

Wilson Middle School



Co-Curricular Parent Handbook

Athletics – Fees, Program Descriptions/Levels of play, Accolades, & Awards

Fine Arts – Band, Choir, Drama/Collage of the Arts



Wilson Wolverines Co-Curricular Parent Handbook

Description & Rationale

The purpose of this handbook is to serve as a reference for parents/guardians to get answers to potential questions about the various co-curricular programs we have here at Wilson Middle School. The wide variety of clubs, co-curricular programs, and opportunities here at WMS provide students with an opportunity to discover, develop, and explore new interests, passions, and hobbies.

Co-Curricular Fees

Most WMS co-curricular teams and clubs have associated fees, which are typically paid through SchoolCashOnline. This helps to cover the small price we pay to play in our competitive league (LSAA), games for our JV and club teams (for example, it costs money to hire referees for each game), or for equipment required for some of these clubs. A portion of these fees may also go towards team clothing and swag. Coaches and teachers may order products so players and teams can be proud of their involvement within these teams, clubs, and sports. These products also contribute to unity and a sense of pride within WMS. Financial support for families in need is potentially available through the following organizations:

- Jump Start: [Individual Child Grants | Jumpstart \(canadiantire.ca\)](http://www.jumpstart.ca)
- KidSport: <http://www.kidsportcanada.com>

Rough estimations of the costs involved for each co-curricular are below, although these might differ from year to year depending on various factors (eg: clothing ordered, number of tournaments or games being attended, number of band trips, etc.). For band trips, potential fundraisers help reduce the cost involved.

Volleyball	Basketball
<ul style="list-style-type: none"> • SV Volleyball teams: \$200 • JV Volleyball teams: \$115 • Volleyball club: \$25 	<ul style="list-style-type: none"> • SV basketball teams: \$200 • JV volleyball teams: \$110 • Basketball club: \$25
Badminton	Track and Field/Cross-Country
<ul style="list-style-type: none"> • Competitive: \$50 • Club: \$25 	<ul style="list-style-type: none"> • Track and Field: \$15 • Cross-Country: \$15
Band	
<ul style="list-style-type: none"> • Included in band school fees • Handbells: \$15 	

Program Descriptions

Athletics

ID Camps

Wilson Middle School has "ID camps" for the following three sports:

- Volleyball (usually in September)
- Basketball (usually in November following volleyball season conclusion)
- Badminton (usually in February after the February break)

ID camps are similar to tryouts, but the difference is that **all students that attend an ID camp will have the opportunity to be placed on a team.** The team students are placed on is based on what our group of athletics coaches feel is the most conducive team to the students' current level of play/skill level based on their observations and criteria from the students' performance during the ID Camp dates and practices. This aligns with our philosophy of trying to get as many kids involved in co-curricular as possible.

Levels of Play

At the completion of an ID camp, athletes will be placed into one of three levels of play for **volleyball, basketball, and badminton:**

Senior Varsity (SV) – This level is the highest skilled program we offer at WMS. SV teams compete in the LSAA (Lethbridge Schools Athletics Association) league against other teams in and around Lethbridge. SV teams aim to attend 3-4 competitive tournaments. The LSAA typically releases the schedule a month or so prior to the start of the sport, which is then shared with SV athletes after the first parent/guardian meeting.

Junior Varsity (JV) – The JV teams also play competitive exhibition games versus other schools in and around Lethbridge. Our goal is to have them play approximately half the schedule our SV teams play. This usually means approximately six exhibition games and 1-2 tournaments. As such, their fees are usually less than the SV team. The athletic director is usually the one responsible for setting up the exhibition games and tournaments along with input from the JV coaches.

Club – Athletes who are not able to compete at JV or SV levels of play will be placed in this program which is a combination of skill development and modified game play. Club usually takes place during our embedded PD time every Wednesday afternoon. It typically runs once per week. Students attending club will get either a green or black shirt as soon as they have paid their fees to play. Club players may also get a jamboree on a Friday afternoon or a game against other schools as a culminating activity.

