

Athletic Handbook

Kings and Queens

updated 2025

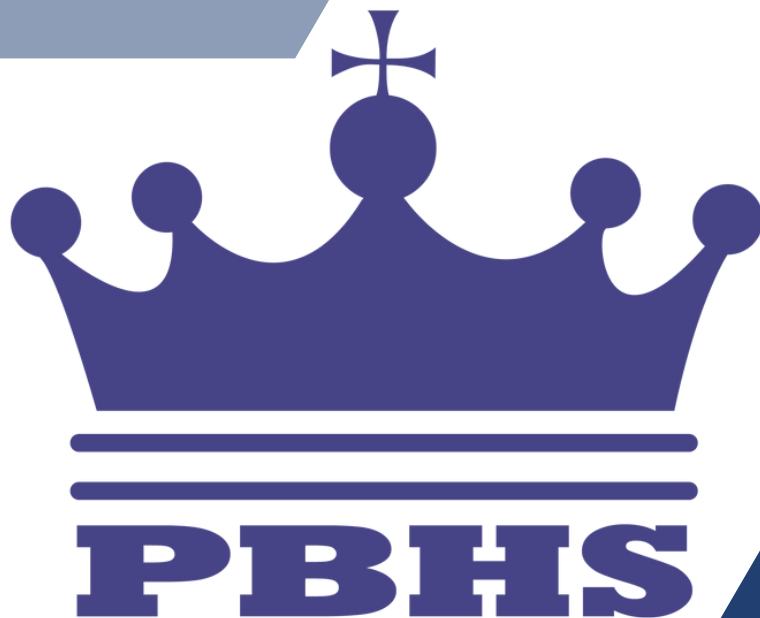


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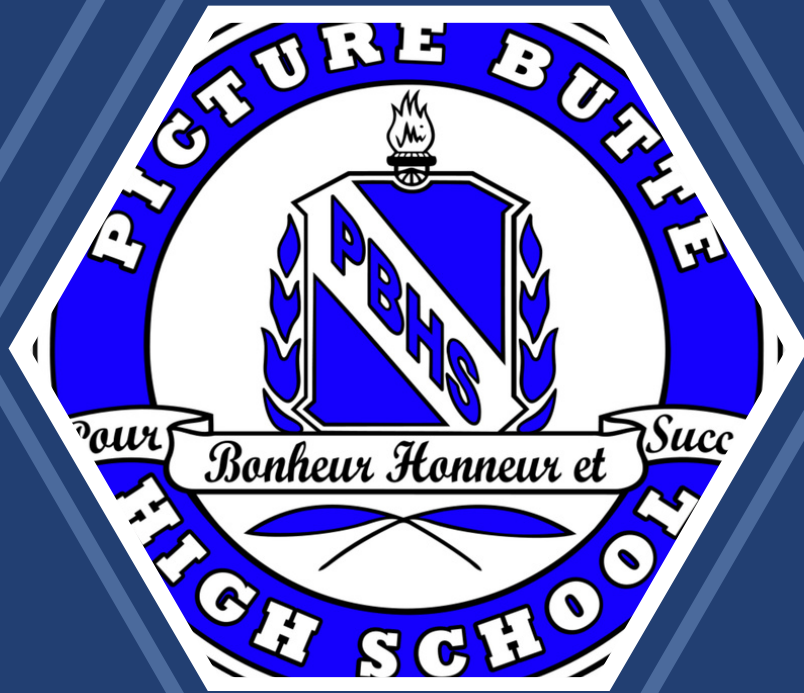
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Athletic Department

