

# 2025/ 2026

INTERNATIONAL SCHOOL  
OF NANSHAN SHENZHEN  
ISNS 深圳市南山外籍人员子女学校  
**PHOENIX ATHLETICS**

## ISNS STUDENT ATHLETE HANDBOOK







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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# INTRODUCTION

## PURPOSE

The ISNS Athletics and Activities Program supports the school's mission, vision, and values by providing students with opportunities to pursue their passions, take on new challenges, and develop lifelong skills. Through extracurricular involvement, students learn **perseverance, teamwork, and sportsmanship** in a supportive and inclusive environment.

Our goal is to foster the growth of principled, active global citizens through a balanced range of learning experiences.

## CORE VALUES

- **Commitment** – Show up, follow through, and support your team.
- **Resilience** – Learn from setbacks and keep improving.
- **Empowerment** – Take ownership of your growth as a student-athlete.
- **Enjoyment** – Find joy in training, competing, and being part of a team.



Athletics is an extension of the classroom, every practice, match, and challenge is an opportunity to grow as a learner, teammate, and leader.

## WHY BE A STUDENT ATHLETE?

Students involved in athletics gain valuable experiences beyond the classroom. Being a student-athlete helps young people to:

- Maintain an active and healthy lifestyle
- Develop teamwork and communication skills
- Demonstrate good sportsmanship and fair play
- Learn how to manage time and responsibilities
- Take positive risks and build confidence
- Contribute through coaching, leadership, or service

