

THE AMERICAN SCHOOL OF TANGIER

Athletic Manual

(Revised September 2009)

NON-DISCRIMINATION

No person shall, on the basis of handicap, race, colour, national origin, religion, or sex be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or sport activity in the school. If you have any questions about procedures, or if you wish to file a grievance, please contact the Athletic Director.

Dear Students and Parents,

Welcome to AST Sports !

The American School of Tangier Athletic Program is considered an integral part of the educational program. Its purpose is to provide unique educational experiences that will contribute to the development of better citizens. Emphasis is upon the teaching and educating "through" athletics in addition to teaching the "skills of" athletics.

Educators, coaches, parents, and administrators agree that sports programs can be positive experiences for fitness and skill development but also for the development of many other values and virtues like sportsmanship, fair play, and character.

Aristotle mentions the word "character" as "virtues", or important elements of behaviour that require practice. "*One becomes virtuous by performing virtuous acts,*" he said. Some of the more widely held virtues are self-discipline, honesty, perseverance, responsibility, compassion, teamwork and work ethic.

We are proud to say that at AST, we do our best to practice and teach these concepts.

The AST athletic program provides a wide range of opportunities for all students who desire to participate in intramurals or interscholastic athletics. Our coaching staff (mainly AST teachers) will be working closely with our students throughout the year, "following" the aims and objectives that we believe are important in our school sport program.

Please understand that athletic participation is a privilege provided to athletes who accept the rules and regulations stipulated in the Athletic Manual. Just about everything you may wish to know about our athletic program is in this manual.

Feel free to ask our Athletic Department staff for more information about our Sport Program. You can also visit our web site (www.ast.ma), for updated information regarding AST teams (announcements, game schedule and results, coaches' reports, team's pictures and photos gallery).

Once again, welcome to AST Sports !

Best regards,

Dr Nour Amri
Athletic Director
P.E. Supervisor

I. PHILOSOPHY AND OBJECTIVES

The philosophy of the athletic program at AST has been developed to meet the needs of our students in the elementary, middle and high school. Considering our school size and family-type atmosphere, students are encouraged to join because of the unique opportunity to participate and the social interaction that occurs within our sports program.

The athletic program aims to meet the following objectives:

1- Provide students with the opportunity :

- to develop basic and more advanced, specialized athletic skills
- to achieve a high level of fitness
- to increase their knowledge of the game (tactics, rules, strategies).

2- The student-athlete will :

- Work to grow and mature physically, emotionally and psychologically.
- Acquire an increased measure of self-discipline as well as understand his/her value in pursuit of certain, clearly defined goals. Success will most likely come through perseverance and personal initiative.
- Evaluate objectively defeat as well as success; consistently demonstrate and understand the value of fair play and sportsmanship.
- Learn to accept constructive criticism and use it as a tool for self-improvement.
- Learn to accept, respect and value necessary and responsible authority.
- Learn to appreciate that participation in athletics is a privilege which carries certain responsibilities.
- The athlete will gain from exposure to a variety of different cultures and individuals through competition with other schools and the reciprocal housing program and therefore :
- Learn to function successfully as host to incoming athletes.
- Learn to be a proper guest in another person's home.

The Athletic Program is part of the total educational package and process offered to AST's students that provide an opportunity for physical, mental and social growth.

Learning happens in many places and there are many lessons to learn in a sport setting. Sportsmanship is a good example of something we try to teach students in sport. Whether in locker rooms, during practices, or in competition, our athletes should show sportsmanship and appreciation for their competitors. Some examples of good sportsmanship include:

- promptly acknowledging a foul or violation
- watching or sitting on the sidelines with decorum
- playing fair and within the spirit of the rules

- keeping emotions under control in different situations
- shaking hands at the end of contests
- accepting decisions of the officials and coaches
- recognizing an opponent's good play.

These things don't happen on their own, but need to be taught. Coaches are the teachers, and also mentors, taking an interest in the development of young people.

III. SUPPORT AND CHANNELS OF CONTACT

The Athletic Director is in charge of the Athletic Program. He receives help from AST teachers, parents and from the community, which involves coaching as well as refereeing, timekeeping, housing, helping with food sales at home games, and whatever else is needed. This involvement is vital for our program success.

The Athletic Advising Committee is set up by the Athletic Director from the most experienced P.E. teachers and coaches at AST. They are called on occasions to set policies, procedures, and to discuss matters of eligibility and discipline. The decisions are then sent to be approved by the Provost and school Director.

Questions and/or concerns specific to the Athletic Department should be directed to the Athletic Director. The school office can also often answer minor questions.

