteers must fill out the Parental Consent Transportation form.

Guidelines for Coaches

Coaches serve as essential role models in shaping a Christ-centered athletic environment. Because our coaches are volunteers, their time and commitment to our student-athletes are greatly appreciated.

- **Overall Policy Adherence:** Coaches must understand and adhere to all guidelines and policies detailed throughout every section of this handbook, as well as all official LDAA and BGSD guidelines.
- **Handbook Distribution & Expectations:** Coaches are responsible for sharing this Athletic Handbook with student-athletes and parents at the start of the season, clearly communicating team expectations, schedules, and philosophies. The handbook will be posted on the CCS website for easy reference.
- **Respectful Communication:** Coaches must model Christ-like conduct by communicating effectively, constructively, and respectfully with players, parents, officials, and opponents at all times.



Guidelines for Student Athletes

Eligibility

To be eligible to participate, student athletes must meet eligibility requirements as outlined by the LDAA or BGSD athletics code of conduct.

Students must be in attendance for the academic day of a practice or game in order to participate in that practice or game. Students must actively participate in Physical Education classes in order to be eligible to play in a practice and/or game the same day.

Legitimate reasons for an absence, which would allow a student to participate on the same day as the absence, are;

- School Sanctioned Activities
- Appointments with health professionals
- Emergency Situations
- Planned absence for personal or educational purposes that have been approved by the school administration.

Students who are absent from classes for a portion of the day due to illness are not eligible to participate by simply making it to the remaining portion of their classes. It may be considered unethical for a coach to practice or play an athlete who was ill earlier in the day. The effects of that illness may linger and present a potential health risk to the athlete, their teammates, and their opponents if the athlete practices or plays that same day.

An athlete under suspension from school or serving an academic detention is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes or has completed all outstanding assignments.

Conduct

Student athletes are representatives and ambassadors of Covenant Christian School and Black Gold School Division.

Student athletes are expected to provide strong examples of Christian leadership and citizenship both on and off the court/field of play, and both in and out of the classroom.

Team Before Self - Most sports are team games and although it is proper and even necessary to have personal objectives, it is paramount that each member of each



Covenant Christian School sports team possesses an unselfish attitude where team objectives are primary.

Regardless of when or where an athletic event occurs, it is a school-sponsored activity. The use of tobacco, marijuana, vaping, drugs, or alcohol is prohibited and shall be strictly enforced.

If a student-athlete does not conduct himself or herself in a manner that reflects favorably on the school as per the Athlete's Code of Conduct, the athlete may be removed from the team and possibly suspended from the school.

Commitment

Being a member of any school team is a privilege, which each athlete must earn. A key to earning that privilege is commitment to the team. Team success can only be achieved if all participants are committed. This type of commitment includes;

- Attendance at all practices, games and team events.
- Providing the coach with advance notice of absences from practices or games, and an explanation of that absence.

While it is acceptable for a student athlete to have a job or play a community based sport, it is not reasonable to expect the coach to always accept working or other games/practices as a legitimate reason for missing that sports practice or game.

Hazing

Hazing or negative initiation activities are prohibited by Covenant Christian School. The planning, initiation of, or participation in such activities shall be dealt with under the behavioural expectation of CCS athletics, and may lead to suspension and/or removal from a team and/or school.



Guidelines for School Teams

Team Selection

All activities are open to all students of Covenant Christian School who meet the requirements of grade, gender, and general eligibility.

Coaches must conduct an open tryout, and may not make final cuts until after the second try-out practice.

Process for Assessing Team Candidates

Selecting student-athletes for Covenant Christian School teams involves a holistic evaluation of the individual. While athletic skill, physical capability, and game intelligence are essential, roster selection places equal weight on Christian integrity, sportsmanship, a teachable spirit, and school standing.

During tryouts, coaches evaluate candidates across three primary categories:

- **Athletic Performance:** Technical skill, physical conditioning, and game intelligence.
- **Sportsmanship & Character:** Effort, attitude, coachability, and emotional self-control.
- **Classroom & Community Citizenship:** Classroom demeanor, academic standing, and school leadership—as confirmed by staff feedback and administrative discipline records.

Roster decisions prioritize Christ-like leadership to ensure our teams honorably represent Covenant Christian School both on and off the court.

