HCOS Athletics

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HCOS Athletics

Welcome to HCOS Athletics!

No matter where you live in British Columbia, our mission is to build competitive, unified opportunities where distance learners can grow in character, faith, and connection—both on and off the court.

Why Sports?

Sports build more than skills, they build:

- Character
- Confidence
- Leaders
- Connection
- Belonging
- Resilience
- Joy

… and every student deserves that opportunity.

Seasons of Play

	Sep-Nov	Nov-Feb	Feb-Mar	Mar-June
	?Fall Season	??Winter Season	??Winter-Ext Season	?Spring Season
TEAM SPORTS	Football	Basketball	Basketball Gr.7	Badminton
	Field Hockey	Curling	Basketball Gr. 6 (Clubs)	Golf
	Boys Soccer			Girls Soccer
	Volleyball			Rugby
	ESPORTS			Tennis
				Ultimate
INDIVIDUAL SPORTS	Swimming	Wrestling		Mountain Biking
	Cross-Country	Skiing & Snowboarding		Track & Field

> Take the stepping stone pathway by viewing our Athletics flowchart.

Grade Level Differences

◫◫ Grades 4–7	◫◫ BC School Sports, Grades 8–12
Focus: Skill development, learning the game, building teamwork, and most importantly, having fun! These years are entirely developmental. **There is no need for BC School Sports (BCSS) registration, fees, or eligibility tracking at this level.** Because these younger grades do not impact high school athletic associations or strict eligibility requirements, families have complete flexibility to find or create local sports opportunities. Note: Once a student enters **Grade 8**, they must be formally registered with BCSS and compete strictly under HCOS regulations.	Once athletes reach Grade 8, they enter the official BCSS competitive framework. Teams at these levels compete regionally and have the opportunity to qualify for Zone and Provincial Championships. • **Grade 8:** specifically for athletes in their first year of high school eligibility. • **Grade 9:** specifically for athletes in their second year of eligibility. (Note: Depending on school size, Grade 9s often play up on Junior teams). • **Junior:** Grades 9 & 10 • **Senior:** Grades 11 & 12

> Partner School Guide for first-time schools for accepting online students

Finding Local Opportunities (Grades 4–7)

If HCOS does not currently offer a teacher-led athletic camp or team in your specific region, families are encouraged to explore the following pathways:

Option 1: Connect with Local Schools

Families can reach out directly to public or independent schools in their immediate community. You can look up local school district event calendars (e.g., SD57 events) to see what public races or meets are happening, and ask if your child can participate.

> **Please note:** Allowing an HCOS student to train or run with a local school's team is entirely up to the discretion of that individual school and principal.

Option 2: Explore Club & Community Pathways

You can look up provincial sport organizations like BC Athletics or search the web for community-run clubs, local track and field groups, or cross-country events in your region.

Option 3: Cooperate with Other Families

If you know other local distributed or homeschooling families with interested athletes, you can work together to build your own informal training days, practice schedules, and community sports groups.

The 3-Step Process to Getting Game-Ready

Step 1: Submit Your Interest

Visit athletics.onlineschool.ca to register your student's intent to play. Crucial Timeline: You must submit your interest well ahead of time to clear local zone athletic association deadlines.

Timeline is relative to the seasons of play

Fall - September, submit your interest 3 weeks prior to September (August 10th)

Winter - November, submit your interest 6 weeks prior to November (September 20th)

Winter-Ext - February, submit your interest 8 weeks prior to February (December 10th)

Spring - March, submit your interest 6 weeks prior to March (January 18th)

Step 2: Uppli Registration & Athletics Fees

HCOS utilizes our secure internal platform, Uppli, for all official event management.

- Once your sports placement or registration is approved by the Athletics Department, you will receive an Uppli registration link to submit.
    - Note: if you have not already created an Uppli account, please see this SOPHIE page on instructions to do so.
- All mandatory individual event entry fees, HCOS competition singlets, or team participation balances are collected through this system.
    - Initial fee, optional singlet and optional T-shirt fees will be collected at the time of form submission, by credit card.
    - As applicable, any additional fees will be invoiced.

