

2024/  
2025



INTERNATIONAL SCHOOL  
OF NANSHAN SHENZHEN

ISNS 深圳市南山外籍人员子女学校

**PHOENIX ATHLETICS**

**ISNS ATHLETE STUDENT HANDBOOK**



**INSPIRE THE FIRE**



INTERNATIONAL SCHOOL  
OF NANSHAN SHENZHEN

ISNS 深圳市南山外籍人员子女学校

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Dear ISNS Athletes and Parents,

Welcome (or welcome back), to the International School of Nanshan Shenzhen Athletics! The purpose of the Student Athlete Handbook is to provide student-athletes, parents, coaches and administration with a point of reference that is transparent and to further improve communication across the school community.

This handbook contains most of the policies, procedures, responsibilities and expectations involved with participation in the athletics program. More specific details may be sent home at the beginning of individual seasons. Participation in school sports is a very rewarding experience. Involvement on a school team requires a considerable commitment on the part of the student-athlete and also on the part of his/her parents.

ISNS believes that sport is an integral part of developing students holistically. Students are challenged to do their best, while at the same time encouraged to develop social responsibility, self-confidence, adaptability as well as life-skills such as time-management, teamwork and excellent sportsmanship.

For any questions or concerns with regard to the Athletics Program, please contact ISNS's Athletics Director, Nate Talamahina at [nate.talamahina@isnsz.com](mailto:nate.talamahina@isnsz.com)

Looking forward to having you on the team here at ISNS!

Go Team Phoenix! Inspire the fire!

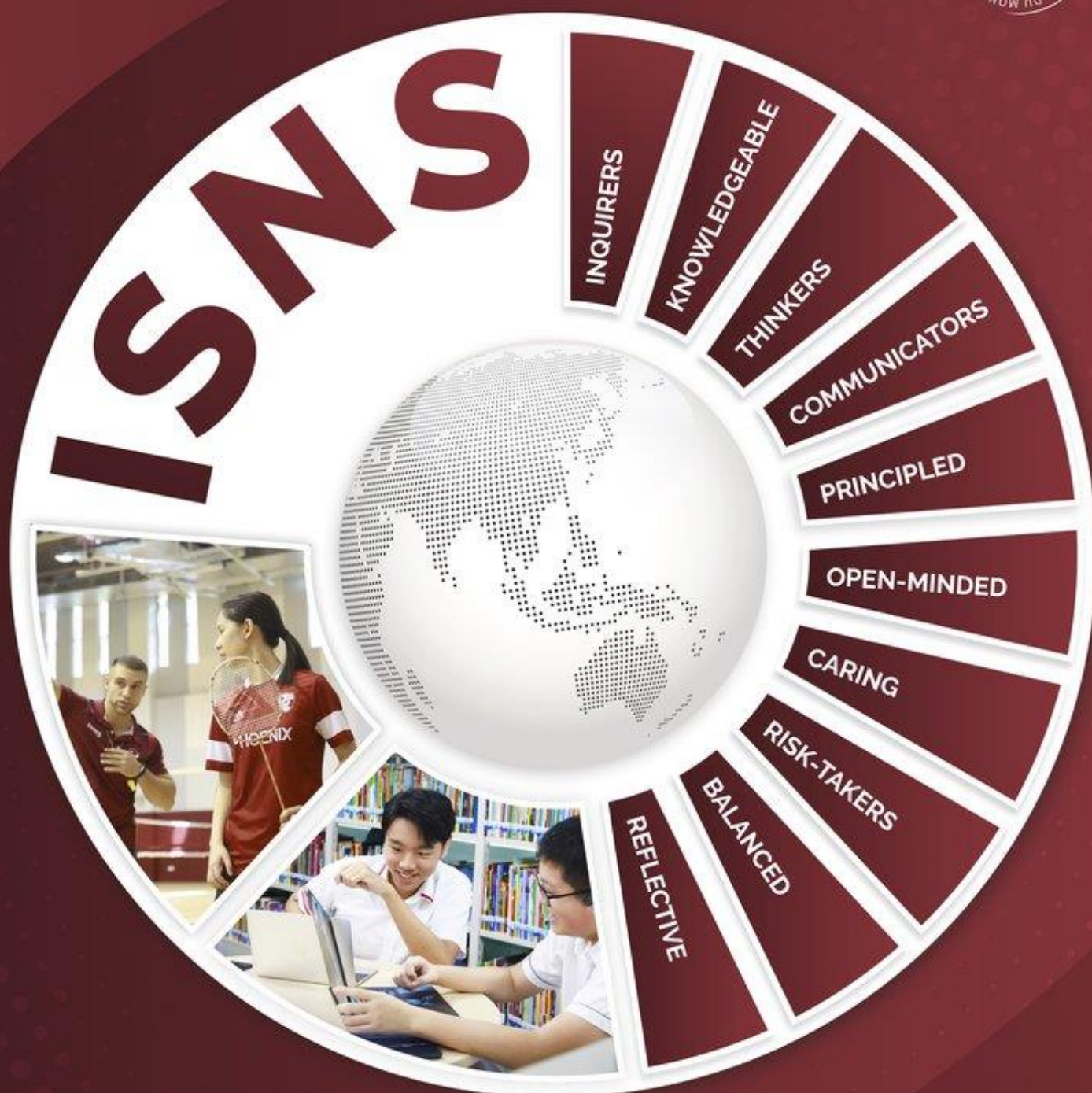
Yours sincerely,

Nate Talamahina  
Athletic Director and Head of Physical Education



**CARING LOCALLY. THRIVING GLOBALLY.**

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# THE IB LEARNER PROFILE



INTERNATIONAL SCHOOL  
OF NANSHAN SHENZHEN

ISNS 深圳市南山外籍人员子女学校

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## PURPOSE

The ISNS Athletics and Activities program actively promotes the school's mission, vision, and values. It provides a broad range of activities that compliment and extend the school's regular curriculum programs. ISNS believes that introducing students to a variety of activities will encourage them to follow their passions, take on challenges, and develop lifelong skills while maintaining a high standard of sportsmanship and work ethic. ISNS aims to foster the growth of principled, active, global citizens through a balanced range of learning experiences.