Once the team has been selected, the coach must promptly submit a roster to the Athletic Director.

Coach Protocol: Roster Decisions & Student Care

Head coaches have the discretion to select the roster notification method that best fits their program's needs and tryout volume (e.g., in-person conversations, posted tryout numbers/lists, or direct digital communication). Regardless of the method used, all roster announcements must adhere to the following standards:



- **Affirm Student Value:** Frame every decision with care, reinforcing that a student's worth, character, and identity within our Christian community are never defined by whether they make an athletic team.
- **Provide Next Steps:** Clearly communicate alternative avenues for student involvement, such as non-cut sports (e.g., Cross Country, Track), student manager or stat-keeper roles, or developmental practice opportunities where available.
- **Commitment to Constructive Feedback:** Ensure a clear process or designated time window is communicated so non-selected athletes know how they can request specific feedback regarding their physical or tactical evaluation.

Athlete Advocacy & Growth Protocol

Not making a roster is disappointing, but it offers a valuable opportunity to develop maturity, self-advocacy, and resilience. Students who are not selected are encouraged to use the following process to learn and grow from the experience:

- **The 24-Hour Rule:** Students must wait at least 24 hours after roster decisions are communicated before contacting a coach to request feedback. This cooling-off period ensures emotions can be processed productively.
- **Student-Led Communication:** The student-athlete—rather than a parent—must initiate the request to meet or speak with the coach. Learning to communicate directly with authority figures fosters essential life skills. Parents are encouraged to support their child during this process.
- **Focus on Constructive Growth:** Inquiries should focus on individual development (e.g., *"What specific skills, conditioning, or habits can I work on for next season?"*) rather than challenging roster decisions or comparing skills with selected peers.
- **Offseason Action:** Use the coach's feedback to create a targeted development plan, seek training opportunities, or pivot energy into another school sport or co-curricular activity for the season.

Practices

All practices will be scheduled by the athletic director in conjunction with the principal. These schedules will be posted and known beforehand.

Coaches should distribute a practice schedule to players and parents.

Coaches should do their utmost to adhere to the practice and game schedule, and any changes should go through the Athletic Director.



A change, addition, or cancellation to a game or practice should be made with as much advance notice as possible. Such changes may affect player and parent commitments and may have an effect on other teams.

The general guidelines for scheduling shall be as follows:

Team	Practices	League Play	Tournaments
Floor hockey	1 per week 2 when scheduling permits	N/A	1-2 per season
Elementary Catch Ball	1 per week 2 when scheduling permits	N/A	1 per season
Jr. Volleyball	2 per week 3 when scheduling permits	1 per week 2 when required	1-2 per season
Sr. Volleyball	2 per week 3 when scheduling permits	1 per week 2 when required	2-3 per season
Elementary Basketball	1 per week 2 when scheduling permits	1 per week 2 when required	1-2 per season
Jr. Basketball	2 per week 3 when scheduling permits	1 per week 2 when required	1-2 per season
Sr. Basketball	2 per week 3 when scheduling permits	1 per week 2 when required	2-3 per season
Badminton	1-2 per week	N/A	1-2 per season
Golf	1-2 per week	N/A	1 per season
Track & Field	1-2 per week	N/A	1-2 per season
Cross Country	1-2 per week	N/A	1-2 per season
Soccer	2 per week 3 when scheduling permits	1 per week 2 when required	1-2 per season

Playing Time/Expectations



Covenant Christian School participates in competitive leagues. As such, there will be few, if any, instances where playing time for each player on the team will be equal. The amount of playing time may vary from game to game, or from week to week, depending on player performance, coachability, attitude and team commitment to all practices and games. A player of a higher grade and more years of playing experience should be able to display a higher level of skill and game IQ. This however does not automatically guarantee more playing time or team responsibility.

During the regular season, coaches are encouraged to establish a meaningful role for each player and consider trying to get each athlete a minimum amount of playing time, but ultimately decisions regarding playing time shall be at the discretion of the coach. For league, zone, and provincial playoffs, there are no recommendations for minimum playing time.

