

STUDENT/PARENT ATHLETIC MANUAL (revised 2010)

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Dear Students and Parents,

Welcome to AISR Sports!

This manual is a guide to AISR'S Athletic Program. Just about everything you may wish to know about our program is in this manual. Please acquaint yourself with our program.

Visit to our Athletic Website

WWW.AISR.NL and choose ATHLETICS

for updated information regarding the AISR teams (announcements, game schedule, coaches reports, photos of the teams in action).

The AISR Athletic Department is composed of the following staff:

Mr. Zeilstra is the Athletic Director and can be contacted for any matter that warrants his attention. Mrs. George-Kelso, in the office can provide answers to most questions. The Athletic Secretary handles the collection of fees, uniform inventory and award evening arrangements. Our school nurse will be at all home events providing first aid if needed.

Our coaching staff (mainly AISR teachers) will be working closely with our students throughout the year, “following” the aims and objectives that we believe are important in a school sport program.

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

The word *character* may need some explanation.

Aristotle mentions character as “virtues”, or important elements of behavior 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, and work ethic.*

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

Once again, welcome to the AISR Athletic Program.

**Robert Zeilstra
Athletic Director**

Program Explanation, Philosophy, Objectives, NECIS Competition

The philosophy of the athletic program at AISR is consistent with that of the school in every aspect, and 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:

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

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 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 offered to the students at AISR. 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, and 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.

WE ARE THE SHARKS

SHARK
SUCCESS
IS

Communication

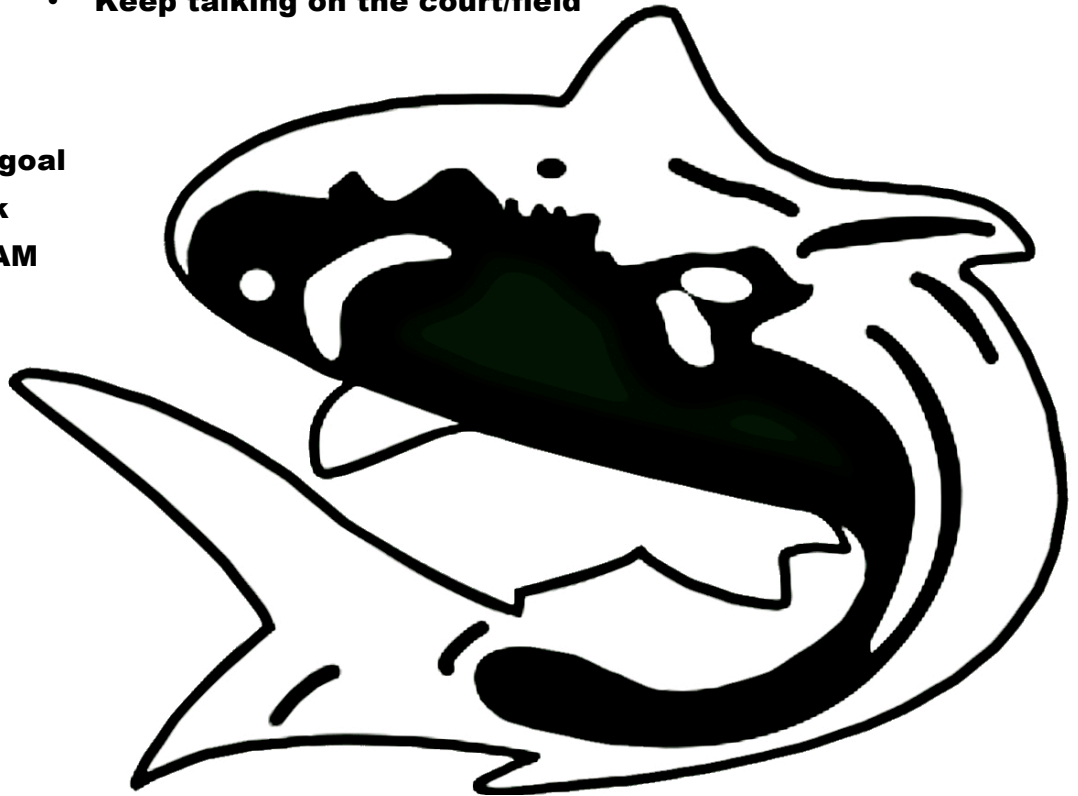
- **Be positive/ be a leader**
- **Say what to do, not what not to do**
- **Keep open communication with coach and teammates**
- **Keep talking on the court/field**

