

Orchard Park CO-CURRICULAR GUIDE



Orchard Park's extensive Athletics Program offers activities of interest to all students in the school. Students are encouraged to participate fully in the athletic, artistic, social and cultural life in the school. Involvement in the school's co-curricular program will enable students to make new friends and develop talents and interests outside the regular school curriculum. Coaching, leadership and supervision of our co-instructional program is provided voluntarily by members of our teaching staff as well as by interested members of our community.

The costs involved are obtained from the school budget, fundraisers and by the students themselves. All clubs and teams welcome Grade 9 students as well as students new to the school. Orientation sessions, school website, school twitter, Instagram and the morning announcements keep students informed on club and team meetings/activities.



Last Year's Champions and Achievements 2022-2023:

- Division 2 Champions (Girls Soccer, Girls Softball)
- 7 Individuals to OFSAA - Cross Country, Wrestling, Tennis, Track and Field
- 2 HWIAC Championships (Jr Boys Basketball, Jr Girls Basketball)
- 2 OFSAA Gold Medals - Wrestling
- SOSSA Champs - Jr Boys Basketball
- 29 Teams - 324 Athletes

Athlete of the **YEAR** Criteria:

Novice, Junior, Senior - Male and Female Awards

- Must successfully complete at least 2 sports/seasons
- Has demonstrated high achievement or great success in their activity
- Students must be in good academic standing
- Dedicated to the team and Orchard Park's mission statement
- Nominations/selections for Athlete of the Month
- Shows respect for coaches, officials and teammates and demonstrates good sportsmanship at all times.
- Displays enthusiasm and a positive attitude
- To be eligible, students must remain registered and attend school for the entire academic year
- Selection committee consists of the Physical Education Dept, Coaches and Administration.

Athlete of the **MONTH** Criteria

Awarded to one Male and Female: (Sept - May)

- Personal athletic achievement and success based on performance during the month
- Student must be in good academic standing
- Shows respect for coaches, officials, and teammates and demonstrates good sportsmanship at all times.
- A regular winner of the Athlete of the Month award can be considered for the Athlete of the Year
- A person can win this award more than once in the year.
- If there are no nominees, no award will be given out.

Philosophy

Orchard Park Secondary School supports a philosophy of competition that is guided by the highest standards of good sportsmanship and fair play. To this end, all parties (teacher-coaches, supervisors, athletes, parents and spectators) recognize that students' participation in sports and extracurricular activities are an "EXTENSION OF THE CLASSROOM." Student-athletes have a responsibility to act in a manner that exemplifies the values of fair play and most importantly "HAVE FUN." Coaches mentor athletes by helping them... to become adults and engaged members of society. Orchard Park's athletics program will include as many players as possible and will distribute playing time as widely as possible.

● **GET INVOLVED!**

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Administrative Policies

Students must demonstrate academic competence, a positive attitude, good sportsmanship and respect for all coaches and staff advisors when representing Orchard Park in any co-curricular activity. It is a privilege to be a part of the PATRIOT experience and only those students who are ambassadors of the school will be encouraged to participate in school-sanctioned teams/clubs. Administrators/Coaches reserve the right to limit the participation and involvement of any student representing Orchard Park.

Parental Permission

Any student wishing to participate in interschool sports must submit a signed parental form (Acknowledgement of Risks/Permission to Participate and Medical Information Form) prior to his/her first practice for each sport he/she wishes to play.

Transportation

In most cases, the school does not provide transportation, i.e., buses, to and from a school event. Transportation to and from events is the responsibility of the student/parent.

Transfer Policy

All students transferring into the school must apply for eligibility prior to participation in any sport. The OFSAA transfer form must be signed, completed and returned to the Physical Education Office.

School Classification

Orchard Park Secondary School competes in Zone 1 competition and also at the SOSSA and OFSAA levels. It is classified as a AAA school, which provides the highest level of competition for schools in the province with a population of more than 1046 full time students.

Eligibility

All students participating in athletics or any other co-curricular activities must meet the following criteria for academic standing, attendance and behaviour.