Step 3: Complete Parent-Coach Compliance

Because our student-athletes are spread across BC, an HCOS staff member cannot always be present on-site at every meet.

- **The Policy**: If a parent is managing/transporting the athlete at an official BCSS event, they must be cleared as the designated coach.
- **Action Required:** Parents must complete the free, online Concussion Awareness Training Tool (CATT) and submit their completion certificate to the Athletics Department prior to the first game.

Important Logistics to Remember

- **Financial Responsibility:** Families are responsible for all sport-specific equipment, travel, and overnight accommodation costs for regional or Provincial championships.
- **Insurance:** HCOS does not provide secondary accidental insurance coverage. All student-athletes participate in external training and competitions at their own risk.
- **Scores & Records:** For individual sports advancing through "Zone" tournaments into the "Valleys" (Regional Championships), it is the parent/coach's responsibility to keep a verified physical record of all official times and scores to submit for Provincial qualification. Please forward this to the Athletic Coordinator.

More Information

Frequently Asked Questions

Players Code of Conduct

Athletics Coordinator: Justin Giesbrecht

- Email: justin.giesbrecht@onlineschool.ca
- Web: athletics.onlineschool.ca

FAQ HCOS Athletics

Can my child play on team sports?

Welcome to HCOS Athletics! No matter where you live in BC, we are thrilled to help your child get involved in sports.

For our families living in other regions, your student can participate by teaming up with a local school in your community. (Please note that community school policies on hosting online learners can vary).

If you are located near our Flex Academy campus, your child is warmly invited to try out any of our existing teams or sports programs.

How HCOS Supports Your Eligibility: To get your student game-ready for Grades 8–12, our HCOS Athletic Coordinator will take care of their BC School Sports registration. To stay eligible, students just need to maintain at least 62.5% of a full course load (minimum of 5 courses per school year) with HCOS.

Once you find a local host school, our HCOS Athletic Director will collaborate directly with their administration to complete the Online Learning Alternate School Form.

> **Note for Grades 9+:** The local brick-and-mortar school you choose will become your designated "home school" for sports moving forward.

Can my child play individual sports?

Compete Individually under the HCOS Banner!

Yes! Our HCOS distance learners can absolutely compete in individual sports like Track & Field, Mountain Biking, Swimming, Cross Country, and more. Unlike team sports, individual athletes get the unique opportunity to officially represent HCOS at competitions, no matter where they live.

How Individual Sports Work:

- **Official Alignment:** Even if you arrange to train alongside a local school or work with an external coach, you will always be proudly registered under, and competing for, HCOS.
- **Event Management:** Because these programs are spread out, families take the lead on managing local event entry fees and logistics. Don't worry about the "coach" requirement for event registration—a parent can easily fill this role!

Next Steps:

To get started, your student must be registered with BC School Sports. Please connect directly with our **HCOS Athletic Coordinator,** who will ensure you meet all requirements and help get your student officially cleared for competition.

I am a registered student, not enrolled

To represent HCOS and eligibility for any BC School Sports programs, your child just needs to be fully enrolled as an HCOS student.

If you are ready to take the next step or need a little help navigating the enrollment process, our team is right here to guide you through every step of the way!

What does HCOS provide for sport?

At HCOS, we are proud to serve as a robust support system, cheering on and endorsing our students in all of their athletic pursuits! While families take the lead on selecting the specific local sports opportunities that best fit their schedule, HCOS is right beside you to handle the heavy lifting behind the scenes.

How We Back Our Students:

- **Eligibility & Endorsements:** We verify and advocate for your student's eligibility so they can compete confidently.
- **BC School Sports Registration:** Our dedicated staff assists with official registrations to get your athlete game-ready.

Looking Ahead: We are actively expanding our athletic community by developing internal programs, creating exciting new ways for HCOS students to connect, compete, and stay active together!

Do I need to pay to join campus school sports?

