

# ACTIVITIES & ATHLETICS HANDBOOK

2023-2024  
1ST SEMESTER

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# Welcome Message

Hello Bulls Community,

Welcome to the school year 2023-24! To begin, we would like to thank all students and families that participated in our programs last year! We were back for our offerings for the entire year! This was a first for my time at EAB! There were many positives throughout the year and learning lessons along the way!

We offered over 60 activities free of charge to our families through Club EAB, Lower School (LS) Athletics, Upper School (US) Clubs, and Varsity/JV Athletics! We will continue to have these options available with no cost to the families. Play Sports will also return this coming year in a fee based program.

For this coming semester, we have made adjustments to our offerings during the week. For example, we will offer Club EAB & LS Athletics with Play Sports on Mondays & Wednesdays, Tuesdays & Thursdays, and Fridays will be a single offering day! For Varsity & JV Athletics, we have flipped our offerings as well to ensure a balance in the days offered. Please see the specific sections in this handbook for more information!

The Activities & Athletics program has many familiar coaches and instructors returning along with new faces! We are excited to get started soon! Please reach out to us if you have any questions about the upcoming year! We are always striving to enhance our students' lives through positive experiences in our offerings! Go Bulls!



**JOHN POWELL**  
*ACTIVITIES & ATHLETICS DIRECTOR*



# OUR SCHOOL: MISSION & VISION

The American School of Brasilia (Escola Americana de Brasília - EAB) is a diverse international school that provides an English-based preschool through Grade 12 education. With a focus on accessibility, EAB is an inclusive community committed to meeting all students' needs. We offer three academic diplomas – International Baccalaureate (IB), American, and Brazilian – in an environment that promotes the holistic education of each child through a differentiated learning model. The five-acre campus boasts a panoramic view of Lake Paranoá and the layout of the buildings consists of several interconnected structures containing 50 classrooms, 4 science labs, a Lower School computer lab, three separate iCommons learning centers, a Center for the Arts, a regulation soccer field, a gymnasium, basketball courts, and elementary playgrounds!



## EAB MISSION

Learners inspiring learners  
to be inquisitive in life,  
principled in character, and  
bold in vision.



## EAB VISION

To positively impact the  
world through excellence in  
academics, activities, arts,  
leadership, and service.

## ACTIVITIES & ATHLETICS MISSION STATEMENT

*EAB Activities & Athletics is committed to enhancing a student's life through positive experiences in our offerings. We strive to connect with our Mission & Vision statements - along with EAB's 5 Pillars - through our programs of Club EAB, Upper School (US) Clubs, and Athletics. We value helping students achieve excellence beyond the classroom, promoting new areas of growth by positively impacting character, and enhancing interactions through leadership opportunities.*

# ACTIVITIES & ATHLETICS UMBRELLA

## IMPORTANT DATES:

Please take note of these important dates for the year (subject to change)

- Monday, July 24 - **Varsity & JV 1st semester sign ups open**
- Friday, August 4 - **Varsity & JV 1st semester sign ups close at 8:00pm**
- August 7 & 8 - **Tryouts begin for Varsity & JV teams**
- Wednesday, August 9 - **Club EAB & LS Athletics Guide Released for Semester 1**
- Thursday, August 10 - **Athletics Parent Night | HS Activities Fair**
- Friday, August 11 - **Varsity & JV 1st semester sign ups close at 8:00pm | MS Activities Fair**
- Monday, August 14 - **Club EAB & LS Athletics Sign Ups open at 6:30PM**
- Wednesday, August 16 - **Club EAB Sign Ups close at 12:00pm**
- August 16 & 17 - **Tryouts conclude for Varsity & JV teams**
- Friday, August 18 - **confirmation of enrolment in Club EAB & LS Athletics by 1pm**
  - *Based on enrolment, there may be the need to start a Waiting List for over-subscribed activities.*
- Monday, August 21 - **Club EAB & LS Athletics begin**
- August 21 & 22 - **Varsity & JV Athletics Begins practices**
- September 14-17 - **Field trip - TBSRJ MUN (The British School of RJ MUN) (MUN Field Trip)**
- Saturday September 16 - **Homecoming Games**
- Thursday, September 28 - **NJHS & NHS Induction Ceremonies**
- Sunday, October 29 to Wednesday, November 1 - **Big 8 Soccer**
- Wednesday, November 1 to Saturday, November 4 - **Big 8 Basketball & Cheer**
- November 9 to 11 - **BSBMUN IX**

- Sunday, November 12 to Wednesday, November 15 - **Little 10 Girls Basketball, Cheer, Boys Soccer**
- Wednesday, November 15 to Saturday, November 18 - **Little 10 Boys Basketball & Girls Soccer**
- Friday, December 1 - **Club EAB & LS Athletics with Play Sports - Showcase**
- Sunday, December 3 & Monday, December 4 - **AASB Varsity National Championship Basketball, Soccer, Cheer at OLM**
  - *Must qualify at Big 8*
- Wednesday, December 6 - **Club EAB & LS Athletics with Play Sports - Showcase**
- Thursday, December 7 - **Club EAB & LS Athletics with Play Sports - Showcase**
- Thursday, December 7 - **Club EAB & LS Athletics end**
- Saturday, December 9 - **Varsity & JV Athletics end for Semester 1**
- Wednesday, December 13 - **Varsity & JV - 2nd semester sign ups open**
- Friday, December 15 - **last day of school for Semester 1**