Improvement

- **Develop your skills, physically and mentally**
- **Accomplish the goal**
- **Have self discipline**
- **Reach team and own potential**

Teamwork

- **Reach potential**
- **Focus on common goal**
- **Complete your task**
- **There is no I in TEAM**
- **Be committed to team philosophy**



SHARK
SUCCESS
IS

Spirit

- **Support fellow SHARKS**
- **Play hard to the last second**
- **Don't give up**
- **Animate teammates**
- **Have fun**

Character

- **Respect the coach, officials and teammates**
- **Have a positive attitude**
- **Be trustworthy**
- **Be caring**
- **Show fair play**
- **Show responsibility**

NECIS Competition

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). Considering only a certain number of students can compose a team for competition, our coaching staff will do their best to see to it that every student feels he/she is contributing and having fun.

The Northwest European Council of International Schools (NECIS) is an organization of ten schools similar to ours. Our main competition is with these schools. The Athletic Directors from each school meet four times each year planning events and working to improve the organization. NECIS schools host and travel to other NECIS schools during the sport season, and all schools meet at the end of the season for a tournament hosted by one of the NECIS schools. AISR is responsible for hosting one of the tournaments each year. We also travel or host other non-NECIS international schools or Dutch clubs during the season.

NECIS Schools: (see appendix for school addresses and telephone numbers)

Antwerp International School (AIS) International School of Amsterdam (ISA)
American School of The Hague (ASH) International School of Luxembourg (ISL)
International School of Dusseldorf (ISD) International School of Hamburg (ISH)
Copenhagen International School (CIS) International School of Stavanger (ISS)
Sigtuna International School (SSHL)
American International School of Rotterdam (AISR)

NECIS Philosophy

The NECIS Sports Council exists in order to provide opportunities for international schools located in Northwestern Europe to meet in specified tournament activities on a competitive basis. Each school should work toward a common aim to achieve efficient and well-balanced programs that promote healthy competition, sportsmanship, and full participation.

NECIS Objectives

1. To foster a sense of enjoyment and achievement throughout a tournament.
2. 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.
3. To provide opportunities for positive emotional development in competitive and social situations.
4. To improve physical fitness.
5. To allow students to accept responsibility.
6. To allow students to display leadership skills.
7. To teach our students the principle of cooperation among individuals while striving for a common goal.
8. To develop a positive working atmosphere between a coach and his/her team.
9. To demonstrate adequate preparation for the sport in which the students are involved.
10. To teach the necessary skills and impart knowledge of the rules and tactics necessary to participate in each sport.
11. To develop an interest in, and a desire to continue sports activities in later years.
12. To provide opportunities for and to encourage social interaction with students from other international schools.

Team Information

Athletic Website- All information parents will require such as announcements and game schedules along with some articles written by students and coaches can be found at the AISR Website (www.aisr.nl), with a link to the Athletic Department. The website is updated throughout the fall, winter and spring sport seasons.

Sport Seasons

AISR offers the following NECIS competition sports:

Age is determined as of Sept. 1 (i.e., a student reaching the age of 12 on Sept. 1 must compete with the U14 age group)

Fall sports (Aug.-Nov.)