### Core Values

- Commitment
- Resilience
- Empowerment
- Enjoyment

Ultimately, student-athletes are in school to learn. The sporting arena provides an excellent opportunity to do so. Whether it is skills, attitude, knowledge, or spirit, be it in winning, losing or in training, it is the school's greatest wish that the students learn through every experience during the season.

## ATHLETICS & ACTIVITIES PERSONAL

Athletic Director and Head of Physical Education

Nate Talamahina

[nate.talamahina@isnsz.com](mailto:nate.talamahina@isnsz.com)

Activities Co-Ordinator

Kaisy Lian

[kaisy.lian@isnsz.com](mailto:kaisy.lian@isnsz.com)

### Why Be a Student Athlete?

There is extensive evidence supporting the benefits of students combining study with other activities such as athletics. Students involved in athletics will independently use their learning in extra-curricular programs to:

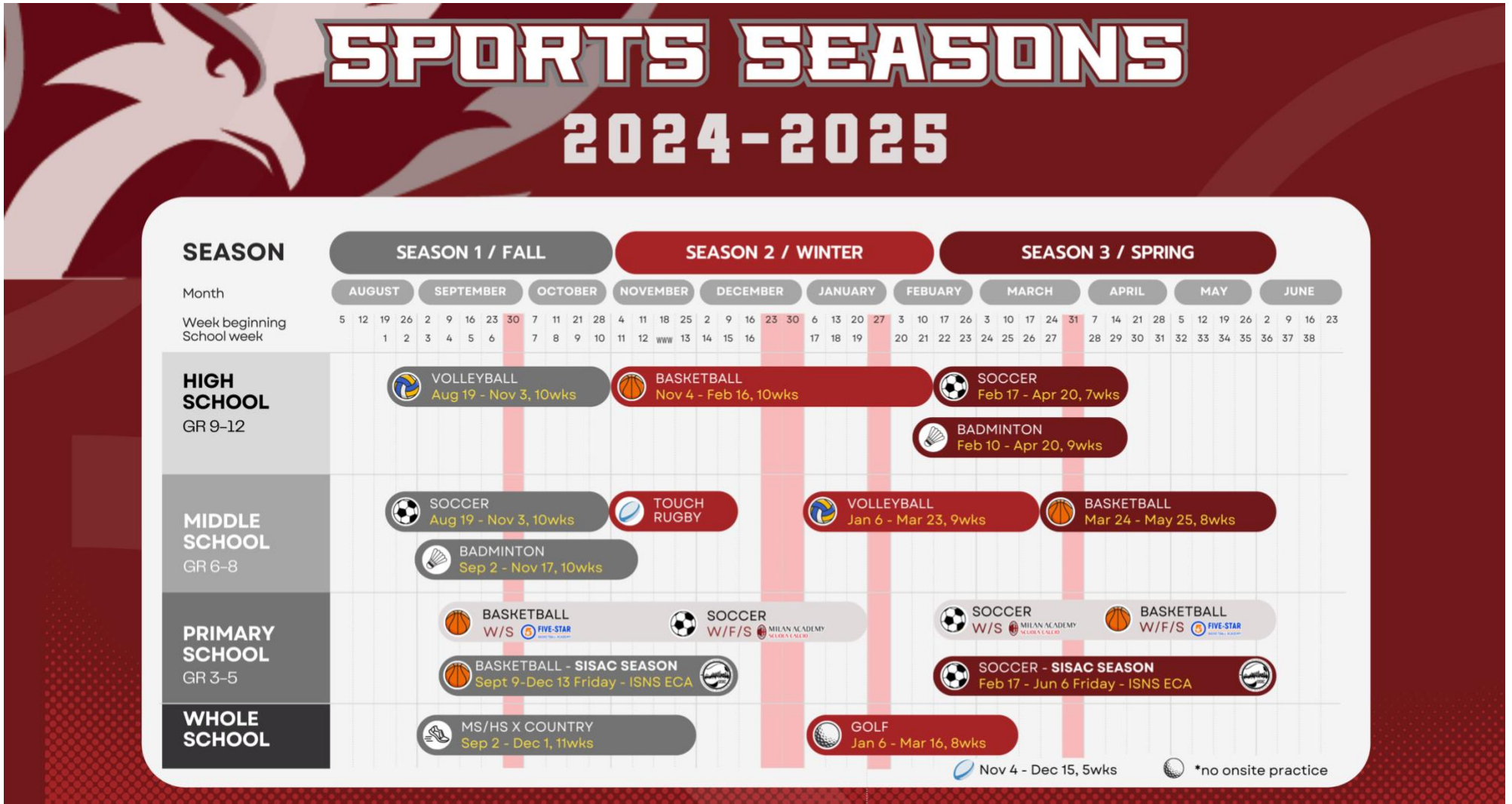
- Maintain an active and healthy lifestyle
- Engage in and enjoy a variety of Athletic and Non-Athletic pursuits and interests
- Express their creativity in a variety of ways
- Interact positively with other and contribute constructively and respectfully as a member of a group or team
- Value and demonstrate good sportsmanship and fair play
- Recognize opportunities for positive risk-taking
- Give back volunteering or contributing as a coach or a mentor



# SEASONS

## Athletics Seasons

A downloadable calendar that includes all events, times and dates can be found on the Athletics page on the ISNS website. Student-athletes and parents are encouraged to download the master schedule, but continually check [SchoolsBuddy](#) calendar for the most up-to details on games and tournaments.