## SEMESTER 2 STARTING IN JANUARY 2024

- Friday, January 19 - **Varsity & JV 2nd semester sign ups close at 8:00pm**
- Friday, January 19 - **Club EAB & LS Athletics Guide Released for Semester 2**
- January 22 & 23 - **Tryouts begin for Varsity & JV teams**
- Monday, January 22 - **Club EAB & LS Athletics Sign Ups open at 6:30PM**
- Wednesday, January 24 - **Club EAB Sign Ups close at 12:00pm**
- Thursday, January 25 - **Athletic Parent Night**
- Friday, January 26 - **confirmation of enrolment in Club EAB & LS Athletics by 1pm**
  - *Based on enrolment, there may be the need to start a Waiting List for over-subscribed activities.*
- Monday, January 29 - **Club EAB & LS Athletics begin**
- January 31 & February 1 - **Tryouts conclude for Varsity & JV teams**
- February 2 & 3 - **Varsity & JV Athletics begin practices**
- March 1 to 3 - **Bulls Volleyball Invitational (Varsity only)**



- March 20 to 23 - **BRAMUN in Salvador, Bahia, Brazil (tentative)**
- Sunday, April 7 to Wednesday, April 10 - **Big 8 Girls Volleyball, Boys Futsal**
- Wednesday, April 10 to Saturday, April 13 - **Big 8 Girls Futsal & Boys Volleyball**
- Saturday, April 27 - **TEDxYouth (tentative)**
- Sunday, May 5 to Wednesday, May 8 - **Little 10 Girls Volleyball & Boys Futsal**
- Wednesday, May 10 to Saturday, May 13 - **Little 10 Girls Futsal & Boys Volleyball**
- Wednesday, May 15 - **Varsity & JV Athletics end for Semester 2**
- Thursday, May 16, 2024 - **Athletics Awards Gala**
- Saturday, May 18 & Sunday, May 19 - **AASB Varsity Final Four National Championship at EABH, Futsal and Volleyball**
  - *Must qualify*
- Tuesday, May 28 - **Club EAB & LS Athletics with Play Sports - Showcase**
- Wednesday, May 29 - **Club EAB & LS Athletics with Play Sports - Showcase**
- Friday, May 31 - **Club EAB & LS Athletics with Play Sports - Showcase**
- Friday, May 31 - **Club EAB & LS Athletics end**



## TIME STRUCTURE:

The following schedule will be followed in Activities & Athletics on a daily basis.

- **3:10 p.m. - Dismissal, end of academic school day, transitions**

*All students not involved in Club EAB, LS Athletics, US Clubs, or Athletics for Varsity & JV must leave campus unless there is an approved reason for staying on campus from the LS, MS, or HS Principals.*

- **3:20 p.m. - Start of Club EAB, LS Athletics, and US Clubs**

*US Clubs may also be conducted during lunch from 11:55 a.m. to 12:55 p.m.*

- **4:10 p.m. - End of Club EAB, LS Athletics, and US Clubs**

*All students not participating in Athletics at the Varsity or JV level must leave campus.*

- **4:30 p.m. - Start of Athletics for Varsity & JV teams**

- **6:00 p.m. - End of Athletics for Varsity & JV teams**

*All students should be off campus no later than 6:15 p.m. unless otherwise approved to remain on campus.*

- **On Half Days at EAB, there will be no Activities & Athletics offerings. Half Days at EAB are as follows:**

- August 18, September 22, December 8, December 15 - 2023

- March 12, March 28, April 9, May 28, June 7 - 2024

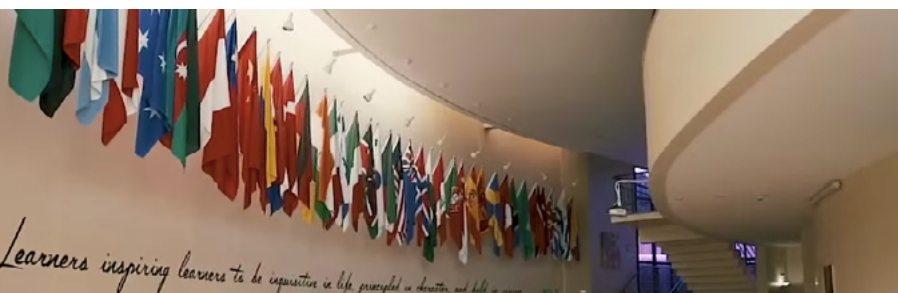
- **On the following dates there will be no Club EAB & LS Athletics (Varsity/JV are pending):**

- Wednesday, September 6th - day before a long weekend - off on Thursday/ Friday for Brazilian Independence Day

- Friday, October 6th - we are off the following week from classes - October Break

- Wednesday, November 22nd - day before a long weekend - off on Thursday/ Friday for American Thanksgiving

- Friday, February 9th - we are off the following week from classes - Carnival Break



## GUIDELINES FOR THE DRY & RAINY SEASONS

Brasilia sits on the Brazilian Plateau and therefore its climate ranges from rain to dry seasons. Each season presents its challenge to our Activities & Athletics programs. The rain brings lightning dangers, the dryness brings dehydration possibilities. To that end, we have to be well prepared and be able to provide students the opportunity to continually grow, but never neglect their most important right: safety. For more information please access the **EAB Dry Season Guidelines** document

## GENERAL DISCIPLINE PROCEDURES:

In the event of any disciplinary procedures after the academic day and during our programs, we will follow the protocols for each area below in reference to the division of the student (LS, MS, or HS). All individual disciplinary needs will be handled on a case-by-case basis.

