

Kalamalka Athletics

Athletes/Parents Information Package

2025-2026



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ATHLETIC DIRECTOR Jessie Bourgeois

Please note that Athletic Directors in SD22 are allocated 2-3 hours/week to work on athletics. Outside of my designated athletics time, I am teaching. I will respond to texts, emails and phone calls in a priority order as quickly as I can.

All communication with BC School Sports needs to be done through me or administrators. Please do not email BCSS or other Athletic Directors without speaking with me first. This is imperative to ensuring all communication is done effectively and efficiently.

WEBSITE www.kalamalkaathletics.com

Please note that all information pertaining to athletics can be found on our website, including an extensive athletics calendar. The athletic calendar is live, meaning that when I update it on my end it is automatically updated online. It is the easiest and quickest way to get up to date information on what is occurring in the gym.

INSTAGRAM @kalamalkaathletics

Over 1000 people follow this account! If you want photos or videos posted on Instagram, announcements, etc... please text and send videos / photos or give me the information you would like me to put on. Please note sending photos does not guarantee they will be posted but helps us represent more student athletes on our platform.

ATHLETIC POLICY

The purpose of this document is to give an overview of our school policy and philosophy at Kalamalka Secondary School.

1. A student must meet the eligibility requirements of BC School Sports, the Okanagan Valley School Athletic Association and North Okanagan Athletic Association. If any of the following apply to your dependent they must come speak to me ASAP:
 - a. Recently moved into the catchment with parents/guardian
 - b. Transferred schools without moving residence
2. Athletics is an extension of the school day. It is expected that student-athletes adhere to the student code of conduct in athletics. Kalamalka believes that a positive school environment promotes:
 - a. Respect for the dignity of individuals and the diversity of our school community
 - b. Respect for the property of others
 - c. Drug and alcohol free school (including 'look-alikes')
 - d. A weapon-free environment (including 'look-alikes')
 - e. Intolerance of bullying and harassing behaviours
 - f. A non-sexist environment

- g. Non-violent conflict resolution; and
 - h. Student behaviour conducive to the establishment of a positive school environment which maximizes the learning opportunities for all students
3. Athletes may not play 'up' an age category unless there is no team at their age group or the team senior to the, needs numbers in order to complete their roster (aka do not meet minimum requirements for rosters according to BCSS).

TRYOUTS

All students wishing to participate must be given the opportunity to try out for a team. It is the coaches choice on the number of tryouts they wish to have – there must be a minimum of two tryouts held on different days of the week. Students unable to make tryouts for extenuating circumstances (ie: finishing up winter season), should be given the opportunity at another given time. Please see me on a case by case basis in regards to this.

GRADE 8 TEAMS

Grade 8 volleyball and basketball are moving to tiered leagues. If we have enough players attend tryouts for a second grade 8 team, 2 tiered teams will be created (A & B team).

We have a **no cut policy** at grade 8 and try our best to provide opportunity to all grade 8s that would like to participate in athletics. Please note that 100% commitment is still needed to play on a grade 8 team that has a no cut policy. If 100% commitment is not shown, an athlete may be 'cut'.

CONSENT/MEDICAL FORMS

Consent/Medical Forms will be completed on-line. This is a mandatory form parents / guardians must complete in order for their child/dependent to participate in a Kalamalka sport. This must be completed prior to any competition and students will not play unless it has been completed.

WHERE TO FIND THE FORM: Please note that we are moving to a digital form for the 2025-2026 season. The form can be found linked on the athletics website.

PARENT DRIVERS

4. School District #22 requires that all parent/guardian drivers transporting team members complete an RCMP criminal records check. Individuals are exempt if:
- a. It is a mandatory requirement in his/her profession.
 - b. The individual has already completed a criminal records check within last 5 years.

The criminal record check can be done at:

Online link: <https://justice.gov.bc.ca/eCRC/>

Access Code: GJKZ8T8XMP

In addition, driver's must also provide the following:

- Volunteer Drive Application (forms in the office)
- Copy of Vehicle Insurance *****Out of Province Insurance is NOT Accepted*****
- Copy of Driver's Licence
- Copy of Driver's Abstract (free online)

<http://www.icbc.com/driver-licensing/getting-licensed/Pages/Your-driving-record.aspx>

5. Team related decisions (cutting players, playing time etc...) are made by the coach. If a parent/athlete has any concerns regarding a decision made by the coach, please speak to the coach directly. If you are not comfortable doing that, contact the AD for assistance.

PARENT MEETING

There will be a mandatory parent meeting at the beginning of each season. This meeting will take place in the PM and run by AD and Admin. The goal of this meeting is to go over expectations of parents during the season and answer any questions pertaining to athletics.

