

Journey Dragons Athletic Handbook



2025-2026

Welcome to Journey Dragons Athletics 2025 - 2026

Dear Parents/ Guardians and Student Athletes,

Journey Athletics is excited to offer our students an enriched athletic experience on a variety of school teams. Being part of the Journey Dragons Athletic Program is both a privilege and a responsibility. Student athletes are expected to positively represent our school and community at all times. Meeting these expectations will ensure students have fun and receive a rewarding experience as part of the Journey Dragons Athletics program.

SCHOOL COMES FIRST

Student athletes must be in good academic standing, meaning attendance, behaviour, positive engagement, and being caught up on school work. Playing on sports teams can be time consuming and it is important to maintain an athletic and academic balance. Students are responsible for any missed work due to athletics games or events. Disciplinary issues at school can lead to students missing time on school teams, or removal from school teams.

BE RESPECTFUL

Journey athletes are expected to be positive role models during games, practices, tournaments, and throughout the community. Respectful behaviour towards teammates, coaches, opponents, officials, and spectators is expected. Come ready to play hard and compete, but always play within the rules and within the spirit of the game.

ATHLETIC FEE

\$40 required LIMSAA Athletic Fee for the following sports: Varsity Basketball, Varsity Volleyball, Varsity Badminton, Varsity Track & Field, Varsity Rugby. This is a 1 time fee for the year and goes toward covering LIMSSA membership fees, TOCs, equipment, and much more. Student-athletes that play on the Journey Intramural Teams (Basketball, Volleyball, and Soccer) are not required to pay an Athletic Fee but they are asked to make a donation to the Journey Athletics Program. 100% of donations go toward Journey Athletics. If you need financial support, please reach out to our Athletic Director, Zac Vine, or our Principal, Jennifer Gibson.

COMPETITIVE & RECREATIONAL LEAGUES

Journey Athletics offers the option of Competitive teams and Recreational teams. The competitive teams have a much more demanding schedule and often students need to try-out for the competitive teams (basketball, volleyball, and badminton). All students are welcomed on recreational teams (basketball, ultimate, track & field, volleyball, badminton, cross country).

TRANSPORTATION

The transportation of students to and from events is the responsibility of the parents/ guardians of the student. Journey Athletics does not supply transportation, or arrange transportations for students. Parent drivers are valued and essential for the success of our athletics program.

The Journey Staff and community of coaches welcomes you to Journey Dragons Athletics. We look forward to a fun and rewarding year. If you have any questions or concerns, please feel free to contact me at any time.

Sincerely,

Zac Vine
Athletic Director
Journey Middle School
Email: zvine@sd62.bc.ca

Journey Athletics School Sports Schedule

Sport	Time of Year (2025-2026)
Cross Country Running	September - October
Ultimate Frisbee	September - October
Touch Rugby	September - October
Basketball	September - December
Volleyball	December - March
Robitics	TBD
Rugby	March - May
Badminton	March - May
Track & Field	April - June
JURO Soccer Tournament	June 22 & June 23

STUDENT ATHLETE PARTICIPATION EXPECTATIONS

Journey Dragons Athletics is an extension of the classroom and carries the same moral and legislative obligations for coaches, athletes, and spectators. Being a member of a school team is not an excuse to miss school work. Athletes are expected to be in good academic standing while participating on school teams. Any disciplinary actions taken against the student-athlete (being sent to the office, suspensions, etc.) could result in the athlete missing games/ events or being removed from the team. Coaches and Journey Staff will work with all student-athletes to help them succeed!

Student athletes are expected to:

- Play hard and within the rules
- Win with humility and lose with dignity
- Exercise self-control at all times
- Respect the decisions of officials without gestures or argument
- Demonstrate that it is a privilege to represent their school and community
- Be supportive and positive towards the efforts of teammates
- Be on time for every practice, game, and meeting.
- Coaches need to be notified in advance of any upcoming absences.

ATHLETIC FEE (\$40)

Athletic fees help to pay memberships fees, referees, team registration, scheduling, equipment, jerseys, and administration. There are no other team-specific fees. If students are having difficulties with the athletic fee, they can talk to their coach, teacher, Mr. Vine or our Principal about financial aid.

Please make cheques payable to "School District #62", or bring in cash.

UNIFORMS

Journey Dragons Athletics is proud to supply all of our teams with jerseys to use during their seasons. With generous donations from our school PAC, and several large fundraising efforts, Journey Dragons Athletics is proud to provide jerseys for our athletes. Uniforms are not to be brought home by students. Every jersey is washed at Journey after every use. If a student is responsible for vandalizing a jersey or misplacing a jersey, there will be a charge to replace the jersey.

PLAYING TIME:

Journey Athletic Programs have a large amount of students sign up each year, which is amazing. However, due to the large numbers of participants we need to implement a rule that students must participate in a minimum of 50% of weekly practices to be eligible for **equal** playing time during the games. This is being implemented to encourage commitment and responsibility from our students, and to avoid situations where students do not come to practice and yet expect to play equally in games. Exceptions to this rule can be made, but it will be up to the individual coaches on a case by case basis.



Journey Dragons Athletics Participation Form

This is to certify that _____ [Print Student Name]
proposes to participate in recreational and competitive inter-school athletics and will abide by
the Student Athlete Participation Expectations.

Please visit our school website, <https://journey.web.sd62.bc.ca/programs/athletics/> for team
practice and game schedules, as well as the most up to date information.

Please check the boxes below and sign to indicate:

- ☐ You have reviewed and understand the “Journey Dragons Athletic Handbook” from the website
<https://journey.web.sd62.bc.ca/programs/athletics/>
- ☐ The student-athlete participates with the full knowledge of their parent or guardian;
- ☐ The student has reviewed and understands the Student Athlete Participation Expectations;
- ☐ You know of no medical reason that would prohibit participation;
- ☐ You are responsible for the replacement costs of uniforms that are lost or damaged;
- ☐ You have paid the annual \$40 athletic fee; and
- ☐ Parents/ guardians are responsible for all transportation to and from games/ events.

Student-Athlete Signature

Date

Parent/ Guardian Signature

Date

Parent/ Guardian Email: _____

Please return this page to your coach, or to Mr. Vine.