



an  Esol Education school

STUDENT ATHLETIC HANDBOOK

2018-2019



DUNECREST ATHLETICS MISSION

We at Dunecrest American School believe that a robust program of student athletics supports and contributes to the overall educational program. At DAS we provide competitive athletic opportunities to as many students as possible, believing participation in athletics will enhance the development of the overall student.

DAS athletics strives for broad participation and competitive excellence, while encouraging the highest levels of sportsmanship and fair play. We believe the welfare of each student is our primary concern – academically, physically and emotionally.

DUNECREST ATHLETICS PHILOSOPHY

DAS athletics strives to create and maintain an environment conducive to the academic and athletic growth of each student based upon the guidelines emphasized:

- a) We will offer a diverse number of sporting opportunities enhancing the educational development of each student. The experiences gained through athletic participation will aid in the development of favorable habits and attitudes.
- b) Students who participate in athletics at DAS will learn valuable lifelong lessons in sportsmanship, teamwork, collaboration, resilience, and competition.
- c) DAS athletics will play an important role in helping each student develop their overall dimensions of health, focusing not only on their physical needs but also their social and emotional development.

DUNECREST ATHLETICS BELIEFS

- Athletics compliments, supports, and extends the overall learning experience.
- Every person who expresses an interest in school sponsored athletic activities is provided opportunities for involvement.
- Involvement in athletics provides opportunities to develop life skills such as teamwork, time management, responsibility and respect that will be instrumental in molding characters, decisions, attitudes, and talents.
- A successful athletic program needs the cooperation and support of the parents, student body, community, and the entire school.
- Athletes conduct themselves in a principled manner
- Enjoy a positive and healthy lifestyle



DUNECREST ATHLETIC VALUES

LEADERSHIP

COMMITMENT

CHARACTER

Leadership is:

- Empowering people to make the right decisions
- Leading by positive example
- Promoting behaviors that show respect for rules, opponents, officials, teammates, and traditions of the game
- Encouraging and accepting input as an active listener
- Open, honest, and direct interactive communication
- Continually reminding and refocusing people on what is important
- Understanding barriers and overcoming them
- Helping people realize the rewards and consequences that are associated with leadership

Commitment is:

- Determining goals
- Learning to prioritize choices to achieve your goals
- Taking the time needed and managing time effectively
- Self discipline

Character is:

- Exercising good sportsmanship
- Being a good citizen
- Putting the needs of others before yourself

“Raising Student Athletic Achievement Every Day, Every Way”



ATHLETIC STATEMENT

On behalf of both the Dunecrest Administration and Athletic & Activities department, we welcome you to what promises to be a very exciting first year.

This handbook has been designed to inform athletes and their parents of the procedures, policies, guidelines, responsibilities and expectations of participation in Dunecrest Athletics & Activities.

Participation in athletics is a privilege which carries with it varying degrees of commitment and responsibility. Student athletes at Dunecrest, who choose to participate, gain an opportunity to learn and demonstrate sportsmanship, cooperation, leadership, teamwork and resilience. Through our high quality athletic and activities program students will challenge themselves to achieve their personal best while ensuring good sportsmanship is always at the forefront of what they do.

Student-Athletes at Dunecrest American School have the opportunity to participate in two athletic conferences with like-minded students from American International Schools throughout the U.A.E. This year our athletes will compete as members of the Junior Emirates Athletics Conference (JEAC) and the Dubai International Schools Sports Conference (DISSC).

Dunecrest is excited to begin the school year and encourage all our student-athletes to set high goals for themselves. We look forward to many students representing Dunecrest in 2018-2019.

Dylan Carter

Athletic Director



QUICK FACTS & CONTACT DETAILS

The Athletics & Activities Department is responsible for DAS competitive interscholastic teams. This includes an Elementary, Middle and High school Athletics and Activities program. Sports such as Volleyball, Soccer, Basketball, Track & Field, and Swimming are offered.

Elementary School Sports - For all students in grades 1 - 5

Middle School Sports - All students registered in Grades 6 - 8

Junior Varsity Sports - Under 16 years of age as of September 1st (U-16)

The Aquatics Department is responsible for running a competitive swim program for elementary, middle and high school students. This also includes coaching the school swim teams.

