

NANAIMO LADYSMITH PUBLIC SCHOOLS

ATHLETICS



PHILOSOPHY:

Nanaimo Ladysmith Public Schools (NLPS) believe in giving as many students as possible a rewarding athletic experience. Building skills, sportsmanship, leadership, commitment, confidence and competitive experience are among the key goals of our athletic programs.

Our athletic programs are supported by the schools and the district. Many NLPS employees volunteer to coach, allow students to leave their classes early, support students and volunteer at events. We create many opportunities for students to enrich their high school experience.

OVERVIEW OF ATHLETICS:

We strive to offer a range of sports and opportunities for our students and are dependent on the willingness of people to volunteer their time to make our athletics programs happen.

Our schools also offer a range of intramural sports at lunch time throughout the year for those students who wish to play sports in a non-competitive, more informal manner. All students are welcome to play intramurals.

SKILLS AND DEVELOPMENT:

The focus for teams at the Grade 8 level is to maximize participation, improve individual fundamental skills, develop team skills, and provide student-athletes with a positive experience in athletics. At the Junior and Senior levels, the individual and team focus is more competitive. Emphasis is on the team concept development and execution.

Grade 8 student athletes and teams focus on:

- Individual skill development
- Positive interactions with teammates, coaches, and opponents
- Development of teamwork and team related skills
- Self-discipline and responsible behaviour
- Appropriate, respectful behaviour towards coaches, officials, and spectators
- Fun and enjoyment

Junior and senior student athletes and teams focus on the same criteria as above, plus:

- Added emphasis on competition
- Individual playing time being determined at the coaches' discretion