ATHLETIC HANDBOOK
2026-2027



HOME OF THE PIPERS

EST. 1969

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Dear Parents and Student-Athletes:

This letter is being presented to you because your son or daughter has indicated an interest to participate in interscholastic athletics at Alexander Galt High School. We believe that participation in sports provides a wealth of experiences and opportunities that are designed to enhance each student-athlete's social, intellectual, physical and emotional development.

As the Co-ordinator of Athletics at Alexander Galt I encourage you to read through the Athletic Handbook (on our website) as it is intended to inform parents and students about the procedures and codes of conduct that govern interscholastic sports at Galt. The Athletic Committee recognizes that these procedures need a broad base of understanding and support between the community and the school in order to be effective.

Alexander Galt has held a proud and strong athletic tradition for 57 years because of the dedication and commitment of its teachers, coaches, support staff, administration and community. This is not only indicated by all of our wins and championships, but rather by the good people that we help develop for society. Practicing a good work ethic academically and on the playing field to one's potential, displaying good sportsmanship and respecting the opposing team, coaches, officials and teammates develop these attributes.

I look forward to seeing you at games and practices as we support your children throughout the year. May the "Piper Pride" continue!

Sincerely,

Robbie Fisk
Athletic Co-ordinator / Teacher
Alexander Galt High School
819-563-0770 ext. 22081

INTERSCHOLASTIC PROGRAMS

Our sports teams compete in the Eastern Township Interscholastic Athletic Conference (English League) and/or the Reseau du Sport Etudiant du Quebec (French League). Some teams also participate in tournaments throughout the year.

E.T.I.A.C. AGES ALL SPORTS:
Bantams: 12-13 years old as of October 1, 2026
Juniors: 14-15 years old as of October 1, 2026
Seniors: 16-18 years old as of December1, 2026

RSEQ AGES:
Basketball: Bantams: 12 and 13 years old as of Oct. 1, 2026
Juniors: 14 years old as of Oct. 1, 2026
Seniors: 15-17 years old as of Oct. 1, 2026

FALL SPORTS: (September-October)

Sport	**Coaches**	**League(s)**
Bantam Girls Soccer	Mrs. Dubeau	E.T.I.A.C.
Bantam Boys Soccer 1	Mr. Ribaux, Mr. Kerrigan, Mr. Dueck	E.T.I.A.C.
Bantam Boys Soccer 2	Ms. Elkas	E.T.I.A.C.
Junior Girls Soccer	Ms. Moore	E.T.I.A.C.
Junior Boys Soccer	Mrs. Dubeau	E.T.I.A.C.
Senior Girls Soccer	Mr. Learned	E.T.I.A.C.
Senior Boys Soccer	Mr. Beaulieu	E.T.I.A.C.
Cross Country Running	Evan Pankovitch	E.T.I.A.C.
Senior Girls Flag Football	Mr. Hynd	RSEQ

WINTER SPORTS: (October-April)

Bantam Girls Basketball D3	Ms. Moore & Ms. Lumley	RSEQ
Bantam Boys Basketball D3	Mr. Learned & Mr. Pollock	RSEQ
Junior Boys Basketball D4	Mrs. Murphy	RSEQ
Senior Girls Basketball D3	Mr. Gilpin	RSEQ
Senior Boys Basketball D3	Mr. Faucher	RSEQ
Senior Boys Basketball D4	Mr. Grey	RSEQ
M14 D3 Hockey	Mr. Fisk & Mr. Ribaux	RSEQ
M15 D3 Hockey	Mr. Fisk & Mr. Beaulieu	RSEQ
M18 D3 Hockey	Mr. Fisk, Mr. Beaulieu, Felix Dostie	RSEQ
Swimming	Laura Leblanc	E.T.I.A.C.

Curling	Chelsea Cote	E.T.I.A.C.

SPRING SPORTS: (March – June)

Badminton for all levels in Single, Doubles or Mixed: Mr. Fisk & Mrs. Dubeau
Tournaments

Bantam Girls and Boys Rugby	Mr. Godbout	ETIAC
Junior Girls &Boys rugby	Mr. Coley & Mr. Knapp	ETIAC
Senior Boys rugby	Mr. Coley	ETIAC
Senior Girls Rugby	Mrs. Matte	RSEQ
Golf (8 golfers)	Mr. Laplante	E.T.I.A.C.