The Physical Education Department is responsible for teaching required physical education courses, in-school intramural programs, and special events throughout the year.

Athletics Director

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School Colors

Maroon & Gold

Mascot

To Be Determined



DUNECREST STATEMENT OF SPORTSMANSHIP

The purpose of the DAS Athletic Department is to provide opportunities for students to compete in a safe, challenging, educational and professional environment. Students will be provided opportunities to showcase their talents while maintaining a spirit of respect and cooperation with fellow athletes, coaches and officials.

Each event includes students and adults in various roles; athletes, coaches, officials, spectators. Everyone involved must uphold the spirit of good sportsmanship and fair play. This spirit is upheld by athletes demonstrating respect for fellow competitors, coaches providing positive comments and encouragement, officials offering impartial judgment during contests, and spectators showing respectful enthusiasm.

Adults act as role models for our athletes. Therefore, profanity, deliberately distracting noises to interfere with the performance of a competing athlete, the verbal or gesturing condemnation of coaches or officials, or any behavior that is disrespectful or degrading to DAS Athletic Department's mission statement and philosophy jeopardizes the quality of experience for the athletes.

Finally, the DAS Athletic Department asks all athletes, coaches, officials, parents and spectators to demonstrate good sportsmanship and be mindful of their actions during athletic contests.



Elementary Athletics Overview

The Elementary program is an all inclusive program focused on the development of fundamental skills and introducing concepts of healthy and safe competition. Students in Grades 3 - 5 can participate in the sports of Soccer, Basketball, and Track & Field. Ability levels are identified in order to create mixed ability level teams in preparation for friendly games and jamborees.

Dunecrest Elementary Sports teams participate as members of the Junior Emirates Athletic Conference (JEAC). The focus of JEAC is to reinforce the value of sportsmanship, respect, teamwork and self-discipline through healthy and fair competition.

Member schools in JEAC are: American School of Dubai, Dubai American Academy, Collegiate American School, Universal American School, Gems American Academy Abu Dhabi, American Community School Abu Dhabi, and Dunecrest American School

The Elementary Swimming program is available to students in Grades 1 to 5. The DAS swim squads train year long and participate in various swimming galas throughout the school year.

Season	Sport	Practices Per Week
Year Long	Swimming	2
1	Soccer	2
2	Track & Field	2
3	Basketball	2



Middle School Athletics Overview

There are several opportunities for MS students to participate as a member of a Dunecrest athletics team. The Middle School program is offered to students in Grades 6-8 as a select, competitive program participating in the Dubai International Schools Sports Conference (DISSC).

Sports offered consist of swimming, volleyball, basketball, soccer, and track & field. Teams have regular weekly training sessions and compete against other Dubai American International Schools in mid-season and end of season tournaments. The focus of the MS teams is to provide the student-athlete with proper skills and fundamentals to develop them for the next level of participation. It is our intent to provide playing time for all qualified team members.

Season	Sport	Practices Per Week
Year Long	Swimming	3
1	Volleyball	3
2	Basketball	3
2	Football	3
3	Track & Field	3

Joining a Middle School Sports Team

ELIGIBILITY RULES

All students are eligible to participate provided they meet all standards as established by Dunecrest American School.

Standard's are defined as:

- a. Maintaining Academic Eligibility
- b. Fulfilling DAS attendance standards
- c. Setting high standards of personal behavior

ACADEMIC ELIGIBILITY

To be eligible scholastically, students must not be on the Academic or Behavior Probation List.

The MS/ HS office reports academic behavior eligibility to the athletic office two weeks after the end of each grading period. Every student-athlete or support group member is subject to this rule. Those affected may attend practices during the period of ineligibility at the Athletic Director's and principals' discretion. Students are responsible for any missed work while away from school while representing DAS at an athletic competition.



TRYOUTS

At the beginning of each sport season, a two day tryout process will occur. Each student is required to sign up online one week prior to the start of the tryouts. Students should report for tryouts on the predetermined dates. After the two days of skill assessment, coaches will form squads. Dependent upon participation numbers, students may not be selected for the team.

