

# 2026/ 2027

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



# 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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# INTRODUCTION

## PURPOSE

ISNS Athletics extends learning beyond the classroom by providing inclusive opportunities for students to develop skills, pursue challenges, and grow as active, principled global citizens. Through sport, students build **teamwork, perseverance, sportsmanship, confidence, and responsibility.**

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 PERSONNEL

#### Athletic Director and Head of Physical Education:

Nate Talamahina — athletics policy, teams, competitions, and escalated concerns  
[nate.talamahina@isnsz.com](mailto:nate.talamahina@isnsz.com)

#### Activities Coordinator / Front Desk Contact:

Kaisy Lian — registration, forms, schedules, and general athletics enquiries  
[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.

2026

2027

ATHLETICS

SEASONS

SEASON

Month

Week beginning School week

SEASON 1 / FALL

SEASON 2 / WINTER

SEASON 3 / SPRING

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

3 10 17 24 31

7 14 21 28

5 12 19 26

2 9 16 23 30

7 14 21 28

4 11 18 25

1 8 15 22

1 8 15 22 29

5 12 19 26

3 10 17 24 31

1 14 21

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

32 33 34 35 36 37 38

HIGH SCHOOL

GR 9-12

VOLLEYBALL

Aug 17 - Nov 1, 10wks

BASKETBALL

Nov 2 - Jan 26, 10wks

SOCCER

Feb 15 - Apr 20, 9wks

BADMINTON

Feb 15 - Apr 20, 9wks

MIDDLE SCHOOL

GR 6-8

SOCCER

Aug 17 - Nov 1, 10wks

BADMINTON

Aug 31 - Nov 15, 10wks

TOUCH RUGBY

VOLLEYBALL

Jan 11 - Mar 16, 8wks

BASKETBALL

Mar 22 - May 23, 8wks

PRIMARY SCHOOL

GR 3-5

BASKETBALL

W/F FIVE-STAR

SOCCER

W/F SURF

BASKETBALL

W/F FIVE-STAR

SOCCER

W/F SURF

WHOLE SCHOOL

MS/HS X COUNTRY

Aug 31 - Nov 15, 10wks

GOLF

Jan 6 - Mar 16, 8wks

Nov 2 - Dec 13, 6wks

\*no onsite practice

GO

PHOENIX

INSPIRE

THE FIRE

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# PROGRAMME OVERVIEW

ISNS Athletics includes the U7, U9 and U11 Phoenix Academy, U14 Middle School teams, and U19 High School teams. Each programme has a different developmental and competitive focus.

## PHOENIX ACADEMY (U7/U9/U11)

*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<br><br><b>Coaches:</b> Sessions are delivered by qualified external staff from 5 Star Basketball and AC Milan Soccer<br><br><b>Eligibility:</b> Students enrolled in the Academy are eligible to represent ISNS in select tournaments throughout the year.<br><br><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><br>ISNS teams participate in three major school sports organisations:<br>– Shenzhen International Schools Athletics Conference<br>– Pearl River Conference (schools in Guangdong)<br><br><b>Sports Seasons</b><br>ISNS teams compete across <b>three main seasons</b> , each lasting around <b>8–10 weeks</b> . | erschool practices per week<br>ekend tournaments within Guangdong<br><br>Practices run between <b>3:45 PM and 6:00 PM</b> , typically in one of two blocks:<br><b>Session 1:</b> 15:45 - 17:00<br><b>Session 2:</b> 16:45 - 18:00 | FALL                                                               |
|                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                   | Soccer, Cross Country, Badminton<br>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.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                           |                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <p><b>ISNS Athletic Conferences</b></p> <p>ISNS teams participate in three major school sports organisations:</p> <ul style="list-style-type: none"><li>– Shenzhen International Schools Sports Conference</li><li>– Pearl River Conference (schools in Guangdong)</li><li>– AIS – Association of China and Indonesia International Schools</li></ul> <p><b>Sports Seasons</b></p> <p>Teams compete across three main seasons, each lasting around 8–10 weeks.</p> | <p>After-school practices per week</p> <p>Weekend tournaments within Guangdong</p> <p>Practices run between <b>3:45 PM and 6:00 PM</b>, typically in one of two blocks:</p> <p><b>Session 1:</b> 15:45 – 17:00</p> <p><b>Session 2:</b> 16:45 – 18:00</p> | <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 tournaments

