



大连美国国际学校

DALIAN AMERICAN INTERNATIONAL SCHOOL

A NORD ANGLIA EDUCATION SCHOOL



大连华美学校

DALIAN HUAMEI SCHOOL

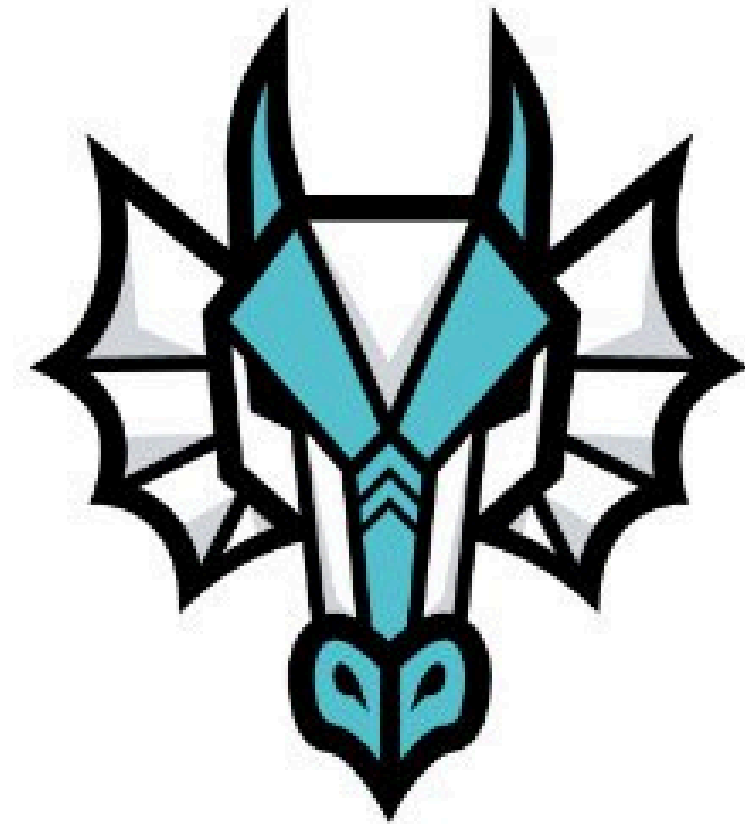
2025-26 Dalian Sea Dragons athletics handbook

Athletics and Activities Department

August 2025

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诺德安达学校

大连海龙

NAS DALIAN SEA DRAGONS

MEET THE ATHLETIC & ACTIVITIES TEAM

体育与活动团队

Athletics & Activities Director

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Quick Facts 概况:

Mascot Name: Sea Dragons

吉祥物名称: 海龙

Uniform Colors

制服颜色

Home: Navy & teal

主队: 海军蓝和蓝绿色

Visitor: Yellow & navy

客队: 黄色和海军蓝



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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 contributes to the global community.

我们的使命

大连美国国际学校提供了一个具有挑战性，合作性和响应性的学习环境，发展学生的智力，品格和健康。在大连美国国际学校，每位学生都努力实现个人价值，并为全球社会做出贡献。



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NAS DALIAN SEA DRAGONS

Athletics Philosophy

DAIS/DHS/DHBS/Heritage believes that:

- Athletic activities are integral to the holistic educational and schoolwide learning outcomes.
- 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 areas of interest, promoting the development of both collaborative and individual knowledge and skills.

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.

Sea Dragons Athlete Core Values

Leadership | Respect | Disciplined | Reflective |
Team Player | Sportsmanship



Dear Students and Parents,

Welcome to the 2025-26 school year of Sea Dragon Athletics! The start of the school year brings excitement as our student athletes look forward to developing their talents, serving and representing our community, whilst 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, Cross Country, Basketball, Swimming, Soccer and Badminton. 2024/25 saw record numbers represent the Sea Dragons in athletic competition, and we hope for another record busting year! Building upon the development of ACAMIS and DISA, we are also now members of NESSIC which will create more opportunities for more of our athletes.

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 school 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.

Go Sea Dragons!