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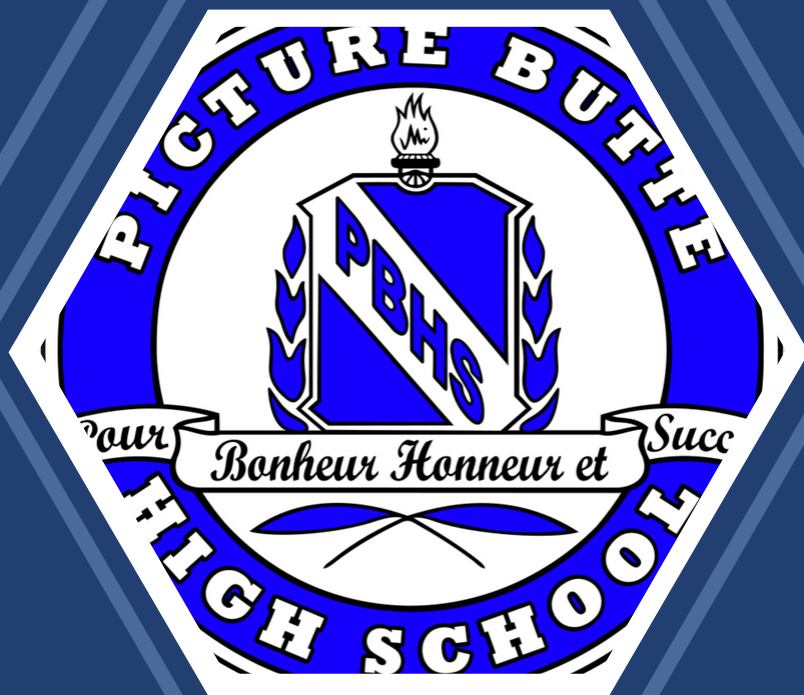
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The Athletic Department is organized by the Athletic Director and overseen by the Principal of the School. Picture Butte High School is part of the South Zone and follows rules outline for sport in the ASAA Handbook (senior high) and COLJHAA Handbooks (junior high).



Mark Lowe
Principal

Casey Scheidegger
Athletic Director

Philosophy

The purpose of the Athletic Program at Picture Butte High School is to provide students with valuable learning experiences through their participation in sport. The program is focused on having students experience success at various levels while developing skills such as **cooperation, teamwork, time management, work ethic, commitment, volunteerism and self-motivation.**

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. Since the reputation of the school is often judged by its extra-curricular programs, high standards must be maintained. Those who earn the privilege of representing Picture Butte High School in extracurricular athletics are expected to accept greater responsibilities as school citizens. *All PBHS athletes are expected to give back to their community by volunteering for one community event throughout the school year. This can also include assistant coaching for junior high sport teams and events.*

Participation in extracurricular athletics is open to all students provided they meet the general requirements as outlined in this handbook, and any requirements specific to the activity of their choice.

Programs

Picture Butte High School is a 7-12 school that runs two athletic department programs. The first is the Mini-Kings and Queens program, which is open to students in grades 7-9. Grade 6 students from our feeder schools, Dorothy Daglish and St. Catherine's, may also participate in the JV Mini-Queens/Kings Program.

The second program is the Senior High Program for students in Grades 10-12. Grade 9 students can also participate at the JV level if PBHS is in the 2A classification, but certain sports have rules around how many can be on the team (i.e. curling).

Some sports, such as badminton and track and field, classify athletes according to birthday. In these sports, junior high classifications are U13, U14, and U16. For senior high, the classifications are, junior (U16), intermediate (U17), and senior (U19).

Sport	Junior High Girls	Junior High Boys	Senior High Girls	Senior High Boys
Golf			X	X
Cross Country	X	X	X	X
Volleyball	X	X	X	X
Basketball	X	X	X	X
Curling			X	X
Badminton	X	X	X	X
Softball			X	
Track and Field	X	X	X	X

Department Overview

• Seasons of Play

All seasons of play for High School Sport are outlined in the ASAA Handbook. Each sport will follow the approximate schedule below:

- Golf- season June to September
- Cross Country- season June to October
- Volleyball- open gym in June and 3rd week of August; season September to November
- Basketball- season November to March
- Curling- season November to March
- Badminton- season March to April
- Softball- season April to June
- Track and Field- season May to June

