



Australian International School

Australian International School Sport Handbook



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Letter from AIS Head of Sport

Sport at AIS is a way of life, in all ways and at all times. Sport is driven by the pursuit of excellence, the importance of belief, the value of integrity and the meaning of respect. The sporting field teaches us about winning and losing. It teaches us how to get back up after being knocked down. As a representative of the AIS Sharks Sports Program, we expect you not just to strive for excellence, but to make it a habit in your daily life.

Students

You have been selected to represent the AIS Sharks because we believe you have the maturity to achieve a healthy balance between your academic and sporting obligations. You will find that commitment, discipline and dedication are central to our beliefs and we expect you to make these values central to your own. At AIS, the team is bigger than the individual and to be given the opportunity to represent your school is a privilege.

Each Sports Department staff member is interested in your welfare and is here to assist you through your time at AIS. You are the reason why we love our jobs and it is you that makes this place what it is.

Coaches, Colleagues and Parents

By working together as coaches, parents, support staff, volunteers, and administration, we share one common goal; to provide our students with the best sports program possible.

This handbook will help you understand sport at AIS and the challenges we must overcome to achieve our goals. One thing is for certain, we will all achieve more with a coordinated effort working together as a team. This handbook is a first step to coordinating our efforts around the common goals we all aspire to achieve. Building strong relationships based on trust and mutual respect is another vital first step.

We are continually striving to provide a nationally competitive sports program at Primary and Secondary School levels, whilst maintaining a strong focus on academic integrity. Our accomplishments will be a source of pride, enriching our school and community. I am proud to be part of this extended family, the AIS Sharks Sports Program.

On behalf of the entire AIS Sports Department, I would like to welcome you all to the Australian International School's (AIS) Sports Program.

We are the Sharks!

Mr Justin Teves
Head of Sport



Introduction

This handbook is designed to ease your transition into sporting life at AIS as well as serve as a resource guide for returning students. The purpose of this handbook is not only to answer questions about sport at AIS, but also to orientate you to the program of which you are now a member. This handbook includes information about sports participation, guidelines and expectations. A contact directory has been provided to refer you to personnel who can answer questions not covered within.

AIS Sports Department Mission Statement

The AIS Sports Department has offered a high quality sports program for many years. Through a commitment to education, focus on representative sporting programs and development of respect and integrity in all areas, the students, coaches, and staff strive to bring credit and recognition to the Australian International School.

Our mission is to provide educational and sporting opportunities that allow young men and women to grow, achieve and develop as athletes and individuals. Coaches and teachers, as educators, are fundamental to this process. In keeping with AIS' efforts to offer academic programs of national and international acclaim, the Sports Department's programs strive for competitive excellence within Singapore and the South East Asia Region. Through sport we seek to unite students, staff and the School community in a common and shared experience.

To fulfill this mission, and with the approval of the School Executive Committee, the Sport Department has developed principles of operation to provide guidance and direction to its personnel. This Mission Statement and accompanying principles require strong dedication and commitment from all who participate in, coach, and support the Sports Department.

Students and Parental Acknowledgment of Sporting Policies

On arrival at AIS, or at initial try-outs for a sporting team, students will be presented with this handbook containing all the necessary information for participating in sport at AIS. Parent(s)/ guardian(s) will need to read all of the enclosed materials to gain an understanding of the eligibility rules and policies of the School system. Continued participation in the team will be viewed by the School as acknowledgement of all policies and procedures unless stated otherwise to the Head of Sport in writing prior to the commencement of the sporting season.



AIS Sports Program

What's on offer?

AIS offers a range of representative sports to students:

- Athletics (Track and Field)
- Badminton
- Basketball
- Cricket
- Cross Country
- Football (Soccer)
- Netball
- Rugby
- Swimming
- Touch
- Triathlon
- Volleyball

Please note that should there be a lack of interest in a sport, the Sports Department may have to cancel the sport and will only offer alternative activities if facilities and human resources are available.

