



诺德安达学校

大连海龙

NAS DALIAN SEA DRAGONS

Student and Parent Athletics Handbook 2023-2024



Our Mission

Dalian American International School facilitates a challenging, collaborative, and responsive learning environment that develops student intellect, character and health. At DAIS, every learner strives to achieve personal excellence and contribute to the global community.

Our Vision

Dalian American International School bridges the educational experiences of international and Chinese national students in an attractive, well-resourced and up-to-date educational facility. Building upon our rich local history, culture and beautiful natural environment, we inspire students to be leaders serving local and global communities.

Schoolwide Learner Outcomes

- i. Learners will become respectful and trustworthy global citizens that demonstrate strong character through responsible, fair, and caring actions.
- ii. Learners will exhibit resilience, courage, initiative, creativity, and curiosity as they pursue personal excellence in intellect and health.
- iii. Learners will become skilled innovators, critical thinkers, and problem solvers who are technologically literate.
- iv. Learners will appreciate and reflect on the influences of cultures in their interactions with others.
- v. Learners will contribute to the interdependent world around them through inquiry and action.

Character Counts

Trustworthiness | Respect | Responsibility | Fairness | Caring | Citizenship

Contact

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Contact Details



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Quick Facts

Uniform Colors

Home: Navy & teal

Visitor: Yellow & navy

Mascot

Sea Dragon

Dear Students and Parents,

I welcome you to the 2023-2024 school year of Sea Dragon Athletics! The start of the school year brings excitement as our student athletes look forward to developing their talents, representing our community and striving towards personal excellence.

The Athletic & Activities department oversees the **After School Activities (ASA)** program as well as the competitive interscholastic sports teams. **Athletic Program** offerings at Dalian American International School (DAIS) / Dalian Huamei School (DHS) include Volleyball, Table Tennis, Golf, Cross Country, Basketball, Swimming, Soccer and Badminton.

This handbook serves as a guide for new and returning student athletes and their guardians. There is a separate **ASA Handbook** outlining that program.

This handbook includes school policies and procedures and addresses philosophical standards that we hope to achieve through our athletic program.

Students are ultimately in schools to learn. It is our desire for students to learn the skills needed to be successful in the sporting arena but also lifelong skills of perseverance, responsibility, and dedication. In order for our student-athletes to be successful in athletics, success needs to be met in the classroom. Being involved with a DAIS/DHS sports team is a privilege and carries with it responsibilities. With a focus on time management and personal organizational skills, excellence in both athletics and academics is achievable.

Good luck to all student-athletes on the year ahead and congratulations on becoming a Sea Dragon.

Go Sea Dragons!



Paul Robinson
Athletics & Activities Director

"It is our desire for you to learn the skills needed to be successful in the sporting arena but also lifelong skills of perseverance, responsibility, and dedication"

Philosophy

DAIS/DHS believes that:

- Athletic activities are integral to the holistic educational experience for students.
- The athletic program supports the actualization of the school's mission, vision, and schoolwide learning outcomes.
- Athletic activities provide opportunities for students to explore and pursue areas of interest, promoting the development of both collaborative and individual knowledge and skills. These experiences promote the fulfillment of a healthy and balanced life.

Sportsmanship

By being involved in DAIS/DHS Athletics, students will benefit from an experience that will make them a better person. Character Counts traits of trustworthiness, respect, responsibility, fairness, caring and citizenship are enhanced as student-athletes build relationships with teammates, coaches, peers and the community.

Student athletes are to conduct themselves as positive role models on, in and out of the athletic arena. The following are core beliefs of DAIS/DHS athletics:

1. Participation is for those who potentially have the skills, attitudes, and willingness to work hard to improve their respective sports.
2. Success is measured by growth and playing to our potential; not by the win/loss record.
3. The coaching staff, athletes, administration, parents, and fans should always act in a manner that would enhance the positive image of the school and community.
4. Athletes are encouraged to participate in more than one sport throughout the year.
5. Playing time in scheduled contests is earned. Respect, attitude, coachability, knowledge of the sport and athletic performance are factors that apply.
6. The needs of the team must come before the needs of the individual.
7. Athletic participation is intended to benefit all athletes by teaching fundamentals, strategies, and behavior that will enable our teams and athletes to be successful.