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 Athletics please go to the following sites:

ISNS Athletics - [Website](#)

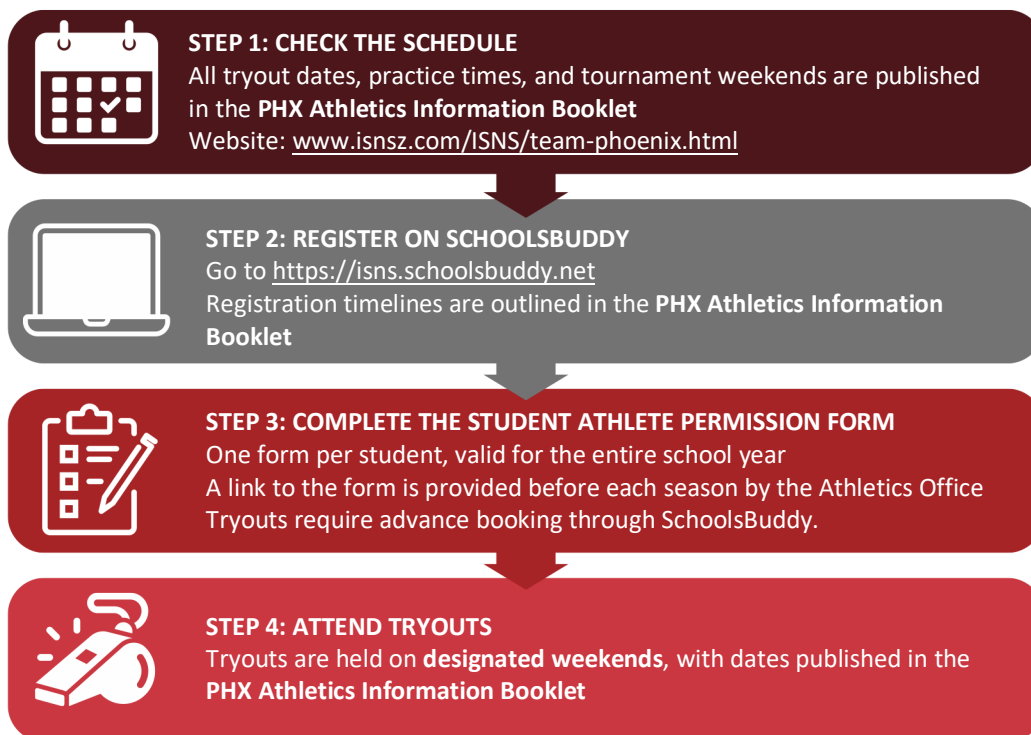
## PARTICIPATION IN ATHLETICS AT ISNS

Students should register only if they can commit to the full season, including scheduled practices, games, and tournaments. Known scheduling conflicts should be discussed with the Athletic Director before registration.

Depending on the team schedule, student-athletes may miss approximately five school days per semester in Grades 6–8 and six days in Grades 9–12 because of athletics travel.

### HOW TO REGISTER

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



- SchoolsBuddy: [SchoolsBuddy registration portal](#)
- ISNS Athletics website: [www.isnsz.com/ISNS/team-phoenix.html](http://www.isnsz.com/ISNS/team-phoenix.html)

### TRYOUTS & TEAM SELECTION

Most sports hold tryouts on designated weekends. Sports that do not require team selection may begin with open registration or initial training sessions instead. Sport-specific dates and instructions are published in the PHX Athletics Information Booklet.

Students participating in a tryout are expected to attend the full process. Coaches use tryouts to assess athletes in a team setting before finalising selections.

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



Final decisions are made by the coaching team, considering individual performance and what best supports team development, safety, and cohesion.

If the number of eligible registrants does not exceed the available squad capacity, all will normally be accepted.

### TEAM STRUCTURE AND NO-CUT POLICY

ISNS aims to include as many students as possible and follows a no-cut approach wherever feasible. Coaching capacity, facilities, safety, and competition roster limits may require **training** 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

Playing and travelling squad numbers follow league limits; training squads may be larger.

## SPORTS TEAM UNIFORMS

Student-athletes must wear the official ISNS team uniform when representing the school in games and tournaments.

- Phoenix Academy uniforms are supplied by the external programme provider and included in the registration fee.
- **Middle School** students use the standard multi-sport team uniform.
- **High School** students purchase a sport-specific uniform for each team they join.