## KEY CONTACTS

### ATHLETICS & ACTIVITIES PERSONAL

Athletic Director and Head of Physical Education

Nate Talamahina

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

Activities Co-Ordinator

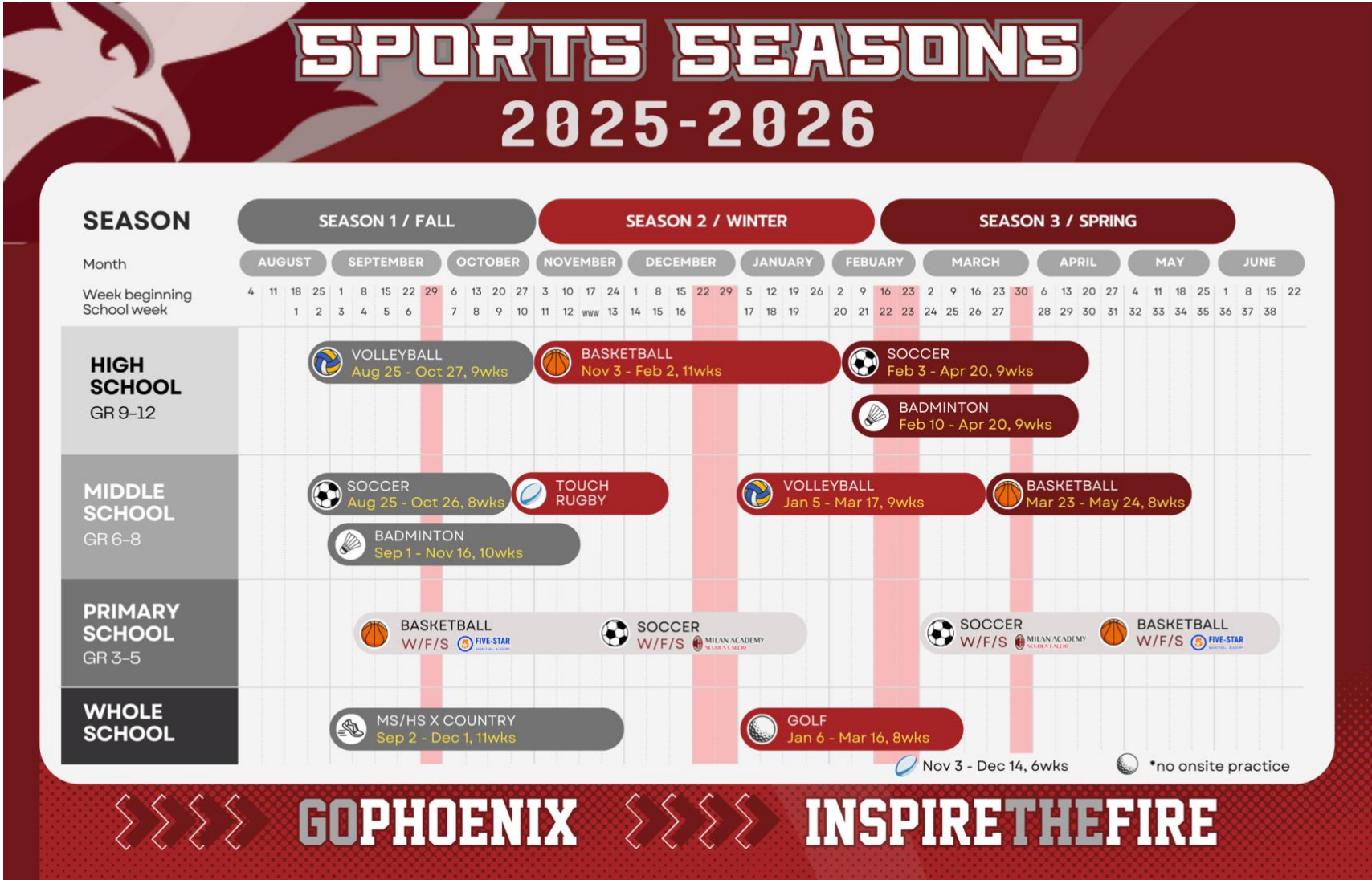
Kaisy Lian

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

SEASONS

ATHLETICS SEASONS

A full calendar of sports events, including practices, games, and tournaments, is available on the **ISNS Athletics page** of the school website. Families are encouraged to download this master schedule at the start of the year.



# 2025-2026 ATHLETICS EVENTS



## 2025-2026 ATHLETICS EVENTS

INTERNATIONAL SCHOOL OF NANSHAN SHENZHEN

Weekend	Holidays
Trials	SISAC Playoffs
PRC	ACAMIS
Sign Up Period	Academy

August 25						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 25						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 25						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 25						
M	Tu	W	Th	F	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 25						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 26						
M	Tu	W	Th	F	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### SCHOOL ATHLETICS EVENTS

#### August 2025

19-23	Season 1 Sign Ups
23	Trials HS VB & MS SOC
30	Trials MS BAD

#### September 2025

13	PRC MS BAD
20	PRC HS VB & PRC MS SOC
Sep 27 - Oct 6 (Chinese National Holiday)	

#### October 2025

7-10	Season 2 Sign Ups
11	PRC MS BAD & PYP ACD SOC
18	PRC HS VB
20-21	Staff PD

22-25	ACAMIS VB @ XIS
23	SISAC MS SOC Playoffs
24	SISAC MS BAD Playoffs
25	PRC MS SOC
25	SISAC MS/HS SWIM
27	SISAC HS VB Playoffs

#### November 2025

1	Trials HS BB
6-7	PTC
8	PYP Academy
29	PRC HS BB & MS TR

#### December 2025

6	PYP Academy
11	SISAC MS TR Playoffs
13	Trials MS VB
19	Early Dismissal at 11:30am
Dec 20 - Jan 4 (Winter Break)	

#### January 2026

5-9	Season 3 Sign Ups
17	SISAC U9/U11/MS/HS SWIM
17	PRC HS BB & MS VB
24	Trials HS SOC
28-31	ACAMIS BB @ AISHK

#### February 2026

2	SISAC HS BB Playoffs
7	PRC HS SOC
Feb 14 - Mar 1 (Lunar New Year Break)	

#### March 2026

7	PRC HS BAD & PRC MS VB
10-12	ACAMIS Golf
14	PRC HS SOC
17	SISAC MS VB Playoffs
18-21	ACAMIS Soccer @ BSB
21	Trials MS BB
21	PRC HS BAD
23	SISAC HS BAD Playoffs