AIS lends the School name to the Snow Sports group in order to allow students to compete in Australia at various events. It is important to note that this is a parent-led initiative and that AIS does not provide financial or staffing support to this group. Enquiries about this group can be made through the Sports Department.

AIS Sporting Year

The AIS sporting calendar begins in July and ends in June the following year. As of July 2013, we are about to start the 2013-2014 sporting season.

AIS Sporting Teams

Representative Sports Program

AIS is committed to providing our students with representative sporting opportunities across all our sports. The Sports Department recognises the need to work towards an inclusive approach that enables as many students as possible to train and develop their skills across the sports. This of course must come within the constraints of facilities and staffing. Students who are part of a representative training squad are expected to commit to all training and games. From these training squads, a First and where possible, a Second team will be selected to represent AIS at sporting fixtures. Students who do not get selected to either team will continue to train and develop their skills as part of the training squad. There are no guarantees that students who are in the training squad will be selected for a representative fixture. For students who do not make representative teams, AIS will make every effort to provide intra-school competitions during training times.



Sign up for teams generally occurs at the beginning of each semester via an online process (there are some instances where tryouts occur in the semester prior). Once team lists are formed, our coaches take the players through tryouts to determine teams. Fundamentally, team selection will be based on merit. The coach is expected to select a team which he or she views as our strongest available for selection. Coaches will use their professional judgement and experience in selecting the best teams at each level. It is not feasible to expect that every student or parent will be wholly satisfied with team selection. If these situations arise, the Head of Sport will address any concerns.

The focus of our AIS Representative training sessions is on learning. Our coaches are there to teach your students about the game, about sportsmanship, fair play, commitment and sacrifice. Enjoyment will come from learning, from the thrill of competition and from working with their team mates in working towards a common goal.

Competitions

Athletic Conference of Singapore International Schools (ACSIS)

The Athletic Conference of Singapore International Schools provides the bulk of our sporting opportunities in Singapore. There are over 25 member schools in ACSIS and the association continues to grow every year.

ACSIS Mission Statement

The mission of the Athletic Conference of Singapore International Schools (ACSIS) is to provide students an opportunity to compete in a broad and balanced inter-school athletic program that is an integral part of their educational experience. Win or lose, the ACSIS schools will encourage students to provide a winning effort, exhibit sportsmanship and demonstrate respect for all.



The age cut-off for ACSIS is 1st June of the start of the sporting season. This means that in July of this year, all students will be 'aged-up' one year, as it is the beginning of the next season.

ACSIS Age Groups

Please note the age requirements for participation in ACSIS leagues below:

ACSIS Age Groups 2013/2014 Season (Effective July 2013- June 2014)
19&U- born on/after 1 June 1994
18&U- born on/after 1 June 1995
17&U- born on/after 1 June 1996
16&U- born on/after 1 June 1997
15&U- born on/after 1 June 1998
14&U- born on/after 1 June 1999
13&U- born on/after 1 June 2000
12&U- born on/after 1 June 2001
11&U- born on/after 1 June 2002
10&U- born on/after 1 June 2003
9&U- born on/after 1 June 2004
8&U- born on/after 1 June 2005

Ministry of Education

The Ministry of Education is the governing body for sport in the Singapore local school system. At times AIS is able to participate in 'friendly' matches or 'invitational tournaments' with local schools.

The age cut-off for MOE is 1st January of the start of the sporting season.



AISA(Australian International Schools Association) Games

The AISA Games is a bi-annual sporting competition comprising of all Australian International Schools within the region. The first AISA Games was held at AIS in Singapore in May 2012 and saw teams from Singapore, Malaysia, Hong Kong, Saigon, Indonesia and the United Arab Emirates, compete in the disciplines of Swimming, Basketball and Football (Soccer) across various age groups.

The age cut off for the AISA Games is 1st January of the sporting year. For example, a player who is 13 years old on 31 December, but turns 14 on or after 1st January of that sporting year is eligible for the 14U age group.

CASA (Cognita Asia Sports Association) Games

The CASA Games is a sporting competition comprising of all Cognita International Schools within the South East Asian region.