## PROGRAMME OVERVIEW

Our competitive sports programme is divided into three levels. Each programme has a specific focus.

### Primary School (U11 & U9)

*Fun, Inclusion and Even Playing Times*

The goal at the Primary level is to maximize participation. This is done with a focus on developing basic skills, preparation for competition and a love for sport. Playing time within matches will be equal amongst all student athletes. Developing athletes is as equally as important as a winning season.

<p>ISNS is a member of Shenzhen International Schools Athletics Conference (SISAC). Within this conference, ISNS participates in two sporting seasons:</p>	<p>General coaching hours Primary School - Grades 3-5</p> <ul style="list-style-type: none"> <li>1*60 min afterschool practice per week</li> <li>1-2 Saturday events in Shenzhen</li> <li>1 semester 10-12 weeks</li> </ul> <p>PS practice days are typically Monday or Friday after school.</p>	<b>FALL/WINTER</b>
		Basketball
		<b>SPRING</b>
		Soccer

For more information, please go to the following sites:

ISNS Athletics - [Website](#)

### Middle School (U14) Grade 6-8

*Skill Development*

The primary focus at this level is to maximize the learning of skills, knowledge, and rules of the game. Maximum participation by athletes is emphasised not only for the overall growth and welfare of the athletes, but the continued development of the overall programme. Developmental levels should be the foundations for the higher, competitive levels. Developing athletes is equally as important as a winning season.

<p>ISNS is a member of two middle school sports conferences in our local region:</p> <ul style="list-style-type: none"> <li>Shenzhen International Schools Athletics Conference (SISAC)</li> <li>Pearl River Conference (PRC)</li> </ul> <p>*Additionally, some invitational events hosted by the Association of China and Mongolia International Schools (ACAMIS).</p> <p>Within these conferences, ISNS participates in three core sporting seasons:</p> <ul style="list-style-type: none"> <li>Approximately 8-10 week seasons</li> </ul>	<p>General coaching hours Middle School - Grades 6-8</p> <ul style="list-style-type: none"> <li>3 afterschool practices per week</li> <li>2 weekend tournaments within Guangdong</li> </ul> <p>Middle and High school practices occur between 15:45-18:00 depending on the availability of facilities. Typically, they will fall within one of the following two-time blocks:</p> <ul style="list-style-type: none"> <li>Session 1: 15:45 – 17:00</li> <li>Session 2: 16:45 – 18:00</li> </ul>	<b>FALL</b>
		<b>Soccer, Cross Country, Badminton Touch Rugby (Late Fall/Winter)</b>
		<b>WINTER</b>
		<b>Volleyball</b>
		<b>SPRING</b>
		<b>Basketball</b>

Invitational sports such as Badminton, Cross Country, Golf, Swimming, Track & Field, and Table Tennis have more informal seasons traditionally culminating in weekend tournament.

For more information on SIS MS Athletics please go to the following sites:

ISNS Athletics - [Website](#)

MS practice days & season dates per sport are planned to be as follows:

SPORT	PRACTICE DAY(S)
<b>Soccer, Basketball, Touch Rugby, Volleyball</b>	Mon, Tue, Thur
<b>Badminton</b>	Friday
<b>Cross Country, Golf</b>	Tue, Fri

### High School (U19) Grade 9-12

#### COMPETITIVE

At this stage of the programme, we place more emphasis on being competitive. During the season maximum participation is still a focus but for championship tournaments we aim to field our most competitive team. Players earn their game time throughout the season through their performance in matches and training. We strive to develop complex tactics of the sport and we emphasize commitment, discipline, and dedication to a team.

<p>ISNS is a member of three high school sports conferences in our local region:</p> <ul style="list-style-type: none"> <li>Shenzhen International Schools Athletics Conference (SISAC)</li> <li>Pearl River Conference (PRC)</li> <li>Association Of China and Mongolia International Schools (ACAMIS)</li> </ul> <p>Within these conferences, ISNS participates in three core sporting seasons:</p> <ul style="list-style-type: none"> <li>Approximately 8-10 week seasons</li> </ul>	<p>General coaching hours High School - Grades 9-12</p> <ul style="list-style-type: none"> <li>3 afterschool practices per week, plus occasion weekend practice/open gym</li> <li>2 weekend tournaments within Guangdong</li> <li>4-day ACAMIS tournament within China</li> </ul> <p>Middle and High school practices occur between 15:45-18:00 depending on the availability of facilities. Typically, they will fall within one of the following two-time blocks:</p> <ul style="list-style-type: none"> <li><b>Session 1:</b> 15:45 – 17:00</li> <li><b>Session 2:</b> 16:45 – 18:00</li> </ul>	<b>FALL</b>
		<b>Volleyball, Cross Country</b>
		<b>WINTER</b>
		<b>Basketball</b>
		<b>SPRING</b>
		<b>Soccer, Badminton, Golf</b>

Invitational sports such as Badminton, Cross Country, Golf, Swimming, Track & Field, and Table Tennis have more informal seasons traditionally culminating in weekend tournament.

For more information on ISNS MS Athletics please go to the following sites:

ISNS Athletics - [Website](#)

HS practice days & season dates per sport are planned to be as follows:

SPORT	PRACTICE DAY(S)
<b>Soccer, Basketball, Volleyball</b>	Mon, Tue, Thur
<b>Badminton</b>	Friday
<b>Cross Country</b>	Tue, Fri

games and tournaments.



