Kalamalka Athletics

Athletes/Parents Information Package

2026-2027

Jessie Bourgeois
Athletic Director
jbourgeois@sd22.bc.ca
778-686-2422

Jeff Huggins
Principal
jhuggins@sd22.bc.ca
250-309-0840

ATHLETIC DIRECTOR **Jessie Bourgeois**

Athletic Directors in SD22 are allocated 2-3 hours/week to work on athletics. Outside of my designated athletics time, I am teaching full time and coaching. I will respond to texts, emails and phone calls in a priority order as quickly as I can. My personal cell phone number is strictly for emergencies (for example, if a student-athlete is lost or at immediate risk). Non-urgent inquiries must be sent via email.

All communication with BC School Sports is to be done through the Athletic Director or administrators. Please do not email BCSS or Athletic Directors from other schools. This is imperative to ensuring all communication is done appropriately and efficiently.

WEBSITE https://www.kalamalkaathletics.com/

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 must be in good academic standing to be eligible to play at Kalamalka. If an athlete is failing a class, they may be placed on academic probation, meaning they can practice with the team but will be ineligible to play in games until they pass.
4. Athletes may not play 'up' an age category unless there is no team at their age group or the team senior to them 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.

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.

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'.

Starting in the 2026-2027 school year, grade 8's must sign up for tryouts before they begin and abide by the following rules:

1. Mandatory Registration & Communication - All Grade 8 student-athletes wishing to try out for the team must officially register with parent/guardian contact information. This is required so the Athletic Director can maintain direct email communication with parents/guardians.

2. Notification of Withdrawal - If a player decides during or after the tryout process that they no longer wish to participate, a parent or guardian **must notify the Athletic Director by e-mail within 24 hours of the final tryout.** Please do not relay this information through other players.

3. The Commitment Rule

- **Financial Commitment:** Team athletic fees are calculated and divided equally based on the final number of athletes on the roster. Therefore, if an athlete chooses to leave the team **after the final roster is posted**, **the family will still be responsible for paying the full fee**, as budgets and costs will already be locked in. .

PLAYING TIME (GRADE 9-12)

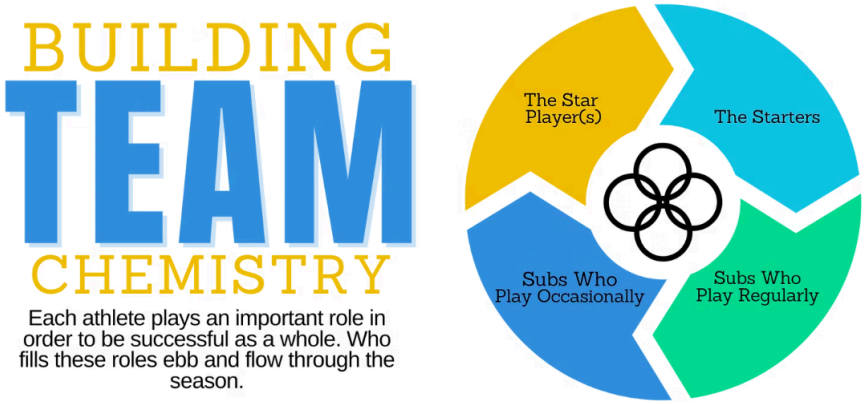
Our competitive athletic program is designed to develop skills, foster teamwork, and compete at a high level. **Playing time is earned, not guaranteed.**

Playing time decisions are made at the sole discretion of the coaching staff based on several factors, including:

- **Attendance and Punctuation:** Consistent presence at all practices, team meetings, and events.
- **Effort and Attitude:** Hard work, receptiveness to coaching, and positive sportsmanship.
- **Skill and Execution:** Demonstrated mastery of team strategy and individual role execution during practices and games.
- **Game Strategy:** Specific tactical matchups and game situations.

