

Sports at ASES

At Archie Stouffer we are committed to demonstrating the components of a healthy lifestyle to our students, in terms of understanding good nutrition and avoidance of substance abuse as well as the importance of physical fitness. In addition to our Phys. Ed programs and quality daily physical activity (QDPA) that are provided as a part of our regular curriculum, we offer a good balance of intramural sports for fun and enjoyment and team tournament sports with a more competitive focus. Intramurals and team sports can only be offered because our staff come forward and donate their free time and expertise on a volunteer basis. It is important that students understand and appreciate this gift of time.

Physical Education is an integral part of the curriculum. Students are expected to participate to their fullest ability. Students in grades 4 to 8 **MUST** be properly attired for physical education class. Clean, dry running shoes, a pair of shorts or sweat pants and a T-shirt are accepted dress. Pupils who are physically unable to participate in physical education activities **must have** a medical doctor's statement to the effect. The statement should be clear as to what exercises should be avoided and for what time frame.

A tentative program of intramurals will be set at the beginning of each year with sports offered to different age groups in the Junior and Intermediate divisions on a daily basis. Interest levels of the students as well as the particular strengths of our coaches are considered as the activities are selected and the Spirit Team points begin to accumulate. This takes place during our second break (1:20 p.m.) and in addition to providing lots of active fun, it offers an opportunity for potential student leaders to assist, enhancing their employment resumes. A consent form for routine physical activity at school is included in the "First Day Package" of forms and as it pertains to QDPA, Phys. Ed. and intramurals, it must be completed by each student.

A schedule of Tournaments for team sports is set by the Board each year. Cross Country is in the fall, followed by Soccer. Volleyball usually starts before Christmas break and finishes after. Basketball and then Track & Field fill up the winter and spring. In each of these sports, we must find coaches for Junior Mixed, Intermediate Boys and Intermediate Girls and in addition for a Primary team in Cross Country. This year we were also able to offer a Primary team in Track & Field. A second permission form including medical information must be completed and sent in if your son or daughter is to participate in a team sport; however it has been re-designed so that one copy will suffice for every sport. This can also be found in the "First Day Package". In addition to this, which

we will have on file in the office, your child's coach will send home relevant information with regard to the organization of each team and may require that you sign this to acknowledge that it has been read and understood. This will include such details as times of practices, transportation policies, team selection criteria, policies about absenteeism, tournament dates, uniform routines, etc.

While the focus is different, both intramurals and team sports are valuable from a health standpoint. Because of the high standards we maintain for our students, the expectation in both areas is that of regular attendance and appropriate behaviour in order to proceed and we need this to be a requirement that is discussed and supported at home as well. We are anxious that the sports and fitness opportunities that are provided will be positive experiences for your children. We recognize that **continued communication between home and school is critical to this goal**. For this reason we will be making an extra effort to make our procedures clear and easy to understand and we urge that you call your child's coach with any questions you may have. It is always noted here at Archie Stouffer that when parents and staff are working together harmoniously, the benefits for our children multiply.

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