

2025 - 2026
Colegio Maya
Athletics Handbook



Table of Contents

1. Mission Statement

Page 3

2. Standards, Principles, For Parents and Prospective Participants

Page 4

3. Season Schedule & High School Athletics Program

Page 5

- Bicultural Tournaments
- Friendly Games
- Middle School Athletics

4. Activity Participation Requirements

Pages 6-7

- Eligibility
- Additional Information on Eligibility

5. Student Responsibilities

Pages 7-8

- Appropriate Dress when Traveling Abroad
- Attendance at Practices/School
- Uniforms

6. Athletic Awards

Pages 9-10

7. Links to Important Documents

Page 10

- Athletes' Code of Conduct
- Bi-Cultural Tournament: Parent Code of Conduct
- Bi-Cultural Tournament: Players' Code of Conduct
- Bi-Cultural Tournament: Coaches' Code of Conduct
- Rules and Guidelines for Participation in International AASCA Events

Mission Statement

At Colegio Maya, the American International School of Guatemala, we are committed to providing a holistic educational experience through active student participation in a range of extracurricular activities. We believe that these activities are integral to a student's academic and personal growth, providing invaluable opportunities for social and emotional development.

Our Athletics and Activities Program is designed to complement and enhance the school curriculum by promoting involvement, dedication, sportsmanship, commitment, responsibility, respect, and discipline. We aim to cultivate these values in our students, empowering them to achieve their highest potential both on and off the field.

We recognize the importance of striking a balance between academic responsibilities and extracurricular pursuits. Therefore, we encourage students to thoughtfully consider their commitments to ensure a positive impact on their academic performance and overall well-being.

By participating in local and international tournaments, including AASCA, our students not only hone their skills but also gain meaningful cultural experiences, representing Colegio Maya and Guatemala with pride.

Our ultimate goal is for every student to participate, thrive, and enjoy the rich experiences our Secondary Athletics program has to offer, ensuring their educational journey is both comprehensive and fulfilling.



Standards

Student-athletes representing Colegio Maya in all sports activities must maintain a satisfactory academic record, exhibit good conduct, sportsmanship, and citizenship in all school activities, and meet all academic, behavioral, and attendance requirements as outlined in the Colegio Maya Family Handbook.

Coaches and sponsors of athletic programs should strive to instill the following core values in their athletes:

- The drive to excel competitively.
- A love for and respect towards the activity, sport, and its participants.
- Acceptance of officials' decisions without complaint, defiance, or disobedience.
- A high sense of honor, duty, ethical character, and sportsmanship.
- A cooperative spirit and goodwill towards opponents, coaches, and teammates.
- Recognition that participation in an activity is a reward in itself, without expecting or condoning special privileges.
- The ability to meet academic and behavioral standards while participating in the athletic program.

Principles

To be maximally effective, the Athletics Program will:

- Provide opportunities for many individuals to explore a wide variety of activities.
- It should be closely coordinated with the general instructional program and properly integrated with other school departments.
- Foster respect for the rules, values, and policies governing the school's programs.
- Limit school athletics to events sponsored and supervised by the proper school authorities to ensure adherence to safety and organizational regulations.

Parental Involvement in Colegio Maya Warriors Athletic Program

Introduction: Participation in the Colegio Maya Warriors Athletic Program necessitates awareness of specific guidelines and regulations. Both students and parents must acquaint themselves with the principles outlined in this Athletic Handbook, in conjunction with the Colegio Maya Family Handbook. We employ various methods, including written forms, to communicate these guidelines effectively. Forms will be distributed at the onset of each season and are also accessible on the Colegio Maya website (Sports Page).

Requirements for Participation: To enroll in Colegio Maya's Athletic Program, prospective athletes must submit the following forms before commencing the activity:

1. **Completed Parent Permission Form** specific to the sport(s) in which they will participate (applicable to both High School and Middle School).
2. **Bus Contract:** If applicable, a bus contract for after-school bus service (available only to students with an existing bus contract).
3. **Signed Athletic Code of Conduct**

International Competitions: Students selected to participate in tournaments abroad (International Competitions) will receive notification **a minimum of three weeks before the event**. Parents are responsible

for covering travel costs, which must be settled in full at the Cashier's Office by the established deadline. Failure to meet this deadline will render the student ineligible to participate.

Injury Protocol: Any student-athlete sustaining a serious/major injury during the season, resulting in missed practices and/or games, will be ineligible to resume competition until cleared by a doctor. While some discretion may be exercised based on the nature of the injury, doctor clearance is mandatory for all cases involving broken bones, head, and neck injuries.