### CLUB EAB AND LS ATHLETICS

We will align with the Lower School Behavioral Guidelines that include reflecting and restorative practices:

- 3 Tiers Guidelines of Support
- BULLS Acronym

**B**e Respectful

**U**nderstand feelings

**L**ead by example

**L**earn and reflect

**S**how perseverance

- Pending severity of the action, the Activities & Athletics Director reserves the right to suspend/expuls a student from any Club EAB or LS Athletics offerings.

## ATHLETICS FOR VARSITY & JV TEAMS / CLUBS IN THE UPPER SCHOOL

1. **High School Handbook 2022-23**  
**Middle School Handbook 2022-23**
2. Possible suspension from the team based on severity of actions made by the Activities Supervisor, Activities & Athletics Director, and/or High School/Middle School Principal.
  - Hazing & Initiation: Hazing and Initiation will not be tolerated on any teams, face to face or virtually. Coaches must take strong discipline actions if any student-athlete(s) display inappropriate behaviors or other actions that are detrimental to the team. Students that are considered leaders within the team also need to speak up against this action. Further consequences may be distributed by the Activities & Athletics Director.

### ELIGIBILITY

Activities & Athletics liaise with the respective divisions when it comes to eligibility. Please refer to the **High School Handbook** for more information. For other divisions, eligibility may be handled on a case-by-case basis.

### WEIGHT & FITNESS ROOM:

1. All students need to be supervised in the Weight & Fitness Room during the appropriate hours it is open.
  - Monday to Friday - open from 3:10 - 6:00pm.
  - Closed on all Half Days, Holidays, and vacations as per EAB's School Calendar.
2. All students need to follow the posted rules, regularly clean the equipment, and have a planned workout.
3. All students need to sign in and sign out of the Weight & Fitness Room with the supervisor that is on site.

## FUNDRAISING/SCHOLARSHIP FUND:

There are many ways to raise money and students are encouraged to present fundraising initiatives to the Activities & Athletics Director for approval from the Development & Events Manager & Head of School.

- For Activities & Athletics, if you wish to help any of our scholarship students attend trips, please reach out to [jpowell@eabdf.br](mailto:jpowell@eabdf.br) for more information.

## SOCIAL MEDIA & WHATSAPP:

Coaches/Instructors should not follow students on social media or to allow students to follow them. They are also not allowed to use direct messaging systems to contact students. WhatsApp is a common communication tool in Brazil. There are times when coaches/instructors will need to communicate with groups of students via WhatsApp. The guideline for this is that they are allowed to have a group of students on WhatsApp, for example, a sports team, to send pertinent school-related messages and answer school-related questions. However, coaches/instructors are not permitted to interact with students one-on-one via WhatsApp.



# Activities & ATHLETICS

## Scholarship fund

### To donate via Pix transfer:

*Para doar via Pix:*



Open your banking app, select the Pix option and scan the QR code to make your donation, or copy and paste the Pix key below.

Abra o aplicativo do seu banco, selecione a opção Pix e escaneie o código QR ao lado para realizar sua doação, ou copie e cole a chave Pix abaixo.

**Pix Key/Chave Pix:**

ebf193ed-7f0e-411f-9b77-07eccc23a72c



# CLUB EAB & LS ATHLETICS DEFINED

## PHILOSOPHY OF CLUB EAB & LS ATHLETICS

1. Club EAB & LS Athletics are extracurricular programs that support and enrich EAB's curriculum for Lower School students (K4-5th grade). This is successfully achieved by encouraging and supporting students to pursue the development of talents and skills based on EAB's five pillars: Academics, Arts, Activities, Leadership, and Service. Club EAB & LS Athletics assist the whole child in achieving his or her own potential through a differentiated, innovative learning experience, while cultivating responsible and contributing citizens, leaders, environmental stewards, and role-model athletes.
  - Club EAB Activities and LS Athletics are free of charge.
  - In previous years, Club EAB and LS Athletics have been only offered to K5-Grade 5 students. This year, we are opening our offering to K4 students.
2. Play Sports offerings will still be offered in order to amplify our range of activities and for extra support that might be needed.
  - Play Sports activities have a participation fee. Please contact Lucas Alves on [playsports.df@eabdf.br](mailto:playsports.df@eabdf.br) for more details.

## TIME OF CLUB EAB & LS ATHLETICS

Our time offerings align with the dismissal of the school day. See below for the exact schedule.

1. 3:10 p.m. - Dismissal, end of academic school day, transitions
  - All students not involved in Club EAB & LS Athletics must leave campus unless there is an approved reason for staying on campus from the LS Principal.
2. 3:20 p.m. - Start of Club EAB & LS Athletics

3. 4:10 p.m. - End of Club EAB & LS Athletics & dismissal

## DAYS AND OFFERINGS FOR CLUB EAB & LS ATHLETICS

Please be sure to see our Club EAB & LS Athletics Virtual Guide for a description of each activity or sport that is located [here](#)!