• Participation Fees

Fees are subject to change at the beginning of each season. Teams or players that qualify for provincials may be subject to additional fees for transportation and lodging. Sporting fees are as follows:

- Volleyball
 - JV Junior High- \$100
 - Junior High Floater- \$105
 - SV Junior High- \$120
 - JV Senior High- \$195
 - Senior Floater- \$305
 - SV Senior High- \$320
- Basketball
 - JV Junior High- \$100
 - Junior High Floater- \$105
 - SV Junior High- \$120
 - JV Senior High- \$195
 - Senior High Floater- \$305
 - SV Senior High- \$320
- Golf- \$20
- Cross Country- \$10
- Badminton- \$20
- Curling- \$20 (plus cost of team hoodie)
- Track and Field- \$20
- Softball- \$75

*Athletic fees go towards covering the cost of regular season league entry, referees and scorekeepers, equipment upkeep, jersey maintenance, tournament entry fees, and zone entry fees.

Department Overview

Fundraising and Volunteering

Teams may choose to fundraise to help cover the cost of fees, provincials or away tournaments. A parent committee must be formed to communicate with the school and community about fundraising objectives. The school will not assume responsibility for fundraising and it will be the responsibility of the players and parents to organize and run. All profits from athletic events that are hosted at PBHS will go back into the Athletic Program by way of hosting skills camps, helping with travel expenses, and jersey upkeep.

All players are expected to volunteer for one community activity throughout the school year. The event does not have to be related to athletics, but it is encouraged to give back to the athletic program by helping with school tournaments or coaching of younger players

Transportation

PBHS relies on volunteer parent drivers to help with the transportation of athletes to and from league games, practices and tournaments. Parents will need a valid criminal record check, driver's abstract and insurance information to become a volunteer driver.

Players and parents do have the option of busing to and from league games; however, fees would be double or more as a result. Busing would be organized through Palliser Regional Schools.

Student athletes are not eligible to become volunteer drivers. The minimum age for a volunteer driver is 25 years of age. Athletes are permitted to drive themselves to practices or home games; but they are not permitted to drive themselves to sporting activities outside of Picture Butte. Any student who breaks this rule is subject to suspension or expulsion.

Program Overview

• Uniforms

Uniforms are provided by Picture Butte High School. Athletes will be given a uniform at the beginning of the season, after fees have been paid or a plan for payment has been made with administration. Athletes and parents are responsible for replacing lost uniforms. Warm ups or team clothing can be sponsored by community businesses or paid for by players. The school can order these items, but cost will be the player's responsibility. Uniforms for each sport differ slightly:

- Volleyball
 - Girls- top provided, players provide shorts and knee pads
 - Boys- top and shorts provided; player provides knee pads
- Basketball
 - shorts and top provided
- Curling
 - athletes will be responsible for purchasing a hoodie their first year with the team
- Badminton
 - top provided
- Track/Cross Country
 - Top provided
- Softball
 - top provided

Please wash all uniforms in cold water with like colors and hang to dry.

• Equipment

Some equipment is provided by PBHS and a small portion of fees will go to updating equipment each season. Players are welcome to use their own equipment for school sports, provided it meets all criteria as outlined by ASAA and coordinating sport specific rule books. Balls to play games, such as basketball and volleyball, will be provided by PBHS. Appropriate footwear is the player's responsibility. Athletes may choose to use their own badminton racquet, or one provided by the school. Curling brooms and sliders are available at all curling rinks and athletes are welcome to use their own equipment. All equipment for track and field will be provided by PBHS or event hosts.

Guidelines for Athletes

• Eligibility

Junior High

- Students in grade 6-9 are eligible for junior high sports. PBHS participates in COLJHAA and all sports have a handbook with rules and regulations outlined.
- Students in grade 6-8 can participate in the JV level of COLJHAA and students in grade 7-9 are eligible to participate in SV COLJHAA.

Senior High

- To be eligible to participate, Grade 10, 11, and 12 students must meet eligibility requirements as set out by the ASAA.
- Grade 9 students are eligible to play golf, volleyball, basketball, and curling with senior high teams.