Student-athletes have a right to know the standards upon which participants are selected for a team. All student-athletes must have an opportunity to demonstrate their skill and abilities before selections are made in any sport. Upon request, the coach will meet each individual and attempt to explain reasons why he/she did not make the team.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment and will handle the task of forming squads as positively as possible. Coaches are available to answer any questions an athlete may have. While we understand that being cut is disappointing for many athletes and their parents, unfortunately we cannot place everyone. Any athlete cut from a team is welcome to tryout again next season or to try another sport. When parents and athletes understand and support the coach's decision, this difficult process becomes a growing experience for all.

If an athlete is removed from a team for any reason (quitting, rule violation, academics) that athlete will not be allowed to participate in any practices, conditioning programs or other season sports until the Athletics Director deems it is okay.

TEAM PLACEMENT AT A LEVEL OTHER THAN YOUR AGE OR GRADE LEVEL

Student-athletes will begin try-outs with their own age or grade level. After consultation with coaches, the head coach will recommend any level change to the Athletics Director for approval. If administrative approval is granted, the head coach will discuss the move with the player and parents of the player (if needed). If all parties agree that the move is in the overall best interest of the player, team, and program, then the move will be allowed.

UNIFORMS

Student-athletes are responsible for purchasing any team uniforms and equipment necessary for competition, as directed by their coaches or the athletics department. Uniforms for athletic competition will be sold by the school and available at the uniform store. Athletes are only to wear uniforms at scheduled competitions.



CLASS ATTENDANCE POLICY ON GAME OR TRAVEL DAYS

Periods	Practice	Games	Tournaments	Travel Teams
1, 2, & 3	Must be Present 1/2 day	Must be present full day	Must be present the day before competitions	Must be present all period prior to departure
4, 5 & 6	Must be Present 1/2 day			

PARTICIPATING ON AN OUTSIDE TEAM

Student-athletes of a DAS team must remember that their first commitment is to their school sponsored team. Practice and competitions with the school team come before any outside team, unless given prior approval. Should the student-athlete violate this policy, it could be grounds for dismissal.

CELEBRATIONS AND AWARDS

Each season the Elementary and MS Programs will have an end of season celebration to acknowledge all student-athletes for their dedication and commitment to the Dunecrest Athletics. Information regarding celebrations for each team will be sent out prior to the events.

There are numerous awards and recognitions that can be received by a student-athletes participating in the athletics program.



PHYSICAL EXAMINATION

The Physical Examination Medical Information form must be placed on file in the office of the Athletic Director prior to the first contests of the student-athlete's specific sport season. If the deadline has passed a student-athlete will not be allowed to participate in any DAS athletic practices or games until a valid Physical Examination Medical Information form is submitted.

The Physical Examination Medical Information form must be completed by a licensed physician no more than 365 days prior to participation in any DAS athletics practice, try-out, game, etc.

ATHLETIC PARTICIPATION AND INSURANCE

As with all physical activity, there is an inherent risk of injury when participating in DAS athletics. The parent or guardian of the student-athlete must sign the Athletic Participation Insurance form. A student-athlete will not be allowed to participate until an Athletic Participation Consent form is placed on file in the office of the Athletic Director.

INSURANCE

The parent agrees to pay all costs, charges and expenses incurred in relationship to providing medical care and releases the Dunecrest American School and its representatives from responsibility for all medical costs. Private travel and medical insurance is an individual family responsibility for seeking out coverage prior to the given travel dates.



THE DUNECREST PARENT

Dunecrest American School parents are vitally important to making the Athletic Department the best it can be. Parents and our community are called upon to volunteer to support the coaches and sport teams throughout the year.

CODE OF ETHICS FOR PARENTS & FANS

Parents have a vital role in their child's life and being a fan is one of them. Parents want the very best for their son/daughter and being a positive and supportive role model is one of them.