While we strive to provide opportunities for every athlete to contribute to the team's success, our primary focus during competitive play is placing the team in the best position to succeed while rewarding commitment and development.

To protect the player-coach relationship and maintain focus on the team, coaches will not engage in discussions, emails, or messages regarding playing time with parents under any circumstances. Any player concerns must be brought to the coaching staff directly by the player. Parent inquiries regarding playing time will be redirected to this policy.



PLAYING TIME - Inclusive Play (GRADE 8)

Grade 8 is an important transition year in our athletics program. As athletes move into high school, grade 8 teams operate under an **Inclusive Play, Not Equal Play** policy.

Fair Play means that every student who makes the team is a valued member with opportunities to grow, develop, and contribute. However, **equal playing time is not guaranteed.**

Playing time is earned through individual commitment. Coaches will evaluate playing time based on:

- **Commitment to Practice:** Attending every practice on time, working hard, and giving full effort.
- **Positive Attitude & Sportsmanship:** Being coachable, supporting teammates, and representing our school with pride.

Our goal is to ensure every athlete gets opportunities to compete throughout the season while teaching the value of dedication, hard work, and earning your role on the court or field.

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: The form can be found linked on the athletics website.

PARENT DRIVERS

5. 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 the 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

PARENT MEETING

There will be a mandatory parent meeting at the beginning of each season. This meeting will take place in the PM via Zoom and run by the AD and Admin. The goal of this meeting is to go over expectations of parents during the season and answer any questions pertaining to fees and 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
Gr 8 Volleyball - $150

Sr Basketball - $200
Jr Basketball - $175
Gr 8 Basketball - $150

Jr Football - $400
Sr Football - $400

Sr Soccer - $100
Mountain Biking
Sr Rugby 7s - $100

X-Country - $125
Track & Field - $150
Golf - $50 + green fees
Ultimate - $100

*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 the 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 the dates below 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.

Fall season - December 18, 2026
Winter season - March 12, 2026

Spring season - June 11, 2026

24 HOUR RULE

1. **The Cooling-Off Period** - Parents/guardians are required to wait a minimum of 24 hours after a game, practice, or incident before contacting the coaching staff to discuss grievances. It is recommended that athletes contact coaches on their behalf.

2. **No Post-Game Confrontations** - Coaches will not engage in discussions about complaints immediately following a practice/game. Please do not approach the coaching staff on the field, court, or in the parking lot to air grievances.

3. **Scheduling a Meeting** - Once the 24-hour period has passed, we strongly encourage a **"Player First"** approach to communication. If an athlete has a question about playing time, strategy, or their role on the team, **it is highly recommended that the student-athlete approach the coaches themselves before a parent gets involved.**

Learning to advocate for oneself is a vital part of growing as an athlete and a student. Coaches and/or the Athletic Director are always open to hearing from players directly, provided the conversation takes place at an appropriate time (e.g., before or after practice, not during a game).

Failure to abide by the 24-hour cooling-off period may result in a loss of spectator privileges.

Note: This rule does not apply to emergencies, safety concerns, or immediate medical/health updates (e.g., a child being critically injured or at risk), which should be communicated immediately.

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.

The scholarship is $1000 and can be applied for along with all other district scholarships. The scholarship is called “Kalamalka Lakers Legacy Award - Sponsored by Watkin Motors Ford”.

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 because it is not curricular.

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. If you or someone you know may be interested in donating, please reach out to me (Jessie Bourgeois - jbourgeois@sd22.bc.ca) for an official sponsorship letter.

Major Yearly Expenses

- General equipment (practice balls, pinnies etc.)
- Replacement of jerseys (on a 4-5 year rotation)
- Coaches giftts (a small token of appreciation for all of their volunteer time)
- Subsidized cost for travel/provincial tournaments (can cost athletes up to $700 each)
- Athletic Awards/Banquet

Example of Major One-Time Expenses

- New scorekeeper table for Basketball (~$15,000)
- New basketball backboards (~$15,000)