COACHES RESPONSIBILITY

- Guiding athletes to communicate, to be responsible and to hold themselves accountable
- Nurturing their dreams to be the best on and off the playing field/court
- Create an environment that encourages athletes to learn and develop on and off the playing field/court, to create a positive/fun learning environment during highs and lows
- Using positive reinforcement
- Reinforcing the standard and expectations we provide our athletes with at the beginning of each season

ATHLETIC FEES & TEAM FEES

A mandatory parent meeting is held in the fall and winter; however, it is the responsibility of coaches to discuss & ensure each athlete understands our fee structure. Below is a template with athletic fee amounts.

Athletic fees and TEAM fees are different. Athletic fees cover regular league play (league registration, BCSS registration, refs, scorekeepers, valleys registration, medical supplies, equipment, etc.). Team fees cover any tournaments, hotels, and gear the teams order. All fees will be assessed to MyEd and can be paid online or in the main office.

Break down of **athletic fees** per sport:

Sr Volleyball - \$200

Jr Volleyball - \$175

Sr Soccer - \$100

Mountain Biking

Gr 8 Volleyball - \$150

Sr Rugby 7s - \$100

Sr Basketball - \$200

X-Country - \$125

Jr Basketball - \$175

Track & Field - \$150

Gr 8 Basketball - \$150

Golf - \$50 + green fees

Ultimate - \$100

Jr Football - \$400

Sr Football - \$400

*Tournaments are an added expense. If your team is entered into any tournaments, coaches will calculate the cost per player and collect this on top of the athletic fee.

Players **MUST** pay their fees at the beginning of each season of play. **Uniforms will not be given out until fees are paid.**

****No student will be excluded because of financial difficulties. If there are any concerns or questions, please contact admin or the Athletic Director.**

UNIFORMS

Athletes are given the privilege of wearing Kalamalka Secondary uniforms when they participate on an athletic team. We presently have a routine of lending these uniforms to athletes while they participate in a sport and then collecting them when the sport has ended.

Basketball: \$100.00 per uniform/\$200.00 for two uniforms

Volleyball \$100.00 per uniform/\$200.00 for two uniforms

Soccer \$100.00 per uniform/\$200 for two uniforms

Track&Field \$100 per uniform

Cross Country \$100 per uniform

It is the responsibility of the athlete to keep his/her uniform in the same condition as it was received. Proper care of uniforms requires following these guidelines:

1. DO NOT, under any circumstances, bleach the uniform.

2. DO NOT use liquid fabric softener.

3. Wash uniforms in cold water (to hold the colour) and wash with items that are similar in colour.

4. DO NOT put the uniform in the dryer, PLEASE hang to dry.

5. DO NOT iron the uniform.

If jerseys are not returned **by JUNE 19, 2026** a fee will be assessed to the students MyEd account so that Jersey replacements can be ordered. Once the fee is assessed it can not be reversed.

ATHLETIC AWARDS/BANQUET

There is an Athletic Awards celebration at the end of the year. All athletic awards will be given out at this event. At the end of each sports season, the coach will assess team members based on athleticism, coach-ability, sportsmanship, and citizenship. Each team will be presented with a Coach's Award (MVP, etc.) and a Lakers Legacy Award (sportsmanship, leadership, etc.). Parents are encouraged to attend and celebrate their athletes' success throughout the year. Please note, awards are a surprise and notification will not be given in advance.

Major awards will also be given out at this event:

Grade 8 Girls Athlete of the Year

Grade 8 Boys Athlete of the Year

Junior Female Athlete of the Year

Junior Male Athlete of the Year

Senior Female Athlete of the Year

Senior Male Athlete of the Year

Student - Athlete of the year (grade 12 student with the highest GPA)

**** In order to be nominated for a major award an athlete must participate in at least 2 school sports.**

ATHLETIC SCHOLARSHIP - **NEW**

To continue providing meaningful opportunities for our athletes, we are launching a scholarship for graduating student-athletes who demonstrated excellence and leadership in sport and in the classroom.

ATHLETIC DONATIONS

In our effort to make athletics memorable for all athletes we are reaching out to the community for financial support. Athletics is run completely off of sponsors, donations, and fees paid by the student-athletes themselves. There is no district allocation of money for a budget in athletics.

Each year, we try as hard as possible to spread out our expenses (new equipment, jerseys, etc), but ultimately have to pick and choose what works within the confines of our small budget. We are reaching out to the community to ask for support in subsidizing some of our major expenses. Sponsoring Kal Athletics is not only a great opportunity to get involved with the community, but it also provides opportunities for hundreds of athletes. Below is a list of some of the major yearly expenses that Kal Athletics acquires to give a general idea of what sponsorship money would go towards.

Major Yearly Expenses

- General equipment (practice balls, pinnies etc.)
- Replacement of jerseys (on a 4-5 year rotation)
- Coaches sweaters/jackets (a small token of appreciation for all of their volunteer time)
- Subsidized cost for travel/provincial tournaments (can cost athletes up to \$500 each)
- Athletic Awards/Banquet

Example of Major One-Time Expenses

- New scorekeeper table for Basketball (~\$15,000)
- Field lining machine for Rugby, Soccer, & Football (~\$5,500)
- New basketball backboards (~\$15,000)