Parents should:

- Conduct themselves as mature role models, supporting the team in a positive manner
- Respect the decisions made by the game officials and tournament personnel
- Cheer for their team whether they are successful or not and uses phrases that are positive and uplifting
- Never boo the visiting team or cheer when the opposition makes a bad play or performs poorly
- Recognize outstanding performances on both sides of the playing court

The athlete expects parents and fans to:

- Support the players, team and coach regardless of the outcome of the match
- Cheer in a positive manner at all times during the game
- Not interfere with the coaching, officiating or practice routine of any team
- Support the athletes with enthusiasm and composure

Sportsmanship demands parents and fans to:

- React in a respectful manner to a coaching or officiating decision that may seem questionable
- Treat visiting teams with respect
- Cheer for both teams during the player introduction and at the end of the match



THE DUNECREST COACH

Coaches can be the most influential aspect of a young person's life and with that comes a great deal of responsibility. The role of the coach is not just coaching. They are responsible for training athletes in a sport by analyzing their performances, instructing in relevant skills and by providing encouragement. They are also responsible for the guidance of the athlete in life and their chosen sport. In short, coaches have great responsibility and opportunity to mold young lives.

COACHES WILL:

- Act professionally at all times. Remember that their first interest is the students, second is the school and last any ego
- Keep open lines of communication with their players, parents, and the Athletic Department at all times, concerning all matters
- Act as a liaison between players and their teachers if additional tutoring is needed for academic success
- Know and follow rules and regulations set by the Dunecrest American School
- Work with the Athletics Directors on issues and concerns and follow directions set forth by Athletic Department
- Complete all paperwork that is required by the Athletic Department to allow our students to participate in JEAC and DISSC by the predetermined date
- Create, post and follow meaningful practice schedules throughout the season to allow for the improvement of our athletes
- Make sure players are prepared for all upcoming events
- Supervise teams during practice and games. Coaches will teach and model good sportsmanship to student-athletes as well as what it means to be gracious in both victory and defeat through both words and actions
- Maintain and update the team page. The team page is required to have a welcome letter from the coach. Training videos, encouragement, reminders, and team photos may also be added
- Keep accurate attendance records of practices, games, and corresponding games.

CODE OF ETHICS FOR COACHES

- Treats players as well as opponents with respect
- Inspires the student-athletes to love the game and to compete fairly
- Models good sportsmanship at all times
- Disciplines team members who display unsportsmanlike behavior
- Understands that the athletic arena is an extension of the classroom
- Respects the official's judgement and interpretation of the rules
- Understands that student-athletes are students first and athletes second



THE DUNECREST STUDENT-ATHLETE

Being a member of the Dunecrest Athletics program is a privilege to be earned and maintained. When student-athletes participate on the practice field, or compete in competitions, at home or away, they carry with them a responsibility to represent themselves, their family, and the Dunecrest community with integrity and sportsmanship. Dunecrest student-athletes are exemplars and role models for all of the Dunecrest community.

STUDENT-ATHLETES WILL:

- Meet high academic, citizenship, and sportsmanship standards
- Conduct themselves at all times in such a manner as to reflect credit on themselves, their family, and the Dunecrest community
- Respect the sporting equipment and environment in which they compete
- Set high standards for themselves and stick to them even in difficult situations
- Remain dedicated and self-controlled, even when challenged
- Compete skillfully, guided by the letter and spirit of the rules.
- Be ready to learn from coaches, officials and other contestants.
- Learn from mistakes and losses; seize the opportunity to improve.
- Support everyone's worth and dignity, regardless of background, abilities or beliefs.
- Respect the game and everyone's contributions.
- Take success in stride - share the credit.
- Inspire and help others to grow, succeed and lead.