Levels of participation

Junior Varsity (JV)

This is a development category for students in Grades 7-10 (swimming begins at grade 3 for eligible nine-year-olds) who wish to participate on a varsity team in the future. Teamwork and constant effort are important factors at this level. Our goals are to nurture student-athletes' love of the sport while preparing them to compete. We encourage students to develop potential, demonstrate independent thought and skill execution and to produce performances relative to overall team strategy in practice and competitive situations. The practice commitment at the JV level is normally Tuesdays and Thursdays from 4:00 – 5:30 p.m. and may include Monday practice. Games may be played during practice time or on the evenings or weekends.

Varsity

The aim of varsity athletics is to continue shaping individuals developmentally, while additionally shaping them as a group into a team that is prepared technically, tactically, physically and mentally to compete at the ACAMIS level. Athletes of this age should continue to perfect the basic skills of the sport. Teamwork and effort are essential steps for this level if success is desired. Attendance at practice and competition is expected and students with a poor attendance record may lose their roster spot to another student who is fully committed to the program. The practice commitment at the Varsity level is normally Mondays, Tuesdays and Thursdays from 4:00 – 5:30 p.m. and may include optional Friday practice. Games may be played during practice time or on the evenings or weekends.

Tryouts

At the beginning of each season, tryouts will occur. Students must sign up ahead of time through the online platform (*SchoolsBuddy*). Students have a right to know the standards upon which the team is being selected upon. Students are allowed the opportunity to demonstrate their skills, abilities and character before being cut from any team. Coaches are available to answer any questions an athlete may have. When student-athletes and parents understand and support a coach's decision, this difficult process can become an opportunity for learning.

1. Tryouts: The first official day of tryouts for each sport shall be determined by the coach of that sport and the athletic director. All students are given at least one tryout sessions before cuts may be made.
2. Dropping a sport: when a student-athlete decides to participate in a sport, and is selected for a team, the Athletics Department and coaches expect the student-athlete to complete the season. If there are extenuating circumstances during the season which result in the student deciding to drop a sport, the student must communicate this in person with the coach. The student athlete may be granted permission by the Athletics Director to participate in the following season. If the student is dismissed for disciplinary reasons or has little ground for quitting then the student athlete will be deemed ineligible to participate in the following season.



The Sea dragon Student-Athlete

Participation in after school activities and athletics is a privilege at DAIS/DHS. Whenever practicing, competing or traveling as a DAIS/DHS representative, student-athletes must conduct themselves with positive sportsmanship and behave in a responsible manner. Student athletes are representatives of themselves, their families, their team and the DAIS/DHS community. Coaches reserve the right to apply consequences or to suspend student athletes for inappropriate actions or behaviors that do not align with DAIS/DHS values and expectations.

Attendance

School Attendance: students must be present for three out of four blocks in order to practice or participate in a competition that day. Should a student be absent for more than one block, prior approval from the Athletic Director or Secondary Administration is required in order to practice or compete that day. If students have an unexcused absence or are found to be skipping school, they will not be allowed to practice or compete that day.

If an athlete is **suspended from school**, they may not attend practices or games until the suspension is completed. The athlete will also be suspended from participation **in one game/competition** per day suspended. Participation in ACAMIS events will be an administrative decision.

Every effort should be made by all athletes to attend every practice. If an athlete is in school and cannot attend a practice after school, he/she must communicate with their coach to get excused from practice before the practice begins. If the athlete is not excused by his/her coach or misses practice without informing their coach, even though he/she has a good reason for missing practice, the athlete will face the following consequences:

- a. First and second offenses: playing time consequence for the next competition.
- b. Third offense: Dismissal from the team.

While serving an **athletic** suspension for practice or a game, attendance at the athletic practice/game is mandatory.

Drug Use

Alcohol, tobacco, and drugs (including misuse of prescription drugs or over the counter drug/ chemical). The following applies to any student athlete who is found in possession of using, distributing, selling, or enabling others to use such drugs.