IV. STATEMENT OF RISK

Physical activity yields many benefits but may result in injuries. All athletic programs involve some contacts. Sports may be a high-risk area for serious injuries. Although the Athletic Department endeavour to operate athletic activities in a safe manner, it is impossible to eliminate risks associated with physical activity and/or sports.

Therefore, parents and athletes should consider these risks carefully before deciding to participate in interscholastic or intramural athletic activities.

V. INJURIES AND ACCIDENT INSURANCE

AST students are covered by the school insurance for all home/away sports school sponsored activities.

AST staff will handle athletic minor injuries during PE classes and games. Coaches receive basic first aid training and will handle simple injuries occurring at practice. Shall a serious injury occur, every effort will be made to notify the parents. Students will be taken to a hospital or an ambulance will be called.

At away events, the coach will have all medical information available and the parents will be contacted if a trip to the hospital is necessary.

Students must take it upon themselves to report any minor injury to the coach, who will in turn refer him/her to the administration's office. Parents should ask an insurance form within 24 hours from the administration whenever an accident occurs.

VI. LOCKER ROOMS RULES AND CARE OF EQUIPMENT

1. The locker room is for players and coaches only.
2. There shall be no horseplay in locker rooms at any time.
3. Locker rooms are to be kept clean. The school is not responsible for personal items left in locker rooms. Such items will be discarded after three days.
4. Lockers must be secured before and after class, practice or competition. Upon termination of sport participation, the athlete is required to turn in equipment and clear out of their team locker within five days.
5. No athlete will be allowed to compete with another sport until all equipment and/or uniform obligations are cleared up with their previous coach.
6. Each athlete is responsible for the proper care and safekeeping of all equipment issued. Broken basketball rims, backboards and windows are the financial responsibility of those who break them.
7. Lost or stolen items must be paid for through the school office or to the coach in charge (such equipment remains school property and will be confiscated any time it reappears, refunds may be obtained within 30 days of fine payment).

VII. STUDENT FEES

AST contributes in full for payment to coaches, officials, facilities, awards and other tournament fees. The school also provides a majority of the transportation costs.

Students are sometime required to pay or contribute for accommodation if the travelling team stays in the hotel.

Some sports or activities requires extra fees : sports camps, summer program, trekking weekend, sailing, scuba diving, ... This amount is mentioned on the sign-up form for joining the sport or the activity.

In addition, students are required to pay a modest deposit for uniforms issued (to be returned at the conclusion of the season). The cost of replacing a new uniform is required for any lost, stolen, or damaged uniforms. This cost may be twice the original cost due to a special order necessary to replace the uniform.

VIII. ATHLETIC PROGRAMS

Following is a list of possible activities offered on an annual basis. Students should contact the Athletic Director to determine seasons and current sport offerings.

SPORTS & ACTIVITIES	HIGH SCHOOL		JUNIOR HIGH		ELEMENTARY	
	P.E	Varsity	P.E	J.Varsity	P.E	Team
Badminton	x		x			
Basketball	x	x	x	x	x	x
Camping						x
Chess	x		x		x	x
Cross Country	x	x	x	x	x	x
Fitness	x		x		x	
Hiking & Trekking		x		x		
Hockey	x		x		x	
Ping Pong	x		x			
Scuba diving	x	x	x	x	x	x
Soccer	x	x	x	x	x	x
Softball	x		x		x	
Swimming	x	x	x	x	x	x
Tennis	x		x		x	
Track & Field	x	x	x	x	x	x
Volleyball	x	x	x	x	x	x
Water Polo	x		x		x	
Weight lifting	x	x	x			

IX. COMPETITION AND SPORTS CONFERENCES

Our athletic program is intramural as well as inter-scholastic, meaning some students practice and play along with schoolmates (intramural) while a selected group is chosen to play against other schools or clubs (inter-scholastic).

The American School of Tangier is a member of different athletic conferences in order to provide opportunities in tournament activities on a competitive basis. Each school involved works toward a common aim to achieve efficient and well-balanced programs that promote healthy competition, sportsmanship, and full participation. (see appendix for conferences and schools addresses).

Tournament's Objectives :

- To foster a sense of enjoyment and achievement throughout a tournament.
- While recognizing that all participants should play to the best of their abilities, students should be encouraged to accept defeat gracefully and to celebrate success in a sporting manner.
- To provide opportunities for positive emotional development in competitive and social situations.
- To allow students to accept responsibility.