1. This year we will also be changing our offering of days to: The offering will change based on the dates of:
  - Monday & Wednesday
  - Tuesday & Thursday
  - Fridays as a stand-alone day.
2. The offering will change based on the dates of:
  - Semester 1 dates - August 21 to December 7, 2023
  - Semester 2 dates - January 29 to May 31, 2024

## SIGN UPS/REGISTRATIONS FOR CLUB EAB & LS ATHLETICS

1. All parents must register their child(ren) for Club EAB & LS Athletics, regardless of prior participation in the program.
2. Registrations are open for a short period of time. Please take note of when these registrations are available.
  - Semester 1
    - Wednesday, August 9 - **Club EAB & LS Athletics Guide Released for Semester 1**
    - Monday, August 14 - **Club EAB & LS Athletics Sign Ups open at 6:30PM**
    - Wednesday, August 16 - **Club EAB Sign Ups close at 12:00pm**
    - Friday, August 18 - **confirmation emails sent to parents by 1pm**
    - Monday, August 21 - **Club EAB & LS Athletics begin**



- Semester 2
    - Friday, January 19 - **Club EAB & LS Athletics Guide Released for Semester 2**
    - Monday, January 22 - **Club EAB & LS Athletics Sign Ups open at 6:30PM**
    - Wednesday, January 24 - **Club EAB Sign Ups close at 12:00pm**
    - Friday, January 26 - **confirmation emails sent to parents by 1:00pm**
    - Monday, January 29 - **Club EAB & LS Athletics begin**
3. Based on the sign ups/registration numbers for each class by grade level, there may be the need to create a Waiting List.
- Friday, January 26 - **by 1:00pm families will receive the confirmation of enrolment in Club EAB & LS Athletics.**

## ATTENDANCE REQUIREMENTS & PROCEDURES FOR CLUB EAB & LS ATHLETICS

1. Commitment to our Club EAB or LS Athletic teams is necessary. We do not have the option for students to attend only 1 of the 2 days offered. Please plan accordingly to attend both days. With the possibility of Waiting Lists, any student that has **more than three (3) absences** will be removed from the class/sport.
  - The process of communication will be:
    - 1st absence there will be no contact to the family.
    - 2nd absence the family is contacted via email.
    - 3rd absence the family is contacted via email that this is the last absence.
    - 4th absence results in removal from Club EAB & LS Athletics with notification to LS Principal and classroom teacher/TA.
  - For Club EAB - All absences can be justified through email communication to the Activities Supervisor, Andrea Borges at **aborges@eabdf.br**.

- For LS Athletics - All absences can be justified through email communication to the Activities & Athletics Director, John Powell at [jpowell@eabdf.br](mailto:jpowell@eabdf.br)

## COSTS FOR FAMILIES IN CLUB EAB & LS ATHLETICS:

1. There is no cost for Club EAB & LS Athletics inscription, but there may be additional cost for materials in class should the instructor request.
  - All requests from instructors for families to purchase materials must be approved by the Activities & Athletics Director.
2. For Play Sports, prices will be announced through the Play Sports Director, Lucas Alves. Any information pertaining to Play Sports Activities, including payment, inquiries, etc can be solved with him at [playsports.df@gmail.com](mailto:playsports.df@gmail.com).



Pictures from our Club EAB & LS Athletics Open Demonstrations in May 2023!

# ATHLETICS DEFINED FOR VARSITY & JV TEAMS

## PHILOSOPHY OF ATHLETICS FOR VARSITY & JV TEAMS

1. We are an educational athletics (sports) program that offers competitive teams and inclusiveness when possible. We are determined to teach our student-athletes about their sport, the skills involved, and strategies to improve his/her overall well-being all the while forming relationships with other students and coaches. EAB Athletics prides itself on competing to our potential, creating a fun atmosphere, and exhibiting Sportsmanship regardless of the outcome of the contest. The Athletics program is designed to follow our Activities & Athletics Mission Statement and the 5 Pillars of EAB Athletics.
2. The 5 Pillars of EAB Athletics are Safety, Responsibility, Communication, Sportsmanship, and Growth.
  - Each of these Pillars are an important part to learning life skills through sport for our student-athletes. They are the base of the program and reflecting on these Pillars is key to the philosophy EAB Athletics!



### 3. Competition levels & ages:

- Varsity level - 15 years and older pending birth date.
  - Predominantly grade 10-12 students, some grade 9 students.
  - Varsity teams compete in tournaments, friendly games, and local leagues if possible.
- Junior Varsity (JV) - under 15 years old pending birth date
  - Predominantly grade 10, grade 9, and some grade 7 students.
  - Must be born August 2, 2008 or later.
  - Students are eligible to participate in all 2023-2024 Little 10 tournaments if they are under 15 years old on August 1, 2023. An athlete who turns fifteen on August 1 or before this date would not be eligible to participate in any of the 2023-2024 Little 10 tournaments.
  - The above is taken directly from the Little 10 Constitution.
  - JV teams compete in tournaments, friendly games, and local leagues if possible.
  - JV teams practice 3 times per week from 4:30-6:00pm and Saturday mornings pending the team from 9:00am-12:00pm.
- Birth Year teams (Basketball, Soccer, Volleyball, Futsal only)
  - 2010s
    - Predominantly grade 8, grade 7, some grade 6 students.
    - Must be born January 1, 2010 or later.
    - 2010 teams will compete in friendly games. Players on this team will be able to participate in the JV teams through stellar commitment to the 2010 team, positive attitude exhibition, and development in skills.
  - 2012s (Basketball, Soccer, Volleyball, Futsal only)
    - Predominantly grade 6, grade 5 students, some grade 4 students.
    - Must be born January 1, 2012 or later.