High School Athletics Program Guidelines

1. Participation Eligibility:

- High school sports are open to all students in grades 9-12.
- Exceptional athletes in grades 7 or 8 may be considered for participation in high school teams at the discretion of coaches, with parental approval and guidance from the Athletic Director.
- All students are eligible to try out at the start of each sports season. Students have a 2-week trial period to try out any sport with no penalty if they decide not to continue after the two weeks. Students should commit to attending ALL practices and games as stipulated in the Athletes Code of Conduct.

2. Team Structure:

- In cases of high participation, teams will be divided into Junior Varsity (JV) and Varsity.
- Junior Varsity teams will comprise 8th to 10th-grade players, focusing on skill development.
- Varsity teams will consist of students demonstrating a high skill level, knowledge of strategies and tactics, and positive team leadership and attributes that contribute to a highly functioning team.

3. Practice Schedule:

- Practices will be held after school and occasionally on Saturdays, especially preceding international tournaments.
- Middle School and High School teams will practice three days a week from 2:30-4:30 pm.
- Track and Field will practice three mornings a week (5:45-7:15 am) and two afternoons (2:30-4:30 pm).
- Practices are MANDATORY if students want to be considered for local and international competitions.

4. Communication and Planning:

- Students must sign up 1-2 weeks before the season and complete the necessary forms and bus/athletics contracts.
- Mandatory pre-season meetings for parents and students to meet coaches, clarify questions, and ensure team expectations and opportunities are clear for all.

5. Eighth Grade Participation:

- Exceptional 8th graders may be invited to join high school teams based on leadership, commitment, and athletic ability.
- Invited 8th graders must commit to attending all high school practices and at least two of three middle school practices weekly.

- Selected students are encouraged to maintain involvement in both middle school and high school teams for increased playing time and skill development.

6. Continued Evaluation:

- Students not meeting expectations of commitment with their middle school team, in addition to their high school team, will not be considered for high school participation.

Bicultural Tournaments and Friendly Games

Bicultural Tournaments: Bicultural Tournaments are collaborative events involving local schools, orchestrated by the Athletic Directors of various international schools. The aim is to provide our students with opportunities to compete in preparation for international AASCA tournaments. Further details about these tournaments will be disseminated to Coaches, Players, and Parents as the schedule is finalized.

- **Venue and Participation:** Most games featuring Maya teams will be hosted at Colegio Maya during after-school hours. Maya players will also travel to other schools within Guatemala City.
- **Award Ceremony:** Upon the culmination of the tournament, an award ceremony and presentation will be conducted to recognize participants' efforts and achievements.

Friendly Games: Friendly Games serve as annual competitive fixtures held at Colegio Maya and other schools. These games allow our High School (HS) and Middle School (MS) athletes to engage with different schools in friendly competition, fostering growth in skill sets and experiences.

- **Objective:** The primary objective of Friendly Games is to augment exposure to competitive play, and prepare for upcoming tournaments, enabling athletes to expand their skill and experience as a player.

Middle School Athletics Program at Colegio Maya

Program Objective: The Middle School Athletics Program at Colegio Maya aims to maximize participation among students, emphasizing an inclusive environment where competition is moderated to encourage skill development. Friendly games and triangular tournaments are integral components, allowing our MS athletes to engage in competition with other Guatemalan schools in a supportive setting.



Middle School Participation Requirements: To enroll in Colegio Maya's Athletic Program, prospective athletes must submit the following forms before commencing the activity:

4. **Completed Parent Permission Form** specific to the sport(s) in which they will participate (applicable to both High School and Middle School).
5. **Bus Contract:** If applicable, a bus contract for after-school bus service (available only to students with an existing bus contract).
6. **Signed Athletic Code of Conduct**

These forms can be obtained from the Athletic Director and are available on the sports page of the Colegio Maya Website (www.cm.edu.gt) ***Students are ineligible to participate in practices or games until all forms have been submitted.*

Eligibility: Eligibility for participation in sports is determined as follows:

- Students must not be on academic probation.
- Students must not have been suspended from sports practices during the semester or have quit a team.
- Administration and the Athletic Director may review the eligibility of a student who consistently arrives late or is consistently absent.

Eligibility Review Process:

- Students failing to meet the above criteria will be barred from participating in athletic field trips, competitions, or scheduled games and tournaments.
- In cases of ineligibility due to poor school attendance or behavioral issues, the following steps are taken:
 1. The student is placed on a two-week probation where they may participate in practices but not in games.
 2. During this period, the student must improve their grades and attendance to meet eligibility requirements.
 3. After two weeks, the athletics office will consult with teachers and administration to update the student's eligibility status.

Commitment to Team Participation Policy

At Colegio Maya, we encourage commitment and dedication from our student-athletes. Understanding that interests and abilities can evolve, we provide a three-week trial period for all sports teams at the beginning of each season. This period allows students to determine if the sport meets their interests and physical commitment levels.