CODE OF CONDUCT AND STUDENT REGULATIONS

The interscholastic programs are privileges provided to the students by the administration, teachers and support staff of Alexander Galt. In return for the privilege of participation, it is expected that all student-athletes will accept the necessary responsibilities with regard to the following criteria:

1. Academic Responsibilities
2. Conduct
3. Payment of fees and uniform deposit
4. Transportation
5. Insurance

1. ACADEMIC RESPONSIBILITIES:

Alexander Galt recognizes that the primary responsibility of all students is educational. Therefore, the school supports the concept that students involved in the interscholastic athletics program should work to their potential in the classroom and be committed to achieving academic success. The administration and athletic director reserve the right to determine a student's eligibility to participate in the program based on the individual student's academic status. In order to make it clear for the students the following system will be used:

A. Yellow Flag: A student may be "Yellow Flagged" by his or her teacher if they are not working to their potential. This means the student can still participate in interscholastic sports, but they will be on probation for at least one full cycle or until they demonstrate improvement. Some examples are as follows:

- Assignments incomplete
- Assignments not handed in on time
- Failing grade
- High absenteeism
- Constantly not prepared for class
- Often rude or impolite
- Inappropriate language

B. Red flag: A student will be "Red Flagged" if he or she does not improve their "Yellow Flag" status. This means the student is no longer eligible to participate in interscholastic sports for at least a cycle and possibly longer if the student does not improve his or her academic standing. A student will also be "Red Flagged" immediately if they commit any of the following acts on school grounds or on a school trip or game:

(i). Caught, or is part of a group caught, smoking, drinking alcohol and/or using or selling drugs
(ii). Fighting, bullying
(iii). Verbal abuse towards a staff member
(iv). Vandalism
(v). Stealing

Acts involving smoking, alcohol or drugs will be met with immediate suspension from the team for the remainder of the season.

IMPORTANT NOTE: A student caught smoking, drinking or using or selling drugs will not be allowed to participate in any interscholastic sport for the rest of the season.

Students red flagged will not receive any reimbursement of fees.

Before being declared eligible to play the student must meet with the Principal, Vice Principal, Athletic Director and coach.

2. CONDUCT:

All student-athletes and teams have a particular obligation to conduct themselves as good citizens in and out of school. Failure to do so may have an adverse effect on the reputation of Alexander Galt and will result in disciplinary action and possible suspension from the team.

A. The student-athletes will abide by the rules and regulations that govern their sport as set out by the E.T.I.A.C., RSEQ and the tournament that they participate in.

B. In order to enhance our public image, all student-athletes will be required to dress up for all away games. Boys must wear a shirt and tie with dress pants that do not hang

below their waste. Girls must wear slacks or an appropriate length skirt to the knees and blouse. Jeans will not be accepted.

C. The student-athletes will respect others and the property of others. Therefore, Galt student-athletes pledge not to engage in sexist, racist or discriminatory language and behaviour. They also pledge not to willfully damage the property of others such as hotel rooms, transportation vehicles, Galt facilities and the facilities of other schools. This pledge also includes stealing the property or belongings of others.

C. Students are expected to attend all meetings, practices, games and activities. It is the responsibility of the student to notify the coach personally in advance of his or her anticipated absence. Having a teammate tell the coach is not appropriate.

D. A student who is absent from school will not be eligible to participate that day unless they have an appointment or activity that is beyond the control of the student. However, regular attendance is important or it will result in a "Yellow Flag".

E. Hazing of any sort will not be tolerated and will result in a severe suspension.

F. Any student unable to participate in Physical Education class will not be allowed to participate in interscholastic athletics that day.

G. Student-athletes who represent Galt at practices and games should not wear apparel from other high schools. This would indicate a lack of pride with your team and school.

3. PAYMENT OF FEES AND UNIFORM & EQUIPMENT DEPOSIT:

Well before the season begins the students will be asked to sign up to determine if we will have enough players to make a team at their level. A google form will be on our school website, facebook page, student bulletin as well as in google classroom once the academic classes are established.

Once the coaches have made their teams each player will be required to pay in full before they play their second game. Post-dated cheques will be accepted for students and families if needed.

What is included in the fee:

A. Games and practices
B. Payment of referees
C. League & Tournament Fees
D. Lodging where applicable
E. Transportation to all away games
F. Use of Equipment
G. Team photo.
H. Award ceremonies (end of the year)

I. Team uniform (must be returned at the end of the season).

It is the student's responsibility to properly care for any uniforms, equipment, or other school property used during the course of the athletic season or school sponsored extra-curricular activity.

If a uniform is lost or stolen or not returned for whatever reason, then the student will be charged $100 to replace the uniform.

PLEASE NOTE: All cheques for payment of fees are made out to Alexander Galt Athletics.

4. TRANSPORTATION:

Because of the government cutbacks we will NOT be able to offer late buses this year. Teams will have transport for away games during the week.