- To allow students to display leadership skills.
- To teach our students the principle of cooperation among individuals while striving for a common goal.
- To develop a positive working atmosphere between a coach and his/her team.
- To demonstrate adequate preparation for the sport in which the students are involved.
- To teach the necessary skills and impart knowledge of the rules and tactics necessary to participate in each sport.
- To develop an interest in, and a desire to continue sports activities in later years.
- To provide opportunities for and to encourage social interaction with students from other schools.

X. TRANSPORTATION RULES AND REGULATIONS (trips)

1. AST does not provide transportation home after local games or practices. Parents must arrange for the student's transportation home promptly after practice or competitive sports events (games or meets).
2. All students will travel to our sporting events (practices, games, meets) by means of a school bus or chartered bus.
3. Team members must use the transportation provided by the school to reach the site of the contest or practice. Team members must also return to school via the same mode of transportation unless parent(s) request permission to take the player home in their private vehicle. Said request must be in person and in writing. Only the legal parent(s) or guardian(s) will be given this prerogative.
4. The game/meet schedule will be distributed couple days before indicating time of departure and return from all events. For longer events (2-day trips and tournaments) a letter and a permission slip will go home with all the necessary information.
5. A passport is required for any trip outside Morocco. Student ID or school card is required by local police and may be needed in case of hospital treatment. The coach will collect passport or ID's on practices preceding trips.
6. Team lists with medical information and accommodation information will accompany coaches on trips.
7. Students will be monitored by coaches regarding reservations, curfew, and other school rules on all trips. Students must follow coach's instructions on all trips. Coaches may exercise their prerogative in the degree of talking and singing on the way, the consumption of food and drink and team dress.
8. The type of transportation used should be as clean at the end of a trip as it was at the beginning.

9. Trips to sporting events are under the same policy as any school-related field trip.
10. Parents wishing to attend these events will need to find their own transportation.
11. Upon arrival at AST, coaches will make sure all students have a means of transportation home. Under no circumstances will elementary students be left un-chaperoned.
12. The arrival time back at AST can only be estimated due to traffic and game situations in which there is a delay in time. Parents may call a coach travelling with the team to attain a more accurate time of arrival at AST. This phone number is included in the permission slip or game/meet schedule.

XI. TEAM RESPONSABILITIES

The Athletic Department requires that once each year students and parents sign an Athletic Agreement (see appendix), when a student joins their first sport season. This agreement sets a code of standards and describes the most important requirements for participation concerning attendance, behaviour, commitment and specific consequences. This agreement reinforces the seriousness of these standards.

The GROUP concept below explains to our students what is expected from them when they choose to become one of our team members. The Athletic Agreement outlines the most important concepts.

GROUP is an acronym for the concepts we hope our students show. A GROUP of people that work together well will become a team, and a successful team will show the following :

- **Give Enthusiasm** : Cheer our teams on! Give teammates support during practice and competition!
- **Respect Others** : Listens to others in a courteous way; make appropriate comments; Be polite to adults and other students. Thank the teams you play by shaking their hand. Thank coaches and referees when appropriate.
- **On Task** : Be responsible by doing what you are expected to do and follow coaches' instructions. Take care of your uniform and turn forms in on time.
- **Use Common Sense** : Represents your school on sport's trips : a team is like a family and you represent the AST family. Behave appropriately when visiting other schools and when being "housed". Smoking, using drugs or drinking of alcoholic beverages is prohibited.
- **Participate Well** : do as well as you can, at practice and during competition. If you can't make practice, bring a note from home and/or talk to your coach. Ask permission from your coach if you wish to leave your team during practice or games. Come to practice even if you can't play because of an injury.

XII. TRY-OUTS AND COMMITMENT

AST teams will conduct try-outs in the first two weeks of practice. During this time coaches will go over the points covered in their Athletic Agreement. This agreement is required of all students who join AST teams.

Coaches will also discuss practice time and other commitments required from students when they join. One of the most important parts of commitment is practice time, considering some games or practices may need to start as late as 17:00 (during the basketball season for the high school only).

Students must manage to find time to do their studies, practice and participate in games/events.

When students decide to join a team they must make a commitment to that team. A team's success is dependent on committed members, and once the commitment is made the student is expected to keep to it.

Students leaving teams after the commitment has been made will need to provide a written letter explaining the reason for doing so. The Athletic Director may decide that the student may not participate in the next sport season. A team will not be formed unless enough team members agree to the commitments.

Coaches will make decisions during the try-out period as to which students will represent AST in games and tournaments. When making final decisions as to members of the team, coaches will consider the students skill level, attitude, effort and positive work ethic, and the number allowed for each team as stipulated in the tournaments rules. If feasible, other students can continue to practice with the team in order to improve their skills and be possibly ready to join the team at a later date.