Yes, sports participation typically involves athletic fees, which vary depending on the pathway your student chooses:

- **For Team Sports (Local Campus Schools):** Most brick-and-mortar schools charge an athletic fee to cover essentials like uniforms, league registrations, travel, and equipment. Because these programs are run externally, you will check directly with the hosting school for their specific cost structure.
- **For Individual Sports (Representing HCOS):** When competing under the HCOS banner in individual disciplines, families look after their own entry fees, event costs, and personal equipment.

While HCOS doesn't directly subsidize these external athletic fees, our team is always here to help ensure your student is registered and cleared to play!

What is ESPORTS?

ESPORTS (Electronic Sports) brings the excitement of competitive, organized video gaming right to our student community. Our players and teams face off in popular, strategic titles like Rocket League and SmashBros, at local, national, and even international levels.

Why Join HCOS E-Sports? More than just gaming, ESPORTS is a fantastic way to build essential life skills like teamwork, strategic planning, critical thinking, and real-time problem-solving. It also opens doors to exciting future pathways, including collegiate scholarships and professional career opportunities. Best of all, it's an incredible space to hang out, collaborate, and build lasting friendships with fellow Flex and HCOS students.

The Schedule: Teams follow a standard weekly routine balancing preparation and execution:

- Practices: Usually held mid-week after school (e.g., Wednesdays 7:00 PM – 8:00 PM for Rocket League).
- Official Match Days: Competitive games are typically scheduled for Thursdays at 4:00 PM.

Player Expectations & Requirements

- **Technical Gear:** Families must provide a stable internet connection and the necessary hardware required for the specific title (PC, Console, or Nintendo Switch™).
- **Strict Attendance:** Because these are tight-knit team dynamics, missed practices can result in team forfeits. Absences due to illness must be coordinated in advance via the team Discord channel.
- **Financial Commitment:** A seasonal commitment fee is required upon joining to help offset the digital resources, league entry, and program activities.

> More information from the league we represent in through PlayVS.

More Information

HCOS Athletics SOPHIE Page

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Players Code of Conduct

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Commitment To Athletics

It brings us joy to see the crowd outnumber and out-cheer the home crowd when we compete at other gyms. We believe that this passion should be channeled in ways that bring glory to God, whom our athletes, coaches, and parents represent during competition. Let us exemplify the values of sportsmanship, respect, and honor as we honor Him in all that we do.

Athletes

a. Demonstrate Respect: As representatives of Christ, it is crucial to show respect to officials and opposing teams at all times. Our conduct should reflect His love and character throughout every game.

b. Positive Interaction: Players must refrain from responding to officials in negatively, refraining from arguing calls, whether valid or invalid. Players displaying argumentative behavior will be spoken to and possible disciplinary measures for repeated incidents.

c. Sportsmanship: Players should not receive technical fouls or red cards. Behavior will be reviewed by the Athletic Coordinator, and appropriate disciplinary measures may be applied.

d. Academic Eligibility: Students must maintain passing grades in all courses to be eligible for competition. This ensures that we uphold the importance of academic excellence alongside our passion for athletics.

Parents and Spectators

a. Refrain from Arguing Calls: Kindly refrain from arguing with officials, regardless of the validity of their calls. If there are concerns about officiating, it is the coach’s responsibility to address them.

b. Sportsmanship: We request that you avoid criticizing or mocking opposing teams. Let us foster a spirit of sportsmanship and respect for all teams.

c. Encourage Positive Behavior: Criticizing a player for their mistakes is strongly discouraged. Uplift and support our players, fostering an environment of growth and encouragement.

d. Be the Best Fans: We are proud of our passionate fans. Let’s continue to be the BEST FANS this city has, supporting our athletes with enthusiasm, positivity, and respect. Together, we make a difference!

Uniforms and Care

It is the duty of every player to take care of their uniform properly.

- If you wish to wear a shirt under your jersey, the color must match and not stand out.
- During games, your jersey must be tucked in.
- Wash in cold water; separate colors (read label on garmet).
- Avoid using bleach.
- Hang the uniform to dry.
- Refrain from leaving it crumpled in a backpack; keeping it on a hanger is preferable.
- Plan ahead and wash after a game, not immediately before.
- Keep in mind that replacement costs could be as high as $250.