5.INSURANCES:

Every student athlete **MUST** have Accidental Family or School Insurance or they will not be allowed to participate. We provide forms for an outside insurance company not associated with the school should you require any.

6. Concussion Protocols:

All student athletes and their parents/guardians must read and sign the "Concussion Consent Form" before the student athlete plays a game with the school. Should your son or daughter receive a blow to the head in any sport and show any signs of concussion like symptoms the coach will remove the game even if they claim they are fine. All of our coaches have the most updated research and information in regards to "Recognizing A Concussion" and and "Return to Sports Following a Concussion". For up to date information regarding concussions please refer to Quebec Government protocols at the following link:
https://cdn-contenu.quebec.ca/cdn-contenu/education/Sport-Loisir-Plein-air/Protocole_de_gestion_des_commotions_cerebrales_AN.pdf

A student athlete must provide a written note from the doctor and parents/guardian in order to return to competition.

ALEXANDER GALT ATHLETICS

CONCUSSION CONSENT AND RELEASE FORM 2026-27

This form applies to all interscholastic sports activities offered at Alexander Galt: Soccer, flag football, cross country running, hockey, basketball, curling, volleyball, rugby, golf and badminton.

Concussion Information:

What is a concussion?

Concussion is a brain injury. Concussions, as well as all other head injuries, are serious. They can be caused by a bump, a twist of the head, sudden deceleration or acceleration, a blow or jolt to the head, or by a blow to another part of the body with force transmitted to the head. You can't see a concussion, and more than 90% of all concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. All concussions are potentially serious and, if not managed properly, may result in complications including brain damage and, in rare cases, even death. Even a "ding" or a bump on the head can be serious. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, your child should be immediately removed from play, evaluated by a medical professional and cleared by a medical doctor.

What are the signs and symptoms of concussion?

Concussion symptoms may appear immediately after the injury or can take several days to appear. Studies have shown that it takes on average 10-14 days or longer for symptoms to resolve and, in rare cases or if the athlete has sustained multiple concussions, the symptoms can be prolonged. Signs and symptoms of concussion can include:

- Vacant stare or seeing stars
- Lack of awareness of surroundings
- Emotions out of proportion to circumstances (inappropriate crying or anger)
- Headache or persistent headache, nausea, vomiting
- Altered vision
- Sensitivity to light or noise
- Delayed verbal and motor responses
- Disorientation, slurred or incoherent speech
- Dizziness, including light-headedness, vertigo (spinning) or loss of equilibrium (being of balance or swimming sensation)
- Decreased coordination, reaction time
- Confusion and inability to focus attention
- Memory loss
- Sudden change in academic performance or drop in grades
- Irritability, depression, anxiety, sleep disturbances, easy fatigability
- In rare cases, loss of consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with signs and symptoms of concussion should be removed from activity (play or practice) immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to sustaining another concussion. Athletes who sustain a second concussion before the symptoms of the first concussion have resolved and the brain has had a chance to heal are at risk for prolonged concussion symptoms, permanent disability and even death (called "Second Impact Syndrome"

where the brain swells uncontrollably). There is also evidence that multiple concussions can lead to long-term symptoms, including early dementia.

What do I do if I suspect my child has suffered a concussion?

Any athlete suspected of suffering a concussion should be removed from the activity immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from an appropriate health-care professional. Close observation of the athlete should continue for several hours.
You should also seek medical care and inform your child's coach if you think that your child may have a concussion. Remember, it's better to miss one or two games than to have your life changed forever. When in doubt, sit them out.

When can my child return to play or practice?

Following physician evaluation, the return to activity process requires the athlete to be completely symptom free, after which time they would complete a step-wise protocol under the supervision of a physical education instructor, coach or medical professional and then, receive written medical clearance.
It is very important that your child not go back to sports if he/she has any concussion symptoms or signs. Return to sport and activity must follow a step-wise approach:

Step 1) No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.
Step 2) Light exercise such as walking or stationary cycling, for 10-15 minutes.
Step 3) Sport specific aerobic activity (ie.skating in hockey, running in soccer) , for 20-30 minutes. No contact.
Step 4) "On field" practice such as ball drills, shooting drills, and other activities with NO contact (ie. no checking, no heading the ball, etc.).
Step 5) "On field" practice with body contact, once cleared by a doctor.
Step 6) Game play note: each step must take a minimum of one day. If your child has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back either during activity, or later that day, your child should stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. Your child should be seen by a doctor and cleared again before starting the step wise protocol again.