#### April 2026

Mar 28 - Apr 5 (Spring Break)	
15-18	ACAMIS BAD @ TIS
20	SISAC HS SOC Playoffs
24	PYP SLCs, SLCs/PTCs for MS and HS
25	PRC MS BB

#### May 2026

May 1-4 Labor Day Holiday	
9	PRC MS BB
21	SISAC MS BB Playoffs
29	Sports Banquet

February 26						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 26						
M	Tu	W	Th	F	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 26						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 26						
M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 26						
M	Tu	W	Th	F	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 26						
M	Tu	W	Th	F	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

#### Sports Seasons

**SEASON 1**  
HS Volleyball  
MS Soccer  
MS Badminton  
MS/HS Cross Country

**SEASON 2**  
HS Basketball  
MS Touch Rugby  
MS Volleyball

**SEASON 3**  
HS Soccer  
HS Badminton  
MS Basketball  
MS/HS Golf

## PROGRAMME OVERVIEW

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

### PRIMARY SCHOOL (U11U9)

*Fun, Skill Development, Confidence*

The Phoenix Academy provides students with the opportunity to develop core skills and game understanding through high-quality coaching and inclusive team environments.

ISNS Phoenix Academy competes against other International Schools Academies in invitational tournaments.	<b>Coaching Days:</b> Wednesday, Friday, Saturday  <b>Coaches:</b> Sessions are delivered by qualified external staff from 5 Star Basketball and AC Milan Soccer  <b>Eligibility:</b> Students enrolled in the Academy are eligible to represent ISNS in select tournaments throughout the year.  <b>Payment:</b> This is a paid program; families register and pay to participate.	SEMESTER 1
		Soccer & Basketball
		SPRING
		Soccer & Basketball

### MIDDLE SCHOOL (U14) GRADE 6-8

*Skill Development*

The emphasis is on learning skills, knowledge, and game rules while encouraging maximum participation. Developing athletes is equally as important as a winning season.

<b>ISNS Athletic Conferences</b> ISNS teams participate in three major school sports organisations: <ul style="list-style-type: none"> <li>▪ <b>SISAC</b> – Shenzhen International Schools Athletics Conference</li> <li>▪ <b>PRC</b> – Pearl River Conference (schools across Guangdong)</li> </ul> <b>Sports Seasons</b> ISNS teams compete across <b>three main seasons</b> , each lasting around <b>8–10 weeks</b> .	<ul style="list-style-type: none"> <li>▪ 3 afterschool practices per week</li> <li>▪ 2 weekend tournaments within Guangdong</li> </ul> Practices run between <b>3:45 PM and 6:00 PM</b> , typically in one of two blocks: <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>	FALL
		Soccer, Cross Country, Badminton Touch Rugby (Late Fall/Winter)
		WINTER
		Volleyball
		SPRING
		Basketball

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

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

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



## HIGH SCHOOL (U19) GRADE 9-12

### COMPETITIVE

While maximising participation, we place more emphasis on being competitive. 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.

<div><b>ISNS Athletic Conferences</b> ISNS teams participate in three major school sports organisations:</div> <div><ul style="list-style-type: none"><li>▪ <b>SISAC</b> – Shenzhen International Schools Athletics Conference</li><li>▪ <b>PRC</b> – Pearl River Conference (schools across Guangdong)</li><li>▪ <b>ACAMIS</b> – Association of China and Mongolia International Schools</li></ul></div> <div><b>Sports Seasons</b><ul style="list-style-type: none"><li>▪ ISNS teams compete across three main seasons, each lasting around 8–10 weeks.</li></ul></div>	<div><ul style="list-style-type: none"><li>▪ 3 afterschool practices per week</li><li>▪ 2 weekend tournaments within Guangdong</li></ul></div> <div>Practices run between <b>3:45 PM and 6:00 PM</b>, typically in one of two blocks:<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></div>	<div>FALL</div> <div>Volleyball, Cross Country</div> <div>WINTER</div> <div>Basketball</div> <div>SPRING</div> <div>Soccer, Badminton, Golf</div>
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Invitational sports such as Badminton, Cross Country, Golf, Swimming, Track & Field, and Table Tennis have more informal seasons traditionally culminating in weekend tournament