Athletics and Activities Director:

Mr. Paul Robinson

Athletic Program Development Phases (Levels of Participation)



Ages	Phase Name	Purpose
Under 8	FUNdamentals	Learn basic fundamentals, in a fun and engaging environment
Under 12	Enjoying Practice	Build Technical Skills Begin to understand importance of teamwork
Under 15	Developing Practice	Teamwork, effort and commitment essential Execute skills effectively in game situations
Junior Varsity	Understanding Competition	Development of independent thought and skill execution
Varsity	Training for Competition	Be prepared technically, tactically, physically and mentally Continue to perfect the skills of the sport

- This list is not exhaustive
- There may be overlap across the phases depending on individual skill development and experiences

Sportsmanship Expectations



the skills, attitudes, and willingness to work hard to improve their respective sport/s	through displaying respect, positive attitude, being coachable knowledge of the sport and showing a
Success is measured by growth and playing to our potential; not by the win/loss record	of the individual.
parents, and fans should always act in a manner that would enhance the positive image	athletes by teaching fundamentals, strategies, and behavior that will enable our teams and athletes to
Athletes are encouraged to participate in more than one sport throughout the year	

Try-Outs/Expectations/Playing Time/Uniform



Try-Outs	<p>Are very much dependent on the numbers of athletes who sign-up to join a team. At U12 and U15 level currently anyone who wishes to participate in DISA competition is able to as the school is able to field multiple teams. At U15 a squad maybe selected for NESSIC competition but should not mean athletes are not allowed to practice.</p> <p>At Varsity/U19 level squad selections need to be made for NESSIC and ACAMIS competitions, however as a school we strive to give opportunities for athletes that do not make these squads to represent the Sea Dragons in at least 1 friendly game.</p>
Playing Time	<p>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.</p>
Sea Dragons Team Uniform	<p>Team Uniform can be ordered during specific windows from RocketScience Sports. The ordering windows are specific to athletic seasons. The team coach will allocate the shirt number</p>
Sea Dragons Travel Kit	<p>For 2025/26 academic year all athletes involved in ACAMIS/NESSIC/DISA tournaments will be required to purchase Sea Dragons tracksuit top, tracksuit pants, travel polo shirt and shorts. This kit will be the same across all teams so is a one-time purchase. The cost of the travel kit will be added to the cost of the tournament (if athletes already have full travel kit the money will be refunded at the conclusion of the tournament). The Athletics and Activities Department will make orders directly.</p>
Additional Kit	<p>A number of Sea Dragons teams have a tradition of designing hoodies, t-shirts and training kit. These are not considered compulsory and are optional.</p>

Student-Athlete Discipline



We expect all of Sea Dragons Athletes to also be accountable for their own study and ensuring that their grades and behavior are in good order. Sea Dragons Athletes and parents should be fully aware of the potential consequences for misdemeanors listed below:

Sea Dragons Athletes are expected to:

- Sign-Up for the chosen sport by the specified deadline.

Academics and Attendance:

Athletes will not be eligible for participation in friendlies and competitions if they have more than 2 “D” Grades.

Athletes who are absent during the day should not attend team practices (athletes must in class for the full day, not part of the day). Attending practice after not being in class/es could be considered as skipping class.

Athletes who are missing more than 2 assignments in a subject will not be considered eligible for friendly matches and competitions.

Athletes may be removed from team if they display consistent poor behavior in class.

If an athlete is guilty of skipping class they will serve a 1-game suspension for the first offence, and if repeated the athlete will be withdrawn from the team.

If suspended from school athletes will serve a 1-game ban for each day of suspension. If nature of suspension is deemed serious athlete could be withdrawn from team.

ATHLETE STUDY HALL



In order to support our athletes to keep on top of their schoolwork and be able to attend practices the Athletics and Activities office operate Study Hall.

- For U19 athletes this will be held on Mondays after school and for U15 athletes on Tuesdays afterschool.

Study Hall is a fully supervised session where athletes can take reassessments, serve detention time or catch up on assignments that they are behind with. This should mean that athletes do not miss practices which impacts the team and their teammates.

- If an athlete has more than 2 'D' grades they will be required to attend study hall until grades improve.
- Teachers will make referrals regarding Study Hall
- Athletes will be contacted on teams chat and via email regarding attendance at Study Hall.
- If an athlete fails to attend study hall they will be given the following consequence:
 - First offence: 1-game suspension
 - Further offence: Removal from the team for the season

Age Eligibility



Organisation	Age Level	Eligibility Criteria
ACAMIS	U19	Must not have turned 19 before August 1 st 2006. Born on or after 01/08/2006
ACAMIS	U14	Must not have turned 14 before August 1 st 2011. Born on or after 01/08/2011
NESSIC	U19	Must not have turned 19 before September 1 st 2006. Born on or after 01/09/2006
NESSIC	U15	Must not have turned 15 before September 1 st 2010. Born on or after 01/09/2010
DISA	U15	Must not have turned 15 before August 1 st 2010. Born on or after 01/08/2010
DISA	U12	Must not have turned 12 before August 1 st 2013. Born on or after 01/08/2013