Policy for Withdrawing After Trial Period:

- **Restriction on Joining Other Sports:** Students who choose to leave a team after the initial three-week trial period are generally not permitted to join another sports team within the same semester. This policy is designed to foster stability and commitment within our teams.
- **Requirement for Rejoining:** If a student wishes to join another sport after withdrawing from one, they must submit a formal commitment letter. This letter, which must be signed by both the student and their parents or guardians, should articulate the student's dedication to participating fully for the remainder of the sports season.
- **Approval Process:** The commitment letter is subject to review and approval by the secondary principal, the athletic coaches involved, and the Athletic Director. Approval will be based on the student's past participation record, current academic standing, and the capacity of the desired team.

This policy ensures that all students participating in our athletic programs are fully committed, thereby enhancing team cohesion and overall sportsmanship

Additional Information on Participation and Eligibility

Academic and Attendance Requirements:

- **Probation for Incomplete Summative Tasks:** Students who have not completed a summative task in a course will be on probation until the task is completed and submitted. During this period, they may participate in practice but are ineligible for games.
- **Day-of Participation:** A student must be present at school by 9:30 am to participate in any sports activity scheduled for that day. If absent the entire school day, the student is expected to focus on making up missed work rather than attending practice or games.
- **Pre & Post Competition Attendance:** Students must be at practice the day before the scheduled competition. Students must be at school on the day of the competition, arriving no later than 9:30 am. Students are expected to attend school the day after any competition, event, or trip.

Rules for Participation in International AASCA Events:

Student Responsibilities:

- **Behavior:** Students must conduct themselves with dignity, sportsmanship, and fairness at all events, embodying the values outlined in the Colegio Maya Family Handbook.
- **Dress Code:** Proper attire is mandatory for all practices (no jewelry, jeans, or inappropriate shoes). Team travel attire consists of the designated team shirt paired with blue jeans.
- **Practice Attendance:** Full participation in all practices is crucial unless an absence is pre-approved by the coach or Athletic Director due to medical reasons.
- **Tardiness:** Excessive tardiness will be penalized. More than three instances will involve disciplinary measures from the coaching staff and the Athletic Director.

Absences:

- Students are permitted up to five absences from practices, provided they communicate effectively with their coach or the Athletic Director (medical excuses, etc., must be documented).
- Injuries or medical conditions requiring absence must be supported by a doctor's note, with allowances made at the discretion of the coach or Athletic Director.

Selection Criteria for Teams:

- Coaches will consider attendance, academic responsibility, attitude, effort, physical condition, technical knowledge, and the ability to contribute positively to the team when selecting members for local and international competitions.

Prohibited Substances:

- **Alcohol and Drugs:** The use or possession of alcohol or drugs during an event results in automatic dismissal from the activity and the sports season, with further disciplinary actions as outlined in the Family Handbook.
- **Tobacco (Including Vaping):** Use will lead to suspension from the activity and implementation of the Family Handbook policies.

Behavioral and Academic Standing:

- Student behavior and academic standing are significant factors for participation. Coaches and administrative staff will review these alongside athletic performance when making decisions about eligibility and team placement.

These guidelines ensure that all student-athletes at Colegio Maya are not only prepared to compete but also represent their school with integrity and respect, adhering to both academic and behavioral standards set forth by the school's athletic department and administrative policies.

Uniform and Equipment Policy for Maya Warrior Athletes

Uniform Requirements: At Colegio Maya, we believe in the unity and identity that team uniforms provide. All athletes must wear the complete official uniform during all matches and team events. This standard helps reinforce team solidarity and professionalism.

Purchasing Uniforms:

- **Order Deadline:** Students must order their uniforms by the specified deadline each season. The order can be placed and paid for at the cashier's office or through a direct deposit to the designated uniform supplier.
- **Late Orders:** If a student fails to order their uniform on the designated order day, they are responsible for contacting the supplier directly to make the necessary arrangements. The Athletic Director will provide all necessary contact details for the supplier, including address and phone number.
- **Personal Equipment:** Athletes are responsible for purchasing personal equipment such as knee braces, knee pads, shin guards, proper shoes etc., as required for their sport.

Equipment Loan and Responsibility:

- **Loan Policy:** Some sports equipment may be loaned to athletes for the season. This equipment is to be treated with care and returned in good condition.
- **Damages and Losses:** Athletes are responsible for any loss or damage to loaned equipment. The activities office will assess the cost of replacement or repair, which must be paid by the athlete or their family.
- **Consequences of Non-Compliance:** Failure to return the equipment in good condition or to pay for damages may result in the athlete being ineligible to participate further in Maya team activities.

Enforcement: This policy ensures that all Maya Warrior Athletes represent their school with pride and unity. Compliance with the uniform and equipment policy is essential for maintaining the integrity and tradition of our athletic programs.