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

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

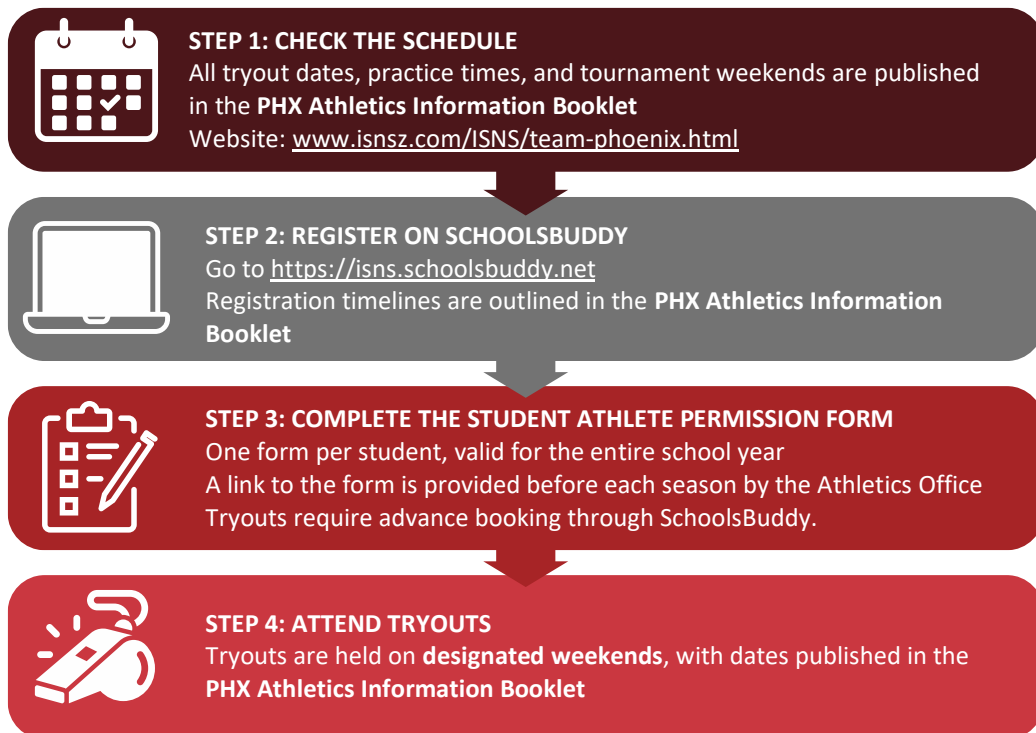
ISNS Athletics - [Website](#)



# PARTICIPATION IN ATHLETICS AT ISNS

## HOW TO REGISTER

All student-athletes must complete the ISNS registration process before participating in tryouts, practices, or competitions.



Students should only register if they can commit to the **entire season**, including all scheduled **practices, games, and tournaments**. If there is a known scheduling conflict, students must contact the Athletic Director **in advance**.

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

## TRYOUTS & TEAM SELECTION

All students who register are expected to attend the full tryout process. Tryouts provide coaches with an opportunity to assess athletes in a team setting before finalising selections.

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.

Team selections are based on a combination of the following factors:



Final decisions are made by the coaching team, who consider both individual performance and what best supports the team's development, safety, and overall cohesion.

## TEAM STRUCTURE AND NO-CUT POLICY

ISNS aims to include as many students as possible and follows a **no-cut policy** wherever feasible. However, due to limitations with coaching staff, facilities, and safety, some teams may be structured with both **training squads** and **travelling squads**.