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SEA DRAGONS SEASON DATES (FALL)

Fall Season	Season Start	Season Finish
U19 Volleyball	25 th August	7 th November
U14/U19 Cross-Country	2nd September	14 th November
U19 Table Tennis	8 th September	28 th November
U15 Soccer	25 th August	7 th November
U15 Badminton	25 th August	14 th November
U12 Basketball	8 th September	7 th November
Swimming	8 th September	7 th November





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SEA DRAGONS SEASON DATES (WINTER)

Fall Season	Season Start	Season Finish
U19 Basketball	27 October	30 January
U15 Volleyball	10 November	8 March
U12 Badminton	18 November	8 March
U12/U14/U19 Swimming	10 November	30 January





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SEA DRAGONS SEASON DATES (SPRING)

Fall Season	Season Start	Season Finish
U19 Soccer	2 February	30 April
U19 Badminton	2 February	30 April
U12 Soccer	9 March	15 May
U15 Basketball	9 March	15 May
Swimming	2 March	30 April





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SEA DRAGONS TOURNAMENT DATES (FALL)

Organisation	Sport	Date(s)	Location
NESSIC	U19 Badminton	17/10-18/10	SCIE, Shenzhen
DISA	U15 Badminton	18/10-19/10	DAIS
ACAMIS	U19 Volleyball	22/10-25/10	XIS, Xiamen
NESSIC	U15 Soccer	31/10-1/11	WAS, Changzhou
DISA	Soccer/U12 Basketb	8/11-9/11	DAIS
NESSIC	U19 Volleyball	7/11-8/11	Avenues, Shenzhen
ACAMIS	U14/U19 Cross-Country	13/11-15/11	LIS, Chengdu
NESSIC	U15 Badminton	14/11-15/11	TBC
ACAMIS	Table Tennis	27/11-29/11	CCS, Shanghai





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SEA DRAGONS TOURNAMENT DATES (WINTER)

Tournament	Sport	Date(s)	Location
ACAMIS	13-19 Swimming	4/12-6/12	WCIS, Shanghai
NESSIC	13-19 Swimming	5/12-6/12	Fettes, Guangzhou
NESSIC	U19 Basketball	16/1-17/1	Cogdel, Wuhan
NESSIC	U15 Volleyball	23/1-24/1	Daystar, Beijing
ACAMIS	U19 Basketball	28/1-31/1	AIS, Hong Kong
DISA	U15 Volleyball	7/3-8/3	CAIS, Changchun





SEA DRAGONS TOURNAMENT DATES (SPRING)

Tournament	Sport	Date(s)	Location
ACAMIS	U19 Soccer	18/3-21/3	BSB, Beijing
NESSIC	U19 Soccer	21-22/3	Fettes, Guangzhou
ACAMIS	U19 Badminton	16/4-18/4	TBC
Rocket Science Sports	RockStars Swimming Championships	TBC (usually end of April)	Oriental Sports
DISA	U15 Basketball/ U12 Soccer	16/5-17/5	QSI Shenyang
NESSIC	U15 Basketball	22/5-23/5	DAIS



DALIAN SEA DRAGONS SPORTS ACADEMY



“Developing Tomorrow’s Leaders Today!”

Gives our students to serve the Athletics community in the following ways:

- Sports Coaching
- Sports Media Team
- Athletics Council





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SEA DRAGONS COLOR AWARDS

AWARD	CRITERIA
Sea Dragon Award	Attend Regular Practices in chosen sport Represent Sea Dragons in 1 Sport
Half Blue Award	Attend regular practices in chosen sports Represent Sea Dragons in 2 or more sports
Full Blue Award	
Honors Award	Serve school community by assisting with coaching and/or officiating





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OUTSTANDING ACHIEVEMENT AWARDS

AWARD	CRITERIA
Sea Dragon of the Year	Display exemplary sportsmanship
Dragon of the Year	Be a positive ambassador for DAIS/DHS
Dragon of the Year	Be a positive ambassador for DAIS/DHS



