

ÉCOLE DISCOVERY TRAILS
EXTRA CURRICULAR - ATHLETIC PROGRAMMING
HANDBOOK



Last Updated: September 4, 2025

ÉCOLE DISCOVERY TRAILS MISSION STATEMENT

At École Discovery Trails, we nurture curiosity, empathy, and lifelong learning in a diverse and inclusive environment. Through collaboration, creativity, and respect, we guide students on a journey of academic and personal growth, empowering them to become responsible global citizens who honor our shared history and embrace new possibilities.

OVERVIEW

PHILOSOPHY

The primary purpose of all athletics extra-curricular programming at ÉDT is to help students develop the skills, confidence, and connections necessary for a healthy, active, and fulfilling school experience.

CODE OF CONDUCT

All students and staff at École Discovery Trails have the right to a safe and caring environment that fosters and maintains respectful and responsible behaviour.

FEES/COST

For all **Zone IV Grade 7/8 league team members**, participants pay a small fee of \$10 (this applies to soccer/volleyball/basketball/badminton team members). If a student plays on multiple teams throughout the entire school year, a student would pay a MAXIMUM OF \$20 for the year.

Any other sports clubs and/or teams are without a fee.

SUPERVISION AND COACHING

Programs are most often run by Teacher volunteers who have an interest along with experience and expertise in the activity. Parents or community members who would like to volunteer to help are asked to contact the office or the Phys. Ed. department to express interest and see where help is needed. All volunteers will require a Criminal Record Check and a Child Abuse Registry Check to go along with Respect in Sport certification. To register as a volunteer for the first time, please visit Western School Division Office.

AGE ELIGIBILITY

Students participating with Zone IV teams follow the Zone IV middle years league constitution, and will be in Grade 7 or 8. ONLY if necessary (due to lack of sign-ups/interested students), will younger students be allowed to join these teams, so as to not take away an opportunity from an age-eligible student. Phys. Ed. staff will make it a

priority that a Grade 5/6 program is developed for interested students to develop their skills and tactics to join the Zone IV teams when eligible to tryout. Grade K-4 programs will be available when interest and teacher volunteers are available.

INTRAMURALS

During noon hours throughout the year, the volunteer staff will run optional activities in the gymnasium. These activities include a variety of Low Organized Games and some sports. The objective is to allow students to stay active and have some fun during their breaks. Sign-ups will be announced on the Express and posted by the gym.

ÉCOLE DISCOVERY TRAILS ATHLETIC AGREEMENT

Before participating in an athletics extracurricular activity, student-athletes are expected to review (along with their parents/guardians) and sign the athletic agreement below. This is an agreement between the school, coaches, and athletes for expected responsibilities and behaviours in order to be a member of an ÉDT athletic team or program.



ÉCOLE DISCOVERY TRAILS
DINOS

1079 Parkhill Drive, Morden, MB R6M 0A8
Telephone: (204) 822-2292
Fax: (204) 822-8422

Samuel Jerema, Principal
Jenn Kroetsch, Vice Principal

École Discovery Trails Athletic Agreement

Player's Name: _____ Team: _____

Congratulations on becoming a member of an École Discovery Trails Dinos Athletic Team/Program!

Being a Student Athlete is a privilege, and with privileges come responsibilities. As one of our athletes, we expect that players will follow these expectations and responsibilities.

As an athlete at ÉDT, I will:

- Respect others and exhibit good sportsmanship on and off the court or field of play.
- Follow instructions from all coaches and teachers.
- Demonstrate citizenship and leadership in all classes. This includes showing respect to teachers and other students, demonstrating cooperation, and responsible behavior. Behavior should not interfere with the learning opportunities of others.
- Respect the property of others, school equipment and/or uniforms. When equipment/uniforms are issued out to me, I will return it in good condition.
- Conduct myself in such a manner as to bring respect to myself and my team, both at ÉDT and when visiting other schools. I understand that my behavior is a reflection upon myself, my team, my coach, and my school.
- Use language that is respectful and socially acceptable.
- Cooperate with teammates, coaches, and officials.
- Be on time for practice and team scheduled events/games. I will let coaches know ahead of time if I am unable to attend.
- Strive for academic excellence. Therefore, I will attend class regularly, do my homework, go for extra help when needed, and do whatever it takes to strengthen my school experience.

I, _____ have read and understand this athletic agreement.

(Student Signature)

As a parent of a candidate of an École Discovery Trails Dinos athletic team/program, I have read and understand the above policies.

Parent Signature

Date

GRADE-SPECIFIC ATHLETIC PROGRAMMING

Grade 5-6

At the grade 5/6 level, the emphasis is entirely on introducing kids to new sports and offering them a chance to explore and learn the skills required. Exposure to competition will take place toward the end of each season with an in-house tournament or participation in a relevant event. During competition, all participants will receive equal opportunity to play and experience the sport. Practices are held before or after school or at lunch depending on gym availability and coaching availability.

