

深圳蛇口  
国际学校

Shekou  
International  
School

## Athletics and Activities Handbook



## Introduction

Shekou International School (SIS) believes that participation in a wide variety of co-curricular activities is a vital part of a student's educational experience. Our co-curricular program aims to provide all students with opportunities to develop existing skills, cultivate new areas of interest, and grow physically, socially and cognitively. We seek to offer a broad range of athletics and activities over the course of the school year in an effort to cater to the varied interests of our diverse student population.

The school believes that it is essential for all students to cultivate a balanced approach to life. Competitive and recreational sports, cultural and performing arts and community service and leadership experiences are integral to the development of our students. Therefore, we encourage all students to find at least one co-curricular activity in which to participate.

The Athletics and Activities Handbook has been developed to give students and families a general understanding of our co-curricular offerings. The guide outlines the structure of our co-curricular program and includes information about its philosophy, objectives, policies, and expectations. We believe that this information will assist students in making an informed decision about their co-curricular involvement. Nevertheless, we stress the importance of creating an effective time management plan in order to participate successfully in all areas of school.

We encourage all students and parents to take some time to look through this guide together and explore possible co-curricular opportunities. We hope that you will find this informational useful..

Barry Jenkin  
Athletic and Activities Director





## Balanced & Meaningful Co-curricular Participation

SIS students are strongly encouraged to value the quality of co-curricular participation over quantity. For that reason we strongly suggest (in some situations this made mandatory by the school), students are limited to three co-curricular sports/activities at any one time. Students' participation in any sport or activity should be active and meaningful. In other words, students should aim to contribute to their groups, team or activity, rather than simply being there.

As SIS students progress through to High School, we encourage students to engage in leadership opportunities in their favorite activities.

## Co-curricular Schedule Conflicts

Initially, students and parents can use the information located here to determine which sports/activities might conflict. If a conflict of sports/activities has been determined, a student should talk to the relevant faculty member who is coaching or sponsoring the sport/activity prior to registration. During this discussion the student can ask about the frequency, duration, and general requirements of the commitment. This will allow the student to make an informed decision about their ability to participate prior to registering for the sport/activity. Please remember that a commitment to a co-curricular is regarded as binding for the duration of that particular sport/activity.

## Handling Co-curricular Conflicts

Students and teachers often find themselves in situations that involve schedule conflicts (for example, a rearranged match, an additional friendly match). It is important that the conflict is resolved by students communicating directly with the coach or activity sponsor as soon as possible. Students should ask permission be excused from one of the events.

The event or activity that has been scheduled on the calendar will take precedence. If the coach or activity sponsor should decide the student cannot be excused, they should accept the decision.

## Activities Overview

There are two distinct strands students can follow when participating in activities at SIS. Students can be involved in our After School Activity (ASA) program through which they can select from a variety of activities in the following four areas: Service & Leadership, Creativity, Recreational Sports & Activities, and Academics. For the majority of these activities students only need to register at the beginning of the cycle. However, in some cases students need to be elected to the position (for example, student council). Through these ASAs students will meet and connect with new people and undertake pursuits that interest them. Most of these activities are held on the SIS campus and are supervised by staff members. In some instances at the High School division, students have the option to initiate and run their own club. These student-initiated activities will still be supervised by a teacher sponsor.

Alternatively, students can be involved in our interscholastic activities program. Here they have an opportunity to be a member of a leadership, academic, or fine arts group, which compete locally and/or internationally. For these activities there are specific expectations for practice time, travel, and skill development.

During the year there will be three ASA cycles, each running for approximately eight to nine weeks.

Information about ASAs will be provided to students and parents prior to each cycle. Registration for the ASA is a one-time online process that occurs 2 weeks before the beginning of each trimester. In general, an ASA is free of charge unless otherwise stated during the registration process. SIS endeavors to offer a balance of activities across the following areas: Service & Leadership, Creativity, Recreational Sports & Activities and Academics

### **Interscholastic Activities**

The SIS interscholastic activities provide opportunities for students to participate in fine arts, cultural and academic events, and competitions. While these activities operate within the ASA framework, student will have the opportunity to participate and compete with other students from within China and in some cases the Asia region. These activities currently include, but are not limited too, AMIS Music Festivals, MS & HS Model United Nations (MUN) conferences, Global Issues Network (GIN) conferences, PS and MS First Lego League and World Scholars Cup. Medical Details When students travel to represent SIS at a sports or fine arts event

### **MS & HS Activities Eligibility**

All students are eligible to participate in interscholastic activities sponsored by Shekou International School. However, a student's participation in activities may be denied if the student fails to meet SIS's academic and/or behavioral expectations. The Eligibility Committee, consisting of the Middle & High School Principal, the Middle or High School Assistant Principal, the Athletic & Activities Director, and the divisional school counselor, will decide whether a student is eligible to participate.