## Core Sports Trips 2024-2025

	EVENT	HOST	DATE	APPROXIMATE COST
HIGH SCHOOL	PRC Volleyball Exchange	BOYS@QSID & GIRLS@ULC	Sept 21, 2024	Nil
	PRC Volleyball Tournament	BOYS@ULC & GIRLS@QSID	Oct 12, 2024	Nil
	ACAMIS Volleyball	DAIS – Dalian	Oct 30 - Nov 2, 2024	3,000RMB
	PRC Basketball Exchange	BOYS@CISGZ & GIRLS@DHZH	Nov 30, 2024	Nil
	PRC Basketball Tournament	BOYS@DHZH & GIRLS@CISGZ	Jan 11, 2025	Nil
	ACAMIS Basketball	WCIS - Shanghai	Feb 12-15, 2025	3,000RMB
	PRC Soccer Exchange	BOYS & GIRLS@ISNS	Mar 1, 2025	Nil
	PRC Soccer Tournament	BOYS & GIRLS@QSI	Mar 22, 2025	Nil
	ACAMIS Soccer	ISNS – Shenzhen	Apr 16-19, 2025	3,000RMB
MIDDLE SCHOOL	PRC Soccer Exchange	BOYS & GIRLS@ISNS	Sept 21, 2024	Nil
	PRC Soccer Tournament	BOYS & GIRLS@BSG	Oct 26, 2024	Nil
	PRC Volleyball Exchange	BOYS@ISD & GIRLS@CIS	Mar 1, 2025	Nil
	PRC Volleyball Tournament	BOYS & GIRLS@BISZ	Mar 15, 2025	Nil
	PRC Basketball Exchange	BOYS@CIS & GIRLS@QSI	Apr 26, 2025	Nil
	PRC Basketball Tournament	BOYS@QSI & GIRLS@CIS	May 10, 2025	Nil

## Invitational Sports Trips 2024-2025

	EVENT	HOST	DATE	APPROXIMATE COST
HIGH SCHOOL	PRC Badminton Exchange	NA	NA	Nil
	PRC Badminton Tournament	QSI	Mar 15, 2025	Nil
	ACAMIS Badminton	KEY - BEIJING	Apr 16-19, 2025	3,000RMB
MIDDLE SCHOOL	SISAC Badminton Tournament	BISZ	Oct 12, 2024	Nil
	PRC Badminton Exchange	ISD	Nov 2, 2024	Nil
	PRC Touch Rugby Exchange	NA	NA	Nil
	PRC Touch Rugby Tournament	AISG	Nov 23, 2024	Nil
MS/HS SCHOOL	PRC MS&HS Cross Country	To Be Confirmed	Oct 23, 2024	Nil
	ACAMIS GOLF	SIS	Mar 12-14, 2025	5,000RMB



## HOW STUDENTS REGISTER FOR A SPORTS TEAM

ISNS uses SchoolsBuddy to register students for try outs. New families will receive an activation email in August preceding the start of the school year.

### Registration Process

1. Parents log on to SchoolsBuddy to make a booking for try-out sessions [isns.schoolsbuddy.net](https://isns.schoolsbuddy.net)
2. Complete the online 'Annual Student Athlete Registration Form' by clicking one of the links below;
  - [PYP Student Athlete Permission Form](#)
  - [MS Student Athlete Permission Form](#)
  - [HS Student Athlete Permission Form](#)
3. Return in hard copy to the Athletic Office any supporting documentation.
  - **HS Students** – Medical Form, ACAMIS Student Participation Agreement, Rules for ACAMIS
  - **MS Students and JS Students** – Medical Form

Other support for SchoolsBuddy can be found [here](#)

### Registration Dates

SEASONS	REGISTRATION OPENS	REGISTRATION CLOSES
SEASON 1 [FALL]	August 19 <sup>TH</sup>	August 23 <sup>RD</sup>
SEASON 2 [WINTER]	October 7 <sup>TH</sup>	October 11 <sup>TH</sup>
SEASONS 3 [SPRING]	Jan 6 <sup>TH</sup>	Jan 11 <sup>TH</sup>

### Tryouts/Team Rosters

Try out sessions will run during the first week of the season. Students are expected to attend all sessions. At the end of the trial period, the team coaches will select playing squads and students will be notified as to their status. However, if the number of registrants for that team does not exceed the maximum number of players per squad, all registrants for that team will be accepted.

Selection to the squad will be based on:

- Attitude/Sportsmanship
- Participation
- Commitment
- Skill level

Numbers on the playing/travelling squads will reflect the limits related to league rules, although training squads may exceed these limits.

### Cutting

The general philosophy for ISNS athletics is to encourage all interested students to participate. Therefore, we aim to

encourage a no-cut policy where possible, this will be dependent on the availability of coaches and facilities.

Please note, activities that require students to pay for travel require additional consent from parents and may impact student-athlete availability for selection.

## TEAM UNIFORMS

Students at ISNS purchase their own personal uniform prior to the season starting. The AD will notify families when the online shop is open and items are available for purchase. High School students will need to purchase specialised sports uniforms for each sport they join. Middle School students will have a multipurpose uniform that can be worn for multiple sports. They are responsible for its upkeep and replacement if lost. Individual playing numbers are allocated by the AD at the time of purchase.



