

# BRIERCREST CHRISTIAN ACADEMY



Athletic Handbook

2025 - 2026

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## ***Philosophy***

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Cougar Athletics is a unique and integral part of Briercrest Christian Academy's "Education that Disciples". Our aim is to glorify God by encouraging the physical, mental, emotional, and spiritual development of all participants in our programs.

We intend to provide a positive learning experience wherein BCA student-athletes learn to refine their skills, improve their physical fitness, grow in character and develop their leadership capacity! Cougar student-athletes experience the privilege of membership on a team and the opportunity to learn about their responsibilities to each other, the coaches, the spectators, their school, and their opponents. Being part of the team teaches the important life lesson of placing group goals ahead of personal ones and how to make a personal contribution to the welfare of the team. Athletes are taught how to control their emotions and actions in a Christ-like manner, a valuable skill which carries over into everyday life. Athletes learn sportsmanship; more than mere self-control, sportsmanship is being thoughtful, kind, generous, and courteous even while being intensely competitive. Participants learn self-discipline and the benefits of hard work. Athletes are encouraged to use and develop their talents to the fullest. School sports teach team members how to both win and lose with grace and dignity.

We intend to bring honour to the name of Jesus Christ! Interscholastic sports provide opportunity for participants to demonstrate Christian values, such as humility, compassion, and respect, even under the stress of competitive play. Everyone involved – players, coaches, and spectators – can witness to the world around them by their behavior and attitude. The development of such Christian values in our youth and coaches is a high priority of Cougar Athletics.

We intend to help our athletes enjoy their Cougar Athletic experience! Athletics are recreational. Team members are involved in activities that are healthful, developmental, and fulfilling. Participation in sports should provide student-athletes with beneficial outlets for self-expression and physical exercise in addition to the sheer fun of competitive play.

We intend that our school community enjoys our Cougar Athletic events! Interscholastic sports are not only recreational for the players, but also for the spectators. They provide a means by which our community can come together and support the efforts of their Cougar teams. We hope that our Cougar fans have a "Hoot and a Holler" cheering on our teams!!

We intend to have our Cougar teams and athletes succeed! Legendary coach, John Wooden, defined success this way, "Success is peace of mind that is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming". Our aim is to teach athletes the proper skills and attitudes and help them acquire the proper mental and physical conditioning to be able to do their best individually and as a team. Winning is a secondary aim, but a more likely outcome if our focus is on doing our best in preparation and competition. As Coach Wooden explains, what higher measure of success can be given to an athlete, or a team, than that they truly gave their very best? While we will aim to win every contest, our true standard of success is much more important than the scoreboard.

Go Cougars!!

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## ***Athletic Department***

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- Athletic Director..... Perry Martens
- School Administrators..... Corrie Lewis (principal)
- Cross-Country Coach..... Tobin Epp
- Football Coach..... N/A
- Golf Coach..... Jim Bell
- Girls Volleyball Coach..... Chelsea McLeod
- Boys Volleyball Coach..... Grant Poettcker
- Girls Basketball Coach..... Anthony Thiessen
- Boys Basketball Coach..... Andrew Cara
- Badminton Coach..... Kevin Thiessen
- Track and Field Coach..... TBD

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## ***Programs***

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Cougar athletes compete in Moose Jaw High School Athletics Association (MJHSAA) and the South Central District Athletic Association (SCDAA) as part of the Saskatchewan High School Athletic Association (SHSAA). All team and individual sports compete towards SHSAA Provincial Championships.

- **Senior Teams** compete in the most competitive leagues and are comprised of the most accomplished players in Grade 10, 11 and 12 (and possibly Grade 9). These teams compete in either the Senior or Junior Varsity leagues in Moose Jaw.
- **Junior Teams** are open to students in Grades 9, 10 and 11 when there are enough athletes to comprise multiple teams.
- **Intermediate** is a term associated with badminton and track and field only; eligibility for senior, junior and intermediate divisions in these sports is determined by birth date.

Briercrest Christian Academy offers the following athletic activities:

- **Cross-Country:** Our cross-country team is comprised of Grade 9-12 students and competes in meets in Moose Jaw and surrounding area.
- **Football:** Our football team plays in a 6-side format, is comprised of Grade 9-12 students and competes with teams in the 1A Conference of the South Central District. Note: For the 2025-26 season, BCA will not be fielding a football team due to an insufficient number of participants; we hope to field a team in 2026-27.
- **Girls Volleyball:** Our girls' volleyball team is comprised of Grade 9-12 students and competes in the Moose Jaw league and exhibition tournaments.
- **Boys Volleyball:** Our boys' volleyball team is comprised of Grade 9-12 students and competes in the Moose Jaw league and exhibition tournaments.

