



2018-2019

Aims & Objectives

The York Region Athletic Association is proud to offer students many opportunities to enhance their educational experience through high school sports. Without the contributions of the volunteer coaches throughout York Region, these positive learning experiences would be impossible.

The central aim of the York Region Athletic Association is to provide our students with the opportunity for personal growth through sport. With this in mind, members of the Y.R.A.A. adhere to the following objectives:

- to organize and co-ordinate all interschool competitions and related activities sanctioned by the Y.R.A.A.
- to provide opportunities for, and development of the individual teacher/coach in order to stimulate professional growth.
- to provide the best possible opportunity for a high standard of competition through the finest interschool athletic programs possible within the Association.
- to promote a variety of sports and encourage participation by the maximum number of students.
- to promote a closer relationship between member schools and their representative boards of education.
- to encourage and promote fair play, good sportsmanship and to enjoy a spirit of good fellowship with those who hold the same interests within our Association.

Code of Ethics

It is important for every coach to have a well developed code of ethics that they clearly communicate to their student/athletes. In everything that a school based coach does, the guiding principle must always be education through sport. The gymnasium, court, field and arena are all extensions of the classroom. A teacher/coach must always ask themselves if the behavior being displayed is behavior they would accept or want modeled in a regular classroom.

In order to facilitate teacher/coaches with the development of their personal code of ethics, the following sections have been included from the YRAA Constitution.

Code for Players

Play the game for the game's sake.

1. Be generous in winning.
2. Demonstrate grace in losing.
3. Be fair at all times, no matter what the cost.
4. Observe the rules of the game.
5. Work for the good of the team.
6. Accept gracefully the decision of the officials.
7. Believe in the honesty of your opponents.
8. Conduct yourself, at all times, with honour and dignity.
9. Be respectful of the facilities and staff of the host school.
10. Recognize and applaud honestly and wholeheartedly the efforts of your teammates or opponents regardless of colour, creed, race or religion.

Code for Coaches (From OFSAA Code of Ethics for Coaches)

Respect for Participants: The principle of *respect for participants* challenges coaches to act in a manner respectful of the dignity of all participants in sport. Fundamental to this principle is the basic assumption that each person has value and is worthy of respect.

Acting with *respect for participants* means that coaches:

- a) do not make some participants more or less worthy as persons than others on the basis of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socioeconomic status, marital status, age or other conditions;
- b) have a responsibility to respect and promote the rights of all participants;
- b) interact with others in a manner that enables all participants in sport to maintain their dignity; and
- c) build mutual support among fellow coaches, officials, spectators, athletes and their family members.

Responsible Coaching: the principle of *responsible coaching* carries the basic ethical expectation that the activities of coaches will benefit society in general and participants in particular and will do no harm. Fundamental to the implementation of this principle is the notion of competence – responsible coaching (maximizing benefits and minimizing risks to participants) is performed by coaches who are “well prepared and current” in their discipline.

In addition, *responsible coaching* means that coaches:

- a) act in the best interest of the athlete's development as a whole person;
- b) recognize the power inherent in the position of coach;
- c) are aware of their personal values and how these affect their practice as coaches;
- d) acknowledge the limitations of their discipline; and
- e) accept the responsibility to work with other coaches and professionals in sport.

Integrity in Relationships: Integrity means that coaches are expected to be honest, sincere and honourable in their relationships with others. Acting on these values is most possible when coaches possess a high degree of self-awareness and the ability to reflect critically on how their perspectives influence their interactions with others.

In being faithful to the principle of *integrity in relationships*, coaches would adhere to the following ethical standards:

- a) explore mutual expectations with athletes in an honest and open manner, giving due consideration to the age and experience of individuals;
- b) accurately represent personal coaching qualification, experience, competence and affiliations in spoken and written communications, being careful not to use descriptions or information that could be misrepresented;
- c) make athletes and others clearly aware of coaching qualifications and experience;
- d) notify other coaches when working with those coaches' athletes;
- e) honour all promises and commitments, both verbal and written;
- f) act with an enthusiastic and genuine appreciation of sport.