Cognita member schools are AIS Singapore; St. Andrew's Green Valley, St. Andrew's Sathorn, St. Sukhumvit (Thailand); ISHMC (International School Ho Chi Minh City); Stamford American School; International School Saigon Pearl and American Academy Vietnam.

The age cut off for the Cognita Games will be 1st August of the sporting year. For example, a player who is 13 years old on 31st July, but turns 14 on or after 1st August of the sporting year is eligible for the 14U age group.



Representative Sport Participation Policies

Two Team Sport Policy

AIS is committed to providing students with a broad range of activities. In keeping with our values of dedication and commitment, we follow a Two Team Sport Policy to reduce the amount of potential clashes in training and game commitments. Team sports include:

- Badminton
- Basketball
- Football (Soccer)
- Netball
- Rugby
- Touch
- Volleyball

In order for a student to participate in two team sports at AIS during a single sports season, the student must fulfil the following criteria:

1. After online CCA sign up, students must attend training sessions for both sports which will occur early in the semester and will include a try out period. Students will be placed in the Firsts, Seconds or Development Squad at the conclusion of try outs.
2. Please note that the sport selected as your first preference is your priority sport. E.g. in the event of a clash in training and/ or fixtures, the student must attend their priority sport.

Please note that Athletics (Track & Field), Cross Country, Swimming and Triathlon are not included in this list of restrictions as competitions for these sports typically occur outside of normal playing times for team sports. Special teams created for AISA Games or Cognita Games may also fall under this classification, although these situations will be dealt with on a case-by-case basis. Please also note that if students have a clash between participation sports and a representative sport, the representative sport must be given priority.

Ultimately any decision pertaining to the two-sport policy will be made by the Head of Sport, and his/ her decision will be final.



Attendance at Training, Games and Competitions

It is an expectation for all students to participate in training and practice sessions with the team. The frequency of practice and training sessions varies with each sport. Attendance at 80% of the practice sessions and games is a minimum requirement for all students.

A student should always consult their Coach before missing training. Missing training or a game without good reason will be dealt with at the discretion of the Coach and the Head of Sport. Excuses such as social events, forgetfulness, sleeping in and the like, are not considered good reasons to miss practice or games. Each Coach is entitled to have their own specific set of attendance and punctuality policies which will be communicated to students at the beginning of the season.

As a courtesy to the Coach and fairness to the team, it is essential that students, and if necessary parents, communicate in plenty of time, any vacation plans, or other situations that result in missing practice or games (for example, medical appointments). When parents and students choose to miss practices and/or games during a sport season, it must be understood that the time missed may affect team performance and chemistry. Students who miss practices or competitions can have their playing time adjusted or be issued with a strike. The coaching staff recognises that there are extenuating circumstances that may lead to an student missing practice sessions.

It is a standing expectation that students attend the entire game or competition from start to finish. Students who are part of Swimming, Cross Country and Track & Field teams are expected to be there for warm up and to remain until final announcements at the end of competition. If for some reason this is not possible, please communicate this to the coach directly and make the appropriate arrangements.

Non-School Sports Participation

Students frequently participate in sports and activities outside of school, which have the potential to detract from their ability to focus on academics, their school/ team and personal/family time. After the academic responsibilities, AIS expects commitment to our sporting teams to be a student's priority should a conflict between activities arise. Students choosing to participate in a non-school event in favour of an AIS sporting event should be aware that there will be consequences decided by the Head Coach and/ or Head of Sport. For example, the student may receive a strike, suspension and/or dismissal from the team. Many sports at AIS are oversubscribed, and the coaching staff cannot hold places for students who do not consider the team their priority, when there are other committed students waiting to play.

Coaches must be informed of any potential conflicts well in advance, but please be aware that all student participants are expected to honour their commitment to our teams for the duration of the season.

Suspension from School

Students suspended from School will not be eligible to participate in sport until they have served their suspension. There should be no adjustments made in the assignment of suspension days to allow a student to participate in any activities.