<https://www.k12org.com/vendors/isns>

**COMMITMENT**  
**RESILIENCE**  
**EMPOWERMENT**  
**ENJOYMENT**



# STUDENT ATHLETE EXPECTATIONS

## GUIDELINES FOR PARTICIPATION

Students who are part of ISNS representative team squads will be expected to follow the expectations listed below:

### BEHAVIOUR:

- Students must uphold the 'ISNS Athletics Code of Conduct' [Appendix 1]
- Students referred for classroom/school-related behavioural issues may miss any practice, game, or tournament scheduled for that day or the days following. *Note: The Athletic Director and Principal reserve the right to extend the standdown period based on the severity or nature of the behavioural issue.*
- Students are not permitted to consume any alcohol, drug, or smoke (of any kind, including vaping) during the season. Any player caught in possession or consuming any of the above will result in disciplinary action as outlined in the Parent & Student Handbook
- Expectations and/or consequences of behavioural issues not mentioned above will be handled as seen in the Parent & Student Handbook
- Student-Athletes must demonstrate and maintain respectful behaviour

### COMMITMENT:

- At the time immediately before team selection, a commitment to the team and the tournaments is made. A voluntary withdrawal once a commitment has been made without good cause may result in a suspension of opportunity to participate in a following season's activity. In case of insufficient notice of withdrawal before the tournament, the family can be charged for all expenses related to the tournament.
- By accepting a position on a squad, students have effectively committed to the team and the team schedule, including mid-season and end-of-season tournament trips, as outlined before selections.
- Should there be the need to miss a practice or game, students are expected to make advance arrangements with their coach.
- If a student is having difficulty with attending all scheduled commitments, they must make direct contact with the coach.
- Students unable to fulfill their commitment to the team may jeopardise their participation in future events.
- Students should consider schedules and date clashes before a season begins as once teams have been picked there is a commitment to teammates to make every attempt to be at every practice and tournament.
- Missing a practice because of a forthcoming test or for homework is not an acceptable excuse. The sports schedule is produced well in advance. It is the students' responsibility to plan their homework and study schedule around their commitment to their team and teammates.

### UNIFORMS:

- Students are expected to ensure that a purchased or issued uniform remains in good condition for game and tournament play. The coach will ask the student to replace the uniform, if they feel it is not of a standard high enough to represent the school
- Personal Protective Equipment (PPE) items must be worn for each sport (i.e. shin pads for football/soccer) and these items will be identified at the beginning of their respective season
- Regular glasses are **not** to be worn during team practices or competitions. Specific safety goggles/glasses (or contact lenses) are required to participate, for the safety of the participant

### COMMUNICATION:

- Athletes should maintain good communication with their coach. They must let their coach know in advance of any missed practices or if they are unable to participate for any reason. If a problem arises that cannot be resolved, parents are invited to contact the coach. If the problem can still not be resolved, the Athletics Director can be asked to mediate.

### CLASSWORK AND CLASS ATTENDANCE:

- Student Athletes are expected to remain on top of their studies and involvement in Athletics cannot be allowed to negatively affect academic achievement. Teachers may refer any student-athlete with whom they have concerns to the relevant coordinator, the principal, or the Athletics Director
- Student Athletes are expected to be present in all possible classes on the day of an Athletics activity unless the absence has been planned and agreed in advance by the relevant coordinator. If the student is absent due to sickness, they are not eligible to take part in the activity for that day
- Student-Athletes are not permitted to miss school immediately following a tournament due to tiredness or any other factor relating to their participation

Failure to adhere to these standards and expectations could result in disciplinary action, as prescribed by the Athletic Director, Coach(es). In all instances, the administration will be notified of the circumstance of the offense and they reserve the right to apply additional disciplinary action based on the Student Handbook and its disciplinary guidelines. It is imperative that parents and their child(ren) discuss these policies.

### RIGHT OF APPEAL:

Where a decision has been made to exclude a student's participation in future practices and/or games, the student has the right to request a review and reconsideration of the decision. Such requests should be directed to the Athletics Director.

### TIME OUT OF LESSONS

- Students in Grades 6-8 have a maximum of five days out of school per semester for extracurricular activities such as sports, drama, academic programs, music, etc.

- Students in Grades 9-12 have a maximum of six days out of school per semester for extracurricular activities such as sports, drama, academic programs, music, etc.
- Days are divided into quarters (for example: a team leaving at lunchtime would miss a quarter day; break time would be a half day)

### TRAVEL RULES & GUIDELINES

- Students must wear their seatbelts whilst travelling on the bus and this will be checked periodically by coaches
- All coaches/chaperones should have a mobile phone switched on and with them at all times during the trip
- If students are leaving chaperone supervision (i.e. in a shopping mall), they all must have the mobile device with access to the team WeChat group. They should go in groups and maintain contact with the chaperone, in the group chat
- There should be respectful behaviour at all times towards the public, hotel staff, playing opposition, fellow students, officials, host parents, host school staff and students, etc.

### HOTEL/OVERNIGHT RULES & GUIDELINES

- A curfew of no later than 10pm will be set. At curfew, all students must be in their allocated rooms/homes and remain there until the following morning
- No student should leave the hotel without the permission of the chaperone or the host's home without the permission of the host
- Students are not allowed in the hotel room of other students

- Avoid public displays of affection (PDA): PDA, including hugging, kissing, cuddling, and other forms of intimate touching, is not acceptable in school, at school events, or on school trips
- Students in relationships cannot share rooms during overnight trips. This Applies to all students, regardless of gender or sexual orientation.
- There will be a consequence for any breaking of overnight stay rules - this will depend on the rule that was broken, the circumstances and any previous offenses. Any breaking of overnight stay rules should be reported to the Athletic Director as soon as is reasonable after the offence and advice will be sought by the chaperone and/or coach on the appropriate sanction
- The chaperone is required to report inappropriate behaviour or the breaking of a rule to the Athletic Director, coach and Principal. If, as a result of this consultation, the student-athlete is sent home early from a tournament, the parents will be required to pay all costs associated with the early return of the student. This may include the cost of a chaperone to accompany the student if required

### PARENT EXPECTATIONS & RESPONSIBILITIES

Parents are vital to the ISNS athletics program. These guidelines are provided to you because your son or daughter has indicated a desire to participate in ISNS interscholastic sports and you have expressed your willingness to permit him/her to compete. A student who



elects to participate in athletics is making a choice of self-discipline and good training habits. Participation in sports provides a wealth of opportunities and experiences which assist students in personal growth and development.