- A student must have an acceptable attendance record and be punctual for all classes. If a student is truant from school on the day of the event, he/she will not be allowed to participate.
- A student must maintain an "acceptable" behaviour record on and off the field or while participating in an activity. A student may be asked to withdraw from a team or club if the above requirements are not met.
- A student must be a full-time student in order to participate in any co-curricular program. Full-time status is defined as a minimum load of 3 courses per semester, unless a student has accumulated 28 credits. At this time the student may be enrolled in 2 courses per semester in his/her final year. If a student is no longer enrolled as a full-time student before the completion of a sport season, the student will become ineligible.

Athletic Season Overview

Fall Season -

September to November

B&G Cross Country	Novice, Junior, Senior
Tackle Football	Varsity
Boy's Volleyball	Junior, Senior
Girl's Basketball	Junior, Senior
B&G Soccer	Novice
B&G Golf	Varsity
B&G Tennis	Novice, Junior, Senior
Girl's Touch Football	Varsity
Boy's Touch Football	Novice
Boy's Baseball	Varsity
Girl's Field Hockey	Varsity

Winter Season -

November to March

B&G Hockey	Varsity
Girls Volleyball	Junior, Senior
Boys Basketball	Junior, Senior
B&G Waterpolo	Junior, Senior
B&G Wrestling	Varsity

Spring Season -

April to June

B&G Soccer	Varsity
B&G Badminton	Novice, Junior, Senior
Coed Ultimate Frisbee	Varsity
B&G Basketball	Novice
Track and Field	Novice, Junior, Senior
Girls Softball	Varsity
Tackle Football	Junior
Boys Cricket	Varsity



Badminton

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
B&G N, Jr, Sr	Spring	30	3-4	N/A	2-3	2-3

- Tryouts begin in March
- Grade 9 Novice Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue - Orchard Park Gym for practices, Racquets and goggles are provided, Co-Ed Team
- All players will participate in the Zone Qualifier. Qualifiers will then compete at the HWIAC, SOSSA and OFSAA levels



Baseball

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Girls	Spring	15	2	8	2	1
V Boys	Fall	15	2	8	1	1

- Grades 9-12
- Tryouts and practices begin indoors in September / May
- Venues - Orchard Park gym and St. Clair baseball field (weather pending)
- Students must provide their own cleats and gloves



Basketball

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
Jr Girls	Fall	12-15	2	12	1-2	2-3
Sr Girls	Fall	12-15	2	12	1-2	2-3
Jr Boys	Winter	12-15	2	10	1-2	2-3
Sr Boys	Winter	12-15	2	10	1-2	2-3
N Girls	Spring	12-15	2	Tour.	1-2	2-3
N Boys	Spring	12-15	2	Tour.	1-2	2-3

- Basketball is played using Novice (grade 9) junior (grades 9-10) and senior (grades 11-12) age categories. Athletes who play on the junior team are not eligible to play on the novice team.
- Practice Venue - Orchard Park Gym, Daily after school practices 2:10-3:30 OR 3:30-5:00



Cricket

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Boys	Fall & Spring	20	2	N/a	2-3	1

- Grades 9-12 Boys
- There is indoor play during the winter season culminating in an indoor tournament. The spring season includes an outdoor tournament.
- Practice Venue - Orchard Park Gym and fields, Daily after school practices



Cross Country

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
N, Jr, Sr	Fall	30	2	N/A	2-3	2

- Venue - Training includes running on the track and various courses in Stoney Creek
- The cross-country season will begin Week 2 of school (September) with sign up and with an information session
- Grade 9 Novice Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- 2-3 practices per week followed by HWIAC Meet, SOSSA (for qualifiers) and then OFSAA (for qualifiers)



Field Hockey

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
Varsity G	Fall	30	2	8	2-3	2

- Venue - Orchard Park field
- Practices take place daily after school until 4:15pm
- All field hockey gear provided including socks, sticks
- Mouth guard and cleats purchased by student/athlete to keep at the end of the season