- This 2012 team may compete against outside competitions pending enrollment in the activity and availability of opponents. Currently, we are in the process of building this program.
- LS Athletics (Basketball, Soccer, Volleyball, Cheer only)
- These LS teams may compete against outside competitions pending enrollment in the activity and availability of opponents. Currently, we are in the process of building this program.
- 2014s
  - Predominantly grade 4, grade 3, and grade 2 students.
  - Must be born January 1, 2014 or later.
- 2016s
  - Predominantly grade 2, grade 1 & some k5 students
  - Must be born January 1, 2016 or later.

## **TIME OF ATHLETICS FOR VARSITY & JV TEAMS**

Our time offerings align with the dismissal of the school day and take place after Club EAB & LS Athletics. See below for the exact schedule.

1. 4:30 p.m. - Start of Athletics for Varsity & JV teams
2. 6:00 p.m. - End of Athletics for Varsity & JV teams

- All students should be off campus no later than 6:15 p.m. unless otherwise approved to remain on campus.



## DAYS AND OFFERINGS IN ATHLETICS FOR VARSITY & JV TEAMS:

### Athletics Virtual Guide ([click here](#))

1. Teams may compete throughout the week pending opponent availability. The time of practices on Saturdays will vary from sport to sport, but will occur between 9:00am to 12:00pm.
  - EAB does not have the capacity to conduct certain sports all year due to the facility availability.
2. Basketball, Golf, Jiu Jitsu, Cheer, and Soccer are offered in the 1st semester from August to December.
  - Monday/Wednesday/Friday
    - Cheer
    - Golf
    - JV Boys Soccer
    - JV Girls Basketball
    - Varsity Boys Soccer
    - Varsity Girls Basketball
  - Tuesday/Thursday/Saturday
    - Jiu Jitsu
    - JV Boys Basketball
    - JV Girls Soccer
    - Varsity Girls Soccer
    - Varsity Boys Basketball
3. **Click here** for the EAB Athletics Practice Schedule 2023-24 grid



4. Futsal, Volleyball, and Cross Country are offered the 2nd semester from January to May.

- Monday/Wednesday/Friday
  - JV Boys Futsal
  - JV Girls Volleyball
  - Varsity Boys Futsal
  - Varsity Girls Volleyball
- Tuesday/Thursday/Saturday
  - Cross Country
  - JV Boys Volleyball
  - JV Girls Futsal
  - Varsity Girls Futsal
  - Varsity Boys Volleyball





## SIGN UPS/REGISTRATIONS IN ATHLETICS FOR VARSITY & JV TEAMS:

To participate, each student in Grade 6-12 must register for his/her team of choice with the **link** on our website. Without this registration, we cannot distribute information to families. Nor will we permit the student to join the tryout session. Based on the sign ups/registration numbers for each class, there may be the need for a tryout.

1. All prior to any tryout, all interested students in athletics from grades 6-12 must complete the following:
  - NFHS online training of Hazing Prevention for Students (**click here**)
  - AASB Code of Conduct (**click here**)
  - EAB Physical Health Form (**click here**)



2. The following Roster Minimums of registrations should be met:

- **Varsity & JV Athletics (Roster Minimum & Maximum)**

- BASKETBALL (8 minimum, 15 maximum)
- CROSS COUNTRY (6 minimum, 25 maximum) - Semester 2
- FUTSAL (10 minimum, 15 maximum) - Semester 2
- GOLF (6 minimum, 12 maximum)
- JIU JITSU (6 minimum, 16 maximum)
- SOCCER (13 minimum, 25 maximum)
- VOLLEYBALL (9 minimum, 15 maximum) - Semester 2

3. If the roster minimum is not met, the team **may be** shut down for the time being at the discretion of the Activities & Athletics Director. **This will be handled on a case by case basis.**

4. If the roster maximum is reached during signups, we will explore the option of a tryout for the team with the idea of inclusivity.

- Tryout selection will play a role in traveling teams and on game days.

## **TRYOUTS IN ATHLETICS FOR VARSITY & JV TEAMS**

As mentioned above, if a team is over-subscribed, we will need to conduct a tryout.

1. The Coaches of each team are responsible for conducting a fair and organized tryout at any level.

2. A student may only play on one team of Varsity or JV.

- For example, a student cannot play on Varsity Boys Futsal and JV Boys Futsal as it would take a roster spot away from another student. This is a programmatic design that is inclusive.

3. Varsity & JV tryouts will be held from August 7 & 8 to August 16 & 17
  - As Varsity is our highest level of competition, we will adhere to tryouts to create the most competitive teams to represent EAB.
  - At the JV level, we will be as inclusive as possible, but may need to hold tryouts.
  
4. Late Tryouts: Students who are new to EAB must declare his/her interest in trying out for an Athletics team by the end of their 2nd week of classes.
  - Late tryouts are not granted for any students that are attending classes and aware of the tryouts. If a medical excuse is provided we can re-evaluate the tryout. **We stress students to communicate in advance if they will be missing our tryouts dates listed above.**
  - All Late Tryouts must be approved by the Activities & Athletics Director.

## PLAYING UP:

No student-athlete may “play up” without the approval of the Activities & Athletics Director.

1. “Playing Up” can be defined as a JV player playing on a Varsity team.
  