XIII. UNIFORMS

Students are issued a uniform when joining teams. A deposit of MAD 200 is required as a token of "good will". The deposit will be returned at the completion of the sport season, providing the uniform and warm-up suit is returned in reasonable condition. The cost for replacing a stolen, lost or damaged uniform will be the student's responsibility. Please wash uniforms separately in COLD water and do not iron them.

It should be noted that uniforms must be returned in the week following the student's last game/meet. Grades and/or transcripts will be withheld until uniforms are returned or reimbursed. No athlete will be allowed to compete with another sport until all equipment and/or uniform obligations are cleared up with their previous coach.

XIV. TEAM MANAGERS

Managers can provide a useful service to teams and the coach. A managers task includes, but is not limited to, the following :

- Compilation of individual and team statistics.
- Pre-game preparation and setup.
- Keeping the score.
- Daily facility preparation and assistance with drills.
- Maintenance of the team roster and first aid kit.
- Photographer, video and team pictures
- Assisting the Athletic Office with small projects such as uniform distribution, hand out of info.
- Etc.

XV. ACADEMIC ELIGIBILITY

All athletes must be enrolled as full time students and may have received no more than two non-passing grade, including incompletes, on any report card in the most recent grade reporting period.

Athletes who receives 2 or more failing grade (F) while currently participating on a team when report cards are issued will be dropped from team membership immediately and will not be eligible to participate again until they pull up their grade. Once eligibility is regained, the athlete must continue to be passing all classes for the remainder of the grading period in order to remain eligible. It shall be the responsibility of the athlete who has regained academic eligibility to turn in current grade status reports to the athletic director for the remainder of the grading period in order to maintain eligibility.

Cuts from class, leaving class early without permission and any disciplinary detention or suspension during an athlete's season, will result in the athlete not competing in the next scheduled contest/game and will remain ineligible until the athletes show better behaviour.

Athletes may be dropped from team membership for not being in good standing with the team for repeated or flagrant discipline problems and/or failing to attend school and go to all classes, study halls, and practices all the time.

Determination of academic eligibility is the function of the Athletic Director who shall inspect the grades and behaviour of all athletes prior to the start of any season's competition/performance, and during the season when a report card is issued. During the ineligibility period, the coach has the prerogative to allow the athlete to practice or not with the approval of the Athletic Director.

Should a student wish to appeal his/ her loss of eligibility, he/she may write a letter of appeal to the Athletic Director stating reasons for requesting a waiver of eligibility. The appeal will be reviewed by the Provost and/or Headmaster, who will determine the disposition of the appeal.

XI. ATTENDANCE

Students with an unexcused absence for a practice preceding a game or not attending school on the day of a game should not expect to play at the game unless agreed by the Athletic Director. The student may also not travel to the game to watch.

Students must realize that some school will be missed due to away games. It is the student's responsibility to make necessary arrangements for homework, etc. from the teachers of the classes being missed.

Students should also be at school the day after a sport event. Missing school because of being "tired" is not permitted.

Attending team practices and games is a commitment for all students. Doctor and other appointments should, if at all possible, be made on other days. The game schedule is out early enough to make these arrangements. Students not attending practice or a game must report this to their coach or the Athletic Director.

XII. RECIPROCAL HOUSING

One of the advantages of the Athletic Program at AST is the opportunity for our students to travel for sport competition. When we travel for Friday and Saturday games students will be sometime "housed" by host families (mandatory for elementary student). This reduces accommodation cost for athletes and allows schools the opportunity for additional competition and social interaction.

When schools travel to AST we are expected to reciprocate in kind. For these Friday/Saturday games to occur we will need to require that each member of our team show our visitors AST hospitality by "housing" at least one member of the visiting school. If parents are unable to "house" for any reason it is their responsibility to find alternative "housing". Parents should contact the Athletic Department well in advance if they encounter "housing" difficulties.

"Housing" assignments will be posted the day before teams arrive. The AST "Housing" guidelines (see appendix) will be sent home well in advance. These guidelines inform the host family of their responsibilities.

XIII. DISCIPLINARY ACTION (STRIKES)

All athletes shall conduct themselves at all times in such a way as to reflect positively on themselves, their family, and their community. All rules of the Student/Parent Handbook apply to athletes. All athletes must realize that participation in sports activities is a privilege and not a right. In order to protect all people in the school community, misconduct will be penalized in accordance with the gravity of the violation.

