

Almaty International School



Athletics and Activities Handbook

School Year 2009-2010

The information contained in this handbook is for the following areas of Almaty International School:

A: Middle school (12yo & 13yo) and secondary (S1-S4) athletics

B: Activities which are an extension of the established curriculum

These are listed as **co-curricular activities** in this handbook.

C: Activities which are non-academic in nature

These are listed as **extra-curricular activities** in this handbook.

DEFINITION OF ACTIVITIES

Co-curricular activities are those individual or group activities which extend, support, intensify and motivate students to achieve in the core curriculum. These activities should also provide opportunities for enrichment, skill development, and personal growth beyond those available in the classroom.

Extra-curricular activities are those that generally occur outside the classroom for which a student represents Almaty International School (A.I.S.) in an official capacity and competes with other schools.

Both programs will share the same ideals. Students participating in these activities will be expected to adhere to the A.I.S. Discipline Policy and Success Orientations; as stated in this handbook.

The activities will be offered to A.I.S. students on a first come first serve basis. While we try to accommodate all interested students, the programs offered may need to be limited in numbers due to the availability of the gymnasium and multipurpose room as well as other space available. The ages of the students participating will be determined by the activity.

A.I.S. parents or staff volunteers will supervise each activity. Fees may be charged to the students for equipment or uniforms needed for the activity. All fees will be paid to the business office prior to the first day of participation in the activity.

DEFINITION OF ATHLETICS

We conduct our athletic program for the benefit of all students. Our purpose is to develop and improve character traits among the programs' participants. Athletics is a sub-product of our Physical Education department and as such, is looked upon as any other department of instruction. It is simply one phase in our overall program of skill development and good citizenship.

Participation in athletics will lead to the following benefits:

1. Development of muscular coordination, strength, and a healthy body.
2. Development of an appreciation for team play.
3. Development of self-discipline and responsibility that will carry into later life.
4. Development of an appreciation of competitive fair play.
5. Development of a special camaraderie and socialization.

STUDENT ATHLETE and/or STUDENT PARTICIPANT GUIDELINES

Participation in athletics and activities at Almaty International School is a privilege, not an absolute right of students. Specific responsibilities go along with this privilege.

Team and individual sports offer experiences for: encouraging desirable habits of discipline, developing qualities of self-sacrifice, displaying dedication for common goals, and for promoting an atmosphere of acceptable ethical and moral attitudes.

To accomplish these goals, it is necessary to develop and maintain attitudes that are based on rational regulations and standards for personal appearance and public image in addition to training rules that help to promote excellence in performance.

Athletics and activities, being an elective part of the school curriculum, may not be for everyone. However, they are available for those who desire to abide by the conditions established for the program.

MEDICAL ELIGIBILITY

All student athletes must be deemed physically able to compete in any school activity. This shall be fulfilled by compliance with the yearly physical requirements. Student athletes must see a physician once a year for a sports physical examination. Physical forms can be picked up in the office of the Athletic Director or Medical Office. Standard physical forms from private physicians will also be accepted.

ACADEMIC ELIGIBILITY

A student participating in any school sport or activity must maintain good academic standing. No more than 2 units "in progress" (P) per class will be allowed unless it is deemed normal by the subject teacher. Students with a "D" policy mentor, may be allowed to participate with the permission of the mentor, athletic director, school director, classroom teacher or D of I. Otherwise, students who currently have a "D" on their status report are not permitted to participate until the "D" has been upgraded on the status report.

A student must be in attendance the day of an event, practice or game in order to compete in that contest. If the scheduled game is to be played on a Saturday or Sunday, the student must be in attendance at school on the Friday preceding the game. Any exceptions must be approved in advance by the Director of Instruction, Athletic Director, and Coach.

A student serving an in-school or out-of-school suspension will not be allowed to participate in practices, games or team functions during the suspension period. A student suspended through Friday of particular week, will not be allowed to participate in the activity until Monday of the following week or until the parent/student/Director of Instruction re-entry conference is completed. (This conference is standard for all out-of-school suspensions.)

