



Athletics Handbook 2025/2026

Ernest Manning Athletics Philosophy



Welcome to EM High Athletics, where our students are dedicated to achieving excellence on the field, court, and in the classroom. Athletics plays a vital role in nurturing students' personal growth, enabling them to reach their full potential. By cultivating sportsmanship in a competitive environment, sports inherently foster character-building and the ability to overcome challenges. Engaging in extracurricular activities offers some of the most genuine and practical learning opportunities for our students.

At Ernest Manning High School, we hold leadership, character, teamwork, integrity, and the pursuit of excellence in high regard. Our student athletes serve as representatives of our school and are held accountable to rigorous academic and personal standards. Our athletic program emphasizes the profound link between academics and sports, with a central focus on the holistic development of the student athlete.

Participation in athletics demands unwavering commitment, a dedication to excellence, and intrinsic motivation. This commitment helps equip students with the skills needed to navigate challenges beyond the school community.

Calgary Senior High School Athletic Association

All of our teams are involved in the Calgary Senior High School Athletic Association. This association firmly believes that interscholastic athletics act as an integral component of the school curriculum, hold educational value and contribute to the holistic growth of young individuals – encompassing physical, mental, emotional, and social dimensions. The Association is committed to fostering secure and equitable competition for every student within its member schools, achieving this through a well-rounded array of high-quality learning opportunities set within a competitive sports environment.

Head Coaches, Teacher Sponsors, Community Coaches

In accordance with the constitution of the Calgary Senior High School Athletic Association, the position of head coach for any team must be held by a qualified teacher. Teacher sponsors are educators who assume the role of supervising the team while providing support to a community coach who possesses the required technical expertise for coaching. In the scenario outlined, the teacher sponsor assumes the role of the head coach. Both teacher coaches and community coaches are held to equal standards in terms of adhering to the code of conduct.

Junior & Senior Teams

Varsity athletics consist of Junior and Senior teams. Junior teams comprise of grade 10 and some grade 11 students who might not yet be prepared to compete at the senior level. The primary focus at the junior level is on acquiring skills and gaining an exploratory experience through competition. The main emphasis at this stage lies in athlete development. As the student-athlete matures and advances to the senior level, expectations increase along with the intensity of play.

Senior level teams place a greater emphasis on team success as opposed to individual development. If a grade 10 student communicates an intention to try out for a senior team, a discussion will ensue with the student regarding why this choice best supports their development as an athlete. If the student has the potential to make a substantial contribution to the senior team, a dialogue involving the Athletic Director, Senior and Junior coaches will occur to determine the most suitable course of action.

Should a grade 10 student express a desire to play on a junior team regardless of their skill level, their wish will be honored.

Attendance

As per Ernest Manning High School Student Code of Conduct students are expected to attend 100% of their classes. Failure to attend classes due to unexcused absences will have consequences related to an athlete's ability to play in games. Classroom attendance is the shared responsibility between the parent, student, coach and athletic director. Our Athletic Department expects students to attend 100% of their practices. Students needing to miss practice must communicate directly with their coach. If a student misses practice without communicating with their coach, it is then at the coach's discretion how to proceed regarding their eligibility.

*"Success is uncommon,
therefore not to be enjoyed
by the Common Man...I am
looking for uncommon
people"*
-Coach Cal Stoll

Academic Expectations

Students are expected to maintain academic integrity at all times. Communication between the student athlete and teacher is critical. It is the student athlete's responsibility to communicate absences in advance to their teacher. Students are responsible for all course work regardless of athletic participation. The Athletics Department expects that students apply themselves to the best of their ability.

Tryouts & Team Selection

Students are granted the opportunity to try out for any and all teams. At Ernest Manning High School, we actively encourage our student-athletes to participate on multiple teams. In cases where a student possesses the capability to contribute to two teams that have overlapping schedules, the coaches of the respective teams, along with the Athletic Director, will collaborate to determine how best to support the student.

Every student will be provided with the chance to attend tryouts before any team selections are finalized. The responsibility of team selection rests with the Head Coach and/or Assistant Coaches for each sport. Numerous factors come into play when making these selections. These encompass sport-specific attributes such as student ability and future potential, along with intangibles like coachability, attitude, work ethic, and sportsmanship.

The student's capacity to function effectively as part of a team is also a key consideration. Moreover, the conduct and behavior of student-athletes outside the realm of the sport are taken into account.

Should a parent have concerns about this selection process or the decisions made, they may contact the school's Athletic Director.

Uniform

Game uniforms are not to be worn in physical education classes as gym strips nor are the uniforms meant to be worn on non-game days. Uniforms unless otherwise communicated by the coach in the initial parent letter are property of Ernest Manning High School. At the end of each season they must be returned to their head coach. Students are not permitted to modify the team uniform in any way.

Playing Time

Student playing time is determined by the coach. Playing time is earned and not given. In some contact sports, student safety is a primary concern. Should a student have concerns about playing time, they should first approach their coach to discuss this matter. As a parent, if you wish to engage the coach in a discussion of playing time, please make an appointment to speak to your students coach. Should a parent have further concerns, they should contact the school's Athletic Director.

Hazing

There is a zero tolerance for anyone engaged in hazing at Ernest Manning High School. Students who engage in this behavior will be subject to the CBE's progressive discipline policy.

Student Code of Conduct

At Ernest Manning High School, student athletes represent our school both in and out of competition. As members of the Calgary Senior High School Athletic Association (CSHSAA) we follow the guidelines laid out by its constitution. Students are prohibited from:

- Engaging in the use of alcohol, illicit drugs or performance enhancing drugs
- Demonstrating disrespectful behavior as a participant, spectator, visitor or representative of EMHS
- Abusing officials when participating or spectating any sport
- Demonstrating obscene gestures to players, coaches, officials or spectators

Night of the Griffin

The Night of the Griffin is our annual athletic recognition event, where we take the time to celebrate student success. All student athletes are recognized for their accomplishments as well as major award winners are highlighted at this event. We encourage student athletes to bring parents and guests to this event. The NOG takes place in early June and communication for this event will come out in May.

Athletic Awards, Athlete of the Year & Griffin Award

Award Name	Criteria
<i>Most Valuable Player</i>	Student is critical to the success and function of the team that they played on. Selection of this award is left to the discretion of each sports coaching staff.
<i>Coaches Award</i>	This award allows coaches in each sport the flexibility to select another deserving award winner. These students are often selected on the basis of: character, ability, work ethic and importance to the team.
<i>Athlete of the Year</i>	<ul style="list-style-type: none">-Student has participated in more than 1 school sport-Student has demonstrated a commitment to excellence in their sport(s)-Student has been nominated by their Coach or Athletic Director-Student has made a positive impact on school culture
<i>Griffin Award</i>	<ul style="list-style-type: none">-Grade 12 Student Athlete-Student has contributed to the athletics program all 3 years-Student has played more than 1 sport-Student has demonstrated the ability to persevere and overcome adversity-Student has taken on a leadership role within the school-Student has made a positive contribution to the school culture-Student has been nominated by their Coach or Athletic Director
<i>Three Sport Athlete Recognition</i>	<ul style="list-style-type: none">- All students that have participated in a minimum of three sports over the school year

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