- a. First offense: one week suspension and one game.
- b. Second offense: dismissal from athletics program for the current school year.

Self-disclosure: if a student athlete reports his or her violation of training rules to his or her coach or the athletic director within 24 hours of the violation, the athlete will serve a lesser violation. This opportunity applies only to first offense violations.

Academic Eligibility

To be considered eligible an athlete must not have any failing grades and have no more than two D's. Students' grades will be checked regularly during the season. If a student-athlete becomes ineligible then they will be placed on the ineligible list and the following conditions go into effect:

- * Students may participate in practices but may not participate in any Non-ACAMIS games.
- * The student is required to attend study hall.
- * Failure to attend the study hall without prior notice will result in one formal warning followed by dismissal from that sport for the season.

The student may become eligible as soon as their grades are no longer unsatisfactory.

Advanced Placement Exams

Students are excused from participation in athletics and activities during their testing schedule. It is the students' responsibility to inform their coach of their testing schedule in advance. If a student would like to continue their participation in athletics and activities during this time, they must complete the 'Participation During an Examination' release form.

Age Eligibility

To be eligible for ACAMIS core sports competition (Volleyball, Basketball and Soccer), the student-athlete may not have turned 19 years of age on or before September 1 of the current school year. Participation in ACAMIS high school core sports events is limited to high school students and/or those who are 14 and above as of 1st September and below the maximum age limit. Any minimum age requirement exceptions require a majority endorsement of members involved in that division as coordinated by the tournament director.

Multiple Activity Participation

Student athletes interested in participating in two sports during the same season shall adhere to the stipulations outlined in the 'Multiple Activity Participation' form and obtain signed permissions from both Head Coaches, parents/guardians and the Athletic Director.

Afternoon Campus Supervision

DAIS/DHS encourages students to remain on campus for their own positive enrichment. However, security is our priority. We consider remaining on campus a privilege; the DAIS/DHS campus is not available for casual “hanging out.” To keep the campus safe and orderly, DAIS/DHS reserves the right to require any student to return home immediately after school if the student is not making positive use of the afternoon, or who is otherwise not behaving according to school expectations. Students waiting to be collected by car can wait in the Hungry Scholar Café.



2023-2024 Seasons and Sports

	Season 1 (Fall)	Season 2 (Winter)	Season 3 (Spring)
Sports	Volleyball, Table Tennis & Cross Country	Basketball & Swimming	Soccer, Badminton & Golf
Registration opens	August 17, 2023	November 2, 2023	January 25, 2024
Tryout starts	August 21, 2023	November 6, 2023	January 29, 2024
Season dates	August 21 – November 5	November 6 – January 28	January 29 – April 23

Playing Time

Participating on an athletic team is a privilege, not a right. Coaches determine playing time based on respect, attitude, coachability, knowledge of the sport and athletic performance. Student athletes who have questions about their playing time or would like to identify areas for improvement should schedule an appropriate time to talk with their coach/es.

Uniforms

Student athletes are required to purchase their own playing uniform directly from the uniform provider within the timeframe provided. For ACAMIS travel tournaments, students must purchase the travel kit of hoodie, sweatpants and t-shirt in addition to the playing uniform.

Leagues and Conferences ACAMIS

DAIS/DHS participates in the Gold Division of the *Association of China and Mongolia International Schools (ACAMIS)* for the annual Volleyball, Basketball and Soccer tournaments. Hosting of tournaments rotates on an annual basis between the 5-8 schools in the conference. DAIS/DHS also aims to participate in the invitational ACAMIS tournaments held for Cross Country, Table Tennis, Golf, Swimming and Badminton each year.

There are currently no established local leagues in the Dalian area for international schools. We do aim to arrange competition with other international and local schools as well as clubs and have hopes to form a local league in the future.