Students must be in attendance for the day of a practice or game in order to participate in that practice or game. 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 a 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 is also suspended from participation in extracurricular activities, until such time as the student has been reinstated to classes.

• Conduct

Student athletes are representatives and ambassadors of Picture Butte High School, the community of Picture Butte and Palliser Regional Schools.

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.

Regardless of when or where an athletic event occurs, it is a school sponsored activity. The use of tobacco, drugs, vaping 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.

Guidelines for Athletes

• 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, it is not reasonable to expect the coach to accept working as a legitimate reason for missing practice or a game. Sacrifices may need to be made to be part of the team and contribute in a meaningful way to the betterment of all players. It is not acceptable to be away from a practice or game without notifying the coach. Players may be benched for the game following an unexcused absence.

• Injury

All student athletes should have their Alberta Health Care Card or Number with them at all times. If an athlete is injured while participating on behalf of Picture Butte High School, the school will not cover medical costs (e.g. Ambulance costs).

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.

• Community Presence

Picture Butte High School strongly encourages all athletes to become involved in their communities by volunteering for events and activities. Senior High Athletes are expected to give back to their sport by helping with the development of younger players. Each athlete is expected to help out with one junior high practice each season.

Guidelines for Coaches

Coaching is a volunteer position. We greatly appreciate the time and commitment our coaches make to the Athletic Program at PBHS.

• Conduct

The chief objectives of school athletics are to build leaders and to develop athletic skills. Winning games is secondary to these objectives. Coaches who do not make a positive contribution to the total educational process are not meeting their obligations.

The Coach should always be regular and prompt in meeting assignments – practices, games and meetings.

The Coach should be diligent in attention to routine details. This includes getting in all reports when due, keeping necessary records, phoning in results, and forwarding any receipts when required.

The Coach should instill in the team an attitude of sportsmanship on and off the court, during the game and afterwards, in school and out.

The Coach should use acceptable language at all times. Vulgarity and profanity have no place on the athletic field or court, in the gym or in the classroom.

The Coach shall not use alcohol or non-prescription drugs in any form.

The Coach should, when faced with unpredictable disciplinary situations, let the common law prevail. Situations are to be assessed on a rational basis.

The Coach should be mindful of their position of guardianship entrusted by the athletes and their parents. While acting as a counselor to the athletes, there must also be a necessary social separation, so that over-familiarity or impropriety does not occur or is not perceived to have occurred.

The Coach should work to instill with their players respect for the officials, and establish that they alone shall discuss aspects of the game with the officials.

The Coach will respect the rights and feelings of other coaches and will never use tactics that take unfair advantage of others. The coach should be friendly and courteous at all times and never argue with an opposing coach in front of the team or spectators.

The Coach should teach the team to be respectful of and friendly towards opponents.

• Parent Coaches

Parents are welcome to volunteer coach the teams their children are a part of. Head coaches will receive ½ off athletic fees, while assistant coaches will receive ¼ off athletic fees.

PBHS

Kings and Queens

• Team Selection

All activities are open to students of Picture Butte High School who meet the requirements of gender, eligibility, age and grade. Students who attend Dorothy Dalglish and in grade 6 are also eligible to participate in sporting activities at PBHS.

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

Final selections should be based on attitude, coachability, and skill.

Once the team has been selected, the coach must promptly submit a roster to the Athletic Director. All cuts will be made in person, by the coach and the Athletic Director present.

• Season Schedule

All practices will be scheduled by the Athletic Director, in coordination with the coach of the team. Schedules will be posted online and the athletic calendar on pbhs.ca is updated regularly. Coaches will distribute a practice and tournament schedule to players and parents, but please watch the calendar every week for changes.

Coaches should do their utmost to adhere to the practice and game schedule, and any changes should go through the Athletic Director. Players and parents will be made aware of schedule changes with as much notice as possible. Communication with parents will be done via group email (from the Athletic Director) and group text (from the coach).