Football

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Tackle	Fall	30	4	6	1 Jamboree	4
Jr Tackle	Spring	30	4	6	1 Jamboree	4

- Football is played using junior (grades 9-10) and Varsity (grades 10-12) age categories. Grade 10 students are able to play Varsity in the Fall AND Junior in the Spring
- Venue - Orchard Park field
- Practices take place daily after school until 4:15pm
- All football gear provided including helmet, game pants and girdles
- Jersey, mouth guard and cleats purchased by student/athlete to keep at the end of the season



Golf

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Boys	Fall	5	1	N/A	1	0
V Girls	Fall	5	1	N/A	1	0

Grades 9-12

- Varsity Team, Boys and Girls Teams for Grade 9-12
- Tryouts take place during the month of Sept
- Players provide their own set of golf clubs and balls
- All players trying out play a qualifying tournament at a local course. From those results, both male and female teams are created, with 5 golfers per team. The team then competes in HWIAC competition. Individual qualifiers and team winners then play in the SOSSA tournament finals and possibly OFSAA.



Hockey

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Boys	Winter	17	2-4	8	1	1-2
V Girls	Winter	17	2-4	8	1	1-2

Grades 9-12

- Practice Venue - Saltfleet Arena and Stoney Creek arena
- Varsity Boy's and Girl's tryouts take place in November and December
- Weekly practices take place after school. Approximately 3:00-5:00pm depending on ice time.
- Jerseys provided. Players must provide their own equipment



Soccer

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Boys	Spring	18-20	3	6	0	2-3
V Girls	Spring	18-20	3	6	0	2-3
N Boys	Fal	18	2	0	1	2-3
N Girls	Fall	18	2	0	1	2-3

- Soccer is played using novice (grade 9) and Varsity (grades 9-12) age categories. Players ARE allowed to play BOTH Novice AND Varsity seasons
- Tryouts and practices for spring season begin indoors in March
- Venues - Orchard Park Field



Tennis

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
N, Jr, Sr	Fall	10-12	1	N/A	2	0

Tennis is played using junior (grades 9-10) and senior (grades 11-12) age categories

- Team meeting takes place in September
- Individuals and team play in HWIAC tournament, qualifiers then play in the SOSSA tournament and possible OFSAA

Touch Football

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Girls	Fall	15	2	N/A	2-3	2
N Boys	Fall	15	2	N/A	1-2	2

Track and Field

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
N, Jr, Sr	Spring	30	2	N/A	2-4	2-3

- Grade 9 Novice Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue - Training includes running on the OP Track
- Running meets take place around the Greater Niagara, Hamilton and Halton regions, HWIAC Meet, SOSSA Meet, OFSAA Meet
- All levels of runners welcome

Ultimate Frisbee

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
V Coed	Spring	30	2	N/A	4-5	2-3

- Varsity Coed Team - Grade -12
- Tryouts begin outdoors in April
- The team competes in 4-5 tournaments in April and May including HWIAC, SOSSA and OFSAA
- Students purchase jerseys

Volleyball

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
Jr Boys	Fall	12	2-3	10	1-2	3
Sr Boys	Fall	12	2-3	10	1-2	3
Jr Girls	Winter	12	3-4	10	2	3
Sr Girls	Winter	12	3-4	10	2	3

- Boys tryouts begin first week of school in September
- Volleyball is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue - Orchard Park Gym
- After school practices

WaterPolo

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
Jr Girls	Winter	15	2	8	0	2
Sr Girls	Winter	15	2	8	0	2
Jr Boys	Winter	15	2	8	0	2
Sr Boys	Winter	15	2	8	0	2

- Practice Venue - Brewster Pool, Orchard Park
- After school practices
- Students provide their own bathing suit

Wrestling

Sport	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices
B&G Varsity	Winter & Spring	20	4-5	N/A	4-5	2-3

- Grades 9-12
- No experience necessary
- Female and Male Teams
- Some tournaments are for rookies only and some are open (senior division only)
- Practice Venue - Orchard Park

- After school practices