- **Travelling squads** are selected for tournaments where roster limits apply
- **Training squad members** continue to practise and may be called up during the season if needed
- Coaches will communicate selections clearly and respectfully
- Numbers on playing/travelling squads will reflect the limits set by each league, although training squads may exceed these limits

## SPORTS TEAM UNIFORMS

All student-athletes are required to wear the official ISNS team uniform when representing the school in games and tournaments.

- **High School students** must purchase a sport-specific uniform for each team they join.
- **Middle School students** wear a standard multi-sport team uniform.

Uniforms must be ordered through the online shop during designated ordering windows. Students will receive ordering instructions from the Athletics Office and can find ordering dates in the **PHX Athletics Information Booklet**.

- Individual playing numbers are assigned by the Athletic Director at the time of purchase.
- Students are responsible for the upkeep of their uniform and must replace it if lost or damaged.
- Students who miss the ordering window may not be eligible to participate in games until their uniform has been received.

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



## STUDENT ATHLETE EXPECTATIONS

As representatives of ISNS, student-athletes are expected to uphold high standards both on and off the field. These expectations reflect our school's values.

### BEHAVIOUR AND SPORTSMANSHIP:

- Follow the ISNS Athletics Code of Conduct at all times.
- Show respect towards teammates, coaches, opponents, officials, and the broader community.
- Students referred for behavioural issues during the school day may be held out of practices or games.
- The use or possession of alcohol, tobacco (including vaping), or illegal substances is strictly prohibited and will result in disciplinary action in line with the ISNS Parent & Student Handbook
- Public displays of affection (PDA) are not permitted during school events, on school trips, or while wearing an ISNS uniform.

### COMMITMENT:

- Accepting a place on a team is a commitment to all scheduled practices, games, and tournaments.
- Students **must** plan ahead to avoid scheduling conflicts with academic or personal obligations.
- Missing a practice or game without prior notice may affect playing time or future selection.
- Students who withdraw after committing, without valid reason, may be ineligible for future seasons. Tournament-related expenses may still be charged for late withdrawals.

### ATTENDANCE AND ACADEMICS:

- Students must attend at least half the school day, arriving no later than **12:00 PM**, to be eligible to participate in practices or games that day.
- Students absent on the school day before a weekend event must provide a valid reason to the Athletic Director and Principal. Unapproved absences may result in being stood down for part or all of the event.
- Missing school following a tournament due to tiredness is not permitted.

- Students must complete all assessments on time, submit them to ManageBac as required, and plan ahead for any absences due to sport-related travel.
- Teachers may refer concerns to the Athletic Director, Principal, or Coordinators, which may affect a student's eligibility.

### UNIFORMS AND SAFETY GUIDELINES:

- Athletes must wear the correct ISNS team uniform for all games and tournaments.
- Uniforms must be clean, in good condition, and worn with pride when representing the school.
- Students are responsible for maintaining and replacing their uniform if lost or damaged.
- Required personal protective equipment (PPE), such as shin guards for football, must be worn at all times.
- Regular glasses may not be worn during training or games. Students must wear safety sports goggles or contact lenses.
- The Athletic Director and Coaches may stand down students who arrive without appropriate uniform or safety gear.

### COMMUNICATION:

- Athletes must inform their coach **by 12:00 PM on the day of** a practice or game if they will be absent. This aligns with the expectations in the ISNS Athletics Code of Conduct.
- Communication must be timely, respectful, and include a clear reason for the absence. This can be done via **Teams chat** or in the **team WeChat group**, ensuring both coaches are informed.
- Late or unexplained absences may result in reduced playing time and may be referred to the Athletic Director.
- If a student has a concern or issue, they should speak directly with their coach first.
- If the issue remains unresolved, parents may contact the coach. Further concerns may be directed to the Athletic Director if needed.

### DISCIPLINE IMPLICATIONS WHEN TRAVELING :

If a student is removed from a team, stood down from a game or tournament, or declared ineligible due to behaviour, attendance, or academic concerns, they have the right to request a review.