Both parenting and coaching are extremely challenging vocations, and the partnership between parents and coaches is a key dynamic to the overall growth experience of a student-athlete. By establishing an understanding of each position, we are better able to accept the actions of the other for the benefit of the student-athlete. As parents, when your children become involved in our program, you have the right to understand the expectations that are placed on your child. This begins with clear communication from your student-athlete's coach.

#### **Communication you can expect from your coach:**

- Philosophy of the coach
- Expectations the coach has for your student-athlete as well as the team
- Locations and times of practices, contests and events (this information is also available on the [\*Practice & Competition Schedule\*](#) page of our athletics website; students must consult with the coach before missing any scheduled sessions)
- Team requirements and rules
- Procedures to follow should your child be injured during participation
- Discipline resulting in the restriction or denial of your child's participation
- The availability of the coach to speak with you about your child if you should have a concern

#### **Communication coaches can expect from parents**

- General concerns expressed directly to the coach (at appropriate times)
- Notification of any schedule conflict which may involve an absence from practices or a contest well in advance
- Notification of health or family concerns that may impact your student-athlete
- Your support for the program and positive encouragement for all involved

#### **Appropriate concerns to discuss with coaches**

- Ways to assist in your child's improvement
- Physical and mental treatment of your child
- Concerns about your child's behaviour

#### **Issues not appropriate to discuss with coaches**

- Playing time
- Strategy, play calling
- Other student-athletes

#### **Keeping athletics in perspective**

- Emphasise that academics must always come first and assist your child with good time management strategies.

In representing a International School of Nanshan Shenzhen (ISNS) team, the student athlete and parents

agree to practice, tournament/travel schedule which will be distributed by each teams' coach and advertised on SchoolsBuddy and the school website.

It is the parents' responsibility to:

- I. Review all the details with respect to the extra-curricular activity specified in the Student Athlete Handbook and the Student Athlete Registration Packet
- II. To understand that sport, recreation, travel, outdoor activities represent opportunities for accidents. Every effort is made to minimize risk and to ensure the provision of emergency attention as deemed necessary
- III. Direct any questions or concerns to the team coaches or activity sponsors first.
- IV. Have current comprehensive medical insurance for their child applicable to all school related activities both during normal school hours and extra-curricular activities and excursions.
- V. To promptly reimburse any payment should up-front payment be required for medical treatment and indemnify the school for any amount incurred.
- VI. Demonstrate the same positive spirit of sportsmanship towards officials and opponents that we expect from our student athletes.



## **PARENTS/SUPPORTERS CODE OF CONDUCT**

ISNS expects that all parents and supporters will:

- Gain an understanding of the rules of the sport and learn the policies of the various tournaments, events and leagues the Athlete participates in.
- Respect the official's decisions and encourages all athletes to do likewise.
- Remain positive and encouraging towards all athletes.
- Stress that doing one's best is more important than winning.
- Support the coach and allow one voice to direct the team during practices and games.
- Respect all coaches and officials and not confront or discuss decisions in the presence of athletes.
- Not engage in any kind of unsportsmanlike conduct such as booing, ridiculing, taunting or usage of any profane language or gestures.

- Be a positive role model and encourage good sportsmanship by showing respect, courtesy and positive support to all athletes, coaches, officials and spectators at every practice and/or game.
- Follow the guidelines on the use of cameras and videos
- Wait until the appropriate time to communicate with the coach i.e. as outlined in the **Lines of Communication** section of the Student Athlete Handbook.

### ACAMIS COSTS AND TRAVEL FEES

Athletes in the **U19 High School** teams will have the opportunity to travel to other cities in the region for various events or tournaments. ISNS assists athletes by subsidizing some of the expenses related to ACAMIS tournament participation including player registration fees, Hotel accommodation and all bus transportation to matches and tournaments throughout the season. Parents must share this responsibility as well. A payment of 3000RMB is payable 6-8 weeks before the ACAMIS tournament for each sport. Coaches will provide specific dates during seasons.

If the athlete participates in the sports season, they are expected to participate in ACAMIS if they are selected to represent the school. Any money not used, will be refunded following the ACAMIS tournament the athlete is participating in. If more money is required to cover the costs, we will announce that prior to booking for ACAMIS. If the athlete is not selected to represent the school at ACAMIS, the deposit will be refunded. If an athlete is participating in more than one sport, you must deposit 3000RMB per sport. This can be given to the upper school finance office at the beginning of the respective season.

### RESPONSIBILITY ON TRIPS

The parent understands that student-athletes will compete in competitions in other parts of China and, at times, abroad. All trips will be supervised by staff members and/or other responsible adults who will exercise all reasonable caution. The parent agrees that they will not hold ISNS, its representatives, administration, and its Board liable for any accident arising during a school-sponsored or school-related outing or field trip.

Parents signing their child up for a sport are confirming that they have read the above and understand their responsibilities in this regard.

By signing up for a sport, they are also confirming that, to the best of their knowledge, the student is in a fit enough physical condition to participate in the sporting activity.

### LINES OF COMMUNICATION

Coaches are encouraged to establish a line of communication with the parents during the season. E-mail is very effective for information sharing but telephone is

much better if there are personal issues to be resolved. When problems arise, the parent and/or student-athlete should talk to the coach first. Most areas of concern can be solved at this level. If a resolution does not occur when talking with the coach and the parents or student feels that additional communication is necessary they should contact the Athletic Director. If he/she is still unable to solve the problem, then a meeting with the relevant Principal may be scheduled.