- **Golf:** Our golf team is comprised of Grade 9-12 athletes who compete in open age and gendered categories in the South Central District meets.
- **Girls Basketball:** Our girls' basketball team is comprised of Grade 9-12 students and competes in the Moose Jaw league and exhibition tournaments.
- **Boys Basketball:** Our boys' basketball team is comprised of Grade 9-12 students and competes in the Moose Jaw league and exhibition tournaments.
- **Badminton:** Our badminton team is comprised of Grade 9-12 athletes who compete in various categories of play (girls singles, boys singles, girls double, boys doubles, or mixed doubles) in the South Central District and exhibition tournaments.
- **Track and Field:** Our track and field team is comprised of Grade 9-12 athletes who compete in various events in age categories (bantam, junior and senior) determined by birthdate in the South Central District as well as mini-meets in Moose Jaw.
- **Soccer, Curling:** Opportunities to compete in these sports may be available to BCA student-athletes through either joining the team of another local school, or through the support of a BCA teacher who will take on the Coach/ Supervisor role. If interested, please contact the Athletic Director.

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## ***Seasons of Play***

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Our seasons of play have been established to protect the student-athlete from being placed in a position of having sports seasons overlap. Therefore:

- Each activity may hold practices according to the Saskatchewan High Schools Athletic Association (SHSAA) seasons of play.
- When seasons of play overlap, students may participate in both, but Fall activities (football, cross-country, golf, volleyball) will have priority for practice times and games over the Winter activities (basketball), and Winter activities have priority over Spring activities (badminton, track and field).
- During the Fall season, we may have athletes competing on multiple teams. If this situation, athletes will be expected to commit as fully and as equally to both teams as possible. Games will take priority over practices, and playoffs over regular season games. The coaches for both teams should determine and distribute a schedule that fits best for the teams and athletes.

### **Fall Sports**

- **Cross-Country:** Our cross-country team will practice Monday – Thursday, 4:00 – 5:00pm each week of the season, with no practice on meet days. Practices may begin June 7, 2025. The team will compete in a few meets, typically mid-week, in Moose Jaw and area. The season ends at the Provincial Meet on Saturday, October 11 (or earlier – if student-athlete(s) do not advance through District and Regional competitions).

- **Football:** Our football team will practice Monday – Thursday, 4:00 – 5:45pm each week of the season on the football field, with no practice on game days. Game times will typically be 4:00pm. Practices may begin on Thursday, Aug 21, 2025; however, we typically start practices the first day of school in September. The season ends at the Provincial Final on November 8, 2025 (or earlier – at the end of the regular season or playoff loss).
- **Golf:** Our golf team will practice at their own discretion and may start on April 13, 2025. The season ends at the Provincial Provincials meet, September 26-27, 2025, or earlier, if the athlete does not advance past Sectional or District tournaments.
- **Volleyball:** Our volleyball teams will practice three times (once in the 6-8pm and 8-10 time slots with a third time that may fluctuate) each week of the season on the South court, with no practice on game days. League game times will typically be 6:20 and 8:00pm. Practices may begin on Tuesday, September 2, 2025. The teams will participate in several tournaments. The season ends at the Provincial Final (Girls - November 15, 2025, Boys – November 22, 2025, or earlier – at the end of the regular season or playoff loss).

### Winter Sports

- **Basketball:** Our basketball teams will practice Monday – Thursday (each team will typically have two practices in the 6-8pm time slot and two in the 8-10pm time slot, days to be determined in consultation with the coaches of the two teams) each week of the season on the South court, with no practice on game days. League game times will typically be 6:20 and 8:00pm. Practices may begin on Monday, November 17, 2025. The team will participate in several tournaments. The season ends at the Provincial Final on March 28, 2026 (or earlier – at the end of the regular season or playoff loss).