"Talent without working hard is nothing"

- Cristiano Ronaldo



DAS Athletic Participation Consent/Medical Release

Last Name:		First Name:	
Birth Date:	Grade:	Sport(s):	
Nationality:		Passport #:	Passport Expiry Date:
Parent Name and Phone Number:		Parent Name and Phone Number:	
Parent E-mail Address:		Parent E-mail Address:	
Emergency Contact Name:		Emergency Contact Phone Number:	

Name of Insurance Company:	
Member Name:	Expiration Date:
Is the student allergic to medicine? Specify.	Other allergies/information
Hospital of Choice:	Family physician in Dubai – Name & Number

The above named student has my permission to participate in DAS athletics and any resulting trips. I declare that my child is physically fit and able to participate fully in the activity or sport. I authorize the coach of the team concerned, in case of injury or accident and in the event of being unable to contact me take my child to any medical or dental examination as is necessary, and if, in the judgment of the medical staff treatment is required, I authorize the coach to consent to this treatment. I agree to pay all costs, charges, expenses incurrent in the relationship to providing this medical care and release the Dunecrest American School Dubai and it representatives from responsibility for all costs on my behalf.

PARENT SIGNATURE: _____ **DATE:** _____

****Please submit completed form to the Athletic Director/Coach****

This form needs to be on file with the Athletic Director/Coach prior to the first competition date. **Please attach a copy of your health insurance card.**



DAS PHYSICAL EXAMINATION MEDICAL INFORMATION

Participant Name:	Age:	Grade:	Sex: M or F				
Physician Name:	Home #:	Work #:					
PATIENT HEALTH HISTORY			TO BE COMPLETED BY PHYSICIAN				
Parents or guardian, please answer yes or no and provide details if necessary to the following questions			Vitals	Satisfactory		Exam Comments	Follow Up
				Yes	No		
	Yes	No	Details				
Chronic or Recurrent Illness				Height			
Hospitalization				Weight			
Operations				BP			
Taking Medication				Pulse			
Organs Missing				General:			
Heat Exhaustion				Head			
Dizziness, Fainting, Seizures				Eyes			
Knocked Out				Ent			
Wear Glasses / Contacts				Dental			
Hearing Problems				Chest			
Allergic to Medication				Heart			
Allergic to Food, Pets							
High Blood Pressure				Abdomen			
Bone, Joint, Spine Injury							
Liver, Spleen, Kidney or Skin Problems				Skin			
Experienced any heart related problems?				Extremities, Back, Neck			
Is the participant currently taking any medications? If so, list:				Comments:			
The above information is correct to the best of my knowledge. I hereby give my informed consent for the above mentioned student to participate in activities. I understand the risk of injury in athletic participation.				Sports Participation approved: ____ Yes ____ No ____ Deferred Comments: _____			
X				X			
Signature of Parent or Guardian / Date				Signature of Physician / Date			



DAS Student-Athlete Code of Conduct

Student Name: _____ Grade: _____ Team: _____

1. Participation in the DAS athletic program is a privilege. Students who represent DAS must meet high academic, citizenship, and sportsmanship standards.
2. An athlete who quits after being recognized as a team member or is released from a team for disciplinary reasons will have his or her eligibility for all future teams reviewed by the Athletic Director and administration.
3. Athletes will be issued equipment/uniforms that they are responsible for and any losses or damages to these will be the responsibility of the student. Equipment/uniforms issued to the athlete are to be worn or used only when participating in interscholastic contests. Failure to return all equipment/uniforms promptly (2 weeks) at the end of the season will result in replacement fees being issued to the student's account.
4. Athletes must commit to be available for travel on the required dates of ALL scheduled games, including local and international tournaments. Additionally, it is expected athletes attend all scheduled practices.
5. Athletes are expected to conduct themselves at all times in such a manner as to reflect credit on themselves, DAS and the school community. Behavior not in compliance with the DAS Student Code of Conduct or any behavior not in the best interest of the school/team that occurs during an athletic situation or outside the parameters of a non-athletic situation may constitute grounds for suspension or dismissal from the team, depending on the gravity of the offence.
6. Athletes/Parents will incur the cost of travel to a competition internationally (airline ticket, visa costs, spending money). Additionally, if DAS purchases airline tickets or/and travel visas on behalf of an athlete, the athlete is responsible for all associated costs regardless of whether travel took place.
7. School suspension results in athletics withdrawal for a time period determined by the Athletic Director and Administration.
8. A student who has any unexcused absences is not eligible to participate in any athletic competitions or practices until it has been approved by the Athletic Director and Administration.

We have read, understand, and agree to the information stated above:

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____