Violation of Student Code of Conduct

Secondary School Only (12U-19U)

Following a first infringement, students may be issued a warning, at the discretion of the Coach. Subsequent infringements will be dealt with as follows:

FIRST STRIKE

- Coach/player meeting

SECOND STRIKE

- Head of Sport/coach/player conference

THIRD STRIKE

- Head of Sport/coach/player/parent conference
- Ban from Competition

REPEATED INFRINGEMENTS

- Head of School/Head of Sport/coach/player/parent conference
- Ban from AIS Representative Sports Program for remainder of the season

Please note that only the Head of Sport, Head of School or Principal may overturn any of these decisions if they see fit.

Conflicts in Co-curricular Activities

An individual student who attempts to participate in too many co-curricular activities will, undoubtedly, be in a position of conflict of obligations. The Sports Department recognises that each student should have the opportunity for a broad range of experiences in the area of co-curricular activities; and to this end, will attempt to schedule events in a manner so as to minimise conflicts. Students have a responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. This also means notifying the appropriate coaches/ teaching staff immediately when a conflict arises. When conflicts do arise all parties will get together and work to resolve the situation quickly. If a solution cannot be found, then the Head of Sport, and other parties involved, will have to make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, they will not be penalised in any way by staff/coaches. If it becomes obvious that a student cannot fulfil the obligations of a school activity, he should withdraw from that activity.



Age Restrictions

For safety reasons, there are minimum age requirements when trying out for certain sports.

Students trying out for Rugby must be within 1 year of the specified age category. For example, a student who is 11 years old may try out for the 12U category but a 10 year old would not be considered. This is the case for 10U, 11U, 12U, and 13U teams. There is a two year allowance for 14U and 16U teams and a three year allowance for 19U teams.

Other sports are managed on a case-by-case basis with eligibility to be determined by the Coach and Head of Sport. These decisions are final.

Dropping or Transferring Sports

On occasion, a student may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- Consult with immediate coach
- The coach will report the situation to the Head of Sport
- Students must return any equipment or uniforms issued to them

If a student wishes to change activities during a season, they must advise their current coach and the Head of Sport of their intention. If this is not agreed to, the student cannot begin a new sport until they have completed the current season of the sport in which they are currently involved. This procedure assures a smooth transfer, which is in the best interest of all involved.

Individual Coach Rules

Coaches may establish rules and regulations with the approval of the Head of Sport for their respective activities. These rules, which may be specific to a particular activity, must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will be documented and reported to the Head of Sport.



AIS Guidelines for Students

Equipment and Uniforms

All students are expected to purchase the following items once selected to a team:

- Representative Uniform (jersey, shorts and socks or dress and socks)
- Travel top (to be worn to and from games)
- Students playing Basketball, Football (Soccer), Rugby, Touch and Volleyball must also purchase reversible training tops/singlets as part of their sports uniform

All these items can be purchased at the Uniform Shop

Uniforms on Loan from Sports Department

There will be times when students may need to borrow a uniform from the School. In these instances it is the student's responsibility to care for the uniform and return it to the school in the same condition in which it was loaned.

Damage to these uniforms through normal wear and tear (e.g. a rip or tear from sliding) will be the responsibility of the Sports Department; however, if a uniform is lost or damaged in a manner that is not a result from playing, then the student will be responsible for the cost of replacing the uniform. Costs will be the purchase price of the uniform from the uniform shop.

Every item of uniform that is on loan must be returned to the Sports Department in good condition and freshly laundered, at the end of the season.

Failure to return a uniform will result in the student being assigned a fee to cover the cost of the uniform. Students may be subject to disciplinary action by the School until payment or the uniform is received.

General Dress Code

As personal appearance is a direct reflection on you and the School, it is expected that you take an interest in how you appear, especially when traveling with your team. The dress code for each team is set by the Head of Sport. Your Coach will inform you if a specific dress code is required for a particular occasion. In general, however, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or event you are attending. You are a highly visible representative of the school and, as such, you are responsible for using good judgment in your overall appearance. At no times are students to wear clothing branded with alcohol sponsors or apparel with profanities or inappropriate text or images.