### Spring Sports

- **Badminton:** Our badminton team will practice Monday - Thursday, 4:00–5:45pm each week of the season on both the North and South courts. As the team progresses through various stages of playoffs, they may begin practicing on the South court only, as numbers of athletes dictates. Matches are played at various meets and take place on the weekend. Practices may begin on Monday, February 2, 2026; however, due to the overlap with basketball and our shared gym usage with Clipper Athletics, practices will begin at the end of the competitive basketball season for one or both of our teams (March 14, 21 or 28). The team may participate in an exhibition tournament. The season ends at the Provincial Final on May 9, 2026 (or earlier – at the end of the playoff loss for the student-athlete(s) in their singles or doubles event).
- **Track and Field:** Practices may begin on Monday, March 30, 2026; however, due to the overlap with badminton, practices will begin on Monday, May 4, 2026. The season ends at Provincials on June 6, 2026 (or earlier – if student-athlete(s) do not advance through District and Regional competitions). Our track and field team will practice Monday – Thursday, 3:30–4:0pm on the track, with no practice on meet days. Mini-meets occur mid-week after school, and some competitive meets take place during the school day, while others occur over the weekend.

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## ***Participation Fees***

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Cougar Athletics charges a participation fee for each activity in which an athlete participates:

- Football \$300
- Cross-Country \$50
- Volleyball \$300
- Basketball \$300
- Badminton \$50 \*
- Track and Field \$125

The following applies to participation fees:

- Fees are paid to Briercrest Christian Academy at the start of the school year or after the tryout period for each sport.
- These fees cover provincial and local league fees, tournament entry fees, equipment, supplies, officiating and transportation.
- When student-athletes stay in hotels or other accommodations for tournaments, they are charged \$40/night; this will be charged to the student-athlete's account at the end of the season.
- \* Badminton athletes who intend to compete against athletes from other schools will incur the \$50 participation fee; those who prefer only to train and compete against athletes within our school will incur no costs.

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## ***Team Clothing***

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- All student-athletes required to purchase a Cougar hoodie and sweats and a team-specific at a cost of \$120 at the start of their season. These may be worn for multiple sports and multiple years.
- Team members will pay for their clothing at the Cash Counter and take the receipt to Stacey Odland (BCA Administrative Assistant) to receive their clothing items.
- Coaches will determine when these will be worn (to/from games, warm-ups, etc.).
- In addition, coaches may require their team members to purchase a team-specific item (T-shirt, long-sleeve shirt, reversible, etc.) at the start of the season. These items may be worn for multiple years.
- Wearing the same hoodies and sweats creates unity in our Athletic Department, while the team-specific items help build team identity. We are committed to keeping these items the same moving forward, which will reduce the cost of clothing over multiple sports and years.

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## ***Uniforms and Equipment***

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- All uniforms will be provided by BCA Cougar Athletics and be distributed by the head coach of the activity.
- Athletes will be responsible for the care and maintenance of uniforms while they are in their possession and for the cost of replacement of any uniform damaged or lost. At the end of the season, uniforms must be washed by the student-athlete before returning to the head coach.
- All uniforms are to be washed in cold water and hang-dried. The exception shall be football uniforms which shall be distributed before and collected after each game and washed by one of the coaches or managers.
- Teams may be provided with equipment specific to their activity. This equipment is owned by the school and is provided for team use only. The care and supervision of this equipment shall be the responsibility of the head coach. At the end of the season, equipment must be returned to the head coach.

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## ***Transportation & Accommodation***

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### **Briercrest Fleet**

- The transportation for league, tournament and/or provincial playoff events will be provided by the Briercrest fleet of vehicles (generally by 15-passenger vans, at times by minivans, and/or cars, and for football, at times by charter bus).
- All drivers must be registered with the Briercrest Transportation Supervisor.
- All team members will travel with the team to events, except as outlined below.

### **Volunteer (Parent/Private) Vehicle**

- Athletes who live in Moose Jaw may transport themselves to Moose Jaw events.
- Family members may transport student-athletes in their family (and other immediate family members) to and from events, upon approval from the coach.
- Athletes may be transported to events by registered Volunteer Drivers.
- To become a registered Volunteer Driver, drivers must complete Briercrest's Volunteer Driver Form and meet all requirements as stated on the form.
- Volunteer Driver forms are available from the Briercrest Transportation Supervisor.

## Accommodation

- For competitions that involve overnight stays, athletes will stay with the team in the accommodation booked by the athletic department. Exceptions may be granted by the athletic director in certain circumstances, but BCA reserves the right to assign all athletes to specific accommodation. If an exception is granted, the student-athlete will still be responsible for the \$40/night accommodation fee.