Honouring Sport: The principle of *honouring sport* challenges coaches to recognize, act on and promote the value of sport for individuals and teams and for society in general.

Honouring Sport means that coaches:

- a) act on and promote clearly articulated values related to coaching and sport;
- b) encourage and model honourable intentions and actions in their coaching practice;
- c) show high regard for and promote the value of sport in Canadian society and around the world;
- d) accept both the letter and the spirit of the rules that define and govern sport.

Code for Spectators

1. Treat the premises, students, staff and players of the participating schools and the officials with respect and courtesy.
2. Abide by the decisions of the officials whether or not they are in favour of your team.
3. Respond politely to the requests of the officials.
4. Remain seated in the areas designated for spectators and leave the playing surface clear at all times.
5. Be polite and courteous and use only appropriate language.
6. Refrain from any behaviour that might distract the athletes or interfere with the progress of the game.

7. Applaud good plays and never make derogatory remarks about the officials, players or coaches of the opposing team.

Expectations of Coaches

1. The teacher/coach bears the responsibility of preparing student/athletes in such a way as to leave no doubt whatsoever of precisely what conduct is expected of them according to the Code for Players.
2. The teacher/coach is responsible for the supervision of his or her student/athletes for the entire period during which they are involved in participating in the sport.
3. The teacher/coach must familiarize the student/athletes with the "playing regulations" of the sport.
4. The teacher/coach should develop a philosophy of coaching which includes aspects of tolerance, fair play, good sportsmanship and respect for authority.
5. The teacher/coach or teacher representative from each school participating in a YRAA sport is required to attend the pre season coaches meeting. **Schools not represented at the pre season coaches' meeting will be fined \$200.00.** Exceptions to this article will be granted only with appeal to the Executive within twenty-four (24) hours. If a school expects to request late entry, in the event that a team in their division withdraws, they must have attended the pre season meeting as a show of interest and in order to be prepared for the season.
6. The teacher/coach is expected to keep the principal and the athletic designate informed of the performance of the team and any problems as they arise.
7. Teacher/coaches are expected to deal with all disputes through the Executive and must not impugn the character of any member or member school through any of the media sources.

The home teacher/coach is responsible for reasonable safety measures and the comfort level of the visiting team. If a teacher/coach feels that the safety of him/herself or their student/athletes is in serious jeopardy, the game should be delayed pending input from the officials, and the home school administration.

Coaches' Checklist

1. Attend your own ***school's coaches' meeting***.
2. Attend ***pre-season coaches' meeting if necessary***; All new coaches must attend a New Coaches meeting before the start of the season. Please check with your AD for the date, time and location
3. Check your players:
 - Confirm ***year of birth & age*** for eligibility
 - Did any ***attend a different secondary school*** last year? If so, they may be ineligible and may need to apply to the Transfer Appeal Committee in order to participate.
 - Are any in their ***6th year of high school***? If so, they are ineligible to participate in school sport.
4. Submit completed Transfer Eligibility Forms. Transfer applications are due each Thursday by 1:00pm and must be sent by PDF to Mark.Arsenault@yraa.com. Forms can be found in the documents section at YRAA.com. Ask your AD for assistance...transfer applications can be tricky!
5. Get set up with an account at **YRAA.com**. You will need your AD to set you up with a username and password. Once you are set up you can do the following;
 - i) **Complete your Team Eligibility Form.** (Must be done at least 24 hours before your first game or competition). Once you are logged in you should see the team(s) you are coaching. Click on the yellow box on the right. You will then see a page with a list of students on the left and an empty box on the right. You need to drag your players from the left to the right. This is your team roster. Make sure to **save** the page (bottom right) before you exit. If a student is in **red**, they are **not eligible**. You need to do a Transfer Eligibility Form and have them cleared by the transfer committee before they can play. **You also need to check that you have read and understand the OPHEA safety guidelines and the**

- ii) **Check your Schedule.** Under the “games” tab you will see all the games in your schedule. Check to make sure the schedule makes sense...e.g. correct number of games, both home and away. Also check for conflicts (two games same day)
- iii) **Input Game Scores.** We ask that scores be inputted immediately after the completion of your game. Both teams are asked to input the score of the game. To input a score click on the “games tab”. All your games will appear. Click on the correct game and enter your scores, make sure to save.
- iv) **Contacting Another Coach.** If you need to contact the coach of a team you are playing to request a game change or for any other reason, you can find their information when you click on that game. It can be found in the top right corner of the page.