General Information

Cancellation Policy/Inclement Weather Plan

The safety of students is always the first priority when inclement weather arises.

If lightning is spotted, coaches or teachers will deliver three short blasts of a whistle and all activity must stop and the fields be cleared for a minimum of 15 minutes. All participants and spectators should move to an appropriate shelter. Practice/play may resume after 15 minutes of the last roll of thunder or flash of lightning.

Sports Awards

Each sport has specific award structures. Coaches will communicate these award structures prior to the start of each season.

Sportsperson of the Year

The Sportsperson of the Year awards are presented to the male and female students who have contributed across the sports with outstanding performance, leadership and fair play.

The Sportsperson of the Year is the most prestigious award given by the Sports Department to acknowledge outstanding contributions from an AIS student to the Sports Program. This year the award will be given to:

- A Year 3-5 Boy and Girl
- A Year 6-8 Boy and Girl
- A Year 9-12 Boy and Girl

The Year level break down for Sportsperson of the Year in Secondary School was decided to reflect ACSIS and AIS Age Groupings with the majority of U16 and U19 students falling in the Year 9 - 12 category, while the majority of U12 and U14 students fit in the Year 6 - 8 category.

Risk Assessments and Insurance

As with all physical activity, there is an inherent risk of injury when participating in sport. AIS coaches and nurses will provide medical treatment deemed necessary by the School in the event of injury, accident, or illness while participating in representative sport. This includes, but is not limited to, transportation of the student to a medical facility.

All students representing AIS are fully insured for sporting events in Singapore and most countries overseas.



AIS Newsletter

All news from the Sports Department, including information about training times, competitions and sports reports will be communicated in the AIS Newsletter every Friday. This includes all sport including representative and participation. External sporting events, tours or competitions in which AIS has no involvement, will not be reported in the Newsletter.

Transportation

Please be aware that for all representative fixtures, it is AIS policy to provide transportation of students to and from competitions. All students are required to use school transportation. Students may not participate in an away contest if they drive themselves to the event or if they use alternate transport without prior permission from the Coach.

In extenuating circumstances, parents may need to drive their own children to or from an event; but parents/students must submit a request in writing and gain prior approval from the coach.

AIS Supporter Club

The AIS Supporter Club is a group of friends and parents who are interested in sport at AIS. The Booster Club provides support and encouragement of the sporting activities of AIS students. They also provide moral and financial support to encourage participation in sporting activities for the benefit of all students.

They have been responsible for generating funds and improving sporting equipment and facilities at AIS. Meetings are held regularly and your participation is encouraged.

For more information, please email: Tara Milne tara.milne03@gmail.com

Volunteers

We encourage parents with expertise in specific sports to express their interest in being part of our volunteer program. Parents who join the School community as volunteers are required to sign a volunteer agreement. Please contact the Sports Department for further information.



Student Code of Conduct

Students will be committed to the School sports program in both on and off-season by:

- Following the rules set by coaches
- Participating enthusiastically
- Setting challenging and realistic goals
- Demonstrating a positive attitude
- Maintaining high academic standards
- Being committed to skill development in their sport
- Making appropriate personal sacrifices for the good of the team
- Recognising that student participation in sport is a privilege.

Students will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:

- Demonstrating a positive team attitude
- Being coachable and open to constructive feedback
- Sharing appropriate individual and team concerns with the coaching staff.

Students will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity
- Exhibiting pride in their team and AIS
- Playing by the rules
- Accepting responsibility as a role model to others
- Supporting other sports, activities, and school organisations
- Playing with dignity, respect and grace, regardless of winning or losing.

Players are responsible for conforming to the spirit as well as the detail of the rules. Most of us can clearly distinguish between fair play and gamesmanship, or taking advantage of loopholes in the rules. The following points are intended to assist students to avoid thoughtless and unintentional breaches of the accepted code of conduct.

