

COLONEL BY ATHLETICS

You are encouraged to be a part of the one of the largest and one of the most successful interscholastic programs in Ottawa. To be eligible for interscholastic sports, students must be born on or after Jan 1, 2000, and have entered grade nine no earlier than September 2013. In addition, student-athletes need to meet specific academic requirements as set out by the National Capital Secondary School Athletic Association (NCSSAA) and must be eligible under the OFSAA Transfer Policy. **All grade 10-12 students new to Colonel By must see the Athletic Director to apply for athletic eligibility.** All student-athletes must abide by the Colonel By S.S. and NCSSAA Codes of Behaviour.

Fees are levied to offset the cost of equipment, league entry, transportation, teacher coverage, uniforms, etc. and vary by team. Other fees may be charged for tournaments, team clothing, etc. Team fees will be set annually by the Athletic Director and will be communicated to students and parents/guardians by the coach(es).

CB Major Athletic Awards

Major award winners are selected annually by a committee composed of teacher-coaches and chaired by an administrator. Student-athletes are nominated for these awards by their coaches. A consistent demonstration of Cougar Character and good citizenship, both in school and while participating as a student-athlete, is a requirement to receive any of the Athletic Department's major awards. For additional information, please contact the Athletic Director.

CB Athletic Letters

Colonel By Athletics offers Athletic Letters to graduating students who have contributed significantly to the program, based on the points system described below. To apply for a letter, students are to submit: a) A letter (1-2 pages) stating, "What CB Athletics Meant To Me." and b) A table specifying the points earned per year. This application is due to the Athletic Director by the date posted each May.

Option 1 - *Athletics Letter*

Student-athletes must earn 40 points based on the points system below.

Participation on an interscholastic, non-championship team - 3 points

- If a team sport, and is a Conference finalist or NCSSAA semi-finalist - add 1 point
- If a team sport, and is a Conference champion or NCSSAA finalist - add 2 points
- If a team sport, and is NCSSAA champion - add 3 points
- If a team sport, and finishes in the top 4 at OFSAA - add 4 points
- If an individual sport, but the team wins a Conference title - add 2 points
- If an individual sport, but the team wins an NCSSAA title - add 3 points
- If an individual sport, and the individual finishes top 5 at Conf. - add 1 point
- If an individual sport, and the individual finishes top 5 at NCSSAA - add 2 points

- If an individual sport, and the individual qualifies for OFSAA - add 2 points
- If an individual sport, and the individual finishes top 5 at OFSAA - add 3 points
- If an individual sport, and the individual finishes top 3 at OFSAA - add 4 points

Participation on a club team (i.e. ultimate, midget volleyball) - 2 points.

Note - A student may only claim points once per team. For example, if they participated in track and field and finished 5th in javelin at the NCSSAA meet and 4th in the 100 m at the East Conference meet, they would claim 5 points total for track that year.

Option 2 - *Leadership Letter*

Student-athletes must earn a minimum of 32 points based on the points system below.

i) A minimum of 13 points from the *Athletics Letter* point system described above.

ii) A minimum of 4 and a maximum of 8 *Intramural Points* as described below:

- Intramural lunch activity (2-3 week duration) - 0.5 points
- Intramural lunch activity (4-5 week duration) - 1 point
- Ski Club - 1 point
- Relay for Life - 0.5 points

iii) A minimum of 8 *Leadership Points* as described below:

- Team manager - 2 points
- Minor official for an entire season - 1 point
- Minor official for a tournament - 0.5 points
- Student-assistant-coach - 3 points
- Student-coach - 5 points
- Player-coach - 3 points