The general guidelines for scheduling shall be as follows:

Team	Practices	League Play	Tournaments
JR High Volleyball	1-2 per week	1 (sometimes 2)/week	1 for JV; 2 for SV
SR High Volleyball	2 per week	1-2 per week	2 for JV; 5 for SV*
JR High Basketball	1-2 per week	1 (sometimes 2)/week	1 for JV; 2 for SV
SR High Basketball	2 per week	1-2 per week	2 for JV; 5 for SV*
Curling	2 per week	1	1
Badminton	2 per week	none	2
Track and Field	2 or more/week	none	2

**The golf and cross country seasons are short and students must practice outside of school for these events. Golfers must golf a minimum of 5 rounds during the summer and record their handicap. It is recommended that cross country runners participate in cardiovascular endurance activities 3-5 times per week during the summer months to prepare. A variety of trails and running courses should be included in training.

PBHS Kings and Queens

Picture Butte High School aims to compete in leagues and tournaments that are competitive for the skills that we have. We strive to provide all players with valuable learning experiences, keeping in mind that the *team* comes first. Players are expected to do what is best for their team and accept the role that they are given on the team.

*If tournament outline is not met, fees will go towards group transportation or refunds will be provided.

Playing Time

The amount of playing time may vary from game to game, or from week to week. Neither the player's grade nor prior years of playing experience with PBHS teams, will be a factor in determining playing time.

During the regular season, coaches are encouraged to consider the following recommendations for *minimum* playing time for athletes, but ultimately decisions regarding playing time shall be at the discretion of the coach.

- Grade 6-8 approximately 50%
- Grade 9 approximately 40%
- Junior Varsity. approximately 30%
- Senior Varsity. approximately 20%

For league, zone, and provincial playoffs there are no recommendations. These are the highest level of competition and it is expected that the coach make decisions to be able to compete with the best of the best.

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:

- There will be a preseason meeting at the beginning of the season. At this meeting, parent contact information will be collected.
- The Athletic Director will primarily use email to get group messages out.
- The Coach will primarily use group text messages or phone calls to communicate with players and parents.
- At the preseason meeting, the coach will provide a written statement of their philosophy, goals for the season, player expectations and contact information.

Sanctioned Absences and Early Dismissal

At times, it is 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 coach will provide an email to staff to make them aware of athletes leaving early to compete. In the case of a community coach, the Athletic Director will notify staff of early dismissal.

PBHS Kings and Queens

Parent Guidelines

The parents primary role is to support the team, the players, and the coaches.

Help your child to follow and uphold the PBHS athletes' guidelines for participation.

Support the goals of sportsmanship and help bring pride and respect to your child and Picture Butte High School.

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 below:

- If a player has a concern, the first route of contact is the player asking for an in-person meeting with the coach. In this case, the Athletic Director or Principal will be present at the meeting as a witness for the protection of both the coach and athlete. The meeting should be in person and outside of practice, games or tournaments.
- If a parent has a concern, the first route of contact is contacting the Athletic Director and/or Principal with the concern. Email is the best route of contact so there is a written record of the concern. The AD or Principal will then set up an in-person meeting with the parent and coach to resolve the issue. Before a parent meeting, it is integral that the player has reached out to the coach to bring forward any concerns. We want our athletes to advocate for themselves, but understand that this can be difficult in some circumstances.
- If the issue is not resolved, the next step is for the parent to contact the principal of the school directly to set up an in person meeting with the athlete, parent and principal. The principal will address concerns and follow up with the Athletic Director and coach to create a plan of action in resolving the issue.

It is not appropriate for parents to confront a coach on the court or field before, during or after a game. Emotions can run high, so it is strongly recommended to wait 24 hours before contacting the coach with a concern.