AST athletes of any age who exhibit unacceptable conduct in or out of school or competition (include but are not limited to the buying, selling, possession, or use of alcohol, tobacco, drugs, anabolic steroids, doping, smoking anything, fighting, threatening, theft, lying, falsifying excuse/pass slips, forgery, cheating, violating school rules) will be suspended from intramural and interscholastic competition in accordance with the formal suspension policy. Athletes may also be withheld from competition for insubordination or disrespect to any school employee, coach, or official, or for not meeting the expectations of individual coaches.

There are consequences for not following the Athletic Agreement and not respecting the Athletics Manual guidelines.

For inappropriate behaviour, coaches have the opportunity to warn students by distributing “strikes”. Most athletes understand the concept : “three strikes and you’re out”. At AST this means students have lost the right to continue on the team. It is a warning to the student that the action that warrants the strike will not be tolerated. Any “strike” distributed at a post-season tournament will carry-over to the student’s next sport season. Parents will be notified if a third “strike” is given.

Disciplinary action may range from “strikes” given, probation from the team in which the student misses some days of practice and games, removal from the team, exclusion from any AST Athletics for the following season, or the year, or any future participation.

XIV. SPECTATOR BEHAVIOR

Since athletics must operate within the framework of sound educational principles, teams and spectators are required to abide to some standards rules so that all athletes may compete under identical standards. Participants or spectators are expected to show good sportsmanship and conduct themselves in a good manner.

Athletes and officials are human beings, they are not perfect and never will be. Everyone involved in a contest may make a mistake. Competitors, coaches, officials, and spectators enter into competition knowing that errors are a normal part of an activity and are likely to happen.

Even though winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

Parents/guardians are a role model for our athletes. They acknowledge that school athletics is an extension of the classroom, offering important learning experiences for the students. Therefore, parents/guardians will show respect for all players, coaches, spectators, and officials. They will only participate in cheers that support, encourage, and uplift the teams involved. They understand the spirit of fair play and good sportsmanship expected by AST, and accept the responsibility that comes with being a parent/guardian of a student athlete.

SPECTATORS ARE EXPECTED TO :

1. Cheer for their team rather than against their opponents.
2. Maintain self-control at all times while conducting themselves as responsible students and citizens.
3. Show RESPECT for opponents in every way possible.
4. Always be positive in support of their teams.
5. Recognize and acknowledge good performances made by both teams.
6. RESPECT officials and accept their decisions.
7. Be humble and not boastful in victory and gracious and not bitter in defeat.
8. Leave the campus as soon as possible after the activity is completed.

SPECTATORS WILL NOT BE ALLOWED TO :

1. Use negative chants which focus on or exploit mistakes such as Hou, Hou, Hou, Sieve, and Airball.
2. Participate in chants or behaviours which use obscene or insulting language or gestures or which mention or imply topics which would tend to ridicule, taunt, harass, intimidate, humiliate, degrade, or embarrass others in attendance, incite or abuse opponents, or bring disrespect upon game officials.
3. Sit in the opposing team's seating/cheering sections.
4. Engage in body passing or any action that endangers the safety of participants, spectators, or officials.
5. Throw anything onto the playing surface or at players, coaches, officials, cheerleaders, band members, supervisors, fans, or guests.
6. Carry, consume or under the influence of any alcoholic or controlled substance while on school or attending a school sponsored event.
7. Leave an athletic event before it is over and return at a later time.

Failure to comply with any of the above mentioned rules will result in the spectator being removed from the premises and, in the case of an athlete, further disciplinary action by the Athletic Director or the Provost.

Anyone ejected from a regular season or tournament game is automatically ejected from any and all remaining games of that tournament.

WINNING ISN'T EVERYTHING....
BUT STRIVING TO WIN AND GOOD SPORTSMANSHIP IS!

XV. SPECIAL RECOGNITION AWARDS

1. Monthly Award :

The Athlete of the Month award is given each month to a member of one of the teams. To receive this award a student must make a significant contribution toward one or more of the team goals set forth by the coach and generally described in the student responsibility section of this manual. Coaches decide who the recipient of the award will be. While it is realized that not all worthy students can receive this award, it is still something to work toward.

2. End of the Year Awards :

An awards evening ceremony will be organised at the end of the academic year. A photo slide and video presentation will show the teams in action and the coaches will prepare a speech mentioning successes and any other significant occurrences.

