

TA Bulletin November 27

Important Dates

Nov 27	University of Victoria Business School presentation
Dec 7	Non-Instructional Day - no classes
Dec 21	Last day of classes before Winter Break
Dec 24 - Jan 4	WINTER BREAK

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School Council

Presentation Les Gramantik- High Performance Coach:Philosophy and Goals

Leadership (NSS Clothing Sales and Sandwich Making)

Peer Tutoring for Chemistry and Biology:

Athlete Achievements

Please provide us with information about your athletic successes so we can celebrate with you. Send your results and pics if you have them to sgmacdonell@cbe.ab.ca .

Culture of Excellence - Group Dynamics - Understanding your role

National Sport School student athletes are responsible, mature and respectful youth who consistently take leadership roles and perpetuate an attitude of excellence in their actions. Occasionally, situations occur where student athletes recognize that one of their peers may choose to be unkind or disrespectful towards other people, objects or property. While advocating for the peer to stop or suggesting something else may be the obvious choice, it is often uncomfortable or stressful to stand up to the peer. For the next two Tuesdays during the TA period, the teachers will be working with student athletes in understanding their role in group dynamics. Parents/Guardians are encouraged to discuss this further at home. Here are some common roles in groups.

- **Leader;** often the one to initiate the words or actions (can be positive or negative intentions), they have the perceived power in the group and often others will listen because they want to be associated with this person
- **Participant;** is a person who willingly engages in whatever the leader suggests and may even amplify it and make it bigger or draw more attention to it under the guise that they aren't really responsible because the leader suggested it, sometimes the participant, while not the original leader may begin to take over the lead

- **Follower;** there are a few types of followers and they all want to belong to the group and that's what compels them to stay is their desire to belong to the group
 - they may fear being "outed" from the group if they take action
 - Engaged follower: someone who follows along sometimes because they just want to belong and may be excited about being included. Later they may feel remorse and tell a friend or adult and fear because they were involved.
 - Reluctant follower: this is a person who knows what the leader or group is doing is wrong and they do not want to participate. They may even attempt to stop the group but get shut down. The consequences to them of not being with the group seem higher than leaving the group. This person minimally engages in the event and may feel so upset that they may disclose to an adult.
 - Coerced follower: this follower may have been forced to follow and maybe even participate. Their personal safety has been threatened and they are too afraid that they may get physically or emotionally hurt to leave. Sometimes this person may disclose to an adult but other times they are too afraid of retribution (revenge, personal harm) that they won't disclose.
- **Witness;** someone who has seen the event and did not lead, participate or follow. Observed during or photos/messages/posts after
 - Bystander: This is someone who may or may not be part of the group or they were simply a bystander. They may also have seen or heard of something after it has happened.
 - Sometimes this person may let an adult know because they are not connected to the group so their belonging is not at stake or they can anonymously disclose.
 - they may be a leader of another group and approach the group about their actions. Using their positive peer pressure for good.
 - Group member: they are part of the group and may fall into one of the following categories:
 - Sometimes they won't say anything because they are afraid of not belonging to their group, being the 'narc' or getting one of their friends in trouble
 - Sometimes they are willing to stand up and say something to their group or an adult because they want a good reputation for their group.
 - choose to not say something at all because it's not important or they are relieved to not be involved at all

However, when the action is negative towards others these roles either support the leader in the unkind act or don't take any action at all - they are bystander roles. This results in attention being given to the bully and continued bullying of the victim.

When negative situations occur, it is up to each of us to think about the role we are taking on and stand up to it and make a change. When one person initiates unkind words/actions the others in the group or those nearby need to respond in different ways to make it stop. Here are some optional ways that one could stand up to the situations and could choose to be:

- the Advocator (say no and stand up),
- the Distractor (changes subject gets initiator to focus on something else),
- the Diffuser (removes themselves and takes the target away), and
- the Reporter (tell an adult i.e. parents, coaches, teachers, etc.).

