



2022

KSS Football

Registration Package

Package includes:

1. T.O.U.G.H. Philosophy
2. 2022 Registration Form
3. BCSSFA Concussion Information Sheet Form
4. Player Code of Conduct Form
5. Parent Code of Conduct Form

This package must be complete and returned before player can participate.

- Completed forms can be handed in to Chris Cartwright (Head Coach) or emailed/scanned to chris.cartwright@sd23.bc.ca

Important Dates

- Spring Camp – Monday, May 30th, 2022 – Friday, June 10th, 2022*
- Spring Scrimmages:
 - JV: Monday, June 13th, 2022 – @ Rutland Senior Secondary – 6PM
 - Varsity: Tuesday, June 14th, 2022 - @ Rutland Senior Secondary – 6PM
- Training Camp – Monday, August 22nd, 2022 – Friday, September 2nd, 2022

***All practice times are from 5PM – 7PM. Players should be at the KSS Fields by 4:30PM.**

*** PLEASE NOTE: All dates, times, and activities can change. Please keep eye on emails for any updates or changes. ***

T.O.U.G.H. People Win!



KELOWNA OWLS FOOTBALL

Owl **T.O.U.G.H.** Football

Playing football at Kelowna Secondary School is a privilege enjoyed only by those players who are willing to commit to the Owl **T.O.U.G.H.** football philosophy. Players must understand this philosophy and agree to commit to it if they wish to remain in good standing with the team.

Team

Football is first and foremost a team game. Your actions must show that you put the team first. Success in any team effort demands a commitment to your teammates. In order to bring out the best in each individual and the best in the team, you must support and trust each other on and off the field. Working well in a team setting will serve you in every aspect of your personal and professional lives, both now and in the future.

Ownership

Taking personal responsibility or ownership of our actions and attitudes is vitally important. Your actions and attitudes will define you as an individual and can have a profound effect on your team. We, as your coaches, are committed to doing everything we can to put you in the best possible situation in order to succeed. We own that commitment and expect the same commitment from you. You must be at every practice, every game and also put yourself in the best situation to succeed. You must own your commitment to your team.

Universal

Football is about developing positive, healthy and successful young men. Everything you learn on the field can be applied directly to your lives off the field. We expect you to be a diligent and hardworking student, a respectful classmate and a good citizen. You are encouraged to be an all-round student who tries new things and dares to do something new and unexpected!

Growth

As coaches at KSS, we value the growth you display over time far more than skill or talent. We want to see each of you improve in all aspects of the game. This means your full attention in practice, your best effort on and off the field and your active participation during games. If you are to grow as a player and a person you must make an honest effort in all of these areas.

Heart

We expect all of our players to compete with heart and passion. Never give up on the field, never quit on your team or yourself, and never give less than your best effort. Heart and passion is what turns good players into great players.



Kelowna Owls Football

2022 KSS Football Registration Form *PLEASE READ CAREFULLY*

This year's football fees will be \$500. There will be 2 payment installments. \$250 by our 2 week Spring Camp (\$100 of that will be **non-refundable**) and \$250 by Summer Training Camp. These payments will go towards your 2022 football fees. If a player discontinues to participate within 2 weeks of our Summer Training Camp or within 2 weeks after the registration date, a refund will be issued which will be subject to an administration fee. To sign out KSS football equipment, a separate \$200 (does not count towards the registration fee) security deposit cheque is required (**Security deposit cheque must be post-dated for November 3, 2022**). The security deposit cheque will be held and only cashed if the equipment is not returned. Please attach the deposit cheque to the 2022 Registration Form which needs to be completed and signed before equipment sign out.

****Registration Form and payments must be completed and handed in before player can participate****

Our school offers an "Online Payment" service for football registration fees for **KSS students only**. Please visit www.centralokanagan.schoolcashonline.com. Completed Registration Forms with payments by **CHEQUE ONLY** will be accepted by Coach Chris Cartwright (Head Coach).