Athletic Accolades

Following our SV and JV seasons, members of the teams will be given the following awards at their end-of-season celebrations:

MVP

For: SV/JV Volleyball, SV/JV Basketball, & Badminton (one per grade level)

Description: Awarded to the player on his or her team who exemplifies the highest level of skill and highest value to their team.

Most Improved

For: SV/JV Volleyball, SV/JV Basketball, & Badminton (one per grade level)

Description: Awarded to the player on your team who has shown the most growth throughout the season. Someone who demonstrates high levels of coachability and is committed to improving their skills in sport.

Wolverine Ambassador Award

For: SV/JV Volleyball, SV/JV Basketball, Badminton/Track/X-Country (one per grade level)

Description: Awarded to the member of their team that best represents them during all team functions. When participating in events outside of Wilson, this student consistently represents our school community well. They are a team player first and foremost. This individual demonstrates a commitment to their team, has a great work ethic and attitude, and portrays the "Wilson Way" at all times. Furthermore, this recipient listens, learns from their coaches, and displays great sportsmanship.

Athletic Awards & Banquet

Wilson Middle School supports the belief that athletes should be rewarded for their efforts and achievements not only in team participation but by representing the school as well. To this end, the following athletic awards system was developed. Please note, all points are determined exclusively by the coaching staff of each activity, recorded on a form and submitted upon completion of each activity/season. For each sport/club that students have an opportunity to be awarded points in two main categories: physical skills and Character/Wilson Way.

Each June we host an athletics banquet where student athletes are recognized for their efforts and contributions to our programs. All coaches are asked to attend this significant event. Students are given points for each sports-based extra-curricular

program they are a part of. These points accumulate throughout the year. "Major" sports are worth more points than "minor" sports due to the commitment level. Due to the increased number of participants in club sports we have adjusted the awards criteria. Please note that all club teams except wrestling are worth a maximum of 6 points. Also note that junior teams for basketball and volleyball are worth 10 points (SV teams are worth 20). There is also a rubric on the following page for an idea of how points are calculated. The maximum number of points a student may receive playing only club sports in any given year is 30. Students may not receive LSA and Club points for the same sport. The points required throughout the year to receive an athletic award at the banquet are listed below:

Grade 6	24-29	Green Award
	30-35	White Award
	36+	Gold Award
Grade 7 & 8	25 – 32	Green Award
	33 – 41	White Award
	42 +	Gold Award

Activity	Criteria	Point Value
Cross Country (6 points)	Physical skills & making team	0-3 points
	Character/Wilson Way	0-3 points
Sr. Basketball AND Sr. Volleyball (20 points) Jr. teams (10 points)	Physical skills	0-10 points (Jr. 0-5)
	Character/Wilson Way	0 -10 points (Jr. 0-5)
Badminton (10 points)	Physical skills	0-5 points
	Character/Wilson Way	0-5 points
Track and Field (10 points)	Physical Skills/Qualify for cities	0-5 points
	Character/Wilson Way	0-5 points

Club Activities

Activity	Criteria	Point Value
Hockey (*10 points)	Physical skills	0-5 points
	Character/Wilson Way	0-5 points
Baseball (*10 points)	Physical skills	0-5 points
	Character/Wilson Way	0-5 points
Badminton Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points
Fitness Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points
Wrestling Club	Skills	0-7 Points
	Character/Wilson Way	0-7 points
Soccer Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points
Archery Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points

Basketball Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points
Volleyball Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points
Running Club	Skills	0-3 Points
	Character/Wilson Way	0-3 Points