## Primary After School Activities

There are some specific performance or inter-scholastic ASAs that may run outside of the standard trimesters and times.

Monday, Tuesday, Thursday & Friday

- 3:10 pm to 4:15 pm

Transportation will be provided to regular bus riders

- SIS does not offer transportation for students participating in Badminton, Swimming and Track and Field.

## Primary School Athletics Conference and Teams

SIS Primary School students compete in the Shenzhen International Schools Athletic Conference (SISAC) in a variety of sports. The sports SIS currently competes in are: Basketball, Soccer, Badminton, Swimming, and Track & Field. Teams are coached by SIS staff and all students in Grades 3 to 5 are welcome to sign-up. However, due to the nature of competitive sports and our facilities, coaches may make selections to reduce student numbers.

### Basketball and Soccer Teams

Practice :

- 3:10-4:15 pm
- 2 times a week
- Compete in 2-3 tournaments per season

### Badminton, Swimming and Track & Field:

Practice :

- 3:10-4:45 pm
- 2 times per week
- Compete in 2-3 tournaments per season

## Middle School Athletics

SIS is a member of three Middle School sports conferences in our loach region: Shenzhen International Schools Athletic Conference (SISAC), Pearl River Conference (PRC), and Southern Delta Regional Conference (SDRC). Within these three conferences, SIS participates in four core sporting seasons: Football, Touch Rugby, Volleyball and Basketball. Where possible each season lasts approximately eight weeks and culminates in a tournament with other international schools in close proximity to Shekou. Although Badminton, Cross Country, Tennis, Golf and Swimming may be offered, these are more informal seasons. However, students may still have opportunities to attend tournaments or meets at locations within the PRC.

## Middle School Athletic Teams

### Southern Delta Region Conference (SDRC) Team

All Grade 6, 7 & 8 students are eligible to try out for these teams. Team sizes in this conference are limited. Selections will be made early in the season to allow adequate time for tournament preparation. The SDRC competition culminates with a 3-day tournament against other schools from around Shekou, Guangzhou and Hong Kong.

### Pear River Conference (PRC) Team

Middle School level SIS is able to have A teams and B teams compete in two different divisions. The PRC competition includes a 1-day exchange early in the season and culminates with a 1-day tournament against other schools from around Shekou, Macau and Guangzhou.

## Middle School Athletic Conferences

SIS is a member of three Middle School sports conferences in our loach region.

- Shenzhen International Schools Athletic Conference (SISAC),
- Pearl River Conference (PRC)
- Southern Delta Regional Conference (SDRC).

Within these three conferences, SIS participates in four core sporting seasons: Football, Touch Rugby, Volleyball and Basketball. Each season lasts approximately eight weeks and culminates in a tournament with other international schools in close proximity to Shekou. Although Badminton, Cross Country, Tennis, Golf and Swimming may be offered, these are more informal seasons. However, students may still have opportunities to attend tournaments or meets at locations within the PRC or other conferences around China.

## Middle School Activity Conferences and Competitions

Middle School Students have opportunities to attend performing arts conferences such as the Association for Music in International School (AMIS), musical events, or participate in educational conferences and competitions. These conferences and competitions include Knowledge Bowl, Model United Nations (MUN), and World Scholar's Cup.

## High School Athletics

The High School is a member of three High School sports conferences in our local region:

- Shenzhen International Schools Athletic Conference (SISAC)
- Pearl River Conference (PRC)
- Association of China & Mongolia International Schools (ACAMIS) conference

Within these 3 conferences, SIS will compete against other international schools in Volleyball, Basketball, and Football. We also provide opportunities for students to compete in individual sports such as Badminton, Cross Country, Tennis, and Swimming. The local High School PRC competition and other friendlies will be used to prepare our students for end of season ACAMIS tournament.

## High School Athletic Conferences & Teams

The primary focus for the High School teams is the Association of China and Mongolia International Schools (ACAMIS) conference, which allows our students to compete with other international school. Our High School students also participate in SISAC and PRC in preparation for the end of season ACAMIS tournament. Due to the number of students in the High School, SIS only selects one boys' and one girls' team for each of the three core sports. All students from Grade 9-12 are eligible to try out for a position on these teams. Each team will carry a team of players for the first part of the season in order to give all students an opportunity to participate until the final selection is made.



## Secondary School Protocols

### Try-Outs

Try-outs for Middle (SDRC) and High School (ACAMIS) teams will be held for a maximum period of three weeks. At the end of this period, coaches are expected to submit their completed roster forms. The Athletics & Activities Director strongly encourages coaches to conduct swift try-out sessions to allow non-traveling members of the squad the opportunity to be other activities.