Representation

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Parent Expectations

As a parent, I recognize the dedication my child shows by being part of a team. I understand that my child must adhere to the values, objectives, and policies of the school, team, and coach. As a role model for my child, I commit to conducting myself in a manner that aligns with the school’s, team’s, and coach’s values. Therefore, I hold the responsibility to:

- Encourage my child’s participation, hard work, and attentiveness to coaches.
- Applaud my child’s fair competition and strong effort, regardless of outcomes.
- Instill in my child the belief that giving their best effort holds greater importance than winning, ensuring they never feel disheartened by game results.
- Demonstrate respect for the coach’s authority during games, refraining from questioning, challenging, or confronting coaches at game locations.
- • Exhibit good sportsmanship by displaying respect, politeness, and positive encouragement towards all players, coaches, officials, and spectators.
- Avoid unacceptable behaviors such as booing, taunting, using offensive language or gestures, negatively yelling at players, coaches, issuing instructions to my child during a game, or publicly criticizing players, coaches, officials, volunteers, or fellow parents.
- Familiarize myself with the rules of the game and the league’s policies.
- Notify the coach of any physical disabilities, injuries, or ailments that might impact my child’s safety or that of others.
- Endeavor to schedule appointments and other activities around the team’s schedule.

- Handle certain sensitive issues discreetly, refraining from negative or counterproductive discussions among parents. These issues include coaching strategies, individual player performances, playing time, and player positions.

> Parents who disregard these expectations may face repercussions or exclusion from related competitions.

Player Traits

Friendliness

- Willing to play any role that helps the team
- Is respectful of their teammates
- Mentors younger or newer players

Integrity

- Puts the team before himself or herself
- Is humble, respectful, and never entitled
- Doesn’t allow for gossip or negativity
- Avoid getting bogged down by “What ifs”

Respect

- Confident, but never cocky or arrogant
- Is accountable, responsible, and never blames others
- Communicates and accepts feedback well
- Defends the team’s culture
- Is grateful and appreciative

Effort

- Always looking for ways to improve
- Focus on what you can control
- Gets to practice before time, prepared, and ready
- Has purpose and aims to leave a legacy
- Embraces the challenge

ESPORTS

Purpose

This policy outlines the guidelines for using Discord in the context of esports teams, events, and competitions. It aims to ensure that all communication demonstrates sportsmanship, is respectful,

and is in line with both our community standards and legal regulations. This policy applies to all players, coaches, staff, sponsors, community members, parents, and any other participants involved in esports events who utilize Discord for communication. It includes official team channels, public community servers, and any group or private chat related to esports activities.

Guidelines For Students

Respect and Sportsmanship: All participants must communicate with respect and professionalism. Offensive, discriminatory, or abusive language, including hate speech or harassment, will not be tolerated.

Compliance with Discord Terms of Service: All users must adhere to Discord's own Terms of Service and Community Guidelines.

Confidentiality: Personal information must not be shared in public channels or with unauthorized persons.

Fair Play and Integrity: Use of Discord for collusion, cheating, sharing unauthorized game information, or any action that compromises the integrity of an esports competition is strictly prohibited.

Chat Permissions: Students are not permitted to add anyone to the chat. Only coaches or admins may add players to the chat.

Streaming and Recording: Players or coaches must not stream or record conversations or gameplay without prior approval from team management or event organizers. In some cases games may be recorded for training purposes and kept in private channels.

Appropriate Channels: Players and coaches must use designated channels for team discussions, event communications, and game planning. Misuse of channels may result in disciplinary action.

Voice Channel Etiquette: Players must be respectful in voice channels, avoiding unnecessary background noise, interruptions, or toxic behaviour. Moderators may mute or remove users if conduct is deemed inappropriate.

