



**Athletics & Activities Handbook**  
**2016/17**

## **Introduction**

This handbook describes the rules, policies and procedures that apply to the student-athlete who has been chosen as a member of an AISB Vampires team!

The content should be carefully reviewed by both the student-athlete and his or her parents/guardians.

Upon reviewing the contents, the student and his/her parents/guardians should sign the attached contract and then submit it to the Coach. Failure to do so will exclude the student-athlete from participating on the team.

Commitment is one of the keys to success in both individual and team sports. We believe that the AISB sports program can be of great benefit to our students.

Sports can assist in promoting the importance of teamwork and team unity, the importance of hard work, loyalty, dedication to tasks, and the importance of establishing goals and working toward their achievement. Sports assist in the development of principles relating to sportsmanship and fair-play as well.

We ask you and your parents to commit and honor all contents of the student-athlete handbook while representing AISB as a student-athlete.

## **The Vampire Philosophy**

The AISB Athletics and Activities department will encourage students to engage in a wide range of after school activities, prepare them to compete and perform to the best of their ability and inspire them to have a lifelong passion for sports and the arts.

## **Sportsmanship and Citizenship**

All AISB student-athletes are expected to consistently demonstrate the highest levels of sportsmanship and behavior whenever they represent the school. Specific violations of the above include actions, such as fighting, theft, and use of improper language and misuse of school facilities and/or equipment.

Our expectation is that you will never speak to an official unless your coach has asked you to respectfully address a specific issue. Your conduct on the floor/field will be exemplary; this means you do not draw attention to yourself or embarrass your team, coach or school.

Coaches will remove players who cannot demonstrate excellence in this very important area.



## **Academic standing**

You are expected to perform at the highest level you are capable of academically.

All AISB student-athletes will maintain a “passing” level in all subjects. Failing work demonstrates an inability to handle the load of being a team member as well as a student. Students who are failing any subject(s) will be considered ineligible until the student-athlete’s teacher notifies the PE Coordinator and Coach that their work is now of a passing quality.

## **Behavior**

All student-athletes representing AISB are expected to follow all guidelines stated in the student-athletes handbook. Any behavior that is deemed unacceptable by a coach, teacher, or administrator will result in disciplinary actions that may include suspension or removal from the team.

## **Physical Education Participation**

You are expected to demonstrate leadership and cooperation in your classes. Your teachers should know that they can count on you to demonstrate a high level of citizenship and to do your best at all times.

Any student-athlete will be expected to dress and participate in their normal PE lesson on the day of competition. On the day of a game/competition his/her participation in PE may be limited if permission is granted by the PE teacher.

## **Arriving late and/or missing team activity**

Teamwork is necessary for success on any team in any sport and is expected from our student-athletes. Athletes should remain at all team practices, meetings and games/matches for the duration of the contests. This helps foster a cohesive environment and furthers the philosophy that all team members are of equal importance.

All student-athletes are required to be on time for all scheduled team activities. Any exceptions must be arranged with the Coach in advance. The Coach will be responsible for administering any disciplinary actions.



## **Equipment/Uniform**

Most uniforms are assigned to student-athlete for the duration of the sport season. It is the responsibility of the student-athlete to maintain that uniform in the same condition in which it was received. Any damage to or loss of uniform will be considered the direct financial responsibility of the student-athlete responsible for its care. This cost must be paid before participating in any other sport.

The uniform should be returned back to school within 4 days after the student stops participating on the team.

The student-athletes must wear the team uniform during the games/matches or other team activities that have been announced by coach in advance only. The student-athletes are not allowed to wear the team uniform during the PE lessons and other school activities, or outside of the school.

## **Smoking, alcohol and drug use**

The use of alcohol, tobacco, and controlled dangerous substances, including steroids is an extremely serious health issue. Also at issue is the interdependency of team members and coaches, which requires that all student-athletes be mentally and physically prepared to give their best effort. If the student-athlete violates these expectations then it will result in disciplinary actions that will include suspension or removal from the team. The Coach will be responsible for administering disciplinary actions.

## **Hosting tournaments/events at AISB**

AISB is a major part of the CEESA red division that travels to and hosts student-athletes from Istanbul, Budapest, Prague, Warsaw, Kiev and Moscow. Being hosted by families from other schools while taking part in these sporting events abroad is not only fine hospitality exchange; it allows us to keep costs to a minimum and provides our athletes with excellent opportunity to form new friendships.