STUDENT CODE OF CONDUCT

A.I.S. students are expected to be well-behaved and exhibit good sportsmanship at all times. Remember, on a court, a field, on a bus or anywhere you find yourself, you are ambassadors for our school. Be proud of that and always conduct yourselves accordingly. Since the conduct of athletes and participants in activities are closely observed in many areas of life, a very important responsibility of the student is to act in a mature, respectful, and responsible manner at all times.

- A. On and off the field of competition the student's behavior must always be beyond reproach. The student should exhibit good sportsmanship and show respect for the opponent, officials, coaches, fans, teammates, and everyone present.
- B. In the classroom, the student must try to be a good student. Students are expected to put forth their best effort in the classroom as well as in practice.

- C. The students must also demonstrate respect for and take pride in school equipment and facilities by helping to properly maintain and care for the equipment and/or uniforms.
- D. Students must adhere to the rules of the game or activity and demonstrate a good attitude regardless of the calls made by officials, and whether their team wins or loses.
- E. At practice, the student must show respect to the coach and fellow teammates. To be a team, all must work together.

ELIGIBILITY FOR TOURNAMENTS AND TEAM TRIPS

In addition to the required academic eligibility standards, students planning on participating in a tournament or school sponsored event must fulfill the following conditions:

- 1. Complete and return to the coach the “Academic Compliance Form” within the set deadline.
- 2. Return the “Parental Consent Form” to the coach along with a copy of the paid deposit receipt.
- 3. Pay the remaining balance by the set deadline date outlined by the coach in the letter to parents accompanying the “Parental Consent Form.”
- 4. The student and his/her family must have agreed to host a minimum of two visiting students for each of the events the school shall host during the current academic year.

DISCIPLINARY ACTION

Any student whose conduct is determined to be in violation of school policies shall be subject to disciplinary action as determined by the Coach, Athletic Director, and school administration.

The coach of the sport/activity, Athletic Director, Director of Instruction, or Director of Almaty International School may temporarily suspend participants. Suspension from a team results in non-participation in play/practice during the entire period of the suspension.

GENERAL TRAINING RULES

- 1. Students are expected to be neat in appearance on game day and/or traveling days.
- 2. No jewelry is to be worn during practices or games (for athletics only). Medical alert jewelry may be worn, if properly secured.
- 3. No profanity will be tolerated during practices or games. Use of inappropriate language may result in dismissal from the team or activity and will be dealt with by the school administration.
- 4. Students are expected to attend every practice and game unless excused by the coach in advance. Promptness is also imperative if a person is to maximize practice and game time.
- 5. There will be “zero tolerance” for theft of equipment or possession of stolen equipment. Such incidents may result in dismissal from the team or activity and will be dealt with by the school administration.

6. Vandalism of our school facilities, or vandalism while a guest at another school, is unacceptable and will simply not be tolerated. Vandalism of any kind may result in dismissal from the team or activity and will be dealt with by the school administration.
7. There will be no unbecoming conduct, including inappropriate language, fighting, and unsportsmanlike conduct.
8. There will be no violation of school rules, athletic department rules and CEESA (Central and Easter Europe Sports Association), school or team guidelines.
9. The guidelines and expectations for attendance at games and practices will be set by the coach.
10. Refusing to participate in practices or contests will be cause for possible removal from the team or activity.

RECRUITMENT OF COACHES

All coaching positions are voluntary and filled on an annual appointment and are subject to the joint evaluation of athletes, participants, parents, and the Athletic Director for re-appointment. Interested Almaty International School staff and or spouses will be considered first for an open position. Any parent of AIS students may also apply. The candidate considered by the Athletic Director to be the most qualified will be chosen.