Boy's Soccer and Girl's Volleyball (U12, U14, JV and Varsity teams)

U12 Soccer (limited to two girls playing on the field)

U12 Volleyball (limited to one boy playing on the court)

Winter Sports (Nov.-March; swimming is Feb. -April)

Basketball (U12, U14, JV and Varsity teams)

Swimming (U10,U12,U14,U16, and over 16 age groups)

Spring sports (March-May)

Tennis (MS and HS)

Softball (co-ed JV and Varsity for HS)

Track and Field (U12, U14, U16, and over 16 age groups)

U15 and HS Girls Soccer (MS to HS)

U16, U19 Rugby

Try-outs (first two weeks), Commitment Requirements, Playing Guidelines

AISR 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 AISR teams. Coaches will also discuss practice time and other commitments required of students when they join. The commitment varies depending on the age and the team students join. One of the most important parts of commitment is practice time, considering some 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 Advising Committee* 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 AISR in games and meets. 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 NECIS by-laws. 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.

Students that are on teams will play in every game, as stipulated in the NECIS by-laws and in accordance with AISR philosophy. Every middle school student will play at least a quarter of the game. In the high school, the coach largely decides the amount that each student plays. Only students that have paid required athletic fees may play in games or at meets.

Eligibility Guidelines

AISR believes that participation on school sport teams are valuable educational experiences. Students having difficulties with school work and their grades may remain on teams providing the school authorities agree that this option is justified.

A plan will be designed to help the student improve school work, while remaining on the team.

Team Managers

Managers can provide a useful service to teams and the coach. An HS manager may earn pins for the sport they manage but must attend practices and games. Athletes can only earn letters.

A managers task includes, but is not limited to, the following:

- **Compilation of individual and team statistics.**
- **Daily equipment maintenance.**
- **Pre-game preparation and setup.**
- **Daily facility preparation and assistance with drills.**
- **Maintenance of the team roster and first aid kit.**
- **Assisting the Athletic Office with small projects such as uniform distribution, hand out of info. etc.**

Transportation (trips) and Regulations

AISR provides transportation home after practices for students using the school transportation service. Students at school but not attending a scheduled practice must inform the office of this well in advance of the daily bus schedule.

Parents must arrange for the student's transportation home from AISR after competitive sports events (games or meets).

All students will travel to our sporting events (practices, games, meets) by means of a chartered bus, or when cost efficient by school vans or parent vehicles.

There is no transportation provided after home and away events.

The game/meet schedule will be distributed during the first weeks of practice (also to be seen and updated on the website) indicating time of departure and return from all events. For longer events (2-day trips and tournaments) an email will be sent with all the necessary information. A passport or student ID is required for any trip outside The Netherlands. Identification 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. Team lists with medical information and accommodation information will accompany coaches on trips. 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. Running out of the bus or at anytime in traffic will be dealt with as serious misbehavior and may lead to suspension from the team. Trips to sporting events are under the same policy as any school-related field trip. Parents wishing to attend these events will need to find their own transportation.

Upon arrival at AISR, coaches will make sure all students have a means of transportation home. Under no circumstances will students be left un-chaperoned. The arrival time back at AISR can only be estimated due to traffic and game situations in which there is a delay in time. Parents may call a coach traveling with the team to attain a more accurate time of arrival at AISR.

Injuries and Medical Insurance

AISR medical office will handle athletic injuries during home games and if available at practices. 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 St. Fransiscus 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 medical office.

In the Netherlands, medical costs need to be claimed from the student's own medical insurance as a first step. Should the family student's own medical insurance not cover all or some of the costs and the costs were incurred on a school trip then AISR will submit the claim to the school's insurance.

Basic Physical Exam

For safety purposes, students are required to have a basic physical examination from the school medical office. This examination is carried out in the first two weeks of practice (during try-outs) but is only needed once each year. Included in this exam are blood pressure, eyesight, weight, pulse, listening to the heart and lungs. Any recent problems with joints, or any aches and pains, are checked. All shots need to be up to date.

Student Fees

AISR contributes in full toward uniforms, facilities, awards, tournament fees, coaches and officials payment,. The school also provides a majority of the transportation costs.

Students are required to pay all personal hotel costs and contribute toward some of the transportation cost to events. In addition, students are required to pay a modest deposit for uniforms issued. Deposits are transferred to their next team if students join addition sports. The deposit, minus any cost that occur during the season (personal clothing ordered, provided tournament lunches, etc.) will be returned at the conclusion of the school year. 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.

