



BASKETBALL WELCOME PACKAGE

2025-2026



SECTION 1- MEET THE COACHES AND STAFF

<u>Director of Athletics:</u> Mr. Robb Serviss serviss@stececile.ca	<u>Athletic Therapist:</u> Mr. Dylan Langois d_langois@stececile.ca <u>Academic Advisor:</u> Mr. Ken Minello kminello@stececile.ca	<u>Boys Prep Head Coach</u> Mr. Greg Surmacz g_surmacz@stececile.ca <u>Boys Assistant Coaches</u> Mr. RJ Wells rjwells32@gmail.com Mr. Julio Manga juliomanga89@gmail.com <u>Director of Player Development</u> Mr. Mehari Hagos M_hagos@hotmail.com <u>Sports Psychologist</u> TBA
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SECTION 2 - DAILY SCHEDULE (September 2nd, 2025 to May 26th, 2026)

NOTE: A special schedule will be created for the month of August which will be heavily focused on strength & conditioning, skill work and open runs.

Morning Prep Practices will start promptly at 8:15am and run until 10:20am on Day 1 & Day 2, and run until 9:20am on Day 3 class schedules. Student Athletes are expected to be dressed and ready for 8:15am.

On Mass/Ethics Wednesdays we will have a shooting practice in the main gym from 1-2pm.

Additionally throughout the season we will have two additional evening practices twice a week pending availability of the gym. Each player will be provided with an updated monthly schedule to reflect any changes in practice/ training times. ***NOTE*** For the month of August, the two evening practices will be organized open runs and attendance will be mandatory.

SECTION 3 - TRIPS AND DAILY TRAINING

Daily Training: All Prep Athletes are expected to wear Ste Cecile approved gear to all team sanctioned activities. ***NOTE*** For August, student athletes can wear their own gear; this rule comes into effect when team gear arrives in September.

Weekend Trips: All meals and accommodations are provided to students during their away games. **Students must participate in 1 hour of supervised study period every Saturday during weekend trips.**

SECTION 4 - BASKETBALL KEY DATES FOR THE YEAR

Main dates for the school year:

- **First Day of 2024-2025 School Year:** August 11th, 2025
- **First Day of Practice (on court):** August 12th, 2025
- **Midterm Examinations:** December 12th-December 18th, 2025
- **Last Day of Classes Before Christmas:** December 19th, 2025
- **First Day back to class:** January 5th, 2026
- **First Day of March Break:** March 19th, 2026
- **First Day of Classes After March Break:** April 7th, 2026
- **Last Day of Practice (on court):** May 26th, 2026
- **Final Examination Period:** May 27th, 2026 – June 2nd, 2026

Final examinations and midterms:

- Basketball practice will continue during midterms
 - Students are expected to continue to attend **unless they have a midterm scheduled during their regular practice time.**
- There are no practices during final examinations
- Students miss practice for the OSSLT Literacy Test or other required HS Standard Examinations when necessary
- Unless students are running school events as part of their curriculum in a subject, they must have permission from their coach to miss practice for an event.

SECTION 5 - GENERAL PROTOCOLS

Athletic Therapy:

Students have access to our on staff athletic therapist via appointment or walk-ins between 3:30pm and 5:30pm. Daily treatment available.

Missing Practice:

Students who miss practice must contact the coaches directly to notify them prior to the start of practice.

Equipment:

All basketballs, speakers and equipment is to be put away at the conclusion of each training session. This includes cleaning up the fitness area after each use (putting away weights and wiping down benches).

Physiotherapy

ASCIS is a few minutes walk from a professional sports physiotherapy centre: "Sport Medicine Physiotherapy" with physiotherapist Jason Chung. \$600 coverage is included with all boarding student's Tugo Insurance.

Change Room

We will have access to the boys locker room, right next to the main gym before and after each training session. Please ensure you are not leaving any personal belongings in the change room area after each use. We will have access to the main showers after each training session, please bring your own towel/slides. Each athlete will have 20 mins to promptly change and shower and arrive at their next class ON TIME. Continuous tardiness will not be tolerated and will be dealt with accordingly.

Laundry

Sports equipment will be washed by staff regularly. Ie. practice and game uniforms. T-shirts and shorts will be the responsibility of each individual athlete.

Food In the Halls

Students are not permitted to eat in halls or classrooms. All food must be consumed prior to leaving the cafeteria.

SECTION 6 - ACADEMICS

Missing Assignments/Classwork:

Should students fall behind with class assignments and/or work they may not be permitted to attend trips/games until such work is completed and submitted to teachers. This is at the full discretion of the head coach Mr. Surmacz.

Missing classes:

If a student misses content due to a trip or game they are **fully responsible** for any missed content, assignments or other materials.

Students who have not attended ALL classes on a given school day (without valid reason) will NOT be permitted to attend practice that day.

Additionally Student Athletes who do not adhere to the code of conduct in the classroom and are disruptive to the school community will be suspended from team activities at the coach's discretion.

SECTION 7 - SUPPLY LIST

Basketball Supplies required to purchase/bring:

1. Basketball Shoes/ Running shoes
2. Athletic socks
3. Tights or compressions

Basketball Supplies provided:

1. Duffle bag and backpack for travel
2. Game Uniform - **MUST** return at the end of the season
3. Track suit - Ste Cecile Basketball Track Suit provided to all players
4. Work out Uniform - Ste Cecile Work Out Uniform provided

SECTION 8 - CAMPUS FACILITIES

1. JP Wing
2. New hall
3. Music hall
4. Dining hall
5. Game room
6. Fireplace hall
7. Art Room
8. Basement
9. Old gym
10. New gym
11. Track
12. Tennis Courts
13. Courtyard



SECTION 9 - CONTACTS

Mr. Serviss (Director of Athletics)
Mr. Surmacz (Coordinator of Athletics)
Mrs. Mihai (Finance Department)
Mrs. Caran (Finance Department)
Ms. Temple (Head of Student Life)
Mr. Romero (Co-Head of Boarding)
Mrs. Oliveira (Administrative Assistant)
Mrs. Morin (Principal Upper School)
Mrs. Schlesinger (Dean of Academics)

Elite Sports Programs
Varsity Athletics
Book Store and Finance
Admissions and Insurance
Boarding and Guidance
Boarding and Transportation
HS Office
Academic Inquires
Academics and Timetables

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