



VANCOUVER COLLEGE

Home of the "FIGHTING IRISH"

LETTERMEN'S ASSOCIATION CONSTITUTION

Athletic Director

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SEMPER FIDELIS

2008

ARTICLE 1

CONSTITUTION

- 1.01 The constitution of the Lettermen's Association is the Constitution of 2005, including subsequent amendments. The Constitution of 2005 supercedes any prior constitutional instrument or amendments to such. Not retroactive.
- 1.02 The goal of the Lettermen's Association, which the Constitution aims to assist:
- To participate in the promotion and development of school spirit, especially towards athletics
 - To be available to assist in any activity related to this goal at the discretion of the Executive Committee with the advice and consent of the Athletic Director
 - To preserve the Lettermen as a distinct and unified part of the student body
 - To provide service to Vancouver College Faith and Learning Community
 - To interface with the Student Council and Edmundians

ARTICLE 11

PROCEDURE

- 2.01 Meetings will run according to an agenda proposed by the Executive committee, with provision during meetings for any matter brought up by a member. All members are entitled to speak their views in an orderly way during meetings. Voting will commence by means of a show of hands or where requested a secret ballot.
- 2.02 The annual general meeting will be held during the first week of June, regarding elections of the Executive Committee for the following year. Nominations for (co) President must be approved by the Athletic Director on the advisement of the current Lettermen Executive.
- 2.03 Constitutional amendments must have two-thirds vote of all active members of the Lettermen's Association and must be submitted in writing to the President at least two (2) weeks before the date of the annual general meeting.
- 2.04 The Athletic Director must approve any constitutional amendments, and any vote approving an amendment must be considered to be advice to the Athletic Director, which carries the "sense of the Lettermen's Association", regarding the matter.
- 2.05 An official agenda will be made by the Executive outlining Executive Members and their roles, their weekly meeting times and a list of all members of the Association.

ARTICLE 111

MEMBERSHIP

- 3.01 A member of the Executive committee may also be a member of the Student Council Executive or Edmundians but have priority for the Letterman
- 3.02 Nominations for the Executive Committee must be submitted to the acting Executive one week prior to the Annual General Meeting elections. All nominations must have a second approval.
- 3.03 A unanimous vote of the Executive Committee and Athletic Director may remove any member of the Executive Committee.
- 3.04 An athlete may apply to become a full member of the Lettermen's Association after qualifying for a JV or Varsity letter. Applications are available from the Athletic Director.

ARTICLE IV

RESPONSIBILITIES

- 1.01 The Executive will meet a minimum of once a week on a day to be determined by the Executive.

ARTICLE V

MEETINGS

- 5.01 The Executive will meet with the Lettermen Coordinator before the first General meeting of the year. The Lettermen Coordinator will co-ordinate this meeting. To be covered at this meeting will be: Decision of leadership model for the year and setting of the schedule of rotating Executive duties for monthly meetings for the year.
- 5.02 General Meetings of all Lettermen will occur as needed, to be determined by the Executive.
- 5.03 Additional organization meetings (e.g. "team meetings") will be determined by the Executive.
- 5.04 Attendance will be taken at all meetings

ARTICLE VI

6.01 Letter Requirements

The athletic letter at Vancouver College is open to all inter school sports. The letter is intended to be a very powerful symbol of commitment and excellence **in Vancouver College's athletic program. It is preserved as such for those student-athletes who give of themselves, and who, in doing so, gain a degree of excellence that deserves recognition.**

The Junior Varsity letter is considered as being equivalent to a Varsity letter on a relative scale. It provides a potent symbol at the junior level and should be preserved as such for those junior athletes who give of themselves, and who, in so doing, gain a degree of excellence that deserves recognition. Junior letters, therefore, **are not to be regarded as participation awards to be give to those in senior sports who have not worked quite hard enough or long enough to earn a Varsity letter** ;Nor are they participation awards for those who have chosen to commit themselves to activities outside the school. The Junior Varsity letter is exactly what its name implies – a letter which is available to those on the junior level in a recognized Vancouver College sport, who have worked hard and long enough and who exhibited, to the coaches satisfaction, a level of excellence worthy of reward.

6.02 Awarding of Letters - *** TO BE REVISED

- Students who qualify for lettering may apply to join the Lettermen.
- Applications are available from the Lettermen Coordinator.
- Applications are submitted to the Lettermen Coordinator who will review for approval at a Head Coaches' meeting.
- Approval/declined applicant decisions are final and cannot be appealed.
- Applications made to be made early to the Lettermen Coordinator(i.e. Track and Field) for consideration.

