



April 2, 2015

Dear Parents,

Welcome to the Spring 2015 Track and Field Program. This letter outlines the philosophy, expectations and logistical details of the spring season for the UCC Prep Track and Field Teams.

Philosophy

Upper Canada College Preparatory School believes in encouraging a love of sport through the development of athletic character and skills. The athletic program values and develops sportsmanship through respect, compassion, integrity and discipline, as well as developing teamwork and a team commitment. Students will learn a strong work ethic through commitment to team ideals and perseverance to team goals. The school facilitates the growth of its students by encouraging students', coaches', and families' involvement in athletic education, leading to an increased sense of athletic purpose and self-confidence.

Coaches and athletes will work together to live up to the values and commitments in our philosophy.

Team Commitments and Absences from Meets

A strong commitment is needed for an athlete to be a member of any school representative team. We understand that many boys have outside commitments. We have discussed the Prep policy regarding absences from meets with your son and we will outline it again here. We expect each athlete on the team to participate in every scheduled meet. An athlete may miss only one meet due to an outside commitment, but he must notify his coach at least one week in advance of the meet date.

All members of the Track and Field Team will participate in all meets leading up to the championship meet. The way individual sport championships run require entry restrictions. For this reason, some members of the team will be unable to compete at the CISAA championship meet. Please discuss the possibility of your son not competing in the Championship meet. Selection for the Championship meet will be based on a combination of performance, participation, attitude and effort. Athletes selected for the championship meet may **not** miss the meet for any reason other than illness.

CISAA championship dates:

Forms 4, 5 and 6 – Wednesday, May 20, 2015 at University of Guelph (all day).

Form 7 – Tuesday, May 19, 2015 at Country Day School (all day).

If your son becomes ill or injured and is unable to attend a meet, please notify the coach as soon as possible via phone and/or email. We recognize that absences due to illness or injury are not related to team commitment.

The best way to access information about our team and schedule is through the UCC website. Click on this [link](#) to access the Prep Track and Field schedule. **Click on this [link](#) to fill in our online form to confirm your son's commitment (must be completed by April 11).** It is possible that this schedule may change as the season progresses due to weather or other unforeseen circumstances. **Any change will be announced to your son as soon as possible and updated on the website.**

A mailbox has been set up to try to aid in communication. **Call 416-488-1125, press 1, ext. 4004 – this line is for travel information. If a team is late returning from a meet we will leave a message stating when we will arrive.**

The enthusiasm of our parent community, our partnership with the Positive Coaching Alliance and a push to create that “small school” feel as part of our Strategic Plan, have all been driving forces to enhance the support of our UCC athletic teams. Our goal is to consolidate this support in order to align the efforts of our boys, parents and coaches to build character and success into all our athletic programs. Specifically, the parent-based Blues Booster Club, in collaboration with the school, will be seeking parent volunteers to get involved in a way that will be outlined when team selections have been completed.

Uniform

The team uniform includes:

- School athletic t-shirt
- School athletic shorts
- UCC track suit
- White athletic socks
- Outdoor running shoes
- Water bottle (optional)
- Hat and sun screen (optional)

Students who do not wear their full uniform will be ineligible to participate that day, but will be expected to travel with the team.

Sincerely,

Form 5 Coaches:

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Form 6 Coaches:

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Form 7 Coaches:

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