Points Rubric

	8-10 (SV Teams) 4-5 (JV Teams) 3 (Club)	5-7 (SV Teams) 2-3 (JV Teams) 2 (Club)	1-4 (SV Teams) 1 (JV Teams) 1 (Club)
Physical Skills	<ul style="list-style-type: none"> • Consistently demonstrates proper mechanics, skills, & movements related to sport or activity • Persistent on improving their own skill level through practice and games/competitions • Always does their best • Often transfers new skills and knowledge in competition • Demonstrates an excellent understanding of skill and strategy 	<ul style="list-style-type: none"> • Generally demonstrates mechanics, skills, & movements related to sport or activity • Usually motivated to improve their own skill level through practice and games/competitions • Often does their best • Commonly transfers new skills and knowledge in competition • Demonstrates an appreciable understanding of skill and strategy 	<ul style="list-style-type: none"> • Sometimes demonstrates proper mechanics, skills, & movements related to sport or activity • Inconsistent effort towards improving their own skill level through practice and games/competitions • Sometimes does their best • Occasionally transfers new skills and knowledge in competition • Demonstrates an acceptable understanding of skill and strategy
Character & Wilson Way	<p>Consistently demonstrates the Wilson Way:</p> <ul style="list-style-type: none"> • Responsibility • Respect • Compassion • Citizenship • Trustworthiness • Honesty • Fairness <p>Consistently:</p> <ul style="list-style-type: none"> • Cooperates with others • Exhibits leadership • Demonstrates a positive attitude • Is respectful to peers, opponents, and others • Consistently on-task 	<p>Usually demonstrates the Wilson Way:</p> <ul style="list-style-type: none"> • Responsibility • Respect • Compassion • Citizenship • Trustworthiness • Honesty • Fairness <p>Usually:</p> <ul style="list-style-type: none"> • Cooperates with others • Exhibits leadership • Demonstrates a positive attitude • Is respectful to peers, opponents, and others • Consistently on-task 	<p>Occasionally demonstrates the Wilson Way:</p> <ul style="list-style-type: none"> • Responsibility • Respect • Compassion • Citizenship • Trustworthiness • Honesty • Fairness <p>Occasionally:</p> <ul style="list-style-type: none"> • Cooperates with others • Exhibits leadership • Demonstrates a positive attitude • Is respectful to peers, opponents, and others • Consistently on-task

Fine Arts

Band

Jazz Band:

Students who already participate in the WMS Band Program are invited to join the WMS Jazz Band. Jazz band meets once to twice a week after school in the band room. While in Jazz Band, students will learn the fundamental skills required to interpret jazz music, including blues scales, how to swing, syncopated rhythms, as well as soloing and basic improvisation skills. The WMS Jazz Band participates in the annual band concerts, the Lethbridge and District Music and Speech Arts Festival as well as Lethbridge Jazz Fest. Come jam with us!

Pep Band:

Pep band students learn popular music by memory so that they can help pump up crowds at sporting events. While the pep band plays at school sporting events, every effort is made to get the WMS Pep Band out in the community including performing at the University of Lethbridge sporting events, Lethbridge College games, and Hurricane Games. The pep band is a fun group that promotes school spirit and independence on students' instruments. Let's Go Wolverines!

Handbells:

The WMS Handbell Choir is a 22 piece bell and tone chime choir that meets weekly, after school. Students learn basic ringing technique, how to read music, and how to play in an ensemble. Previous music experience is not necessary as the WMS Handbell Choir is open to any WMS student who is interested. While in the Handbell Choir, students will also participate in the annual band concerts as well as in community performances around town.

Choir

This music program seeks to develop musical excellence in performance as a vocalist. This is accomplished in a choir setting although some ensemble and solo experience may be provided. Areas of study include vocal skills, music theory, music history, ear training, sight singing, composition, and choral repertoire. The Wilson Middle School Choral Music Program is designed as a sequential and developmental approach to music instruction. Each level grows from those experiences previously presented. Choir performs a concert three times throughout the school year, we also compete in music festivals within the city as well as out of town. We plan, fundraise, and travel on choir retreats and tours throughout Alberta and British Columbia.

Drama & Collage of the Arts

At Wilson School our Fine Arts team is proud to present The Collage of the Arts annually. Students are given the opportunity to participate in a play or musical, while several teachers work both in person and behind the scenes for months to prepare. Students are given the full live theatre experience from auditions to daily rehearsals all culminating in a series of performances. Our cast is gifted with professional level costumes, props and set pieces from our committed and talented staff and community volunteers. If the main stage doesn't interest you, at Wilson we also offer backstage experience for our students as well - these roles include painting, sewing, crafting, light, and sound boards to just name a few opportunities while our show runs. If you have a passion for acting or design we are excited to see you out next season!