****Please make cheques payable to KSS Football****

Please Print Clearly

Player's Full Name: _____

Position (Offense & Defence): _____

Height: _____ Weight: _____ T-Shirt Size (Circle One): **S** **M** **L** **XL** **XXL**

Birthdate (MM/DD/YYYY): _____

School Name in Sept. 2022: _____

Grade in Sept. 2022: _____

Player's e-mail: _____

Player's Home Phone #: _____

Player's Cell # (If applicable): _____

Address: _____ City: _____ Prov: _____

Postal Code: _____

Medical #: _____

Parents Contact Information:

Parent #1 Full Name: _____

Cell phone #: _____

Work phone #: _____

E-Mail: _____

Parent #2 Full Name: _____

Cell phone #: _____

Work phone #: _____

E-mail: _____

Emergency Contact's Full Name: _____

Emergency Contact's Phone #: _____

Any medical concerns, allergies, previous injuries: _____

Football Fees are used to cover the following costs: player & coach registration, equipment, equipment maintenance, transportation, referee fees, Hudl, and field rental fees.

This is to show the approximate cost for KSS to equip one student athlete is **\$900** if we were to purchase brand new equipment for each player.

- | | |
|--|-------------------------------|
| - Helmet \$300 | - Shoulder Pads \$250 |
| - Game jersey (home/away) \$95 each | - Game Pants \$50 |
| - Practice jersey \$20 | - Practice Pants \$30 |
| - Belt \$5 | - Lower Body Pads \$35 |

Players are required to supply their own **cleats, gloves, practice socks, and warm and cold weather gear (ie. Under Armour).**

We will do our best to support fundraisers to help keep costs low.

Playoff Fee

We hope that we are successful enough to experience playoff play in the 2022 season. If we are fortunate enough to experience this, an additional fee will be charged to the participating student-athlete's account to help cover costs for post-season play. Price for playoffs will be determined depending where we are placed in the league.

PARENT CONSENT (Please read and sign below):

I hereby approve and consent to the above named person participating in the KSS Football Program. I understand the fees that are needed to participate in the KSS Football Program and the additional fees that may be charged during the season. I understand that injury or illness could possibly result from participation. I, or my family members, will not hold SD 23, Kelowna Secondary School or its coaching staff responsible for any injury, fatality, illness, or damage of property as a consequence of the said participation taking part in this activity. I have read and understand the consent in which I now sign.

Parent Name: _____ Date: _____

Parent Signature: _____



BRITISH COLUMBIA SECONDARY SCHOOLS FOOTBALL ASSOCIATION



CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches	"Don't feel right"
"Pressure in head"	Fatigue or low energy
Nausea or vomiting	Sadness
Neck pain	Nervousness or anxiety
Balance problems or dizziness	Irritability
Blurred, double or fuzzy vision	More emotional
Sensitivity to light or noise	Confusion
Feeling sluggish or slowed down	Concentration or memory problems
Feeling foggy or groggy	(forgetting game plays)
Drowsiness	Repeating the same
Change in sleep patterns	question/comment
Amnesia	

Signs observed by teammates, parents and coaches include:

Appears dazed	Slurred speech
Vacant facial expression	Shows behavior or personality changes
Confused about assignment	Can't recall events prior to hit
Forgets plays	Can't recall events after hit
Is unsure of game, score, or opponent	Seizures or convulsions
Moves clumsily or displays lack of coordination	Any changes in typical behavior or personality
Answers questions slowly	Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescents or teenage athletes will often under report symptoms of injuries and concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student athlete's safety.



BRITISH COLUMBIA SECONDARY SCHOOLS FOOTBALL ASSOCIATION



If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The BC Secondary School Football Association now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines.

You should also inform your child's coach if you think that your child may have a concussion.

Remember, it's better to miss one game than miss the whole season and... "When in doubt, sit them out."

For current and up-to-date information on concussions, please visit

<http://parachutecanada.org>

PARENT-ATHLETE CONSENT FORM

Athlete Name Printed

Athlete Signature Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature Date

By signing above, the signees acknowledge they have read the BCSSFA concussion policy and understand the risk of head injuries associated with playing a contact sport. The signees also agree to abide by all the guidelines set out by the BCSSFA concussion policy.

Parents/Athletes: Please return the signed form to your coach.

Coaches: Please keep all signed forms from your team.