2. If a student-athlete’s skills, physical ability, or other factors are not up to the standard of trying out for a Varsity team, the Head Coach may redirect the student-athlete to try out for JV or a lower level at any time during the try out window.
  
3. Varsity aged student-athletes may not “Play Down” to the JV level unless within that age category.

## ATTENDANCE REQUIREMENTS & PROCEDURES IN ATHLETICS FOR VARSITY & JV TEAMS:

Showing commitment and dedication to anything a person is interested in is a life skill. Please see below our requirements to participate:

1. Attendance in Athletics is 70% or better to remain on the team. Coaches take attendance every practice session and game. .
2. All absences can be justified through communication to the Head Coach of the team and/or Activities & Athletics Director.
3. If a student is absent from any period/class during the school day, without an approved excuse, then he or she is not eligible to participate in that day's practice or game.

## PHYSICAL HEALTH FORM

For students in grade 6-12, we ask that each family complete this form to ensure their child is in good physical condition before participating in any physical activity. We ask that the parents/guardians of each child complete this form and turn it into the Activities & Athletics Director electronically or on paper. **This is mandatory in order to participate in tryouts.**

4. 2022-23 EAB Athletics - Physical Health Form ([click here](#))

## COMPETITIONS & PLAYING TIME

It is important to understand our philosophies at each level. Competition playing time is always determined by the Head Coach of each team and is merit based. Students are welcome to speak with the coaches and discuss any issue they may have related to playing time at an appropriate time. During the school day, after/before practice are appropriate times. **Speaking to the coach about playing time during the game is not appropriate.**

1. 2010 & younger teams aim to develop players and playing time is fairly split if this team is in a competition setting.
2. JV teams aim to develop players. Coaches make their best effort to distribute playing time fairly, but there will be times the Head Coach must make a decision to produce a positive result for the competition.
3. Varsity teams are our highest level of competition. Playtime is merit based and at the complete discretion of the Head Coach. There may be situations where some team members play little to none in the game to remain competitive within the contest.

## SALT: STUDENT-ATHLETE LEADERSHIP TEAM

SALT has been created to empower student-athletes that want to become leaders, help improve our program, and implement various initiatives in the community. This is a voluntary club with leadership positions voted on by the participants.

1. If interested in SALT, please contact Mr. Proulx at [mproulx@eabdf.br](mailto:mproulx@eabdf.br) or Mr. Powell at [jpowell@eabdf.br](mailto:jpowell@eabdf.br)



## PARENT/SPECTATOR BEHAVIOR

1. For spectators (parents, students, staff, etc) viewing competitions must comply with the seating rules and regulations.
2. In all competitions, spectators must not be on the competition surface or in the designated area for players and officials.
3. Parents may not approach the coach(es) about their child's playing time at any time during the competition.
  - We ask that parents speak with their child, reflect on the situation, and contact the coach or Athletics Director the next day if there is a concern about playing time after allowing emotions to settle.
4. A parent may contact the Athletics Director to discuss any issue related to the student's experience on any EAB team.

## BOOSTER CLUB

A Booster Club is an organization of EAB parent volunteers that are dedicated to supporting the EAB Bulls' Athletics programs. Currently, there is not a Booster Club at EAB for Athletics. If interested, parents should contact the Activities & Athletics Director, John Powell at [jpowell@eabdf.br](mailto:jpowell@eabdf.br). There is a project forming to create this type of support for the coming year.

## COSTS FOR FAMILIES IN ATHLETICS FOR VARSITY & JV TEAMS:

There is no cost for participation in Athletics on campus at EAB. However, certain teams may carry a cost to travel or compete in a tournament and/or need to purchase additional equipment. Teams may also come together to create uniforms that would be an expense covered by the families as EAB.

## 1. Travel & Trips:

- Travel for competitions will come with a cost to families. We will follow the Upper School Eligibility Timeline for Students to Travel for selecting our travel rosters.
  - Field Trip Request forms and rosters are submitted to the Activities Specialist.
  - Business Office eligibility is confirmed.
  - Academic eligibility is confirmed.
  - Itinerary and hotels are arranged by the travel agency.
  - Field trip information, costs, and deadline is emailed to parents of eligible students (students must maintain eligibility prior to the field trip in order to travel).
  - Deadline for purchasing group flights depends on the airline's terms and conditions, and may vary between 24 and 72 hours.
  - Plane tickets bought with the travel agency are non-refundable and EAB does not take responsibility for tickets and hotel reservations of students that are no longer eligible to travel.
  - Plane tickets do not have to be purchased through the travel agency arranging the group reservations, however, students must travel on the same flight as school chaperones and follow the same itinerary thereafter.
  - Field Trip Permission form, Health forms, and Travel and Hotel Authorization form are handed to students and emailed to parents, when applicable.
  - Forms must be completely filled out and turned in to the Activities & Athletics Department. Dates will be communicated in advance.
- All students traveling must follow the **AASB Code of Conduct**
- Traveling for competitions is completely voluntary for families.

## 2. Uniforms:

- The Activities & Athletics Department has an inventory of at least one (1) uniforms for each team to compete in. Each player is responsible for returning all parts of the uniform in good condition at the end of the season or when asked by the coaches. Any damaged or missing uniforms will need to be replaced by the family of the student-athlete.