Although the majority of our student-athletes at AISB register to host during our sports seasons, we can never seem to find enough families willing to open their doors.

We would like to stress the importance of hosting, especially as you are an important member of the Vampires sporting community.

If you are committed to joining a sports team at AISB, we will also require that you be willing to host students during tournaments that are held in Bucharest. We feel that we have been treated very well by our neighboring schools and believe it is important to make them feel the same way.

By agreeing to the regulations in this handbook, you are also committed to host if the need arises. Please see the Hosting information attached.

## VAMPIRE HOST PROGRAM

The CEESA community of international schools provides learning experiences for our AISB students through workshops, festival performances and sport competition providing our students great opportunities to meet and share experiences with students who have similar lifestyles and interests. Experience has shown that many of these meetings lead to lasting friendships.

When our AISB Vampires travel to CEESA events the host school community will welcome our sons and daughters into their homes for the duration of their stay. When AISB hosts a CEESA tournament our international guests are similarly housed by our own school community. These events are able to happen thanks to our supportive parent community and their hospitality.

Families who have children participating in the middle and high school athletic and activity program must be aware of the hosting responsibilities that AISB undertakes through our membership and support of CEESA. By accepting membership and participating in the program, the student and family also accepts the responsibility for providing accommodation for our internationals visiting teams. This responsibility extends to match the number of sports and activities respective students participate in throughout the school year. While it is not a requirement of families with students in the elementary school to be a part of the program it could be very beneficial for the Athletics and Activities Department if families would be willing to help out.

***By accepting membership and participating in the program, the student and family also accepts the responsibility for providing accommodation for our internationals visiting teams.***

***This responsibility extends to match or exceed the number of sports and activities respective students participate in throughout the school year.***

### ATHLETIC & ACTIVITIES DEPARTMENT PROCEDURES REGARDING HOUSING

1. Students who are participating in the host event will be responsible first to host visiting students.
2. Students who are participating in the season of the host event will be responsible second to host.
3. Students who are participating in past/future seasons will be responsible third to host.

All students and families participating in the Athletic and Activities department are strongly encouraged to turn in the **HOST FAMILY PROGRAM FORM** where they are willing to host at least one event. It is general policy that the Athletics and Activities Department will make first contact with parents and students by e-mail, which is a general email to all of the following: MS Parents, HS Parents, or Parents of Students participating in the host event. Parents will then be contacted by phone by either the Athletic/Activities Director or the Athletic/Activities Assistant. From this phone call verbal confirmation will be given to host or not, and in the case of a positive confirmation arrangements will be made to receive the event program and guidelines. In the case of a negative confirmation the family will be asked to help secure a replacement family.

## **GUIDELINES**

Each host family should follow these general guidelines, as well as read HOST FAMILIES RESPONSIBILITIES FORM – which is sent out before each event.

1. Provide housing for at least 2 visiting students, if possible more can be requested. Housing single students is discouraged by AISB and CEESA.
2. If housing cannot be provided by the family they are responsible to find another AISB family to take their responsibility for the host weekend.
3. On each day provide meals that are not provided by AISB
4. Transport to and from school by private vehicle, unless alternative transport is arranged. Please ensure that your guest arrives at school 30 minutes prior to the start of any activity. Respective school coaches may have cause to amend this at certain times
5. Adhere to curfew rules. All students must be in the host families at 22:00. All middle school students should not be allowed out of the host families' supervision
6. Substance abuse is strictly prohibited
7. Any violations of # 5 and 6 must be reported to the AISB Athletic & Activities Director
8. A comfortable sleeping arrangement. Comfortable means sofa couch, air mattress, pull-out bed or shared double bed.
9. Please expect to be contacted by your guests coach or chaperone at least twice during the event
10. Under no circumstances will housing arrangements be changed during the tournament.
11. Visiting schools arrive on the first day of the event after 15:00 pm and depart on the Sunday depending on their respective schools departure times. On Sundays host families are responsible solely for breakfast and transport to the school at appointed drop off times.

