

ESJFHS Athletics

The Ecole Sir John Franklin High School Department of Athletics strives for excellence by providing opportunities to student-athletes to participate in programs that are designed to develop meaningful standards of athletic performance, leadership, scholarship, community service and appropriate conduct within the educational and social environments of SJF High School.

The 4A's

Academics

- Maintaining a good academic standing in all courses – supported by all teachers
- Must be considered a “fulltime student”
 - Grade 9: 100% course load (5 full periods each semester)
 - Grade 10: 100% course load (5 full periods each semester)
 - Grade 11: 80% course load (4 full periods each semester)
 - Grade 12: 60% course load (3 full periods each semester)

Attendance

- Regular attendance in school - 75% of all classes
- Attendance of team practices, games, and meetings - 75%
- In order to participate in practices, games and meetings you must be in attendance in school on the day

Attitude

- Be a role model, leader, positive contributor to the team
- Must follow the team member expectations
- Must follow school expectations and rules throughout the year

Ability

- Skill level of the sport and team commitment are important for overall team success



Team Limits - Team Make-up

Some of our athletic teams may be able to accommodate all of the athletes interested in participating. Others, for a variety of reasons, must limit the number of team members. Coaches will conduct tryout sessions to determine the makeup of teams with limited rosters. Tryouts can be highly competitive and the selection process is often difficult. Coaches will outline the process and explain the criteria to be used in selecting team members.

Parent – Coach

Your child, as a member of a SJF athletic team, will experience some very rewarding moments. It is important to understand that there also may be times when things do not go the way you or your child wish. It is at these times that discussion with the coach is encouraged. Situations such as ways to help your child improve, concerns about your child's attitude, and academic support. It is very difficult to accept your child's not playing as much or where you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all of the students involved. Every team member will play meaningful minutes during the tourney. It is also important to remember that playing time is determined by only the coach. While certain things can be discussed with your child's coach, other things should be left to the discretion of the coach. Team strategy and other athletes are examples. We encourage students/athletes to bring their questions about such things directly to the coach. The student coach relationship is very important.

Parental concerns can be addressed prior to the tourney with the coach or following the tourney with school administration.

SJF Athletics Department:

Denine McDonald – PE Dept. Head -	denine.mcdonald@yk1.nt.ca
Mitch Grady - Teacher/Coach -	mitch.grady@yk1.nt.ca
Gillian Waugh - Teacher/Coach -	gillian.waugh@yk1.nt.ca
Dean MacInnis – Principal -	dean.macinnis@yk1.nt.ca
Peter Curran – Asst. Principal/Coach –	peter.curran@yk1.nt.ca
Angela Martin - Asst. Principal/Coach -	angela.martin@yk1.nt.ca



Athletic Calendar:

September – November:

- X-Country Running
- Outdoor Soccer
- Volleyball
- Hockey

December – February:

- Badminton
- Basketball

March – April:

- Indoor Soccer

May – June:

- Track & Field

Practices times Monday to Friday: (example)

3:40pm – 5:00pm – Practice #1

5:15pm – 6:30pm – Practice #2

Links:

SJF - <https://yk1.nt.ca/sjf>

NWT School Sports <http://www.nwtschoolsports.com/>