6.03 General Requirements

- Grade 8 students are not eligible for any letter but may accumulate credit towards a Junior Varsity Letter.
- Grade 9 are not eligible but may also accumulate credit towards a Junior Varsity letter.
- Junior Varsity letters are available only to juniors, those in Grade 10.
- Grade 10's may receive a Junior Varsity letter according to the specific requirements stated below and may accumulate credit towards a Varsity letter, if involved at a level and contribution that is truly outstanding. That is, **they will not be considered to have earned credit if they are part of a team simply to fill it out. Even if an athlete meets all the following criteria, he is only eligible for a letter and does not mean he will automatically receive one.**

6.04 Specific Requirements

Grade 10:

- He may be awarded a Junior Varsity letter if he has been in the same sport for three (3) years (Grade 8, 9 and 10) or has excelled in three sports in his Grade 10 year and is recommended by his coaches.
- He may also accumulate credit towards a Varsity letter if he has been involved in two Varsity sports and has exhibited true excellence.
- If he plays at the Varsity level in a sport, he may accumulate credit towards a Varsity letter, credit which may be added to whatever credit he may earn, even in another sport at the Varsity level in Grade 11.

Grade 11/12:

- He is not eligible for a Junior Varsity letter.
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 - He must have competed in or managed two sports/teams in Grades 11 and 12 – either two sports in one year or one sport over two years.
 - A Varsity letter may be awarded at the beginning of a Grade 12 year to any athlete graduating that year.
 - The athlete must be a citizen in good standing.
- Managers:
- Managers will be awarded letters based on their grade level, not on the grade level of the teams with which they are involved.
 - The same criteria will be used as is set out for the players. This means that for a manager to earn credit for a letter, he must show true commitment and dedication towards the sport(s) he manages.

ARTICLE VII

WEARING OF SWEATERS

- 7.01 The letter must be worn of the front centre of the school pullover sweater.
- 7.02 Sweaters may be worn everyday.
- 7.03 Sweaters are also to be worn at major school functions. These functions include school masses, pep rallies or assemblies. Other days will be specified at the monthly meetings.
- 7.04 A Varsity Letterman may wear a previously won Junior Varsity letter on the breast of the school athletic jacket.
- 7.05 Junior Lettermen must wear their letters on the school pullover sweater.
- 7.06 Only Varsity Lettermen may receive “sports pins” or “stars”. The gold sports pins signify the re-lettering of a varsity letter after the initial award. The gold stars are awarded to those Varsity Lettermen who have won provincial championships, league or provincial all star awards.

ARTICLE VIII

- 8.01 The letter does not belong to the student while he is attending Vancouver College but to the school itself. Only once the student leaves the school is he entitled to keep his letter.
- 8.02 The letter can be forfeited by the Athletic Director if deemed, in consultation with Administration and the Lettermen Executive.

ARTICLE IX

2008 CRITERIA FOR AWARDS BY SPORT

9.01 Football

Significant Contribution:

- Rarely misses practice, always on time
- Best effort each day – dedicated and committed
- “Team Player” – a leader by example
- Plays/performs to the best of his ability
- Cooperative and coachable

Stars:

- Captain
- Team Award(s)
- League Award(s)
- Provincial Awards and Recognition

9.02 Basketball

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the court
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Team Award(s)

- Emerald Tournament First All Star or MVP
- League All Star
- Lower Mainland All Star
- BC AAA Tournament Award
- Provincial Recognition
- Provincial Scholarship

9.03 Wrestling

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the mats
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- Zone Winner

9.04 Track & Field

Significant Contribution:

- Positive attitude towards the track & field program
- Positive influence on team members
- Demonstrate proficiency in event(s)
- Regular at practices and meets

Stars:

- First place in zone final
- Top three finish in the Provincial Championships
- Captain of the team
- Meeting provincial all star standard in event(s)
- Record setting performance in a sanctioned meet
- Medal at the BC Provincial meet

9.05 Rowing

Significant Contribution:

- Positive attitude towards the rowing program
- Rarely misses practice
- Always on time

- Performs to the best of his ability
- A leader and positive role model in rowing and the school community

Stars:

- Medal at a national event (Monster ERG/CSSRA Championships)
- Win Saints/College boat race
- Medal at Brentwood
- Win at Shawnigan

9.06 Soccer

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the field
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- Zone Winner

9.07 Lacrosse

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the field
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- League Winner
- Provincial MVP

9.08 Badminton

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the court

- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- Lower Mainland Champions Undefeated season
- Team Captin
- 1st Place in division

9.09 Ice Hockey

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the ice
- Significant role player
- A positive role model for the program

Stars:

- Team Captain

9.10 Cross Country

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- Zone Winner

9.11 Swimming

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the floor
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- Zone Winner

9.12 Golf

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial
- Zone Winner

9.13 Tennis

Significant Contribution:

- Rarely misses practice, always on time
- Best effort to be the best player that he can be each day – dedicated and committed
- A leader by example both on and off the court
- Significant role player
- A positive role model for the program

Stars:

- Team Captain
- Medal at the BC Provincial meet
- Zone Winner

9.14 All new sports at Vancouver College must prove to be an acceptable program for two (2) years before that sport can be of the Lettermen Association.