## **ANY AISB FAMILY IS WELCOME TO JOIN THE VAMPIRE HOST PROGRAM!!!**

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## VAMPIRE HOST PROGRAM ENROLLMENT FORM

Please complete and return the form to the Athletics and Activities office (located in the gymnasium)

Family Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone Mother: \_\_\_\_\_ Cell Phone Father: \_\_\_\_\_

Email Contact address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Children's Name: (age, grade, gender)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ M F

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ M F

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ M F

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ M F

Do you have a pet:      Dog    Yes/No                                  Cat    Yes/No

Is there any serious family issue (major home renovations, serious family illness, etc) that could eliminate your family from host family consideration?                  YES                                  No

Our family is interested in hosting for the following events:

EVENT	DAYS & DATES	CONFIRMATION	
CEESA HS Boys Football	Wednesday November 9 to Sunday November 13	YES	NO
Vampire Classic Basketball (Girls & Boys)	Friday January 13 to Saturday January 14	YES	NO
CEESA MS Choir (Girls & Boys)	Wednesday February 1 to Sunday February 5	YES	NO
CEESA HS Boys Basketball	Wednesday March 8 to Sunday March 12	YES	NO
MS MUN (Girls & Boys)	Thursday April 27 to Sunday April 30	YES	NO
HS Girls Softball	Thursday May 18 to Sunday May 21	YES	NO

Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 2016-2017 ATHLETIC AND ACTIVITIES CALENDARS

Please find below the MS/HS School Sign Up, Seasons and Celebrations calendar of events for 2016-2017

EVENT	DATES
After School Activities Opening and Sign Up Fair	August 24
Start of Autumn Season practices and meetings	August 29
Terry Fox Run at AISB	September 3
Winter Season Sign Up	November 16
Start of Winter Season practices and meetings	November 21
Autumn Season Awards Ceremony	November 30
Spring Season Sign Up	March 8
Start of Spring Season practices and meetings	March 13
Spring Season Awards Ceremony	May 24

Please find below the AMIS/ISTA/MUN calendar of events for 2016-2017

TOURNAMENT EVENT	DATES	HOST SITE
HS IB TAPS Festival	October 6 – 9	London, England
HS ISTA Trip	November 3 – 6	Verdala, Malta
HS IMUN Conference	November 9 – 13	Lisbon, Portugal
HS THIMUN Conference	January 29 – February 5	The Hague, Netherlands
HS AMIS Honor Band and Orchestra	March 14 – 18	Luxembourg
MS AMIS Honor Band	May 3 – 7	Bonn, Germany

Please find below the CEESA calendar of events for 2016-2017

	Location	Dates
MS Boys Tennis	TBD	October 6 - 9
MS Girls Tennis	TBD	October 6 - 9
MS Boys Soccer Red	Warsaw	November 3 - 6
MS Girls Soccer Red	Budapest	November 3 - 6
HS Girls Soccer Red	Kiev	November 9 - 13
HS Boys Soccer Red	Bucharest	November 9 - 13
HS Boys JV Soccer Red	Moscow	November 10 - 13
HS Boys & Girls Volleyball Red	Prague	November 10 - 13
MS/HS Cross-Country Site 2	Tbilisi QSI	November 10 - 13
MS Speech and Debate	Vienna	December 1 - 4



HS Speech and Debate Fall	Budapest	November 17 - 20
MS Robotics	Sofia	November 17 - 20
MS Choir	Bucharest	February 1 - 5
MS Band	Budapest	February 1 - 5
MS Math Counts Site 3	TBD	February 2 - 5
HS Math	Moscow	February 2 - 5
HS Knowledge Bowl site 1	Zagreb	February 2 - 5
HS Tech Robotics	Prague	February 9 - 12
MS Girls Basketball Red	Prague	March 2 - 5
MS Boys Basketball Red	QSI Kiev	March 2 - 5
MS/HS Swim Meet Site 1	Moscow	March 2 - 5
HS V Girls Basketball Red	Budapest	March 8 - 12
HS V Boys Basketball Red	Bucharest	March 8 - 12
HS JV Girls Basketball Red	Warsaw	March 9 - 12
HS JV Boys Basketball Red	Warsaw	March 9 - 12
HS Combined Choir/Band	Prague	April 26 – 30
MS Knowledge Bowl site 1	QSI Kyiv	April 27 – 30
MS MUN	Bucharest	April 27 – 30
MS Girls Softball	TBD	May 11 - 14
MS Boys Softball	Moscow	May 11 - 14
MS Girls Volleyball Red	QSI Kiev	May 11 - 14
MS Boys Volleyball Red	Budapest	May 11 - 14
HS Girls Softball	Bucharest	May 18 - 21
HS Boys Softball	Warsaw	May 18 - 21
HS Boys Tennis	Prague	May 18 - 21
HS Girls Tennis	Zagreb	May 18 - 21

**“Once a Vampire, Always a Vampire!”**



**We believe that you will work hard &  
be proud to be an *AISB Vampire*.**