When we all stand up and stop accepting negative behaviour and unkind acts towards others it makes the difference to stop bullying and limit power positions. Our goal is to empower student athletes at NSS to recognize their role in group dynamics and use their personal power to support a safe and respectful environment for all.

Invitation November 27 School Council 6:30 Presentation 7-8:00pm

All parents/guardians are invited to join for the School Council meeting and Presentation or come just for the presentation. Students may also attend. The meeting and presentation will be held at the National Sport School in Mr. Zado's classroom.

Tuesday, November 27, 2018

- 6:30 pm School Council Meeting: School Development Plan and Results Report Sharing
- 7:00-8:00 pm - Presentation Les Gramantik High Performance Coach - Philosophy and Goals for Student Athletes

LES GRAMANTIK, NCCP COMPETITION - HIGH PERFORMANCE COACH

If you have lived in the Canadian world of high performance sport you have probably heard of Les Gramantik. It is a privilege for our Student-Athlete's to work with Les on a regular basis within our NSS Athlete Development program. We have asked Les to speak to our parents and coaches to share his philosophy and goals for our Student-Athletes.

More about Les Gramantik:

Since 1984, Les has been selected to coach with the Canadian National team in various roles including: six Commonwealth Games, three Pan American Games, eight Olympics/Paralympics and eleven World Championships.

His awards include but are not limited to:

- 2018 Petro-Canada Coaching Excellence Award
- 1991 CIS Coach of the Year
- Six time Canada West Coach of the Year
- Head coach of Athletics at the University of Calgary from 1987-2005
- 11 time Alberta High Performance Coach of the Year

Les was born in Transylvania, Romania and possesses a BA in Education, BA in Physical Education and Masters of Coaching Science from the University of Bucharest. Les began his athletic career in the Sports School System in Romania as an elite athlete and international pole vaulter. Continuing with his passion for athletics and sports, he turned to coaching which has now included 44 years internationally for Romania, Israel and Canada. He has coached over 50 Canadian National Champions and medalists in a variety of speed and power events.

Les's involvement also includes all levels of coaching education from NCCP to

NCI, lecturer at the University of Calgary, and numerous clinics around the world for both coaches and athletes. He is a leader of developing education programs, writing the Competition Development curriculum for athletics and a key member among a group of experts in developing the Long Term Athlete Development model for Athletics Canada. He has lectured internationally on various subjects from athletic program planning to strength training.

Les has also been an athletic and development consultant for a number of sports including: hockey, football, kayak/canoe, synchronized swimming, bobsleigh, mountaineering and professional golf.

CLOTHING - ORDER FORM HAS FINALLY ARRIVED....ORDER DEADLINE

December 3, 2018. Please click on the link [HERE](#) to access the order form. Students have chosen to embrace the champion clothing this year. You will be able to try on the clothing at lunch times to ensure sizing. We also have NSS buffs, toques, ball caps, and t-shirts to purchase for \$10/item.

Sandwich making (brown bag lunch) for Drop In Centre- Over the past few years, NSS families have come together to make hundreds of sandwiches for the clientele at the Calgary Drop In Centre. This year the event will take place during TA on Tuesday, December 11. In order to make the sandwiches we need help from our NSS families to bring in the following item:

- Bread
- Cold meat
- Cheese
- Condiments
- Granola bars

Please note that the sandwiches will be frozen so no fresh vegetables can be added to the sandwiches.

Peer Tutoring for Chemistry and Biology:

There are only 8 weeks left of school and due dates are arriving faster than you think. If you are having trouble grasping certain concepts or need help with your assignments in Chemistry 20, 30 and Biology 20 and 30, come see Lisa Cozma (grade 12 student) with your questions after school in the student area, during TA, during period 3 in the spare room, or email your questions @ mihacaltaf@gmail.com.

If you need my assistance, give me a heads up on the content so I can be aware of the material we will work on. Don't be shy in asking for help!"

Thank you! Lisa C. :)