Travel Expectations

Topic	Explanation
Travel Costs	hotels, registration fees, ground transportation, coach expenses. An estimated expense breakdown will be given before each trip your child is selected for.
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.
Medical Insurance	DARS/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.
Transportation	inform the Athletic Director and Head Coach if they are travelling on their own or if they intend to take their child to and from the destination (for travel from Dalian this is only permitted if departure from airport or train station is early.
Attendance in Class	For travel departures that occur during the school day (10am onwards) athletes are expected to be in school and attend classes prior to departure. Failure to do so will result in loss of game time or the possibility of not being permitted to travel as it could be counted as an 'absence from school'. If the latter is applied the school will not be liable for any refunds.
Travel Kit	Travel Kit should be worn in all airports, train stations, at tournament opening ceremonies. Travel t-shirt should be worn at breakfast.
End of Tournament Awards	Athletes should be in some form of Sea Dragons kit for closing ceremonies/awards/photos. This can be the travel tracksuit or the team uniform worn in the competition.
Room Arrangements	Will be determined by the team coaches and/or the Athletics Director
Hotel Conduct	Under no circumstances should athletes go into the room of other people. If athletes wish to mix they should do so in the foyer or in the hotel lobby area. Athletes caught in other rooms will see a reduction in game time and risk potentially being sent home.
Tardiness	Being tardy for the bus will result in athlete missing game time, which could potentially harm the teams opportunity to progress further in the tournament.

Serious Misconduct

The following are considered to be acts of Serious Misconduct

Use of Alcohol

Drug Use

Smoking or Vaping

Staying in or going into any other hotel room (same or opposite gender)

Switching Rooms

The potential consequences for Serious Misconduct are as follows:

Potentially parent being required to collect athlete from competition location

Historical Travel Costs - ACAMIS

Sport	2023/24 Location	2023/24 Cost	2024/25 Location	2024/25 Cost	2025/26 Location
Volleyball	Beijing	3625RMB	Dalian	750RMB	Xiamen
Cross-Country	Chengdu	4050RMB	Chengdu	3700RMB	Chengdu
Table Tennis	Beijing	Parents Organised	Beijing	2750RMB	Shanghai
Swimming			Hangzhou	4100RMB	Shanghai
Basketball	Xiamen	6400RMB	Shanghai	4650RMB	Hong Kong
Soccer	Hong Kong	6930RMB	Shenzhen	5900RMB	Beijing
Badminton	Nanjing	3995RMB	Beijing	4200RMB	TBC

Travel Costs cover the following: Participation Fees, hotel accommodation, flights/train tickets, ground transportation and shared associated costs for coaches and chaperones.

When tournaments are hosted by DAIS/DHS participants are still expected to pay tournament participation fees at same rate as visiting schools

Historical Travel Costs – DISA/NESSIC/Other Invitationals

DISA			
Sport	2024/25 Location	2024/25 Cost	2025/26 Location
U12 Soccer/U15 Basketball	Dalian	250RMB	Shenyang
U15 Volleyball	Changchun	1550RMB	Changchun
U2 Basketball/U15 Soccer	Shenyang	1500RMB	Dalian
Badminton	NA	NA	Dalian

NESSIC and Invitationals (Please note we only entered 1 NESSIC competition in 2024/25)			
Sport	2024/25 Location	2024/25 Cost	2025/26 Location
NESSIC U15 Badminton	Haikou	4235RMB	TBC
Chang'An Cup Basketball	Xi'an	3500RMB	Xi'an
RockStars Swimming	Shanghai	3800RMB	Shanghai

Travel Costs cover the following: Participation Fees, hotel accommodation, flights/train tickets, ground transportation and shared associated costs for coaches and chaperones.

When tournaments are hosted by DAIS/DHS participants are still expected to pay tournament participation fees at same rate as visiting schools

Parent Expectations

activity, to this end DAIS/DHS/DHBS have the following expectations of parents:	
athletes important life experiences that are a significant part of a holistic education. Success is not simply measured in medals	Respect all players, coaches, referees.
Endorse China's passport/visa/entry permit make the appropriate status for travel (more than 6 months before expiry).	Support all participants in the team.
Leave coaching decisions to the coach's professional experience, discretion and judgement.	Display good sportsmanship, always being a positive role model for athletes.
Enjoy the wonderful opportunities that are available to your child.	Support coaches techniques, aims, expectations and directives, even when your child complains. Otherwise, address concerns in a professional and constructive manner directly with the coach.
Meet all deadlines set by the Athletics and Activities Department.	Complete all requested forms/documentation are submitted in a timely fashion

Air quality index (aqi) guidelines

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.	