6. **Review the Sport Playing Regulations** for your sport with your team. Current playing regulations can be found at YRAA.com under the sport page.

7. **Review OPHEA safety guidelines for your sport.** Link to the safety guidelines for each sport can be found in the documents section at YRAA.com. **OTHER CONSIDERATIONS;**

- i) **High Risk Sports:** Require that at least one coach, with the team at all times, must have emergency CPR/First Aid Training. Proof of this training must be provided to the YRAA before the team can be registered. Coaches also must have a minimum of NCCP Level 1 or equivalent to coach a high risk sport or have coached the high risk sport in the past 3 years.
- ii) **List of High Risk Sports:**
 Rugby, Football, Ice Hockey, Field Hockey, Track and Field (vertical jumps and throws), Wrestling, Mountain Biking, **Swimming, Alpine, Snowboard**
****Swimming, Alpine and Snowboard do not require the Emergency First Aid Training as each venue will have training First Aid people****

8. Post schedules of practices and games.

9. Have **first aid supplies** available for home games, away games and all practices.

10. Provide **team list, league and exhibition schedule** to the Principal, Vice-principal and to the Athletic Designate.

11. Provide **team lists, dates and time of early dismissals** to all teachers and the attendance secretary.

12. Produce a **“Team Information Sheet”** with the following information in case of an emergency:

- parents/guardians home and work phone numbers
- medical information (i.e. allergies)

13. Carry the following to all games:

- first aid supplies/emergency telephone numbers
- team information sheet
- game sheets/disqualification reports
- warm-up equipment

14. Have all athletes complete the following forms:

Informed Consent forms, Parental Permission forms and Trip Driver Authorization are forms you should ask your Athletic Designate or school administration about.

All schools require that forms be completed whenever students play on a school team

Questions to Ask When Coaching a High School Team

Welcome to coaching in York Region! As a coach in the York Region Athletic Association, you should be familiar with a number of important points which affect the safety and success of your team. Be sure to get the answers to these key questions by going to the yraa.com website or by asking your school's Athletic Designate.

1. CONSTITUTION: Where can I find a copy of the YRAA Constitution and Playing Regulations for the sport I am coaching?
2. ELIGIBILITY: What are the limitations regarding age, number of teams on which a student/athlete may play on, and involvement in teams outside of the YRAA league that may limit participation or eligibility?
3. EQUIPMENT: Where can I find the necessary equipment for the team?
4. SCHOOL KEYS: How do I get the keys I will need?
5. UNIFORMS: Where do I pick up and return uniforms? Do student/athletes purchase them? Is there a deposit required? What costs are involved? Who collects the money?
6. PRACTICE
 AVAILABILITY: Who arranges practice time? Who books and pays for rental facilities if needed?
7. SCHEDULES/
 SCORESHEETS When do I get a schedule of game times and/or tournament dates? Where do I get scoresheets?
8. PERMISSION
 FORMS: What forms are required? What are my responsibilities?
9. MEETINGS: When are pre-season and post-season coaches' meetings for my sport? When can I call team meetings?
10. EARLY
 DISMISSAL: How do I get student/athletes dismissed early?
11. WEEKEND PRACTICES AND TOURNAMNET PLAY:
 Are weekend practices or exhibition games permitted? What procedures must be followed? Is there a limit to the number of exhibition games/tournaments I can enter? How are exhibition events funded?
12. CODES OF
 BEHAVIOR: What rules govern my behavior as a coach? What are my responsibilities if one of my players is ejected from a game?
13. TRANSPORTATION:
 What should I know about travel for games within and outside our Association?

You can find the answers by using the Coaches Handbook, the yraa.com website, talking to other coaches at your school, or by asking your school's Athletic Designate.