

Coalhurst Elementary School Athletics Handbook



For Coaches, Parents & Student Athletes

Welcome to CES Athletics





At Coalhurst Elementary, we are proud to offer athletic programs that inspire our students to stay active, build confidence, and work as a team.

This handbook outlines our philosophy, current sports offerings, and the expectations for coaches, parents, and athletes.




When we work together, we create an environment where young athletes can thrive — in sport and in life.

1. Program Philosophy

At Coalhurst Elementary, athletics are about more than winning games. Our goal is to:

-  Foster teamwork, respect, and sportsmanship.
-  Develop skills, confidence, and a love for active living.
-  Provide a safe, inclusive environment where every player has the chance to learn and grow.
-  Immerse young athletes in a variety of sports to encourage continued participation when they move on to junior high.

We believe elementary sports should:

-  Be fun and positive.
 -  Offer equal playing time for all participants.
 -  Prioritize development over results.
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2. Our Current Athletic Offerings



We provide a variety of sports opportunities for students to explore, learn, and enjoy:

● **Volleyball** – Grades 5–6, played in-house at CES against fellow CES players in Mid-September/October.

● **Extended Volleyball** – In some years, we host or travel to other schools for additional volleyball play.

● **Basketball** – Grades 4–6, in early January to early March.

● **Extended Basketball** – In some years, Grade 6 students (with Grade 5s as needed) enjoy a “bonus season” that may involve hosting or traveling to other schools.

● **Badminton** – A club sport intended solely for fun and skill development, held in the spring.

● **Slow Pitch** – Occasionally offered depending on timelines and availability of tournaments.

Offerings are subject to time, availability of coaches, and participation of other schools.

3. Expectations for Coaches

The Rule of 2



For student safety, coaches must follow the Rule of Two:

- Never be alone with an athlete.
- Always ensure at least two adults are present during interactions with players (e.g., a second coach, manager, or supervising parent).
- When private conversations are needed, they should be in an open, observable space.

Staff Presence

A CES staff member will be present in the school during all practices and games. This ensures coaches have immediate access to school staff if a situation arises that requires guidance or intervention.

Addressing Concerns

If issues arise, speak privately with the Principal — either during the event (with assistance from the staff member present) or as soon as possible afterwards. Do not hesitate to communicate concerns immediately; the Principal is here to support you.

Avoid discussing concerns with players during or right after games/practices. Follow the “24-Hour Rule” for emotionally charged matters unless immediate safety or conduct issues require urgent attention.

Criminal Record Checks (CRC)

Coalhurst Elementary follows Palliser School Division Administrative Procedure 470 – Volunteers: Requirements for Volunteer Classroom Supports, Coaches and Supervisors.

Full details are available on the Palliser website - *AP 470 Volunteer Requirements*.

Key Points for Coaches:

- All volunteer coaches must complete required district volunteer forms each school year:
 - Volunteer Consent/Risk Acknowledgement Form
 - Volunteer Registration Form
 - Volunteer Confidentiality Form
- In the rare case that a volunteer may be alone with students (Rule of 2), a valid Criminal Record Check with Vulnerable Sector Check (within the last 3 months) is required.
- Once approved, an updated CRC is required every two years. In the alternate year, a Volunteer Offence Declaration Form must be completed.
- If your CRC reveals charges or convictions, or if your status changes at any time, you must inform the principal immediately.
- You cannot be in a one-on-one setting with students unless CRC requirements have been met and approved.



Equal Playing Time

Every player should get meaningful minutes in each game, regardless of skill level. Substitutions should be planned to give everyone opportunities to contribute.

Maximizing Participation

Practices should be designed so athletes get as many valuable repetitions as possible. Avoid long lines, excessive “lecture time,” or drills where only one player is active while others watch. Keep players moving, touching equipment often, and engaged in fun, game-like activities. The goal is to keep athletes active, learning, and enjoying the sport from start to finish.



Balancing Game Play

While there is value in basic game play, excessive scrimmaging often benefits more skilled athletes, as they naturally get more touches and opportunities.

To support skill development for all, ensure every athlete is actively involved and receives frequent touches with the ball or equipment, regardless of ability level. CES staff will purchase more equipment if there is a shortage to ensure that all athletes have equitable access.

4. Expectations for Parents & Guardians

Fan Behaviour

- Cheer for effort, not just results.
- Keep comments positive — no yelling at players, coaches, or other fans.
- Remember that children learn from example; model the sportsmanship you want them to show.

Treatment of Officials







- Most officials are volunteers or new to officiating — mistakes will happen.
- Only coaches should address officials during games.
- Respectful behaviour toward officials is non-negotiable; harassment will result in removal from the facility.
- Concerned about officiating? We accept volunteers!

Raising Concerns

- Speak directly to the coach after a cooling-off period, not during a game.
 - If unresolved, bring the matter to the Principal.
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5. Expectations for Student Athletes

Our athletes represent Coalhurst Elementary both on and off the court. They are expected to:

-  Behave respectfully toward teammates, opponents, coaches, officials, and fans.
-  Show good sportsmanship at all times.
-  Demonstrate effort, hustle, and teamwork.
-  Follow team and school rules.

Important:

Athletes who consistently disregard these expectations will meet with the Principal to determine whether they may continue playing, and under what conditions.

The Principal reserves the right to withdraw any athlete from participation if expectations are not met.

6. Everyone's Responsibility

We all share the responsibility of making CES Athletics a positive experience:

Coaches

- Lead with fairness, safety, and enthusiasm.
- Focus on development and inclusion.

Parents

- Support your child, the team, and the officials.
- Model positive sportsmanship.

Athletes

- Show respect, hustle, and a willingness to learn.
- Be a supportive teammate.

When we work together, our young athletes gain skills, friendships, and values that last a lifetime.