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## ***Team Wind-Up & Department Awards***

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### Team Wind-Ups

At the end of the season, each team will hold a wind-up activity. At the wind-up, the following awards will be presented:

- **Growth:** Demonstrated improvement, openness to learning, acceptance of challenges, and character.
- **Grit:** Demonstrated and exemplary effort, perseverance, mental toughness, leadership in adversity, and character.
- **MVP:** Demonstrated effectiveness in helping team (or self, if an individual sport) attain success, athletic performance, leadership, and character.

### BCA Awards Celebration

Each year in June, BCA hosts an award ceremony to recognize academic and extra-curricular achievement and growth. BCA Athletics will recognize the Athletes of the Year, and 4-Year Cougar Awards.

### Athlete of the Year – Male and Female

#### Criteria

- Grade 10, 11, or 12 student.
- Participation on a minimum of one athletic team.
- The athlete demonstrated:
  - exemplary character in competition and in the school community
  - excellent athletic performance in one or more activities
  - strong leadership qualities

### Selection Committee

Composition shall be as follows, with each person on the committee having one vote (no individual can receive more than one vote by virtue of filling more than one position on the selection committee):

- Athletic Director
- Principal
- The Head Coach for each BCA athletic activity

### Selection Process

- Each head coach must submit to the athletic director one or more nominees from the team that he or she coached.
- The athletic director will compile and distribute the lists of male and female nominees to each member of the selection committee.
- The committee will meet to discuss the nominees and to narrow the list down to two or three nominees for each gender.
- From the final list of nominees, a male and a female athlete of the year should be determined through a secret ballot. In the event of a tie, the nominee receiving the lowest number of votes would be removed, and a subsequent secret ballot shall be conducted. If the tie remains after a second vote, both nominees will be granted the award.

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## ***Guidelines for Student-Athletes***

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### **Eligibility**

- To be eligible to participate, student athletes must meet eligibility requirements as outlined by the Saskatchewan High Schools Athletics Association.
- Students who previously attended a different school for any part of grades 10-12 are required to complete a request for eligibility form. The Athletic Director will attempt to connect with as many of these students as possible on registration day and will process any remaining forms once each team has been selected.
- Students must attend BCA for at least half the school day (all their scheduled morning or afternoon classes) in order to participate in that practice or game that 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 necessarily 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. The coach reserves the right to make this decision on a case-by-case basis.
- An athlete under suspension from school is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes.

### **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.
  - Contributing to minor officiating duties for the team as assigned (scorekeeping for the other gender's volleyball and basketball games, assisting at badminton tournaments, track and field meets, cross-country meets, etc.)
  - Providing the coach with advance notice of absences from practices or games, and an explanation for that absence.

- Contributing your best in all ways to helping your team succeed.
- While it is acceptable for a student athlete to have a job, it is not reasonable to expect the coach to accept working as a legitimate reason for missing practice or a game.
- At the end of the tryout period, athletes may be invited to commit to participating on the team. If that invitation is accepted, the athlete is expected to participate fully in all team events over the duration of the season. If extenuating circumstances arise, the athlete should talk with the head coach, who may release the athlete from their commitment, or reduce the expectations on the athlete.

### **Communication**

- Team communication will be conducted via WhatsApp or the app of the coach's choosing.
- The Moose Jaw volleyball and basketball leagues use another app (Teamlinkt) to host their league schedule, results, and standings. Coaches may choose to handle team communication and enter schedules for practices, tournaments, and even tournament games on Teamlinkt.

### **Conduct**

- Student-athletes are representatives and ambassadors of BCA, the community of Caronport, and Prairie South School Division.
- Student-athletes are expected to provide strong examples of leadership and citizenship both on and off the court/field of play, and both in and out of the classroom.
- Most sports are team games and although it is proper and even necessary to have personal goals, it is paramount that each member of the Cougar Athletics 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. Students are expected to follow the BCA Code of Conduct. The use of tobacco, 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, the privilege of participation may be suspended or revoked by a coach/supervisor, the Athletic Director, or Principal.

### **Playing Time/Expectations**

- BCA participates in competitive leagues. As such, there will be few, if any, games in which playing time for each athlete on the team will be equal.
- During the regular season, coaches are encouraged to consider factors of long-term individual and team development, competitive play, and personal enjoyment. For playoffs, coaches are encouraged to place a greater emphasis on competitive play.