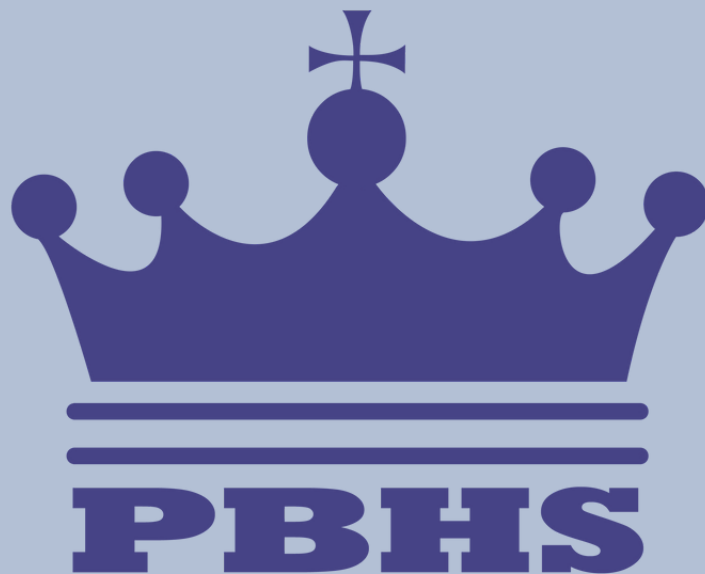
Parents are an extension of the Picture Butte High School community and we expect all parents to be sportsmanlike, respectful, appreciative and kind during all sporting events. Most of the personnel running these events are volunteers and everyone is doing their best.

PBHS Kings and Queens

Parent Guidelines

Volunteering

- Parents are expected to help with the gate and concession of home tournaments and events. The Athletic Director will handle the tournament organization and schedule, and will distribute a volunteer sheet to parents at the first parent meeting and then again 1-2 weeks before the tournament start date.



Athletic Awards

At the conclusion of each season, coaches will be responsible for selecting outstanding athletes for their sport. Coaches will submit the names of winners to the Athletic Director, along with a short write up as to why that athlete has been chosen. Sport Specific Awards will be presented at the school assembly following the conclusion of the sport's season. The following awards are distributed for each sport:

Golf

- Zone Champion and Provincial Champion (if applicable)

Cross Country

- Zone Champion and Provincial Champion (if applicable)

Jr High Volleyball

- Most Valuable Player
- Most Improved Player

Sr High Volleyball

- Most Valuable Player
- All-Star
- Most Improved Player

Jr High Basketball

- Most Valuable Player
- Most Improved Player

Sr High Basketball

- Most Valuable Player
- All-Star
- Most Improved Player

Curling

- Most Valuable Player
- Most Improved Player

Badminton

- Outstanding Player for Junior and Senior High
- Most Improved Player for Junior and Senior High

Track and Field

- Junior High Aggregates for each grade
- Acknowledgement of New School or Zone Record
- Senior High Provincial Placing

Softball

- MVP
- All-Star
- Most Improved

Athletic Awards

Special Awards

- Academic Athlete (Junior High and Senior High)
 - *awarded to students who played a school sport and received an overall average of 80% in all classes*
- Male and Female Academic Athlete of the Year
 - *One female and One male from junior high and senior high who played school sports and had the highest overall average*
- Career Athlete (presented to grade 12 students only)
 - *awarded to students who participated in the athletics programs at PBHS from grade 10 to grade 12*
- Male and Female Athlete of the Year
acknowledges exceptional athletic performance
 - *awarded to a male and female student from each junior high grade*
 - *awarded to the top male and female athletes for all of senior high*
- Doug Dudley Memorial Award
 - *Senior High Male Student who demonstrates outstanding sportsmanship*
- Karri Sucher Memorial Award
 - *Senior High Female Student who demonstrates outstanding sportsmanship*
- PBHS Alumni Community Builder Award
 - *Senior High Student who gives back to the community in the area of athletics*

Tradition Lives Here

At Picture Butte High School, we are proud to serve the community around us through education and sport. We pride ourselves in integrating into our community and developing students who are active community members.

Contact Us

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