Student Agreement

As a student at AIS, I agree that I will:

- Always play by the rules
- Never argue with an official. If I disagree with a decision I will inform the captain, coach or manager during a break or after the competition
- Control my temper. I understand that verbal abuse of officials, bad-mouthing other players and deliberately distracting or provoking an opponent is not acceptable or permitted in any sport
- Work equally hard for myself and my team
- Be a good sport and applaud all good plays whether they are made by my team or the opposition
- Treat all players in sport with respect and not bully or take unfair advantage of another competitor
- Cooperate with my coach, team mates, opponents and members of the AIS Sports Department



- Display modesty in victory and graciousness in defeat
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, orientation or religion
- Thank the opposition and officials at the end of the game
- Arrive to all training and fixtures at the instructed time with correct uniform and equipment
- Advise coaches / managers of any intended absence or variation to my attendance with due time allowed for a replacement player to be organised
- Understand that my failure to observe the above may jeopardise my involvement in AIS sport and/or lead to disciplinary actions.

Sports Captains

The home captain should extend the normal courtesies of a host to visiting teams:

- Lead by example, with a mature approach in attitude, skills, appearance and role modelling
- Be inclusive of others, particularly younger, newer members of the Firsts team and demonstrate dedication to the team by supporting and encouraging other members during practice and matches
- Uphold customs and traditions. It is customary for the competing teams to shake hands before the start of the game and at the end students either line up at the bench to shake hands with each member of the opposition, led by the captain, or shake hands directly after the final siren. It is also customary for the captain to call for three cheers for the opposing team and for the match officials (judge, referee or umpire)
- The captain must make the effort to shake hands with officials before and after the game
- From time to time, engage in public speaking and representative meetings.

Coaches Code of Conduct

Coaches are expected to set the example to others at all times and ensure that the spirit of the game and the essence of the regulations are upheld. Below is the code of conduct for AIS Coaches.

As an AIS sports coach I will:

- Remember that players participate for enjoyment and winning is only part of the fun
- Recognise that sport plays an important role in a student's education and is for the benefit of students rather than adults
- Never ridicule or yell at players for making a mistake or not winning
- Be reasonable in demands on players' time, energy and enthusiasm
- Operate within the rules and spirit of the game, with an expectation of players to do the same
- Ensure that the time players spend with them is a positive experience.
- Remember that all players are deserving of equal attention and opportunities
- Not use bad language, harass players, officials, spectators or other coaches
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players



- Display control, respect and professionalism to all involved with the sport including opponents, referees, coaches, officials, administrators, parents and spectators. Coaches will teach, encourage and expect students to do the same
- Show concern and caution toward sick and injured players and follow the advice of a School Nurse when determining whether an injured player is ready to recommence training or competition
- Attempt to obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young players.

I will maintain a professional role and will keep the role of coach in perspective by:

- Developing and communicating clear and specific goals for the team and individual players throughout try-outs and the season
- Developing and demonstrating a good knowledge of best practice specific to their coaching area
- Supporting and collaborating with coaches in other sports programs
- Modelling and teaching skills necessary to succeed
- Supporting student academic expectations, responsibilities, and achievements.

As an AIS coach, I will be a positive role models in personal management, appearance, ethics, and behaviour by:

- Connecting athletic experiences with life experiences
- Providing an atmosphere of teamwork and collaboration among coaches and players
- Becoming an integral part of, and developing rapport with, the AIS community including administration, coaches, parents, volunteers and students
- Demonstrating good sportsmanship at all times
- Creating and maintaining a safe and healthy environment for students
- Understanding their leadership style and its impact on students
- Considering important school commitments of students outside of their sports.

Parent/Guardian Code of Conduct

Communication with Coaches

We expect that communication between parents/guardians and coaches will occur in the following way:

- Openly, honestly and with respect
- Reporting any issues and concerns in an appropriate and timely manner, including those of physical and emotional well-being of the students. We are promoting student responsibility in this area and would like the student to approach the coach of their concerns first. If a problem still occurs, then the parent may act on the child's behalf.