Also included in the award presentations are (but not limited to) the following awards for individuals on each team :

- **Fair Play Award** : for a student who shows sportsmanship and citizenship throughout the season, demonstrating fair play and kindness on and off the court/field/track/pool.
- **Spirit Award** : for a student who never gives up. Not making a difference between practice and games, the student works hard all the time. May also be the student who encourages others to do their best.
- **Most Promising Player Award** : for a student who demonstrated interest in learning the skills and showed great signs of good potential and natural talent.
- **Most Improved Player Award** : for a student who demonstrated an eagerness to improve during practice and as a result showed a marking advancement in application of skill, team play, and attitude.
- **Most Valuable Player Award** : for the student who has provided the most valuable contribution throughout the season to the team's overall performance.
- **Best Student/Athlete Award** : Awarded to best student/athlete from each grade, who maintained a high academic average and excelled in PE Class.
- **All-Academic Team Award** : for student/athletes who have been on the academic honor roll the entire school year and have joined 3 teams.
- **Athlete of the Year Award** : Awarded to elementary, junior high and high school students who contributed greatly to AST's Athletic Program. Simply put, it is awarded to the student who made excellent progress as an athlete, contributed greatly toward the development of their team, helped the coach as a hardworking athlete, and helped and represents AST well. Students who receive this award must be "excellent" choices and should participate in at least three sports during the year. Past Athletes of the Year must also show some advancement in these categories in order to receive this award an additional time.

XVI. ATHLETIC WEBSITE

All information parents will require such as announcements and game/event schedules along with some articles written by students and coaches can be found at the AST website (www.ast.ma), with a link to the Athletic Department.

The website is updated throughout the fall, winter and spring sport seasons. The photo album section is updated after each sport season with pictures of the recent teams in action.

<p style="text-align: center;">AST ATHLETIC AGREEMENT (revised 2009)</p>
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This agreement is to ensure that students, parents and/or guardians have a complete understanding of the expectations involved when a student becomes a member of the AST Athletic Program. Please read the following carefully, sign and return it.

STUDENT NAME _____ **GRADE** _____

I have read the AST ATHLETIC MANUAL and understand the responsibilities required when joining the AST Athletic Program. I understand that I must follow the sports rules as explained in the manual and below.

- 1- I realize, that as an AST athlete, I am responsible not only to myself but also to my teammates, coach and greater AST community. Therefore, I will follow coaches instructions at all times, conduct myself in a sportsmanlike manner, do my best to maintain proper academic standards, and not participate in any activity that will harm my health.
- 2- I realize that failure to maintain academic standards I will not be eligible to participate in any extra-curricular activity for one mid term. See the Athletic Manual for more detail regarding Eligibility.
- 3- I will attend all scheduled team practices and athletic events. If I anticipate a problem in attending, I will speak to my coach personally. I must attend classes and school lessons to be eligible to play on days of games. High school students must attend 80% of all practices/games to be able to attend and participate in Tournaments and meets.
- 4- I understand that pride and school spirit are important aspects of school life and our teams. As a high school student I will dress neatly and appropriately to all games and sport events.
- 5- I understand that it is my family's responsibility to "house" visiting team athletes during Fri./Sat. games. If this is not possible, I will find alternate "housing" and inform my coach.
- 6- I understand that the team uniform is my responsibility and that a damaged, stolen or lost uniform must be replaced at my cost. A refundable deposit of MAD 200 is required for use of an AST uniform. (MAD 200 will not cover the complete cost of the uniform).
- 7- I understand that it my team's responsibility to take care of the athletic equipment used by my team, and that lost or damaged equipment (due to lack of effort to find the equipment and/or improper use) will be reimbursed by the team.
- 8- I will abide by curfew hours during home and away games (set by host schools and AST to be 21:00 for Elementary, 22:00 for JHS and 23:00 for HS).
- 9- I understand that I am not to be involved in fighting, the purchase or consumption of alcohol and/or tobacco and/or any drug at any time during the sport season.
- 10- I understand that if I decide to join the team after the two-week try-out period, then I am committed to the team until the end of the season. If I leave the team during the season I will need a written reason for doing so and may forfeit the privilege to join the next sport season.

Regarding Rule Violations :

I understand that if I choose to break any of the established rules for my team, I am subject to appropriate disciplinary consequences. I will receive “strikes” from my coach for any violations as stipulated in the Athletic Manual, and I may no longer participate on the team if I receive three “strikes”. “Strikes” received at a tournament will carry-over to the next sport season.

In any rule violation, my name will be reported to the Athletic Director for appropriate disciplinary action. Disciplinary action may range from one to three “strikes” or probation, game suspension, removal from the team, or exclusion from any AST Athletics for the following season, the remainder of the year, or future participation. Serious offence violations will be reported to the Provost and the Headmaster for appropriate severe disciplinary action.

