

## **Athletic Mission Statement**

**As a vital pillar in the education of boys, athletics at Upper Canada College teaches commitment, teamwork and the pursuit of excellence.**

The purpose of this letter is to introduce new families to the Upper School Interscholastic Athletic program. The Upper School has one of the largest high school athletic programs in Canada with numerous opportunities for boys to compete in interscholastic sport. Below is an explanation of the team age-group terminology:

**U14** (under the age of 14 as of January 1, 2016 OR in Year 1)

**Boys in Year 1 must play at the U14 level of competition unless exceptional circumstances dictate otherwise.**

**U16** (under the age of 16 as of January 1, 2016)

**JV** (no age restriction)

**Varsity** (no age restriction)

### **Tryouts**

Tryouts for all teams are held at the beginning of each school term as posted by the coaches on their Bluenet team pages. Some teams will have cuts and team roster limitations. Other sports are “non-cut” teams and as long as the student demonstrates the dedication required and attends regular practices and competitions; he will remain part of the team. The tryouts for Varsity level teams are held in advance of lower age-group team tryouts in order to allow boys to filter down to the age group teams if they are cut from the Varsity team.

### **Fall 2015 Varsity Tryouts Schedule**

**Varsity Football:** Saturday, Sept. 5 at 10 a.m., 1 p.m. and 3 p.m. (Oval Field)

**Varsity Soccer:** Tuesday, Sept. 8 – Friday, Sept. 11 from 4–6 p.m. (Common’s Field)

**Varsity Volleyball:** Tuesday, Sept. 8 – Friday, Sept. 11 from 4–6 p.m. (Lett Gymnasium)

**All other team tryouts will start either on Thursday, Sept. 10 or Friday, Sept. 11. Tryout schedules will be posted on the Athletic notice boards in the basement hallway and on the specific Team-Page on Bluenet.**

### **Commitment**

All students that are on a team are expected to attend all scheduled practices and games as posted by the coach unless there is illness or injury. All players and parents will sign a Commitment Letter prior to the season, which will stand as their dedication to the team throughout that season. Failure to live up to this Commitment Letter could result in that student being ineligible to play on a team the next school term or other term. There is also a clear understanding that boys and their parents will have potential family commitments. This does not include outside club team commitments. It is vital that the boys and their parents communicate any potential family conflicts with the coach well in advance.

All Upper School teams compete in the very competitive C.I.S.A.A. league. Schools are located across the province as well as the GTA and therefore travel will be necessary for game competition. Teams play games from Monday to Saturday with the exception of Thursdays. Only Varsity teams practice or play on Thursdays with rare exceptions, which will be communicated, to the boys with as much advance notice as possible. All other teams have Thursday off. Practices run from 4:00 pm to approximately 5:30 pm daily when no games are scheduled. There is an Athletic Participation Fee that will be billed to your account at the end of each school term. The fee is made up of transportation costs and uniform/equipment rental.

### **Boys playing on “outside club teams” and their families must have a full understanding in regards to their commitment to UCC Athletic teams as per above before trying out.**

Boys are not permitted to come and go as they wish based on their outside club commitments, whether that be missing school practices or games for outside club commitments. Each commitment letter will clearly spell out what is expected from their UCC coach. There is some latitude given by UCC coaches in their commitment letters with the understanding that boys have other things going on in their lives. However, the past few years have taught us that some of the outside club coaches have no flexibility with their players and families, often dictating that the boy cannot practice or play games at school on days when their outside club team has an event. This is unacceptable, controlling behavior for an adult coach who does not have the best interests of the boy in mind. **If you have any questions in regards to this section, please contact the specific UCC coach directly.**

## **2015-2016 Upper School Program**

### **FALL 2015**

**Cross-Country**  
**Varsity Football**  
**Y1 & U16 Football**  
**Varsity Soccer**  
**JV Soccer**  
**U16A Soccer**  
**U16B Soccer**  
**U14 Soccer**  
**Varsity Volleyball**  
**U16 Volleyball**  
**U14 Volleyball**  
**Rowing: Fall 4**  
**Y1 INTRAMURALS**  
**Ball Hockey**  
**Tennis**  
**House Soccer**

### **WINTER 2015-2016**

**Varsity Hockey**  
**JV Hockey**  
**U16 Hockey**  
**U14 Hockey**  
**Varsity Basketball**  
**JV Basketball**  
**U16 Basketball**  
**U14 Basketball**  
**Varsity Squash**  
**U16 Squash**  
**U14 Squash**  
**Swimming**  
**Junior House Sports**  
**House Hockey**

### **SPRING 2016**

**Varsity Cricket**  
**Varsity Rugby**  
**U16 Rugby**  
**U14 Rugby**  
**Varsity Baseball**  
**Varsity Golf**  
**U16 Golf**  
**Varsity Lacrosse**  
**U14 Lacrosse**  
**Rowing**  
**Varsity Tennis**  
**U16 Tennis**  
**U14 Tennis**  
**Varsity Badminton**  
**U16 Badminton**  
**U14 Badminton**  
**Track & Field**  
**House Softball**

**If you have any questions, or I can assist in any way, please feel free to contact me at your convenience.**

**Best regards,**

**Brent A. MacKay**  
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