MULTIPLE SPORTS/ACTIVITIES PARTICIPATION

1. All students should be allowed to participate in as many sports or activities as possible at the middle school and secondary level.
2. Athletes may participate in two sports or activities during the same season with the permission and cooperation of the coaches involved with those sports.
3. Outside participation of athletes in sports not under the jurisdiction of the school are not permissible for CEESA sports and activities but special consideration may be granted for participation in local leagues – such cases must be approved the Athletic Director and the Director of Instruction.
4. Athletes who participate in more than one interscholastic sport or activity at the same time must meet or exceed the schools' academic expectations. Furthermore, they must be able to attend all practices or games for both activities unless previously and mutually agreed upon by the coaches of both sports or activities.

QUITTING THE TEAM

All students are encouraged to participate in as many sports and activities as possible. Once the student begins the in-season period of a sport or activity, they should complete that sport or activity season.

1. If a student quits a sport or an activity in a season, he/she will not be allowed to participate in a different sport or activity until the season of play has ended. For example: A student quits

during a fall sport or activity. He or she may not join another sport or activity during the fall season.

2. If an extenuating circumstance exists, the Coach and the Athletic Director can grant the release of an athlete to another sport or activity.

STUDENT ATHLETES

Excellence in athletics does not entitle a student to special privileges. It is treated the same as excellence in mathematics or any other subject. However, when a student puts on a Snow Leopard uniform, he/she becomes a special representative of our school. Thus, a high level of academic and social behavior is expected of him/her.

UNIFORM AND EQUIPMENT ISSUANCE

It is important to emphasize to all student athletes his/her responsibility as a team member to take good care of school uniforms or equipment and report any abuses or damages to his/her coach or Athletic Director. Furthermore, each coach is directly responsible for the care and control of all apparel or equipment used in his/her program.

1. Permission to issue equipment by the coach or assistant shall be given by the Athletic Director. A time suitable for all players and coaches on a team should be established to distribute and collect athletic apparel and equipment.

2. At the time of issuance, coaches must instruct students in the proper care (cleaning), and maintenance of their uniforms.

3. Issue forms shall be completed for each athlete before any equipment/uniform is issued. The number size and condition of each item of equipment/apparel shall be recorded.

4. Coaches shall immediately recall all equipment/apparel from ineligible players and from those who have left the team.

5. All lost or stolen athletic equipment/apparel shall be reported at once and shall be paid for by the student to whom it was issued within one week after the end of the season. Charges will be refunded should the lost equipment/apparel be found later.

6. The wearing of school athletic items such as the uniform, uniform top or game jersey will be reserved for special occasions or as directed by the team coach.

7. Athletic Department-issued apparel is to be worn only during practices (if requested by the coach) and games or at other times with the permission of the coach. At no time are student athletes to wear school-issued equipment or uniforms for:

- i. Physical Education Classes
- ii. A Social Event (exceptions noted in #7 and #8)
- iii. School Wear (exceptions noted in #7 and #8)

8. If student athletes personally purchase a portion of their practice or game uniform, they may wear these items at their own discretion.

9. No awards shall be given to any athlete that has not returned or paid for any missing apparel or equipment.

10. An athlete may not begin another season (including practices and team meetings) until all uniforms or equipment for the current season have been either returned or paid for.

CONCLUSION

The primary purpose of our athletic program is to provide a positive environment in which to prepare our young people for the future. We certainly hope that all student-athletes or participants acquire the principles of discipline, self-sacrifice, and dedication as they progress through our program. These guidelines have been prepared to better explain and clarify our athletic program to both the athlete and parents, and we sincerely hope that you will contact us if there are any questions.

ADDITIONAL INFORMATION

The Athletic Department maintains a concession stand, formally known as the "Tuck Shop." The purpose of this facility is to off-set expenses incurred through the year. Funds that are raised will be used for additional expenses of the Athletic Department. . It is recommended that no other department, A.I.S. staff, P.S.G. and or student groups sell concessions without permission from the Director of AIS, Director of Instruction or the Athletic Director. On some occasions students will be asked to participate in fundraisers to help offset the costs of specific trips or events.