### USE OF IMAGES

Unless we are informed otherwise, as part of registering with for a team you agree that photographs and videos may be taken of your child and used as part of the end of season presentation, on the website or as promotional material for the Phoenix Athletic program

### HAZING OR BULLYING

ISNS prohibits any recognised athletic teams from hazing members or prospective members. Hazing is any action or activity, with or without consent from a person, whether conducted on or off ISNS premises, which is designated to or has the reasonably foreseeable effect of humiliation, denigrating, offending, physically or mentally abusing or exposing to danger a person, as a condition, directly or indirectly, of the person's consideration for, continuation in, admission to, membership in, participation in activities of, an organisation or group.

### STRENGTH AND CONDITIONING PROGRAM (SCP)

Along with the two or three team practices during the season, all middle and high school athletes should engage in regular physical activity throughout the year to help develop and maintain their fitness and conditioning levels. ISNS offers a Strength and Conditioning Program (SCP) to assist students in achieving a higher level of physical fitness and conditioning [Appendix 2].

### HIGH SCHOOL (G9-12) SERVICE TO SPORT

High school student athletes are required to be involved in Service to Sport during the year. This provides student athletes with the opportunity to contribute to the ongoing success and sustainability of our programs. Whether you participate in 1 or multiple sports, the 10-hour minimum commitment is the same. This minimum of 10 hours is not per sport. **SPORTS AWARDS**

The criteria guidelines for International School of Nanshan Shenzhen Sports Awards, presented to students at the Sports Awards Dinner, are as follows:

Three awards will be presented to each team, with the fourth award being presented to a boy and girl student-athlete from each the Middle and High School.





## SPORTS AWARDS

### MOST VALUABLE PLAYER

This is the team member who, in the judgment of the coach(es), best meets the following criteria:

- Consistently performs at a high level of performance
- Demonstrates leadership qualities and excellent team spirit
- Consistently shows a positive attitude and enthusiastic approach
- Has excellent attendance at training and games and is always correctly attired

### MOST IMPROVED PLAYER

*This is the team member who, in the opinion of the coach(es), best meets the following criteria:*

- Shows the most improvement over the duration of the season or competition
- Demonstrates a willingness to learn and grow as a sporting person
- Demonstrates leadership qualities and excellent team spirit
- Consistently shows a positive attitude and enthusiastic approach
- Has excellent attendance at training and games and is always correctly attired

### COACHES AWARD

This is the team member who, in the opinion of the coach(es), best meets some or all of the following criteria:

- Demonstrates leadership, sportsmanship, team spirit, and teamwork throughout the season
- Consistently promotes team unity and serves as a positive role model
- Has excellent attendance at training and games and is always correctly attired

### ATHLETE(S) OF THE YEAR

This is a student-athlete, chosen by the program coaches, who embodies the standards and integrity of ISNS student-athletes. Criteria are as follows:

- Demonstrates high athletic ability and consistently excels in their sport, contributing significantly to the team's success.
- Shows a strong commitment to their sport through rigorous training, perseverance, and a relentless work ethic.
- Performs consistently at a high level in practices, games, and competitions throughout the season.
- Acts as a leader both on and off the field, motivating and inspiring teammates to achieve their best.
- Maintains excellent sportsmanship, respecting teammates, opponents, coaches, and officials.

Please note that, in all instances, student eligibility for any of the awards is based on the criteria above and extends to meeting the behavioural standards, expectations and ethos of the school

## PHOENIX WALL OF FAME AND HONOURS BOARD

### WALL OF FAME

#### THREE YEAR ALL-ROUND ATHLETE

1. Rationale
  - a. This award is intended to recognize multi-talented students to commit to High School sport in their final three years.
2. Criteria
  - a. A minimum of 9 x seasons selection in U19 and SISAC/PRC/ACAMIS teams in their last two years.

### HONOURS BOARD

#### FOUR-YEAR TEAM ATHLETE

1. Rationale
  - a. This award is intended to recognize students with more specific skills to commit to a single High School sport throughout their High School career.
2. Criteria
  - a. Selection for the 19UA SISAC A team for 4 years from G9 through G12.



**INSPIRE THE FIRE**

## APPENDIX 1: Student Athlete Code of Conduct

### STUDENT ATHLETE CODE OF CONDUCT

The opportunity to compete in athletics at ISNS is an honour and a privilege. Along with this privilege comes added responsibility and expectations for student athletes. The intent of this code is not to be punitive, but rather it is meant as a proactive approach to assist student athletes to generate the motivation for them to achieve to their fullest capability. Thus, it is important for student athletes, parents, and coaches to understand the behavioral expectations of this code. Athletes and their parents are asked to sign this form stating that they have read the policy and understand it.

The ISNS Athletic Code of Conduct has five components and the breaking of any of these may result in various consequences ranging from a warning, being held out of competitions, or being asked to leave the team.

**BEHAVIOUR:** *Students must show responsible and respectful behaviour at school and at all school related events. Students will:*

- Treat all school equipment or property with respect
- Display good sportsmanship toward their team and opponents
- Control their emotions and use appropriate language
- Cooperate with coaches, advisors, chaperones and tournament directors
- Abide by the laws applicable in the locale of their tournament
- Avoid use or being in the vicinity of others that are using illegal drugs, alcohol, and tobacco
- Avoid public displays of affection (PDA): PDA, including hugging, kissing, cuddling, and other forms of intimate touching, is not acceptable in school, at school events, or on school trips.