Accountability and Fairness

In upholding our commitment standards, we shall uphold accountability and fairness. While we acknowledge genuine reasons for excused absences, unexcused absences may result a reduction in playing time or, in extreme cases, dismissal from the team. Such measures are implemented not as punitive actions but rather as a means to maintain the integrity and dedication of the team.

Supervision Expectations

Guardian Responsibilities: Guardians are responsible for monitoring their child's use of Discord while involved in esports.

Usage Limitations: Discord should not be used for communication outside of esports events due potential exposure to unsafe content that could harm children.

Moderation & Reporting

Moderation: Designated moderators (team managers, event staff, etc.) are responsible for overseeing server conduct and enforcing the rules. They may issue warnings, temporary bans, or permanent removal based on violations.

Reporting Violations: Users are encouraged to report any inappropriate behaviour or policy violations to moderators or team managers. Reports will be handled confidentially.

Event Specific Rules

Tournament Channels: Official tournament organizers may establish specific channels for match coordination, rulings, and official communication. These channels must be used exclusively for event-related topics, and all participants are expected to adhere to tournament guidelines.

Official Communication: Discord may be used as the primary communication platform for team captains and event staff during tournaments. Timely responses are expected, and failure to comply may result in disqualification or penalties.

Privacy & Data Protection

Data Sharing: Personal data shared on Discord, including names, emails, or game-related information, must be handled in compliance with privacy regulations (such as GDPR, where applicable).

No Doxxing: Sharing personal information of any individual (doxxing) without their explicit consent is strictly prohibited.

Enforcements & Consequences

Warnings: Users violating the policy may receive a formal warning from a moderator or coach.

Suspension/Ban: Severe or repeated violations may result in suspension or permanent banning from the Discord server, as well as potential suspension from team activities or events.

Appeal Process: Users who believe they were unjustly warned, muted, or banned can appeal to server administrators or event organizers. Appeals will be reviewed on a case-by-case basis.

Amendments

This policy may be updated periodically to reflect changes in Discord functionality, legal requirements, or esports standards. All users will be notified of significant updates to the policy.

Agreements

By participating in esports activities or team communications on Discord, all users agree to abide by this policy. Failure to comply may result in disciplinary actions as outlined above.

More Information

Frequently Asked Questions

HCOS Athletics for Families (SOPHIE)

Coaches Conduct & Requirements

This handbook applies to coaches supporting and participating in any of the sports offered by Flex Academy & HCOS.

For any questions or comments regarding this document or athletics, feel free to reach out to:

Justin Giesbrecht, Athletic Coordinator

justin.giesbrecht@onlineschool.ca

justin.giesbrecht@flex.academy

Pillars

1. God First

This is our cornerstone. We coach as a form of ministry. Our identity is not defined by wins and losses, but by our faith and character. We will model Christ-like integrity and servant leadership in every situation. Athletic ability is a gift, and we will use it to glorify God.

In Action, this looks like:

- Integrating faith into the team experience through prayer or devotion.
- Demonstrating grace and composure under pressure.
- Teaching athletes that true success is honouring God with their effort and attitude.

2. Honour & Respect

Respect is mandatory. It is demonstrated through our actions towards teammates, coaches, opponents, officials, and our school community. This is not just about the game; it is about holding ourselves to a higher standard in the classroom, in the hallways, and online. We will compete with intensity and integrity, representing our school with honour.

In Action, this looks like:

- Direct, honest, and respectful communication at all times.
- Zero tolerance for disrespectful language or behaviour.
- Leaving every facility, home or away, cleaner than we found it.

3. Team Culture & Relationship

We believe that relationships are the foundation of our team. Our “team-first” philosophy prioritizes the success and unity of the group over individual accolades. This is a culture built on action, not words. We develop strong relationships by showing up on time, respecting each other enough to give maximum effort, and putting the team’s needs above personal ambition. By understanding who each person is and what it means to win and lose together, we build the core of our success both on and off the court.

In Action, this looks like:

- Enforcing punctuality and preparation as a sign of respect for each other’s time and effort.
- Celebrating wins and supporting each other through losses, demonstrating that we are in this together no matter the outcome.
- Fostering an environment of trust where athletes hold each other accountable and push each other to be better from a place of care, not criticism.
- Taking the time to get to know one another, understanding each other’s strengths, and appreciating what everyone brings to the team.