Please enclose in an envelope MAD 200 uniform deposit, to the Athletic Department office before the try-out period elapses. The deposit will be returned to the student at the end of the sport season or year of sports.

If, as a student/athlete representing AST, you feel that you can meet the Athletic Agreement obligations unconditionally, please sign below :

Student Signature

Date

PARENTAL CONSENT

I, as a parent, have discussed these obligations with my son or daughter, and I agree that the Athletic Manual rules should be strictly followed. I also understand that if they are not followed, disciplinary action (as identified in XIII above) will be taken.

Parent Signature

Date

ELEMENTARY HOUSING RULES AND GUIDELINES

For Host Families and Their Guests

Administrators and Athletic Directors have agreed upon the following rules which should be adhered to without exception:

These rules have been prepared to provide a common code of expected behavior for the host schools and their guests at sports events. The basic responsibilities of the host families are recognized as being difficult and demanding. The basic responsibilities of the guest students are recognized as being similar to our various school's norms but potentially stricter than family guidelines. This document is intended to define and clarify role expectations. The willingness of the host family or chaperone to help is an essential ingredient in the success or even the possibility of the weekend competition, therefore every respect and consideration must be given to the family. **For students in hotel accommodation, the role of host family must be fulfilled by school chaperones.**

The main purpose of the occasion is good sportsmanlike competition and bringing together people who might not otherwise meet. The rules identified below represent the combined efforts of the host schools to make our gathering enjoyable, successful, and sustainable :

- 1- Housing arrangements must be the ones assigned by the Host Athletic Director and should be made available in written form to the visiting coaches. **No changes are to be made once assignments have been given.**
- 2- Under no circumstances will students be left un-chaperoned. No student should be allowed out in the evening unless chaperoned by one of the host parents. No student should be left alone at home without adult supervision.
- 3- If host parents or students would like to take their guests out for an evening meal they should not expect their guest to pay for the meal.
- 4- Each school chaperone and host family must insure compliance with established curfews. Each student guest must respect the intent of the curfew set by the host school. In practice the curfew is to be no more liberal than 9:00 pm on the evening before matches and 9:30 pm when competition is finished. The curfew times are intended for all hosting students and visiting students. **All parents and chaperones are advised that they may ask for an earlier curfew but that they may not permit a later curfew under any circumstances.**
- 5- Suitable transportation arrangements must be made by the host family or the host school authorities at all events of the weekend. Students should not take public transportation.
- 6- All host families and chaperones are to be provided with a schedule of sports activities as well as emergency telephone numbers and addresses of visiting coaches.
- 7- All laws of the country must be observed.

- 8- Any serious injury should be reported immediately to the Athletic Director and/or coaches. Coaches have all medical information available and they will contact parent if a trip to hospital is necessary.
- 9- Any problem arising during the weekend should be reported immediately to the Athletic Director and/or coaches for corrective measures.
- 10- Any student who violate these guidelines should be reported immediately to the host school professional staff who will report the matter to the Athletic Director and/or coaches. Suitable action will follow. Actions may (#1 is automatic) include the following :
 - 1- Automatic ineligibility for further competition during the weekend.
 - 2- Removal from assigned accommodation and reassignment to hotel accommodation at his or her own expense, with a continuous supervision by a coach or chaperone.
 - 3- Jeopardized status for future sports events
 - 4- Additional disciplinary action on return to the school being represented.

It is hoped that a genuine adherence to these **necessary guidelines and their spirit** will prevail throughout our competitions. Schools rules and norms concerning behavior, standards of dress, etc. of the host and visiting schools are additionally in effect for purposes of defining the coach/student relationships within delegations. No attempt has been made to spell out every conceivable happenstance, but your presence as a member of your school's delegation means that you are believed to be worthy of such a privilege and there is already a set of expectations in place that would render this document superfluous.

If, as a guest/host student representing your school, you feel that you can meet these obligations of the Rules and Guidelines unconditionally, please sign below :

Host / Guest Student Signature

Date

PARENTAL CONSENT

I, as a parent, have discussed these obligations with my son or daughter, and I agree that the rules should be strictly followed. I also understand that if they are not followed, disciplinary action (as identified in Rule 9 above) will be taken.

Host / Guest Parent Signature

Date

HEALTH ASSESSMENT FORM

Note: This form will be used in the Athletic Department Office

PERSONNAL & CONFIDENTIAL

Student's Name: Grade: Date of Birth:
Address: Home Phone:
Father's Name: Cell Phone:
Mother's Name: Cell Phone:
Name of Legal Guardian: Cell Phone:
Emergency contact, if parents cannot be reached: Tel:

Medical Information

1- Are there any pre-existing medical conditions that the Athletic Department should be aware of?