- Each team will have 1-2 uniforms that are supplied by EAB pending competition requirements.
- Teams have the possibility to design an extra uniform for the season with the approval of the Activities & Athletics Director.
  - The A&A Department will not purchase this uniform.
  - A&A can assist in the process if the team would like to explore it.
  - The Activities & Athletics Director will inform families once a student representative brings forth a design and supplier.
  - Designs, logos, fonts, numbers, and other details must be approved by the Activities & Athletics Director prior to production.
  - Uniforms must be prepared 1 month in advance of a Big 8 or Little 10 tournament departure dates to ensure all members of the team have the uniform.
  - Purchasing the uniform is optional for every family.

# UPPER SCHOOL (US) CLUBS DEFINED

## PHILOSOPHY OF US CLUBS

The purpose of the Upper School Clubs at EAB is to open various avenues for students and teachers to work together and fulfill the school's vision to "positively impact the world through excellence in academics, activities, arts, leadership, and service." As most Clubs are student-led with the support of an EAB Faculty member that acts as an Advisor, these clubs will challenge students to gain leadership skills, excel in civic, cultural, and recreational pursuits while promoting a climate of respect, support, and appreciation for the community around them. The US Clubs have certain clubs that host events/tournaments while other clubs gather for discussions of the topic.

## TIME OF US CLUBS:

Our time offerings align with the dismissal of the school day. See below for the exact schedule.

1. 3:10 p.m. - Dismissal, end of academic school day, transitions
  - All students not involved in a US Club or Athletics must leave campus unless there is an approved reason for staying on campus from the MS or HS Principals.
2. 3:20 p.m. - Start of US Clubs
  - US Clubs may run during lunch from 11:55 a.m. to 12:55 p.m.
3. 4:10 p.m. - End of US Clubs
  - All students not participating in Athletics at the Varsity or JV level must leave campus. (Or have a valid/approved reason to be on campus)

## OFFERINGS FOR US CLUBS:

Please be sure to visit our **Upper School Clubs website** for a description of each US Clubs.

1. Days will be selected between the Student Leaders and Advisor(s).
2. How to start a US Club? Please complete this **US Clubs Request Form**.

## SIGN UPS/REGISTRATIONS FOR US CLUBS:

1. All students must sign up/register for their US Club of choice.
  - Students may do so by finding their club on the **US Club website**
  - When completing the form please be aware of your commitments to not overload your schedule.
2. Sign Ups/Registrations for US Clubs remain open for the year to continually gain members/interest.



### 3. Activities Fair Dates:

- HS Activities Fair - August 10th (during flex)
- MS Activities Fair - August 11th

## ATTENDANCE REQUIREMENTS & PROCEDURES FOR US CLUBS:

1. Attendance for US Clubs needs to be at 75% or better. Meetings are normally once a week.
  - This is a needed commitment to keep every Club functioning and equitable.
2. All absences can be justified through email communication to the advisor of the US Club.

## COSTS FOR FAMILIES FOR US CLUBS:

There is no cost for participation in US Clubs on campus at EAB. However, certain US Clubs may carry a cost to travel or compete in a tournament. Please see the **Athletics Travel & Trips** section for this information as the content is exactly the same for the Upper School and possible trips.



# ASSOCIATION OF AMERICAN SCHOOLS IN BRAZIL (AASB)

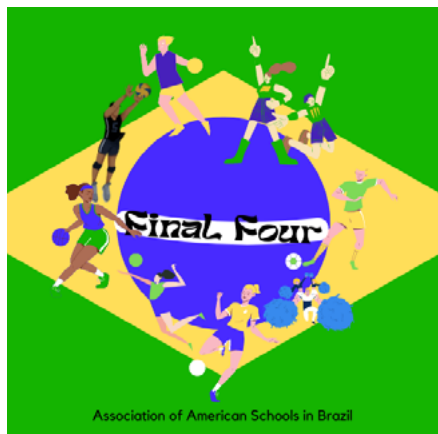
EAB is affiliated with the Association of American Schools in Brazil or AASB. For the coming year, here are the tournaments we are planning to participate in:

- September 14-17 - Field trip - TBSRJMMUN (The British School of RJ MUN) (MUN Field Trip)
- Sunday, October 29 to Wednesday, November 1 - Big 8 Soccer
- Wednesday, November 1 to Saturday, November 4 - Big 8 Basketball & Cheer
- November 9 to 11 - BSBMMUN IX
- Sunday, November 12 to Wednesday, November 15 - Little 10 Girls Basketball, Cheer, Boys Soccer
- Wednesday, November 15 to Saturday, November 18 - Little 10 Boys Basketball & Girls Soccer
- Sunday, December 3 & Monday, December 4
  - AASB Varsity National Championship Basketball, Soccer, Cheer at OLM (must qualify at Big 8)

## SEMESTER BREAK

- March 20 to 23 - BRAMUN in Salvador, Bahia, Brazil (tentative)
- Sunday, April 7 to Wednesday, April 10 - Big 8 Girls Volleyball, Boys Futsal
- Wednesday, April 10 to Saturday, April 13 - Big 8 Girls Futsal & Boys Volleyball

- Sunday, May 5 to Wednesday, May 8 - Little 10 Girls Volleyball & Boys Futsal
- Wednesday, May 10 to Saturday, May 13 - Little 10 Girls Futsal & Boys Volleyball
- Saturday, May 18 & Sunday, May 19
  - AASB Varsity Final Four National Championship at EABH, Futsal and Volleyball (must qualify)



# ASSOCIATION OF AMERICAN SCHOOLS IN BRAZIL OFFICIAL AASB CODE OF CONDUCT

## AASB EXPECTATIONS

All AASB schools have mission statements that speak of high academic expectations and high expectations for character development and community building. We believe extra-curricular trips demand an increased layer of behavioral expectations and that the elements of risk are heightened for teachers, administrators, parents, students and for the school due to the elevated risk inherent in taking numbers of students off campus.