KELOWNA OWLS FOOTBALL

Player Code of Conduct

If you want to be part of this football program, you must understand that there is a code of conduct that every player must follow. This code of conduct is rooted in our T.O.U.G.H. philosophy that our program bases everything we do as a team. Players must understand and commit to the following if they want to earn the privilege of being a KSS Owl. Every player must:

- Strive to be T.O.U.G.H.
 - Based on the T.O.U.G.H. philosophy, every player must understand that being a KSS Owl means that what we do on and off the field is what is best for the program. Players must trust the process and understand that the role that is assigned to them is what's best for the TEAM:
 - What matters is not what YOU want, what matters is what the TEAM needs. Players must understand that to experience success, you must have that mindset to do what they can to help the team.
- Respect the people involved in the program.
 - Every player must:
 - i. Respect their teammates on the team. Everyone who commits to the program deserves respect.
 - ii. Respect and listen to the coaches. They must understand that the decisions that coaches make is what is best for the team.
 - iii. Display sportsmanship and respect to their teammates and opponents.
 - iv. Respect and follow the code of conduct of Kelowna Secondary School. This means respecting and listening to teachers, administrators, and staff members of the KSS education community as they are members of this program and apart of helping us succeed.
- Understand that being a part of the program means that players represent everyone involved and conduct themselves in a manner that is best for the team.
 - It is a PRIVILEGE, not a right, to be a part of the KSS football program. Being part of this program means that you represent the school, team, community, and your family. Because you are a part of a team, your actions impact the team. You must:
 - v. Conduct yourself in a respectable matter in the school, on the field, and in the community.
 - vi. Understand that your actions, whether positive or negative, impact the team and program.
- Commitment to practice. You must:
 - Plan to be at practice every day.
 - Plan ahead with appointments and work schedules so that practice is not missed
 - Plan ahead so that all football equipment and uniforms are with you at school.
 - Be on time. Plan ahead so that you are never late.
 - Be prepared for opportunity
 - Plan ahead, get organized and be in good standing academically.
 - Communicate with coaches if you are not able to make practice or if you're going to be late.

Communication is key for success!

Attitude is 90 % of performance in football. We feel that these few simple rules reflect your attitude about our program. They are designed to make you aware of what we expect.

By signing below, you understand the T.O.U.G.H. philosophy and Code of Conduct that has been set in place. You understand that any violation of the code of conduct can result in consequences at practices, game suspensions, or a player being suspended indefinitely from the program.

Player's name

Player's signature

Date

Parent's/Guardian's name

Parent's/Guardian's signature

Date



Kelowna Owls Football

Parent Code of Conduct

We thank you for trusting us to coach and teach your child the game of football, which we believe supports and helps develop their personal, social, and professional lives. Parent support helps the program reach the goals we are trying to achieve. Football is an exciting game and we love the excitement it gives everyone in our community. Through our T.O.U.G.H. philosophy, we encourage the ownership of this team to be that of the players with the guidelines set by the coaches. Here are some guidelines that we ask parents to follow to help create an environment that allows the players to take that ownership and build relationships with their teammates and coaches.

As a parent/guardian of a KSS Owl football player:

1. I will encourage my child in a positive way while participating.
2. I will encourage my child to build positive relationships with their teammates and coaches.
3. I will not yell at my child or other players in a negative way during games.
4. I will not coach from the sidelines, as I understand that is the coaches' role.
5. I will not approach the coaches about my child's playing time. If my child has concerns about their role on the team, I will encourage my child to communicate that with the coaches.
6. I will respect the referees during games.
7. I will respect and show appreciation to all coaches and volunteers, as they are giving their time to help create a positive experience for my child.
8. I will follow the 24 hour rule after a game before connecting with the head coach and coaching staff.
9. I will not criticize the other players on the team about their performance on the field.
10. I will honor the BC School Sports Spectator Code of Conduct (see page 2).
11. I will encourage my child to be T.O.U.G.H.!

By signing below, you understand the guidelines above and the role that you play as a parent/guardian of a KSS football player. Any violation of this code of conduct may result in your ability and your child's ability to be involved with the KSS football program.

Parent/Guardian Name

Parent/Guardian Signature

Date

SPECTATOR CODE OF CONDUCT

Attendance at this event entitles you to enjoy an exhibition of skills developed by athletes in an educational setting.

Please be respectful and encouraging in your approach to ALL athletes, officials, coaches and fellow spectators.



SCHOOL SPORT CANADA
SPORT SCOLAIRE CANADA



BE LOUD BE PROUD BE POSITIVE