- Appeals must be submitted to the Athletic Director **within 48 hours** of the decision being communicated.
- The Athletic Director will review the case and may consult with relevant staff, including the Principal or Coordinators.
- The outcome of the appeal will be communicated clearly to the student and their family.

### TIME OUT OF LESSONS:

To maintain academic balance, ISNS limits the number of school days students may miss for extracurricular activities each semester:

- **Grades 6–8:** Up to 5 days
- **Grades 9–12:** Up to 6 days

## HAZING OR BULLYING

ISNS strictly prohibits hazing or bullying in all forms, whether on or off campus. This includes any actions, with or without consent, that may humiliate, intimidate, offend, abuse, or endanger another student as a condition of joining or remaining on a team or group.

This applies to all student-athletes, regardless of grade level or leadership position.

Any student involved in hazing or bullying may be:

- Immediately removed from team activities
- Suspended from upcoming practices or games
- Ineligible to represent ISNS in competition while the matter is under investigation
- Subject to further disciplinary action as outlined in the ISNS Student Handbook

The **ISNS Student Athlete Code of Conduct**, which is acknowledged during the online registration process, is included in this handbook as **Appendix A** for your reference.

## TRAVEL EXPECTATIONS

ISNS students are expected to show responsibility and respect when travelling for school sports. These guidelines apply to all local and overnight trips.

### TRAVEL RULES & GUIDELINES

- Follow all coach and chaperone instructions.
- Wear seatbelts on buses where available.
- Be respectful to the public, teammates, and transport staff.

- Stay in groups during free time and keep your phone on and contactable.

## HOTEL/OVERNIGHT RULES & GUIDELINES

- **Curfew is 10:00 PM** — students must stay in their own rooms until morning.
- No visiting other students' hotel rooms.
- No leaving the hotel or host home without permission.
- No public displays of affection (PDA).
- Students in relationships cannot share rooms.
- Coaches and students must not enter each other's rooms. Use public spaces for meetings.

## DISCIPLINARY ACTION DURING TRAVEL

- Students who break travel or overnight rules may be sent home early.
- The decision will be made by the Athletic Director, in consultation with the Principal and coaching staff.
- **Parents are responsible for all associated costs**, including transport and a chaperone if required.
- Consequences will depend on the nature of the rule broken, the situation, and any previous offences.

## PARENT INFORMATION

### PARENT CODE OF CONDUCT

Parents play an important role in creating a positive, respectful sports environment. ISNS expects parents to model good behaviour and support all student-athletes, coaches, and officials.

#### Parents are expected to:

- Show respect toward all players, coaches, referees, and spectators
- Support their child and the team without giving instructions from the sideline
- Promote sportsmanship, resilience, and teamwork
- Stay informed using official platforms (e.g. WeChat, SchoolsBuddy, team emails)
- Communicate with coaches respectfully and at appropriate times

#### Parents should not:

- Interfere with coaching decisions or referee calls
- Use disrespectful language or display aggressive behaviour
- Criticise players, coaches, or officials during or after a game
- Post negative or disrespectful comments about ISNS teams or athletes online
- Parents who do not follow this code may be asked to leave a game or event. Further disciplinary action may be taken by the school if necessary.

### PARENT RESPONSIBILITIES

ISNS encourages parents to be active, supportive members of the athletics community. A strong home-school partnership helps student-athletes succeed both on and off the field.

#### Parents are expected to:

- Ensure their child attends all scheduled practices, games, and tournaments
- Confirm full-season availability before registering, including tournament dates
- Inform coaches **before 12:00 PM** if their child will be absent from an event
- Avoid withdrawing a student after teams have been confirmed, unless due to illness or unforeseen family circumstances
- Understand that **late withdrawals may still incur tournament or travel fees**
- Support and reinforce respectful behaviour, teamwork, and coach authority

### COMMUNICATION GUIDELINES

Clear and respectful communication between families, coaches, and the school is essential to the success of our athletics programme. Parents are asked to follow these guidelines:

#### Stay Informed

- Use official platforms: WeChat parent groups, SchoolsBuddy, and team emails
- Check announcements and updates before contacting coaches directly
- Follow uniform ordering, travel info, and schedules provided in the PHX Athletics Information Booklet



### Absences or Concerns

- Notify coaches before 12:00 PM if a student will miss training, a game, or a tournament
- If the absence may impact eligibility or season commitment, contact the Athletic Director
- Avoid contacting coaches immediately after a game or during training, arrange a follow-up time if needed

### Conflict Resolution

- If a concern arises, follow this sequence:
- Student speaks to their coach
- Parent contacts the coach if needed, respectfully and at an appropriate time
- If unresolved, contact the Athletic Director
- For major concerns, the issue may be referred to school administration

## ACAMIS COSTS AND TRAVEL FEES

ISNS participates in international tournaments hosted by the **Association of China and Mongolia International Schools (ACAMIS)**. These events involve travel, hotel accommodation, and additional supervision requirements.

### Key Travel Expectations:

- Students selected for ACAMIS tournaments are expected to commit to the full trip
- Participation includes multiple days of travel, early departures, and overnight stays
- Students must follow all travel, behaviour, and curfew guidelines outlined in this handbook

### Costs:

**Families are responsible** for all travel-related costs

This may include:

- Flights or train tickets
- Hotel accommodation
- Meals not provided by hosts
- Uniform items specific to the event
- Travel insurance (if required)
- Cost estimates will be provided during the registration window
- Payment deadlines must be met to confirm participation

### Refunds:

- If a student withdraws after committing, a refund is not guaranteed
- Withdrawal due to injury or family emergencies will be considered case by case
- In some cases, unrecoverable costs (e.g. flights, shared bookings) will still be charged

**Families acknowledge responsibility for these costs as part of the online athletics registration process**, including the potential for unrecoverable charges in the case of late withdrawal or disciplinary removal.

## RESPONSIBILITY ON TRIPS

When students travel for tournaments, ISNS takes responsibility for their supervision, safety, and conduct. However, parents play an important role in supporting the expectations set by the school and coaching staff.

### Key Guidelines:

- ISNS coaches and chaperones are responsible for student supervision throughout the trip
- Parents must not accompany teams unless officially designated as an ISNS chaperone
- Parents should not interfere with team decisions, rooming, transport, or coaching during a trip
- All communication regarding travel issues should go through the **Athletic Director**, not directly to coaches during the event

### Pick-up & Drop-off:

- Families must follow school-provided travel plans, including arrival and return times
- For local events, students must arrive on time and return with the team **unless prior permission is given before the team departs (e.g. before 3:00 PM on game days)**
- For overnight trips, students may not be released to parents early without approval from the **Athletic Director or Principal**

### Emergencies:

If a student becomes ill, injured, or violates major travel expectations, parents will be contacted immediately. In serious cases, families may be asked to make travel arrangements or cover the cost of early return in consultation with school leadership.

## LINES OF COMMUNICATION

### WHO TO CONTACT AND WHEN:

**Students** should first speak to their coach if they have a question, concern, or issue.

**Parents** should:

- Contact the coach directly for team-related questions (practice times, player development, absences)
- Contact the **Athletic Director** for questions about school policy, team placement, tournament selection, or unresolved concerns
- Contact **school administration** only if directed by the Athletic Director or in serious cases

Use school-approved platforms such as **WeChat parent groups** or **email**.

If a concern is personal or does not apply to the group, please use **email** rather than posting in a WeChat group.

Avoid contacting staff via personal numbers unless shared for travel emergencies.

### PROBLEM RESOLUTION PROCESS:

If a concern arises, please follow these steps:

- The **student** speaks directly with their coach
- The **parent** contacts the coach respectfully if further discussion is needed
- If unresolved, the **Athletic Director** will review the concern
- For serious matters, the issue may be referred to school leadership

All communication should be respectful, constructive, and aligned with ISNS values.

## ATHLETE DEVELOPMENT OPPORTUNITIES

### 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 Programme (SCP) to assist students in achieving a higher level of physical fitness and conditioning [Appendix 2].