## DIVERSITY, EQUITY AND INCLUSION STATEMENT

The Association of American Schools in Brazil (AASB) is committed to diversity, inclusion, and gender equity amongst its members, event participants, volunteers, and community.

AASB welcomes all individuals to participate in our event offerings. Embracing our differences while removing barriers to promote diversity, equity and foster inclusion, is integral to serving the educational athletics and activities community. As leaders in our community, we continue to listen, learn and collaborate on how educational athletics and activities can be inclusive and accessible for all. We have zero tolerance for any behaviors which discriminate against anyone - athletes, coaches, referees, staff, guests - through language or interactions that target their identity or culture in any way. Our athletics and activities programs are created to be safe and inclusive spaces for all student-athletes and participants.

Any violations of this statement will result in immediate action through the process of our Disciplinary Committee which is explained in our **AASB Athletics & Activities Constitution**.

<sup>1</sup>**Draft Approved by the AASB Heads of Schools on March 16, 2023**

Given the above, we believe a set of clear behavioral expectations and aligned consequences are necessary to help our schools support positive behavior and address infractions and violations consistently.

**Level I - Minor Infractions** include the following but are not limited to:

1. Violation of Curfew
2. Poor Sportsmanship

**Level II - Major Infractions** include the following but are not limited to:

1. Leaving any AASB venue without permission and/or proper supervision
2. Use or possession of drug/alcohol/tobacco/vaporiser/weapons
3. Physical, sexual, or verbal abuse including violation of the AASB DEI statement
4. Emotional abuse such as hazing and bullying.

***If there are consequences that need to be administered on the Major Infraction level, please refer to the **AASB Constitution** for the process of the Disciplinary Committee being formed.***

**Consequences** include the following but are not limited to:

1. The student (or those involved) will be declared ineligible for participation in the next scheduled activity. (Level I)
2. The student (or those involved) will be declared ineligible for further participation in the event. This would include games, dances, and awards ceremonies. (Level I & II)
3. A student (or those involved) may be sent home which will be at the parent's expense. (Level II)

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<sup>1</sup> Modified from the **Canadian Endurance Sport Alliance (CESA) Diversity, Equality and Inclusion Statement**

4. The student (or those involved) will be excluded from the next event in which they would be eligible to participate/represent their school. (Level II)
5. The student (or those involved) may be excluded from all future events for a period of **one year** from the date of the infraction, including the same tournament/event the following year. (Level II)

### AS A STUDENT / PARTICIPANT AT AN AASB EVENT I SHALL:

1. Show respect for other students, teammates, opponents, officials, and coaches.
2. Respect the integrity and judgment of event officials or organizers.
3. Exhibit fair play, sportsmanship and proper conduct on and off the playing field or competition area.
4. Refrain from the use of profanity, vulgarity, other offensive language, and gestures.
5. Refrain from any violent or aggressive behavior that jeopardizes the safety and/or wellbeing of others.
6. Adhere to the established rules and standards of the game or event that is to be played.
7. Respect all property and use it safely and appropriately.
8. Not use alcohol, tobacco, vaporizer and drugs.
9. Follow the rules and regulations of the host school or organization.
10. Respect established curfews.
11. Not leave the premises of the sponsored event without permission from their school's representative.
12. Not enter sleeping quarters other than their own.

### AS A PARENT / SPECTATOR AT AN AASB EVENT I SHALL:

1. Encourage students to compete within the rules, respect chaperones/coaches and officials' decisions.
2. Encourage all students to respect the efforts of other participants and teams.
3. Remember that children learn best by example, applaud good plays/performances by both my team and their opponents.
4. Give positive comments that motivate and encourage continued effort, focus on the team/individual efforts and performance – not the score.

5. Thank the coaches/chaperones, officials and other volunteers who give their time to conduct the event for my child.
6. Respect the rights, dignity, and worth of all people involved in the sport or activity, regardless of their gender, ability, or cultural background.
7. Not criticize or ridicule any student's performance.
8. Refrain from using bad language.
9. Not harass or disrespect students, coaches/chaperones, officials or other spectators.
10. Not argue with an official or administrator. If I disagree with a decision or have a query, I will inform the coach/chaperone or manager after the competition.
11. Display sportsmanship and act with integrity

## SIGNATURES

A student may not participate in an AASB event until this form has been signed by both the student and parent/guardian and is on file at their school.

The undersigned has received a copy of the Association of American Schools in Brazil - AASB Code of Conduct.

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Student's Name (please print)

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Year of Graduation

I understand and agree to abide by all the provisions of the Association of American Schools in Brazil – AASB Code of Conduct as well as my own school's established policies and code of conduct.

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Student's Signature

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Date

I understand and agree to abide by all the provisions of the Association of American Schools in Brazil - AASB Code of Conduct as well as my child's school's established policies and code of conduct.

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Parent / Guardian's Signature

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Date



# American School of Brasilia