Uniforms must be ordered through the online shop during designated ordering windows. Ordering dates and instructions are provided by the Athletics Office and published in the **PHX Athletics Information Booklet**.

- Playing numbers (MS) are assigned by the Athletic Director at the time of purchase.
- Students are responsible for caring for their uniform and replacing it if lost or damaged.
- Families should order during the designated window. A limited number of loan uniforms may be available, but students without an official or approved loan uniform may be unable to compete.

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



## STUDENT ATHLETE EXPECTATIONS

Student-athletes represent ISNS and are expected to uphold the school's values during school, training, competition, travel, and community activities.

### BEHAVIOUR AND SPORTSMANSHIP:

Follow the ISNS Athletics Code of Conduct at all times.

- Treat teammates, coaches, opponents, officials, and members of the community respectfully.
- Treat all school and host property, facilities, and equipment with respect.
- Follow instructions from coaches, chaperones, and school staff.
- Use respectful language and avoid inappropriate gestures.
- Follow school rules and local laws.
- Serious or repeated school behaviour concerns may affect athletics participation in line with school disciplinary procedures.
- Public displays of affection are not permitted during school events, on school trips, or while wearing an ISNS uniform.
- Student-athletes, regardless of age, must not use or possess alcohol, tobacco or vaping products, or illegal drugs. Suspected violations will be reported to school administration and addressed under the ISNS Student Handbook.

### COMMITMENT:

- Accepting a team place is a commitment to scheduled practices, games, and tournaments.
- Attend all scheduled practices and games on time unless excused by the coach.
- Plan ahead to avoid conflicts with academic or personal obligations.
- More than three unexcused absences in a season may result in reduced playing time or removal from the team.
- Failure to meet absence-notification expectations may affect playing time; repeated concerns may be referred to the Athletic Director.

- Students who withdraw after accepting a team place without a reasonable explanation may not be selected for the next athletics season in which they register. Any unrecoverable tournament or travel costs remain the family's responsibility.

### ATTENDANCE:

- To participate that day, students must arrive before the start of **Period 4** and remain at school until dismissal, unless an absence or early departure is approved through normal school procedures.
- Students should not participate in a weekend event if they have not recovered sufficiently from an illness-related absence.
- Tournament participation does not excuse absence from school the following 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.

### ACADEMICS

- To participate in games or athletics trips, students must submit all required assessments by the agreed deadline and plan ahead with teachers for work affected by athletics travel.
- Students must notify affected teachers at least two school days before a known athletics absence and confirm any work or deadlines that will be affected.
- Athletics travel does not automatically extend an academic deadline; any revised deadline must be agreed with the teacher in advance.

### UNIFORMS AND SAFETY GUIDELINES:

- Wear the correct ISNS team uniform for games and tournaments.
- Wear all required sport-specific safety equipment, including suitable protective eyewear where needed. Students may not participate without required safety equipment.

### COMMUNICATION:

- Students must notify their coach by **1:30 PM** if they will miss a practice or game. In unforeseen circumstances after the deadline, they must communicate as soon as possible.
- Middle and High School students must notify their coach personally. For Phoenix Academy athletes, a parent or guardian may communicate on the student's behalf.
- Absence messages must be sent through the team's official communication channel and include a brief reason. This can be done via **Teams chat** or in the **team WeChat group**, ensuring both coaches are informed.

### QUESTIONS OR CONCERNS:

Students should speak with their coach first. If the concern remains unresolved, a parent may contact the coach, followed by the Athletic Director if further support is needed.

A student or parent may ask the Athletic Director to review a decision to remove a student from a team, stand them down, or declare them ineligible.

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.

## 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** 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 must:

- Treat athletes, coaches, officials, and spectators respectfully.
- Support the team without sideline coaching or interfering with coaching and officiating decisions.
- Communicate respectfully through official channels and at appropriate times.
- Avoid negative or disrespectful comments about ISNS teams or individuals, including online.

Parents who breach these expectations may be asked to leave an event and may be referred to the school for further action.

### 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.

Before registering, parents should review the full schedule, support their child's season commitment, and understand that a late withdrawal may result in unrecoverable tournament or travel costs.

Families should monitor the official team communication channels and the PHX Athletics Information Booklet for schedules, travel information, and uniform deadlines.