- The amount of playing time may vary from game to game, and/or from week to week. Ultimately decisions regarding playing time shall be at the discretion of the coach.

## **Injury**

- All student athletes should carry some form of medical insurance.
- Any student injured on or off the field of play, and requiring medical attention, must present a note from a physician before being eligible to practice or play again.

## **Concussion**

- The following concussion protocol is a summary of the SHSAA Concussion Protocol. Coaches are required (and athletes and parents are strongly encouraged) to familiarize themselves with the contents of this document and follow the procedures listed therein.
- **Pre-Season:** All student-athletes and must sign a Pre-Season Concussion Education Sheet.

### **➤ Response to Incident**

- A concussion should be suspected:
  - in any student athlete who sustains a significant impact to the head, face, neck, or body and demonstrates ANY of the visual signs of a suspected concussion or reports ANY symptoms of a suspected concussion as detailed in the *Concussion Recognition Tool 5*.
  - if a student athlete reports ANY concussion symptoms to one of their peers, parents, teachers, or coaches or if anyone witnesses an athlete exhibiting any of the visual signs of concussion.
- If a student athlete is suspected of suffering a concussion/spinal action during a game or practice, the activity should be stopped. Any student athlete with a suspected concussion/spinal injury must be assessed using an Emergency Action Plan utilized at the host venue. The Sport Medicine & Science Council of Saskatchewan concussion action plan (Concussion Action Flow Chart) should provide the manner by which to manage a suspected concussion/spinal injury.

### **➤ Medical Treatment**

- Students suspected of a concussion, and their parents or legal guardians, will be provided with the Concussion Guide for Athletes, Concussion Guide for Parents & Caregivers, Return to School Strategy, and Return to Sport Strategy.

- Coaches must complete a Concussion Incident Report, and possibly a Medical Assessment Letter.
- Student athletes diagnosed with a concussion are to be managed according to the Return to School Strategy and Return to Sport Strategy under the supervision of a medical doctor, nurse practitioner, or in those situations where geographical considerations limit access to a medical doctor or nurse practitioner, a primary care health care professional with specific training and experience in the assessment and management of sports-related concussion.

➤ **Hazing**

Hazing of any kind is clearly against the philosophy of Cougar Athletics and will not be tolerated. Any and all incidents of hazing should be reported to the coach and/or athletic director.

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## ***Guidelines for Parents/Guardians***

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As parents/guardians, to partner with BCA Athletics in seeking to provide an outstanding athletic experience for student athletes, please support the team - the players, and their coaches as best you can.

Please read the Guidelines for Student-Athletes and encourage your child to uphold them.

Please support the goals of sportsmanship and help bring pride and respect to your child and to Briercrest Christian Academy.

Please 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, please follow the following process:

### **Communication**

- **Next-Day Rule:** If you want to talk with a coach about a significant issue, please wait until the next day to have the conversation. This allows both parties time to gain perspective and allow emotions to settle.
- **Written Request:** Please email the coach to request a meeting. The meeting may take place in person, by phone or by video conference.
- **Communicate with the Coach First:** After the initial meeting with the coach, if further communication is desired, please feel free to contact the Athletic Director.
- **Team Communication:** Parents/Guardians will be invited to join a WhatsApp chat or the app of the coach's choosing.
- **Schedule and Results of League Games:** The Moose Jaw volleyball and basketball leagues use another app (TeamLinkt) to host their league schedule, results, and standings. Coaches may choose to handle team communication and enter schedules for practices, tournaments, and even tournament games on TeamLinkt.

### **Commitment**

- **Joining the Team:** At the end of the tryout period, athletes may be invited to commit to participating on the team. If that invitation is accepted, the athlete is expected to participate fully in all team events over the duration of the season (including assisting with minor officiating at competitions), the student's account will be charged a participation fee for the activity, and payment must be made for Cougar clothing during the first week of practices as outlined above.
- **Release of Commitment:** If extenuating circumstances arise, the athlete should talk with the head coach, who may release the athlete from their commitment, or reduce the expectations on the athlete. If the athlete is released from their commitment, a refund of a portion of the activity fee may be applied, at the discretion of the Athletic Director.

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## **Links**

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- [Saskatchewan High School Athletic Association \(SHSAA\)](#)
- [SHSAA Concussion Protocol](#)
- [SHSAA Handbook](#)
- **BCA Code of Conduct**