4. Dedication

We are committed to the relentless pursuit of excellence. This requires a disciplined approach to preparation, a commitment to continuous improvement, and an unwavering work ethic. As coaches, we are dedicated to our own growth and to maximizing the potential of every athlete who commits to our program. Playing time and position are earned through dedication, not guaranteed.

In Action, this looks like:

- Executing organized, purposeful, and high-intensity practices.
- Making objective, performance-based decisions.
- Modeling a strong work ethic and demanding the same from our athletes.

Expectations

The relationship between a coach and athlete is a privilege that I deeply value. In my role as a coach, I fully acknowledge the significant impact I have on the personal and athletic growth of my players. As a model for my team, I commit to upholding the mission, vision, and values of Flex Academy and HCOS.

- I will abide by and endorse directives from the Athletic Coordinator, BC School Sports’ Competitive Rules & Regulations, as well as those of our local athletic association and sport commission.
- I will adhere to the rules of the sport and foster a spirit of respect for those rules, while encouraging my players to do the same. Show respect for officials’ decisions and guide my players to do likewise.
- In cases of protest, I will follow proper channels.
- I will not discriminate against any players based on race, color, ancestry, religion, family status, physical or mental disability.

- I will clearly communicate my expectations to players, maintaining open lines of dialogue with both players and their parents.
- I will determine playing times and roles that align with the team's best interests and objectives.
- I will not use verbal aggression or physical force in any capacity while coaching.
- I will ensure that my players demonstrate appropriate behavior under my supervision, encompassing dressing rooms, the field/court, players' bench, travel to/from games, and hotel stays.
- I will refrain from using tobacco products and alcohol when around players or school-sanctioned events.

I understand that coaches who violate these expectations may face disciplinary measures or sanctions, including potential suspension from coaching duties.

Standards

Practices

- **Preparation:** Coaches must arrive at every practice with a structured plan that is purposeful and designed to maximize player development and engagement.
- **Punctuality & Energy:** Coaches are expected to be the to arrive on time, fully prepared, and to lead with high energy. The tone of the practice is set by the coach.
- **Active Engagement:** Practices must be dynamic, with constant movement, clear instruction, and active coaching. "Standing around" is not the Firebird standard.

Game Day

- **Pre-Game Preparation:** Arrive well before the team is required to be there. Have a clear warm-up protocol and a concise pre-game talk that outlines key objectives and reinforces the game plan.
- **Post-Game Communication:** Whether after a win or a loss, have a structured plan for post-game communication. This may be a brief talk on the court/field immediately following the game or a follow-up email/message to the team within 24 hours. The communication should be constructive, addressing both successes and areas for improvement while maintaining a respectful tone.

Communication

- Coaches are expected to maintain timely, professional, and clear communication with players, athletic director and parents regarding schedules, expectations, and team matters. A predictable communication rhythm (e.g., weekly touch points) is highly encouraged.
- Communication can be scheduled through the Athletic Director if need be.

Recognition

- **Year-End Awards:** Coaches are expected to keep informal notes throughout the season to identify candidates for year-end awards, such as Most Valuable Player, Most Improved Player, and team leadership awards.
- **Player of the Week**: Coaches should be prepared to nominate a “Player of the Week” when requested. This recognition is not just for on-court performance but also for players who exemplify the Firebird Pillars through their character, effort, and attitude.

Health & Safety

Coaches Protocols

All coaches are required to complete the mandatory concussion training as required by BCSS. This certification is valid for two years, and it is the coach’s responsibility to ensure their training is current before the start of their season.

Start Concussion Training

FLEX + Local HCOS: OCSAA Coaches Ethics Declaration

HCOS Only: Submit your CATT Certification

Game Ejections

If there has been an ejection, either coach or player, you must notify your athletic coordinator right away. Discipline procedures follow a strict 72 hours protocol.

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