### Cut / No Cut Policy

The general philosophy for SIS athletics is to encourage all interested students to participate. Therefore, we encourage a no-cut policy. However, due to our involvement with and membership in SISAC, PRC, SDRC and ACAMIS, we must adhere to the following tournament squad sizes: • No more than ten (10) or twelve (12) players, depending on the sport, may be on a tournament team roster

### Cutting Responsibility

Choosing the members of the tournament squads is the sole responsibility of the coaches of those squads. Prior to making cuts, the coach will provide the following information to all candidates for the team:

- Extent of the try-out period
- Criteria to be used in selecting the team
- Number of players to be selected
- Practice commitment if selected to be on the team
- Game/ tournament commitments

If a team has twelve or fewer students participating, then all participants will automatically be part of the tournament team

### Medical and Parent Permission Consent

All student athletes must have their parents complete the following forms before the beginning of each sports season.

- Online Permission
- SIS, PRC/SDRC, and /or ACAMIS Codes of Conduct,
- Waiver and Emergency Medical Authorization

These forms will be distributed to all parents electronically before the first week of try-outs. SIS will only distribute uniforms to athletes that have submitted all forms by the due date, and that have returned uniforms from the previous season.

## Attendance

Participants are not allowed to miss practices except under the following circumstances:

- Legitimate medical excuse
- Unavoidable clash with an academic subject (e.g., make-up test) or another school activity Attendance on a field trip
- Other reason to be decided at the coaches' discretion

Students are expected to communicate with family and organize their time to attend practices, fulfill team and academic expectations. It is the students obligation to attend all practices and competitions. Students cannot miss more than 15% of scheduled practices and still be recognized as a team member. This includes excused absences and sick days.

However, if a student is receiving private coaching in individual sports such as tennis, badminton, golf, swimming, and cross country, the coaches and the Activities & Athletics Coordinator will attempt to work out a reasonable compromise.

## Home-stay (Housing Accommodations)

The home-stay arrangement fosters social interactions between students while also helping reduce the cost of traveling. If your child is interested in trying out for an athletic team, music performance group, or cultural group, home-stay participation is required. If a family cannot provide home-stay accommodations, the family is responsible for finding another family to provide home-stay on their behalf. Alternatively, the family is required to submit a letter required to submit a letter to the High School Principal explaining why they are unable to offer home-stay

## Medical Details

When students travel to represent SIS at a sports or fine arts event they may require medical care. Injured or sick students will receive medical treatment at a hospital recommended by the host school. This will probably be a Western style hospital where English is widely spoken. The fees are higher compared to a local hospital and the quality of service is at a premium.

## Travel Insurance

SIS does provide basic travel insurance, which covers students who participate in school sponsored activities/athletic events that are off campus. Any injuring occurred by the student that is not covered by this travel insurance will be paid by the student's family. Before any student is allowed to travel, all parents/guardians must consent to the payment of any cost not covered by the school's medical insurance

## Uniforms

Uniforms are provided by the school. The uniforms need to be signed out from the coach or assistant coach. Students may be asked to purchase some uniform items or team supplies at a nominal cost and will remain the property of the student. Items may include, but are not limited to an SIS training top or an SIS sports travel bag.

- Students are expected to return the uniform immediately at the end of the season, washed, in good condition and showing reasonable wear.
- Students may ONLY wear uniforms when competing in a friendly match or tournament against other schools.
- Uniforms that are lost or damaged become the financial responsibility of the student/parent.
- Team clothing purchased by athletes be allowed to take the place of the team issued uniform.
- No Team will be allowed to purchase additional team clothing (team shirts, hoodies) without the prior approval of the Athletic Director and School Principal.

## Codes of Conduct

As a member of many conferences, SIS has agreed to conform to the Codes of Conduct agreed on by its member schools. Most of the time our students make good choices, but when they do not, there will be consequences for their actions. These will either be dealt with at a school level, or in some cases, by the Conference Committee. Parents are also held accountable for their actions.

## Parents Code of Behavior

- Remember that your children participate in sport for their enjoyment, not yours.
- Encourage your children to participate, do not force them.
- Focus on the child's efforts and performance rather than on the winning and losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skillful plays by all participants.
- Support all efforts and remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child might not have the opportunity to participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



## **Player Code of Behavior**

- Play by the rules.
- Never argue with an official. If you disagree, have your captain or coach approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials, other players or spectators is never acceptable. Deliberately distracting or provoking an opponent are not tolerable or permitted behaviors in any sport.
- Work equally hard for yourself and/ or your team. Your team's performance will benefit, and so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them, there would be no competition.
- Participate for your enjoyment and benefit, not just to please parents friends or coaches.
- Respect the rights, dignity, and worth of all participants regardless of their gender, ability, cultural background or religion.