Athletic Awards

Student Obligations

Award winners are expected to conduct themselves in a manner that brings credit to their team, coach, activity, and school. Students must meet the following criteria to be eligible for an award:

1. **Scholastic Standing:** Students must meet all eligibility requirements and maintain good academic standing at the time the award is determined.
2. **Citizenship:** Students must exhibit good citizenship.
3. **Regulations Compliance:** Students must comply with all regulations stated in this manual.
4. **Coach's Recommendation:** Awards are granted based on the recommendation of the coach.
5. **Approval:** Awards require the approval of the Athletic Director.

Awards may be granted once all these conditions are met.

Responsibilities of Award Recipients

Award winners are expected to continue exemplifying the qualities that earned them their awards. This includes active participation in team events, supporting fellow students, and maintaining academic and citizenship standards.

Certificates and Awards

Participation Certificate: Every team member in good standing at the end of the year will receive a Certificate of Participation.

Medals/Plaques: Students nominated for the following awards will receive a medal or plaque in recognition of their efforts. Awards are decided by the coach, may be nominated by the team, and must be approved by the Athletic Director.

Award Categories

1. **The Most Dedicated Player**
 - Criteria: Attends all practices, games, and sport-related events. Shows unwavering commitment throughout the season.
2. **The Most Improved Player**
 - Criteria: Shows significant improvement in skills and understanding of the sport. Demonstrates a strong work ethic and adaptability.
3. **The Coach's Award**
 - Criteria: Consistently supports and assists the coach and teammates. Creates a positive team environment through effective communication and advocacy.
4. **The Most Valuable Player**
 - Criteria: Displays high-level skills contributing significantly to the team's success. Maintains a positive attitude and exhibits sportsmanship.
5. **The Most Inspirational Player**
 - Criteria: Inspires teammates through dedication and commitment. Encourages others to improve and positively contributes to the team environment.
6. **The Perseverance Award**
 - Criteria: Shows resilience and determination in overcoming challenges. Maintains effort and spirit in both practice and competitive environments.
7. **The Most Outstanding Athlete Award**
 - Awarded to the most outstanding middle school and high school athlete of the year.
 - **Selection Process:** Decided by the Athletic Director, coaches, and the Secondary Principal and Director.
 - **Criteria:**

- **Athletic Ability:** Participates in multiple sports and earns at least one special sports award in each of those sports.
- **Sportsmanship:** Exhibits good sportsmanship, maintains a positive attitude, and does not display anger or hostility toward players, staff, and/or coaches.
- **Leadership:** Demonstrates leadership, inspires positive behavior, and is responsible, reliable, and dependable.
- **Character:** Takes criticism willingly, exemplifies positive qualities, upholds moral and ethical principles, cooperates with school regulations, and shows courtesy, concern, and respect for others.

8. Distinguished Athlete of the Year – Criteria

Purpose

To recognize a secondary school student-athlete who has demonstrated outstanding athletic performance, commitment, and character throughout the academic year, both in school-sanctioned and external (federated/national/international) competitions.

Eligibility

- Must be enrolled as a full-time student in Secondary School (Grades 6–12).
- Must be in good academic standing.
- Must be a participating athlete in **at least one** school sport **and** a federated sport at a competitive level.

Core Criteria

Athletic Excellence	<ul style="list-style-type: none"> • Outstanding performance in one or more sports. • Represented the school, region, or country at provincial, national, or international levels.
Federated Participation	<ul style="list-style-type: none"> • Member of a recognized sports federation. • Regularly trains and competes at an elite or pre-elite level outside of school (e.g., club, academy, regional team).
Achievements	<ul style="list-style-type: none"> • Medals, titles, or awards earned (e.g., MVP, Top Scorer, All-Star). • Selection for provincial/state, national, or international teams. • Broken records or first-time achievements for the school.
Commitment & Work Ethic	<ul style="list-style-type: none"> • Demonstrates leadership, consistency, and dedication to training. • Balances academics and sport with integrity and resilience.

Sportsmanship & Character

- Positive attitude, teamwork, and respect on and off the field.
- Acts as a role model for peers and younger students.
- Upholds school values and code of conduct.

Conclusion

The athletic awards program recognizes stellar athletic performance and celebrates qualities such as perseverance, leadership, and integrity. These awards foster a nurturing and motivating environment, encouraging all students to excel and grow both on and off the field.



Important Documents to be familiar with:

- [2025-26 Sports Schedule](#)
- [Official AASCA EVENTS CALENDAR. 2025-2026](#)
- [Athletes' Code of Conduct: 2025-2026 School Year \(updated May 2025\)](#)
- [Bi-Cultural Tournament: Parent Code of Conduct - Updated Sept. 2022](#)
- [Bi-Cultural Tournament: Players Code of Conduct Updated Sept. 2022](#)
- [Bi-Cultural Tournament: Coaches Code of Conduct Updated Sept. 2022](#)
- [Rules and Guidelines for Participation in International AASCA Events](#)