The fee required for each sport varies due to the location of the post-season tournament. This amount is mentioned on the sign-up form for joining the team.

Students not attending the post-season (NECIS) tournament or only attending practices will be asked to pay only a portion of the fee.

Uniform deposits will be returned at the end of the last sporting season in May.

Special Recognition Awards

Weekly Award : The Athlete of the Week award is given each week 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. This recognition is also included in the Athletic Website.

End of Season Awards: An awards evening ceremony will conclude each season. A photo/video presentation will show the teams in action and the coaches will prepare a speech mentioning successes and any other significant occurrences. Tournament patches and participation medals will be distributed to all students. Pins that designate the sport will be handed out to high school students for their letterman's jackets. For every subsequent pin earned, students will receive a bar (JV or Varsity) in place of a pin. To earn a pin, students must attend 80% of all practices and attend the post-season tournament.

Also included in the award presentations are 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.

Improvement 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.

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 Valuable Award- for the student who has provided the most valuable contribution throughout the season to the team's overall performance.

End of the Year Awards:

All-Academic Team- for student/athletes who have been on the academic honor roll the entire school year and have been members of 3 AISR sport teams.

Athlete of the Year Award- Awarded to MS and HS students (usually one boy and one girl for each level) who contributed greatly to AISR'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 AISR 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.

Support and Channels of Contact

Mr. Robert Zeilstra, as Athletic Director, is in charge of the Athletic Program. He receives help from AISR 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 Department Secretary is involved in various aspects of the program.

***The Athletic Advising Committee* is set up by the AD from the most experienced coaches at AISR. 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 school director.**

Coaches are viewed also as mentors and should be contacted in matters concerning student-coach-team interactions. Coaches should be contacted first whenever events occur that may involve the team, such as missing practices or ineligibility. The Athletic Director is of course available for any assistance.

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.

Team Responsibilities

Athletic Agreement

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 at AISR. This agreement sets a code of standards and describes the most important requirements for participation concerning attendance, behavior, commitment and specific consequences. This agreement reinforces the seriousness of these standards. Coaches will have students read and sign the agreement during try-outs. It will be returned to the athletic office after parents sign it as well.

Although designed specifically for our middle school students, the **GROUP** concept below explains to our students what is expected from them when they choose to become one of our team members. It is also a guideline for our high school students. 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 AISR "Shark" 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 talk to your coach.

Stay with the team- 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.

Disciplinary Action (STRIKES)

There are consequences for not following the *Athletic Agreement*.

For inappropriate behavior, coaches have the opportunity to warn students by distributing "strikes." Most athletes understand the concept, "three strikes and you're out". At AISR 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 "strike" is given.

More serious offenses are fighting, purchase and consumption of alcohol, smoking or the use of drugs. These are listed as substances deterrent to one's health. For this reason the school and athletic department will view such offenses as serious and the student will be discussed at an Athletic Advisory Committee meeting.

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 AISR Athletics for the following season, or the year, or any future participation.

It should be noted that NECIS has stipulated expulsion from the tournament after the first offense at a tournament for the above mentioned "more serious offenses."

Uniforms

Students are issued a uniform when joining teams. A €50.00 deposit 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.

Dress

Students represent AISR and must dress appropriately. School spirit and pride are important parts of school and team life, thus high school students are required to wear their letterman’s jacket to all events home or away.

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 Department. 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 teacher 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 Department.

Reciprocal Housing

One of the advantages of the Athletic Program at AISR is the opportunity for our students to travel to other European countries for sport competition. When we travel for Friday and Saturday games we will be ‘housed’ by host families. This reduces accommodation cost for athletes and allows schools the opportunity for additional competition and social interaction. When schools travel to AISR 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 AISR 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 NECIS ‘Housing’ guidelines (see appendix) will be sent home well in advance. These guidelines inform the host family of their responsibilities.

