



From Seed-time to Harvest

# PHEA SPORTS

## Rules and Regulations

Thank you for registering with PHEA Sports and placing your trust in our abilities to supplement your child's home schooled physical education.

It is important to note that the development of each child's attitude and their ability to work with their teammates, coaches, and opponents, will be among the main focus for our phys-ed group. **Displaying attitudes and actions that are pleasing to God, will head the list!!** If a child has difficulty maintaining the standard of behaviour that the coaches have deemed acceptable, it will be discussed with them the first time, with the parent the second, and a spot will be opened to someone on the waiting list the third time the behaviour occurs. We do not anticipate having to put this policy into effect; it is in place to protect the enjoyment of all participants.

Proper attire is essential for comfort and safety reasons. The following are requirements for each of the phys-ed levels: (NO EXCEPTIONS...children will NOT be allowed to participate unless the parent has personally explained a suitable reason for the situation to that classes' coach.)

### Level Two

- ✗ INDOOR, non-marking running shoes. (Please, NO canvas!) These shoes should be used for indoors only, but if it is necessary to have them worn outdoors; then please scrub them before class. **You must carry these into the school as requested by the janitor.**
- ✗ Sweat pants or shorts and t-shirts (absolutely NO denim/jeans shorts or pants)
- ✗ Water bottle
- ✗ NO jewelry is allowed at any class: this will be strictly enforced!
- ✗ Girls must have long hair tied back

### Levels Three, Four and Five:

- ✗ INDOOR, non-marking, runners, See Level Two's information
- ✗ Black, navy, grey sweats, track pants, or shorts (moderate length please)
- ✗ Modest sleeved t-shirts, no tank tops or belly shirts
- ✗ Water bottle
- ✗ Volleyball knee pads NOT NESSECARY FOR LEVEL THREE
- ✗ Badminton racquet
- ✗ Girls must have long hair tied back
- ✗ NO jewelry is allowed at any class: this will be strictly enforced!
- ✗ Shin pads for indoor soccer and floor hockey (recommended)

The fact that these classes run back-to-back, may present concerns for some parents with children in more than one class, but **we cannot allow siblings to be in the gyms during classes other than their own and we leave the responsibility for their whereabouts to each parent.** The exception, to this rule will be that a few of the Level 5 participants will be allowed to assist with the various younger levels. This DOES need to be cleared with PHEA Sport's coordinators and the coach in advance.

**All participants/parents/guardians entering the school facility must remove shoes at the door. Please bring indoor shoes.**

We welcome positive feedback and constructive criticism. We hope that your children will enjoy the program, and more importantly, *grow in character*, through this years PHEA Sports' program.