See **Appendix C: SCP Guidelines** for rules, expectations, and participation structure.

### 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:

See **Appendix B: High School Service to Sport Details** for service categories, hour tracking, and recognition.

## SPORTS AWARDS

ISNS recognises student-athletes each year for their growth, effort, and contributions to their teams and the broader athletics programme. Awards are presented at the **end-of-year Sports Awards Banquet** to celebrate individuals who have demonstrated excellence, improvement, and commitment throughout the season(s)

### 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 programme 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

*Rationale:*

This award is intended to recognize multi-talented students to commit to High School sport in their final three years.

*Criteria:*

To qualify, a student must:

- Be selected for 9 seasons of participation in U19 SISAC, PRC, or ACAMIS teams
- Across Grades 10–12 (or their final 3 years at ISNS)

## HONOURS BOARD

### FOUR-YEAR TEAM ATHLETE

*Rationale:*

- This award is intended to recognise students with more specific skills to commit to a single High School sport throughout their High School career.

*Criteria:*

To qualify, a student must:

- Be selected for the **same U19 team** for **four consecutive school years** (G9–G12)
- Must have consistently met **ISNS training, conduct, and attendance expectations** each year



**INSPIRE THE FIRE**



## APPENDIX 1: Student Athlete Code of Conduct

### STUDENT ATHLETE CODE OF CONDUCT

Participation in ISNS athletics is both a privilege and a responsibility. Student-athletes are expected to model integrity, respect, and sportsmanship at all times. This code outlines the expectations that apply throughout the season, during school, training, games, and travel.

By completing the online registration form, families confirm they have read and understood this code. Breaches may result in consequences such as warnings, removal from games or practices, or removal from the team.

#### **BEHAVIOUR & SPORTSMANSHIP:**

*Students must:*

- Treat all school equipment or property with respect
- Follow instructions from coaches, chaperones, and school staff
- Demonstrate sportsmanship towards their own team and opponents, regardless of the outcome
- Care for all school and host facilities and equipment
- Use respectful language and avoid inappropriate gestures
- Avoid public displays of affection (PDA) at all events
- Follow school rules and local laws at all times

#### **ATTENDANCE & COMMITMENT:**

*Students must:*

- Avoid excessive absences or lateness
- Attend at least half the school day (by **12 PM**) to join practices or games
- Plan ahead to avoid conflicts and uphold their season commitment
- 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
- Not miss more than **3 sessions** (practices or games) in a season without valid reason. Repeated absences may result in reduced playing time or removal from the team

**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

**OVERNIGHT TRAVEL/HOTEL STAY:** *When travelling with ISNS, student-athletes must follow curfew and hotel expectations. Violations may result in immediate removal from a tournament, ineligibility for future events, or removal from the team.*

*Students must:*

- 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
- **During athletic travel:** If the violation occurs on an athletic trip, the student may be sent home immediately at their family's expense. This may include the cost of a chaperone to accompany the student if required.

In all instances, the administration will be notified of the circumstances of the offence, 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 Programme (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.



## **APPENDIX 4: Health And Safety Guidelines For Student Athletes**

ISNS is committed to ensuring all student-athletes train and compete in a safe, supportive environment. The following guidelines outline key expectations and procedures related to injury prevention, illness, and safety.

### **Injury and Illness:**

- Report all injuries or health concerns to your coach immediately.
- Do not attend training or games if you are unwell or recovering from illness.
- Follow medical advice and return-to-play procedures after any significant injury.

### **Concussion Protocol:**

- Students are expected to be physically prepared and medically fit before participating.
- Coaches may request medical clearance following extended absence, illness, or injury.

### **Equipment and Facility Use:**

- Use equipment responsibly and for its intended purpose.
- Wear required personal protective equipment (e.g. shin guards, goggles) at all times.
- Students who use equipment in an unsafe manner may be removed from training or matches.
- Coaches will ensure facilities are safe and supervise all training activities.