### 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 **1:30 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:  
1. Student speaks to their coach  
2. Parent contacts the coach if needed, respectfully and at an appropriate time  
3. 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**.

- At the end of an away event, a student may leave directly from the venue only after a parent or guardian provides permission through the official parent communication channel before the team departs; otherwise, the student must return on team transport to the designated drop-off point.

### 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)

ISNS aims to offer optional strength and conditioning sessions for Middle and High School student-athletes, subject to staffing and facility availability. Confirmed schedules, supervision, and registration details will be communicated by Athletics.

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

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

High School student-athletes are encouraged to support the Athletics programme through coaching, officiating, event support, leadership, photography, or promotion. Where appropriate, approved activities may count toward MYP service or CAS requirements.

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

## TEAM 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

Recognises the player with the strongest overall impact on team performance and results. This player consistently contributed at a high level and played an important role in helping the team compete, improve, and succeed.

### RISING PHOENIX

Recognises the player who rose to a new level this season. This may include a player who showed significant growth, had a breakthrough season, stepped into a bigger role, became a more trusted contributor, or made an important impact for the team when it mattered.

### SPIRIT AWARD

Recognises the player who best represents the team culture through attitude, sportsmanship, commitment, and positivity. This player supports others, leads by example, and helps create a positive team environment.

## ROOKIE AWARD

Recognises the strongest first-season contributor. This award is for a player who is new to the team and has shown strong effort, a willingness to learn, coachability, and a positive impact on the team.

## PROGRAMME SPECIAL AWARDS

### PHOENIX PRESTIGE AWARD – LEADERSHIP IN SPORTS

Recognises a student-athlete who has demonstrated outstanding leadership on and off the field.

### PHOENIX SPIRIT AWARD – SERVICES TO SPORTS

Recognises a student-athlete who has demonstrated exceptional commitment to the Phoenix Athletics community.

### MIDDLE SCHOOL AND HIGH SCHOOL 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. To be eligible, a student must have received at least one MVP award and completed at least two sports seasons during the current school year.

Criteria are as follows:

- Demonstrate high athletic ability and consistent performance.
- Contribute significantly to team success.
- Show commitment, perseverance, and a strong work ethic.
- Lead and positively influence others on and off the field.
- Maintain excellent sportsmanship.

### PHOENIX COMMUNITY AWARD

Recognises a coach or staff member who has made a significant impact on student-athletes and helped grow the Phoenix Athletics programme. Nominations are submitted by student-athletes and reviewed by the Athletics Department.

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

### HONOURS BOARD:

#### 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)

### WALL OF FAME

#### 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 and host property, facilities, and equipment with respect.
- Follow instructions from coaches, chaperones, and school staff
- Demonstrate sportsmanship towards their own team and opponents, regardless of the outcome
- 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
- Arrive before the start of **Period 4** (12:20 PM) to join practices or games
- Be on time and ahead to avoid conflicts and uphold their season commitment
- Attend **all** practices unless cleared by the coach(es)
- Notify the coach(es) personally by **1:30 PM** on the day they will miss
- Attend their first period class the day following their arrival back in Shenzhen from an athletic trip
- Do 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 a game

**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:*

- Return to their rooms before **10 PM** each night and remain there until morning
- Do not leave the hotel without the permission of the chaperone
- Drugs and alcohol 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:*

Consequences will be administrated by administration

**g athletic travel:** If the violation occurs on an athletic trip, the student may be sent home immediately at 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 encouraged to participate in Service to Sports during the school year. This provides an opportunity to contribute to the ongoing success of the Phoenix Athletics programme while developing leadership and service skills.

Participation is optional and is not a requirement for team selection or continued participation in ISNS Athletics.

Students who participate are encouraged to complete 10 service hours during the school year. This target remains the same whether a student participates in one sport or multiple sports; it is not 10 hours per sport.

With appropriate approval, these hours may count towards CAS or MYP service requirements. Opportunities and completed hours will be coordinated by the Athletic Director, Service-Learning Coordinator, and relevant coaches.

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 a physical activity ASA for Middle School or Lower School students under the supervision of a teacher.
- Serving as a team manager by assisting the coach with general duties, attending practices and games, and recording 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:**

- Serving as the team reporter during the season and writing game reports.
- 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 PROGRAMME (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 Programme (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.

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.