20010-11 AISR ATHLETIC AGREEMENT

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 AISR Athletic Program. Please read the following carefully, sign and return it.

NOTE: All information, including schedule of events, is posted on the ATHLETIC WEBSITE link, from www.aisr.nl.

STUDENT NAME _____ GRADE _____

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

1. I realize, that as an AISR athlete, I am responsible not only to myself but also to my teammates, coach and greater AISR 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 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 3 blocks of school lessons to be eligible to play on days of games. High school students must attend 80% of all practices/games and attend the NECIS Tournament in order to earn a pin, bar and letter. Managers can earn only pins and bars.
3. 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 wear my letterman's jacket to all games and sport events.
4. 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.
5. 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 €50 is required for use of an AISR uniform. (€50 will not cover the complete cost of the uniform). Deposits are refunded in May.
6. I understand that it my team's responsibility to take care of the athletic equipment used by my team. Lost or damaged equipment due to lack of effort to find the equipment and/or improper use will be reimbursed by individuals or the team.
7. I will abide by curfew hours during home and away games (set by host schools and NECIS to be 22:00 for the MS and 23:00 for the HS).
8. I understand that I am not to be involved in fighting, the purchase or consumption of alcohol and/or tobacco and/or any illegal drug (including hashish and marijuana) at any time during the sport season.
9. 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.
10. Sport fees and a basic physical examination are required during the try-out period.

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 may come before an Athletic Advisory Committee 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 AISR Athletics for the following season, the remainder of the year, or future participation.

NOTE: At NECIS Tournaments, the first offense violations involving smoking, alcohol, drug or fighting will result in suspension from the tournament.

I have read the above and agree to the conditions outlined. Date: _____

Signatures

Student: _____ Parent: _____

NECIS MIDDLE SCHOOL HOUSING RULES

N.E.C.I.S. Directors and Athletic Directors have agreed upon the following rules which should be adhered to without exception:

1. No student should be allowed out in the evening unless chaperoned by one of the host parents. **THIS INCLUDES THE JOURNEY HOME AFTER THE GAME HAS FINISHED ON THE FRIDAY EVENING AND THE JOURNEY TO THE SCHOOL ON SATURDAY - STUDENTS SHOULD NOT TAKE PUBLIC TRANSPORTATION ALONE.** Parents are requested to pick their guests up at the school.
2. No students should be left alone in the 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.
ALL STUDENTS SHOULD BE BACK HOME BY CURFEW TIME OF 22:00 HOURS.
4. No student should be allowed to smoke, drink alcohol or use drugs during the tournament weekend.
5. On no account are hosting arrangements to be altered in any form. The housing list as presented to the visiting students should be strictly adhered to.

NECIS HIGH SCHOOL HOUSING RULES

N.E.C.I.S. Directors and Athletic Directors have agreed upon the following rules which should be adhered to without exception:

1. The host parents are to decide whether or not a student may be allowed out un-chaperoned in the evening. Please take into account the age(s) of the student(s) you are hosting when taking this decision. If you allow your guest(s) to go out un-chaperoned, please insist that he/she be back by 23:00 hours.
2. If students are allowed out in the evening without a chaperone, the host student must remain with his/her guest **AT ALL TIMES.**
3. No students should be left alone in the home without adult supervision.
4. Our guest students will have had a long journey on Friday followed by a game. It would be much appreciated if the A.I.S.R. host parent(s) could make arrangements to meet their guest(s) at A.I.S.R. after the game has ended and to transport them home by car for an evening meal. If host and guest students would like to go out for the evening directly from the school, it would be much appreciated if the A.I.S.R. host parent(s) could make arrangements to meet their guest(s) at A.I.S.R. beforehand to relieve their guest(s) of their luggage and in order to remind them and their own son/daughter of the curfew time (23:00) and other rules as laid down by N.E.C.I.S.
5. 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.
6. No student should be allowed to smoke, drink alcohol or use drugs during the tournament weekend.
7. On no account are hosting arrangements to be altered in any form. The housing list as presented to the visiting students should be strictly adhered to.