GRADE 5-6 PROGRAMS	DESCRIPTION	SEASON/ ESTIMATED TIMELINE
Cross Country Running/Run Club	Before/after school training sessions culminating with competition in Western Run and the Milk Run. Other runs TBD by coaches.	September-October; June
Soccer	Regular skill development sessions. Exhibition games as per coach availability/discretion.	September-October
Volleyball	Regular skill development sessions culminating with a Triple-Ball tournament. All students who sign up will participate.	October-November
Wrestling	Regular skill development sessions as well as 3-4 tournaments throughout the season. All students who sign up will participate within their appropriate weight class.	November-March
Basketball	Regular skill development sessions culminating with a mini-tournament. All students who sign up will participate.	January-February
Badminton	Regular skill development sessions culminating with a mini-tournament. All students who sign up will participate.	March-April
Track and Field	P.E. class training with a school track meet and an optional trip to a regional track meet. All students will participate in some capacity as part of their regular P.E. program.	May-June

Grade 7/8

ÉDT participates as part of Zone IV league play. Teams from ÉMMS, Gretna, Altona, Plum Coulee, and Winkler are also members of the leagues. Games take place around 4:00 pm or 4:15 pm which means athletes are often required to leave school early for away games. Practices are held before or after school or at lunch depending on gym availability and coaching availability.

GRADE 7-8 PROGRAMS	DESCRIPTION	SEASON/ ESTIMATED TIMELINE
Cross Country Running	Before/after school training sessions culminating with competition in the Zone IV meet, Western Run, and Milk Run. Other runs TBD by coaches	September-October; June
Soccer	Before / after school practices as well as participation in Zone IV league play and tournaments. Try-outs will take place to start the season with a roster size determined by coaches. Players not selected will have the opportunity to join a developmental program.	September-October
Volleyball	Before / after school practices as well as participation in Zone IV league play and tournaments. Try-outs will take place to start the season with a roster of approx. 10-12 players selected. Players not selected will have the opportunity to join a developmental program.	October-Early December
Wrestling	Regular skill development sessions as well as tournaments throughout the season through MAWA provincial organization. All students who sign up will participate within their appropriate weight class. Joint program throughout the whole school division.	December-March
Basketball	Before / after school practices as well as participation in Zone IV league play and tournaments. Try-outs will take place to start the season with a roster of approx. 10 players selected. Players not selected will have the opportunity to join a developmental program.	December/January- Early March
Badminton	Before / after school practices as well as participation in Zone IV tournaments. Students will tryout “tournament style” and team will be selected to participate in Zone IV tournaments. Players not selected will have the opportunity to join a developmental program.	March-April
Track and Field	P.E. class and before / after school practices with a school track meet. Athletes with high placements/scores in comparison to their peers at ÉDT will qualify for the Zone IV meet. Athletes who place and/or meet the provincial standard will also attend the Provincial Junior High Championships. All students will participate in some capacity as part of their regular P.E. program.	May-June

COACH RESPONSIBILITIES

At ÉDT, we are fortunate to have staff members and volunteers who have a variety of interests and expertise in various sports/activities. Their involvement with our extracurricular activities is crucial to the success of the programs, and help build connections with students outside of the traditional classroom setting .

As a coach at ÉDT, one is responsible for ensuring a fair and equitable sporting experience for all students involved. This includes but is not limited to:

- ✓ *Securing a Respect in Sport Certification: https://mbed-sport.respectgroupinc.com/koala_final/*
- ✓ *Building a respectful and hardworking team culture for the students involved in their program.*
- ✓ *Collaborate with fellow coaches to ensure an excellent program for the students.*
- ✓ *Communicate with PE staff for the schedule of when practices will occur to ensure the time is in fact available.*
- ✓ *Communicate with PE staff and/or families about schedule and changes to the schedule.*
- ✓ *Ensuring students understand the skills, rules and tactics associated with the sport, with the goal of developing students for our Zone IV teams and for the high school/senior year's level.*
- ✓ *A fair tryout process where students are given a reasonable chance to showcase their skills and understanding of the sport (Zone IV Gr. 7/8 teams). Coaches are to communicate expectations and rationale for selection and are expected to give reasonable feedback to students who ask why they might not have been selected.*
- ✓ *Ensuring fair playing time (equal during regular season) for Zone IV league teams.*
- ✓ *Keeping equipment, supplies, and jerseys organized. PE staff must be given a list of which students have jerseys. Any borrowed equipment must be returned within a week of the season's end.*

PHYSICAL EDUCATION STAFF RESPONSIBILITIES

As a part of the Physical Education program, PE teachers, administration, and/or acting Athletic Director(s) will work with coaches so that all programs run smoothly to ensure student success. The PE staff will ensure the following is done:

- ✓ *Work to find coaches for all programs to ensure that they run.*
- ✓ *Create a calendar and/or schedule alongside coaches and administration for all athletic programs that will be updated with all sport schedules that will be shared with families and staff.*
- ✓ *Ensure sign-ups for sports are posted with a reasonable amount of time for students to consider their interest and sign-up for.*

- ✓ *For Zone IV teams, that coaches are communicated with regarding any changes to schedule, rules, constitution, changes, etc.*
- ✓ *Assist coaches with booking busses, finding coverage, clerical work, etc.*
- ✓ *Maintain a system of organization for jerseys and/or equipment. Jerseys will be kept in the PE office to be signed out by coaches. PE staff will be provided with a list of who has what jersey/number.*