Communication

Clear communication between coach and player, player and parent, parent and coach, and between players is critical to avoid misunderstanding. This communication can be initiated and maintained in a number of ways:

- The 24/48 hour rule is immensely important for coaches, players, and athletes. Any concerns expressed privately to the coach, player, or parent must take place after 24 hours.
- After 48 hrs, if you have not approached the other party for resolution, these concerns should be let go.
- At the beginning of tryouts, Coaches should provide a written statement of their philosophy, team goals, fees, and player expectations.
- Coaches should outline the process for communication. This process applies to all parties, and can be outlined for all in a letter. (See Appendix A)
- Coaches are strongly encouraged to hold a pre-season meeting

Sanctioned Absences and Early Dismissals

It is, at times, necessary for student athletes to be absent from classes, or to be released from the last class of the day prior to the end of the class. In these instances the Athletic Director and/or the coaches are required to provide notice to all school staff.

Teacher-coaches or teacher-liaisons may do so at their own initiative, or request the Athletic Director to execute this task. Community based coaches shall inform the Athletic



Director of the dates and times, and the Athletic Director shall be responsible to execute this task.

The notice is to be distributed to all staff members via an e-mail. The notice should be provided as early as possible, and should contain the following;

- A list of all students involved
- The date of the Sanctioned Absence
- Periods involved
- Time of dismissal
- The event.

Guidelines for Parents

Parents should always support the team, the players, and the coaches. Constructive conversations with your child after the game is always a great way to help with their own mindset.

Help your child to follow and uphold the Covenant Christian School athletes' guidelines for participation.

Support the goals of sportsmanship and help bring pride and respect to your child and Covenant Christian School.

Support the officiating and make peace with any official's decision. Avoid critical statements, yelling, obscene gestures, and/or physical intimidation. Any conflicts with officials should be dealt with between the coach and official, NOT the parents from the stands. Failure to comply with these guidelines could result in expulsion from the gymnasium and could impact student athlete's participation with the team.

Support your child's role on the team, even if you don't understand his/her position on the depth chart. In the event of concerns, follow the guidelines and procedures as outlined in Appendix A.



Appendix A

Parent & Coach Communication

Both parenting and coaching are rewarding yet difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to students. It is also very important to remember that coaches are volunteers and they are giving their valuable time to work and help improve your child's leadership abilities, social skills, team cooperation and responsibility. Here are some guidelines to help you as a parent supporter of the athletics programs at Covenant Christian School.

Communication Coaches expect from student athletes:

- concerns expressed privately and directly to the coach
- notification of any schedule conflicts well in advance
- specific concerns in regards to a coach's expectations and/or philosophy

As your son or daughter becomes involved in the sports programs at Covenant Christian School he/she will experience some of the most rewarding moments in their school career. It is important to understand however that there will be times when things do not go the way you or your son/daughter wish. At these times, discussion with the coach is encouraged.

Communication Coaches expect from Parents:

- concerns expressed privately and directly to the coach away from the court setting and after a minimum 24 hour time period.
- After 48 hrs, if you have not approached the coach for resolution, these concerns should be let go.
- notification of any scheduling conflicts well in advance
- specific concerns in regard to a change in coach's philosophy and or 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 influence that the activity is having on your child's academic performance

It is difficult to accept your child's not playing as much as you or they may hope. Coaches make judgment decisions based on what they believe to be the best for all students involved. Those decisions will be left to the coach's discretion.



There may be situations that require a conference between the coach and the parent.

i.e. :

- Conflict between player and a coach
- Playing time - if different than outlined in Athletic Handbook, and/or coaches letter
- Team strategy - Dangerous to other student athletes, growth of athletic acumen
- Conflict between teammates
- Play calling

The following procedures should be followed to help promote a resolution to the issue of concern:

- After 24 hours, call and set up an in person appointment with the coach
- Resolution, not confrontation, is the best approach
- Please do not confront a coach before or after a game or practice - these can be emotional times for both the parent and coach, and our coaches are instructed to walk away from such situations.
- Please do not confront a coach via email, this is not a productive strategy for resolution.

Next steps if a coach meeting did not solve all issues:

- Call and set up a meeting with the Athletic Director and or Principal to discuss the situation
- At this meeting if a resolution cannot be reached, the next step can be determined with help from the BGSD Division Principal.

The coaches at Covenant Christian School recognize the importance of extracurricular activities. We provide a program that strives to provide your child with a positive and meaningful experience.