For current and up-to-date information on concussions, visit:
https://cdn-contenu.quebec.ca/cdn-contenu/education/Sport-Loisir-Plein-air/Protocole_de_gestion_des_commotions_cerebrales_AN.pdf

Statement of Student Athlete and Parent's Responsibility

As a student athlete;

- I have read the above information on concussions.
- I know that I have to report all injuries and illnesses including any signs and symptoms of a CONCUSSION to my parents, team physiotherapist, coaches, school nurse or teacher associated with my sport.
- Furthermore, I have been advised of the potential dangers of the participation in this sport for myself.

_____	_____	_____ / _____ /_____
Name of Student-Athlete (printed)	Signature of Student-Athlete	Date

As a parent of a player;

- I have read the above information on concussions.
- I will collaborate with the team physiotherapist, coaches, school nurse or teacher associated with the sport of my child by reporting all injuries and illnesses including any signs and symptoms of a CONCUSSION.
- I have been advised of the potential dangers of the participation in this sport of my child.

_____ _____ _____ / _____ /_____

Name of Parent/Guardian (printed) Signature of Parent/Guardian Date

This form was developed with the assistance of Think First Canada and the Montreal Children's Hospital –McGill University Health Center.

ALEXANDER GALT HIGH SCHOOL

1700 College, Sherbrooke, Qc
J1M 1Z9

STUDENT ATHLETE INFORMATION FORM 2026-2027

Family Name:_____ Given Name: _____

Mother's Name: _____Father's Name: _____

Age: _____ Birth Date: _____ / _____ / _____ Level: _____
M D Y

Address: _____ Town: _____

Postal Code: _____ Email: _____
(required field for photos)

Home No. _____ cell _____ work_____

Do you have insurance for your son or daughter: YES or NO
(Most families have insurance through their family insurance)

Does your child have any allergies or illnesses: YES or NO

If so, what are they? _____

Has your son/daughter been under the care of a physician in the past year? Yes or No

If so, for what reasons? _____

Has your son/daughter suffered from a concussion? Yes or No If so, how many _____

Photo consent: YES or NO (please circle)

Parent/Guardian Signature: _____ Date: _____

Director of Athletics: Robert Fisk
This form must be returned to the COACH before the first game.

ALEXANDER GALT HIGH SCHOOL

STUDENT ATHLETE PAYMENT FEES 2026

FALL SEASON:

TEAM: _____

NAME: _____

FUNDRAISING BALANCE = $ _____

If you wish to use money in your fundraising account see Mr. Fisk to know your total raised and pick up a green form to transfer your funds in which your parents must sign.

3 STEPS:

1. You and your parents have read the Athletic Handbook and agree to the conditions which is located on our website.
2. Complete the Student Athlete Information Form and Concussion Consent Form before the first game played and return to your coach.
3. Full payment of sports fees by September 24, 2026.

- Please note soccer socks and photos are included in the soccer fees.

Bantam girls soccer $100

Bantam boys soccer $100

Junior girls soccer $100

Junior boys soccer $100

Senior girls soccer $100

Senior boys soccer $100

Senior Girls Flag Football: $100

Cross Country Running: $75

HOW TO PAY ATHLETIC FEES:

Your daughter/sons sports fees have been applied to your account so please pay them online by September 24, 2026. You can also send in a cheque payable to Alexander Galt Athletics.

Please note that fees must be paid in full or the athlete will not be able to participate.

AWARDS

The Athletic Awards ceremony will take place on TBD. All of the students that participated in at least one interscholastic sport are invited to the event, as the following awards will be given out:

- Team MVP's and most improved or dedicated player
- Physical Education Appreciation Award
- Cycle I Female and Male athlete of the year
- Cycle II Female and male athlete of the year (bursary)
- Volunteer of the Year
- Ella Hoy (Female Academics and athletics; (bursary)
- Reg Newton (Male academics and athletics; (bursary)

Throughout the year the Athletic Committee will choose a male and female athlete of month.

FUNDRAISING OPTIONS:

Matthew Littlejohn is the co-ordinator of student activities and is in charge of fundraising options for the students. Please see him for more details. The profit from these fundraisers can be used to pay for their athletic fees.

- Citrus
- Magazine sales
- Christmas sales

ATHLETIC CONTACTS

Please dial the school's phone number 819-563-0770 then the extension number.

Fax: 819-563-5304

Website: www.etsb.qc.ca/alexandergalt

Athletic Director
Hockey Concentration Co-ordinator
Mr. Robbie Fisk
Ext. 22081 cell: 819-820-9251
fiskr@edu.etsb.qc.ca

Sports Concentration co-ordinator
Physical Education Department Head
Mrs. Nancy Dubeau
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Co-ordinator of Student Activities
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Oskumovab@edu.etsb.qc.ca