2023-2024 ACAMIS Competitions

	Maximum Travel Roster Size	Host School	Departure Date	Return Date
Volleyball	12 Girls / 12 Boys	British School Beijing	1-Nov	5-Nov
Table Tennis	3 Girls & 3 Boys	Keystone, Beijing	16-Nov	19-Nov
Cross Country	10 Girls / 10 Boys for U14 10 Girls / 10 Boys for U19	LIS, Chengdu	23-Nov	26-Nov
Basketball	12 Girls / 12 Boys	Xiamen International School	24-Feb	28-Feb
Golf	6 Girls / 6 Boys	Pacific Pine (SIS)	11-Mar	15-Mar
Badminton	4 Girls & 4 Boys	Nanjing International School	17-Apr	21-Apr
Soccer (7s)	12 Girls / 12 Boys	AIS, Hong Kong	17-Apr	21-Apr

Student Travel

DAIS/DHS is part of the ACAMIS conference which provides competitions for our students to showcase their sportsmanship, skills and abilities. Our teams stay in hotels during overnight travel and strict supervision is provided by DAIS/DHS chaperones. Detailed trip information is provided to families when teams have been selected for travel.

Current Travel Documentation

It is the student's responsibility to provide current up to date travel documentation to the athletics office. If you update your documentation, please inform and provide a copy to our office as soon as possible.

Travel Costs

Families are responsible for the costs involved in travel events and tournaments. Those costs include but are not limited to; flights, hotels, registration fees, ground transportation, coach expenses. An estimated expense breakdown will be given before each trip your child is selected for.

Transportation

In order for students to use alternative modes of transportation to or from an away game, a parent/guardian must grant permission ahead of time by completing the Athletic Transportation Permission form.

Medical Insurance

DAIS/DHS does not provide medical coverage for students when accidents occur during school related activities. Families are required to share their child's insurance details when registering for Athletics and ahead of any overnight travel.

Air Quality Index (AQI)

AQI*	Classroom	Recess	PE	Outdoor ASAs	Secondary Athletic Practice, Competitions & ACAMIS
0 - 100	Activities as normal, no restrictions.	Activities as normal, no restrictions.	Activities as normal, no restrictions.	Activities as normal, no restrictions.	<p>Modifications to times / formats will occur in response to an AQI reading of over 175, with stoppage or delay to occur at over 250.</p> <p>If parents see a need to withdraw their student from participation due to the AQI they should communicate directly with the coach / Athletic Director.</p>
101 - 150	Any student who has respiratory or other heart/lung conditions should stay indoors, windows and doors closed. Turn on air purifier.	Any student who has respiratory or other heart/lung conditions should stay indoors. Staff should stay alert to students having difficulty breathing and can suggest less strenuous activities for students.	Any student who has respiratory or other heart/lung conditions should stay indoors. Staff should stay alert to students having difficulty breathing and can suggest less strenuous activities for students.	Increase rest periods for all students. Any student who has respiratory or other heart/lung conditions should stay indoors. Staff should stay alert to students having difficulty breathing and can suggest less strenuous activities for students.	
151 – 200	Elementary students must remain indoors and outdoor activity for Secondary students must be restricted to 20 minutes.	Recess is moved indoors.	Elementary PE must move indoors and Secondary PE must restrict outdoor activities to 20 minutes.	Elementary ASAs must move indoors or cancel if not possible. Secondary ASAs should move indoors or restrict outdoor activities to 20 minutes.	
201+	All classroom activities should be moved indoors.	All recess activities should be moved indoors.	All PE classes should be moved indoors.	All outdoors ASAs should be moved indoors or cancelled if not possible.	

* AQI will be continuously monitored with the Air Visual App. The air quality at 2:00 p.m. will be used to determine if activities and practices occur after school.

The school has an AQI reader on campus to monitor the most accurate data. AQI levels are checked at 11:00 a.m. each day and monitored continually whenever it exceeds 150. Athletic practices will be guided by the 2:00 p.m. reading.

Travel for off-campus local activities will be determined by identifying the closest monitoring station to the activity and applying the standards above.

Links to forms:

- [Athletic Transportation Waiver .docx](#)
- [participation during exam 23-24.docx](#)
- [Multi Sport or Activity Form 23-24.docx](#)
- [Emergency Contact Information 23-24.docx](#)
- [Student-Athlete Contract 2023-24.docx](#)