**ATTENDANCE:** *Students are expected to be at school and practice every day unless excused by the attendance officer. Students must:*

- Avoid excessive absences or lateness
- Be aware of the school's attendance policy
- Attend a minimum of half the school day in order to participate in a practice or game with the exception being if student was on a school related trip that day
- Attend **all** practices unless cleared by the coach(es)
- Contact the coach(es) personally by **12 PM** on the day they will miss
- Attend their first period class the day following their arrival back in Shenzhen from an athletic trip
- Student-athletes should not miss more than 3 sessions for the entire season

**ACADEMICS:** *Students must ensure that assessments (formatives and summatives) are submitted on time for all courses to participate in games or attend any trips. Any athlete not maintaining appropriate academic standards will be under review to determine their eligibility to participate. Students will:*

- Communicate with all their teachers two days in advance of any known absence and obtain all homework assignments prior to leaving for a trip
- Understand that an absence due to an athletic trip does not equate to a delay in homework or in preparation for an exam
- Organise a study table/time to do homework during the trip, if needed

**OVERNIGHT TRAVEL/HOTEL STAY:** *Students must abide by the curfew expectations given by their coaches or tournament director when hosting or travelling on a trip. Violations of the curfew may result in immediate removal from the tournament. Additional consequences may range from ineligibility in the next game and/or tournament, to being removed from the team and sent home at the expense of the parents.*

*Students will:*

- Be at their rooms before 10 PM each night and remain there until morning
- Not leave the hotel without the permission of the chaperone
- Students are not allowed in the hotel room of other students
- Students in relationships cannot share rooms during overnight trips. This Applies to all students, regardless of gender or sexual orientation.

**ALCOHOL/TOBACCO AND DRUGS:** *Student athletes regardless of age, may not use or have any in their possession any alcohol, tobacco or drugs. If a student is reported to have used any of the above substances, and an investigation proves the student did use or have in their possession, the following guidelines and consequences may be administrated:*

- Student Handbook consequences will be administrated by administration
- Special provision for travel:
  - If a student is on an athletic trip, they may be placed on an immediate flight/train home at their family's expense

In all instances, the administration will be notified of the and circumstance of the offense and they reserve the right to apply additional disciplinary action based on the Student Handbook and its disciplinary guidelines. It is imperative that parents and their child(ren) discuss these policies.

I/We have read and understood the above ISNS Athletic Code of Conduct and its expectations and consequences. I/We fully support the statements and the consequences.

## APPENDIX 2: High School (G9-12) Service to Sports

### HIGH SCHOOL (G9-12) SERVICE TO SPORTS

High school student athletes are required to be involved in Service to Sport during the year. This provides student athletes with the opportunity to contribute to the ongoing success and sustainability of our programs.

All high school student athletes are required to contribute a minimum of 10 hours in any of the 3 areas of service outlined below. These hours can be counted towards your CAS or MYP service hour requirements. This will be managed and monitored by the Athletic Director, Service-Learning Coordinator, and the relevant coaches.

Whether you participate in 1 or multiple sports, the 10-hour minimum commitment is the same. This minimum of 10 hours is not per sport.

The 3 areas of service and examples of duties include.

#### **Coaching and Leadership Roles:**

- Assisting a coach of a Middle School or Primary School team.
- Running an ASA for Middle School or Lower School students with a focus on physical activity. Under the supervision of a teacher.
- Team manager assist the coach with general duties and attend all practices/games, record team statistics
- Student Athletic Council

#### **Scoring, Officiating and Match Day Roles:**

- Operating scoreboards at matches/tournaments hosted by ISNS
- Acting as an official (i.e. linesperson, scorer) at matches/tournaments hosted by ISNS
- Operating the music at matches/tournaments hosted by ISNS
- Assisting the Tournament Director at matches/tournaments hosted by ISNS

#### **Promotion and Photography Roles:**

- Being the team reporter during the team season, game write ups
- Photographer at matches/tournaments hosted by ISNS
- Create announcements promoting upcoming Athletics events and results
- Travelling with a High School or Middle School team to a Saturday tournament as a photographer

## APPENDIX 3: Strength and Conditioning Program (SCP)

### STRENGTH AND CONDITIONING PROGRAM (SCP)

The Phoenix Fitness center is open to all students and faculty. Students are highly encouraged to use the facilities during hours of operation, which are outlined below.

Along with the two or three team practices during the season, all middle and high school athletes should engage in regular physical activity throughout the year to help develop and maintain their fitness and conditioning levels. ISNS offers a Strength and Conditioning Program (SCP) to assist students in achieving a higher level of physical fitness and conditioning.

All student athletes will have the opportunity to participate in training programs designed for them according to their sport and their sports ability. Middle School sessions will be group-based with focus on basic strength training and safety.

SCP runs in the Fitness Room/Field and or Gymnasium each morning between 7:00 AM – 7:45 AM and after school from 3:30 PM-4:30 PM. All morning sessions will be supervised. Afternoon sessions may be supervised but are intended primarily for more experienced student athletes who can complete their training programs with limited direct supervision.

To ensure safety, only a certain number of students can use the gym at one time. To use the gym, athletes will need to register in advance. The Athletic Director will manage this process, in consultation with the coaches. Attending in pairs or groups is preferred for motivation and safety reasons, although most exercises in the individualized training programs do not necessitate a partner/spotter to maintain safety for the student athlete. There will always be a member of the Athletics Department in the gymnasium if you require assistance.

Students recovering from injuries should also use these SCP training sessions as an opportunity to speed up recovery and are encouraged to seek professional medical advice which includes a list of suitable rehabilitation exercises.

#### IN-SEASON

During a season, all athletes should complete at least one 45-minute SCP session each week, although two sessions each week is preferred. Completing these sessions individually will then enable coaches to focus their 3 weekly team training sessions on skills, tactics and gameplay, rather than on physical conditioning.

#### OFF-SEASON

All athletes should commit to maintaining a good level of physical fitness throughout the year. When you are not in a sports season, you should complete a minimum of two 45-minute SCP sessions each week, plus an additional two 45-minute exercise sessions with a cardiovascular focus such as running, HIIT sessions, bike riding, cardio machines such as elliptical trainer or rower.