The chain of communication should flow as below:

1. Parent and Coach/Assistant Coach
2. Parent and Head of Sport
3. Parent and Principal



We expect parent/guardian attendance at meetings and for parents/guardians to read information disseminated by the coaches.

Demonstrating Good Sportsmanship and Providing a Supportive Environment

We ask parents to join us in demonstrating good sportsmanship by:

- Providing support for coaches and officials to foster a positive, enjoyable experience for all students
- Understanding the game is for students and not for the adults
- Recognising that student participation in representative sport is a privilege
- Demonstrating good sportsmanship as a spectator and behaving in a manner that reflects well on both the team and the School
- Refraining from coaching their student from the stands or the sidelines
- Ensuring consistent student attendance at practices and games.

Parents/guardians should create a positive and supportive environment to promote their students well-being by:

- Supporting good conditioning and healthy lifestyle habits
- Placing the emotional and physical well-being of their child ahead of any personal desire to win
- Expecting their child to play in a safe and healthy environment
- Supporting their child in planning how to meet their academic responsibilities given the demands of training and practice
- Being a role model for other parents by remaining positive at sporting events.

Parent/Guardian Agreement

As a parent/guardian of an AIS student in sports, I will:

- Not pressure my child to the detriment of their well-being and understand that this is their game, not mine
- Not use bad language or harass players, coaches, officials or other spectators
- Encourage my child to play within the rules and respect the decisions of the officials and coaches
- Teach my child to respect the efforts of their opponents
- Remember that children learn best by the behaviour of others, therefore I will applaud good plays/performance by both my child's team and that of their opponents
- Give positive comments that motivate and encourage continued effort
- Focus on my child's efforts and performance, not the score
- Thank the coaches, officials and other volunteers who give their time to conduct the
- Assist when asked by a coach or official
- Not criticise or ridicule my child's performance, during or after the game
- Not 'coach' from the sidelines; this is the role of the AIS appointed coach
- Respect the rights, dignity and worth of all people involved in the game, regardless of their gender, religion, ability, orientation or cultural background.



Parent/Guardian and Coach Relationship

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students.

As parents, when your child becomes involved in our sports program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team.

Communication You Should Expect from Your Child's Coach

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the team
- Location and times of all practices, competitions and events
- Team requirements, including fees, special equipment and off-season conditioning
- Procedures should your child be injured during practice or competition
- Discipline that results in denying your child's participation.

Appropriate Communication between Parents and Coaches

Appropriate Concerns to Discuss with Coaches:

- Notification of any conflicts in your schedule, well in advance via email
- Specific concern in regard to coaching philosophy and/or expectations
- As your children become involved in the programs at AIS they will experience some of the most rewarding moments of their lives. However, it is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.
- The treatment of your child mentally and physically
- Ways to help your child improve or concerns about your child's behaviour
- It can be difficult to accept when your child is not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved, and the team.

Issues Not Appropriate to Discuss With Coaches

- Playing time during a game
- Team strategy
- Play calling
- Other students

Discussing Concerns with Coaches

If you have a concern to discuss with a coach, the procedure you should follow is:

- Call the School to set up an appointment with the coach
- If the coach cannot be reached, call the Head of Sport



Please be aware that it is not appropriate to confront AIS Coaches. As much as possible, avoid discussing matters with coaches immediately before, during or after a competition or practice. These can be emotional times for both the parent and the coach and meetings of this nature usually do not promote resolution. We respectfully ask that you wait 24 hours after a competition, before contacting a coach on a particular issue.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and set up an appointment with the Head of Sport to discuss the situation.
- At this meeting, the appropriate next step can be determined.
- At AIS we believe that a student involved in extra-curricular activities has a greater chance of success during adulthood, therefore, these programs have been established. Many of the character traits required to be a successful participant are those that will promote a successful life after high school.

Other things, such as those previously listed, must be left to the discretion of the coach.

Key Contacts

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