.....
.....
.....
.....

2- Is your child presently taking any prescription, drugs, or medication?

.....

My child will be taking the following medications during this trip:

Medication	For (condition)	Dosage	Time
_____	_____	_____	_____
_____	_____	_____	_____

I AUTHORIZE SCHOOL PERSONNEL TO OBTAIN EMERGENCY MEDICAL CARE FOR MY CHILD IN THE EVENT THAT I CAN NOT BE REACHED. If in the judgement of the trip supervisor or medical professional, delay in reaching me might jeopardize the child's well-being, I hereby authorize the school trip supervisor to secure whatever medical treatment is deemed necessary.

Date

Signature of Parent or Guardian

HIGH SCHOOL RULES AND GUIDELINES

For Host Families and Their Guests

These rules have been prepared to provide a common code of expected behavior for the host schools and their guests at sports events. The basic responsibilities of the host families are recognized as being difficult and demanding. The basic responsibilities of the guest students are recognized as being similar to our various school's norms but potentially stricter than family guidelines. This document is intended to define and clarify role expectations. The willingness of the host family or chaperone to help is an essential ingredient in the success or even the possibility of the weekend competition, therefore every respect and consideration must be given to the family. **For students in hotel accommodation, the role of host family must be fulfilled by school chaperones.**

The main purpose of the occasion is good sportsmanlike competition and bringing together people who might not otherwise meet. The rules identified below represent the combined efforts of the host schools to make our gathering enjoyable, successful, and sustainable:

- 1- Smoking, the drinking of alcohol and drug abuse will not be tolerated at any time during the period of the tournament and could lead to expulsion.
- 2- Exploration of the local environment is only permitted with the full knowledge, under the explicit permission, and on the terms of the host family. At no time may a student enter a pub, bar, or other establishment whose primary source of business revenues is the sale of alcoholic beverages. "Discos" in Morocco usually fall under this definition, and the student-athletes are **NOT** to consider them as a site for socializing on these weekends.
- 3- Housing arrangements must be the ones assigned by the Host Athletic Director and should be made available in written form to the visiting coaches. **No changes are to be made once assignments have been given.**
- 4- Each school chaperone and host family must insure compliance with established curfews. Each student guest must respect the intent of the curfew set by the host school. In practice the curfew is to be no more liberal than 11:00 pm on the evening before matches and 11:30 pm when competition is finished. The curfew times are intended for all hosting students and visiting students. **All parents and chaperones are advised that they may ask for an earlier curfew but that they may not permit a later curfew under any circumstances.**
- 5- Suitable transportation arrangements must be made by the host family or the host school authorities at all events of the weekend.
- 6- All host families and chaperones are to be provided with a schedule of sports activities as well as emergency telephone numbers and addresses of visiting coaches.
- 7- All laws of the country must be observed.

- 8- Any problem arising during the weekend should be reported immediately to the host school for corrective measures.
- 9- Any student who violates these guidelines should be reported immediately to the host school professional staff who will report the matter to the coaches. Suitable action will follow. Actions may (#1 is automatic) include the following :
 - 1- Automatic ineligibility for further competition during the weekend.
 - 2- Immediate return home at the student's expense by the next available plane, train or suitable means of transport.
 - 3- Removal from assigned accommodation and reassignment to hotel accommodation at his or her own expense, with a continuous supervision by a coach or chaperone.
 - 4- Jeopardized status for future sports events
 - 5- Additional disciplinary action on return to the school being represented.

It is hoped that a genuine adherence to these **necessary guidelines and their spirit** will prevail throughout our competitions. Schools rules and norms concerning behavior, standards of dress, etc. of the host and visiting schools are additionally in effect for purposes of defining the coach/student relationships within delegations. No attempt has been made to spell out every conceivable happenstance, but your presence as a member of your school's delegation means that you are believed to be worthy of such a privilege and there is already a set of expectations in place that would render this document superfluous.

If, as a guest/host student representing your school, you feel that you can meet these obligations of the Rules and Guidelines unconditionally, please sign below:

Host / Guest Student Signature

Date

PARENTAL CONSENT

I, as a parent, have discussed these obligations with my son or daughter, and I agree that the rules should be strictly followed. I also understand that if they are not followed, disciplinary action (as identified in Rule 9 above) will be taken.

Host / Guest Parent Signature

Date