



AMERICAN COOPERATIVE
SCHOOL *of* TUNIS
OPENING DOORS, HEARTS AND MINDS



ATHLETICS - HANDBOOK

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Mission and Vision

The purpose of the American Cooperative School of Tunis (ACST) is to provide an elementary, middle, and high school education, based on the American system, and adapted to the needs of international students in Tunisia. The school provides a programme that is taught in English and is organised and presented in a manner consistent with university preparatory schools in the United States. To affirm this purpose, the school maintains its linkages with the American academic profession and obtains its accreditation from the Middle States Association of Colleges and School, one of the six regional accrediting associations in the United States, and the Council of International Schools. ACST seeks to celebrate the many and diverse cultures represented by its students. In this way, the school provides its students with direct and extended involvement in a wide range of cultural traditions, including in-depth study of the host country by all students through the Tunisian Studies Programme. The academic, community, and international experience gained at ACST contribute significant and unique values to the lives of our students. From the nature of purpose, the school's teachers and administration have developed a Statement of Mission, Beliefs and Educational Outcomes expressing these purposes into a succinct philosophy that guides all instructional, curricular, and co-curricular activities at the school. It is important that all members of the school community read and subscribe to this mission, for only with such a thorough understanding of what ACST is, whom it serves, and how it functions can the school operate at its most efficient levels.

Mission Statement

“Opening Door, Hearts, and Minds”

Vision

The American Cooperative School of Tunis will inspire a passion for Learning, while endowing students with the expertise and confidence necessary to pursue dreams in and for a global society.

1: STUDENTS WILL BE ALLOWED TO PARTICIPATE IN PRACTICES OR GAMES ONCE THEY COMPLETE THE FOLLOWING SPORTS CLEARANCE REQUIREMENTS 1- 3

1. SIGNED EMERGENCY PERMISSION/PHYSICAL EXAMINATION FORM.

Student athletes shall be eligible to represent ACST in any athletic practice or competition when a “Physical Examination” form is complete and on file in the Nurses office. Exam must be dated and signed by a physician within the past 12 months. It must state in English that in the opinion of the examining physician, the student athlete is fully able to compete in athletic contests. Parent/Guardians must sign the “Emergency Permission” section.

2. SIGNED PARENT/ATHLETE HANDBOOK AGREEMENT FORM

Student athletes are eligible to participate in the ACST athletic program if the athlete and their parents read, understand and endorse the standards laid out in the Athletics Handbook.

3. MEET ACADEMIC ELIGIBILITY REQUIREMENTS

Student Athletes who meet requirements 1 & 2 & 3 will be reported to coaches by the Athletic Department as meeting the requirements and logged immediately into PowerSchool.

2 ACST STUDENT ATHLETE RESPONSIBILITIES

The regulations and guidelines listed below will be applied to all students who participate in the ACST Athletics program.

3 ACADEMIC ELIGIBILITY

To be eligible for practice, games and travel:

Student athletes must meet the following two (2) eligibility requirements to represent ACST in athletic events, including practices:

1. Maintain a 2.00 minimum GPA in core subjects (High School: Math, English, History, Science) (Middle School: Math, Science, Humanities).
2. No F's in any subject.

When is academic eligibility determined:

1. PowerSchool grade book is used to assess eligibility. What the teacher has recorded on the following dates will determine eligibility.
2. Athletic Director & Secondary Principal will receive notifications via PowerSchool on a daily basis when students fail to meet the requirements.

Consequences:

Student must sit out practices and games until a 2.00 minimum GPA in core subjects is met (High School: Math, English, History, Science) (Middle School: Math, Science, Humanities) AND there are no F's in any subject. Determined by looking at PowerSchool Grades.

Appeals:

Student athletes and/or parents wishing to appeal an academic eligibility status must submit in writing a request to meet with the Athletic Director and Secondary Principal.

4 STUDENT BEHAVIOUR

It is an honour to represent ACST and wear the Falcon uniform at games. Students, parents, coaches, and fans are to represent our school by exhibiting excellence in our Core Values (i.e. respect, grit, compassion, curiosity, and integrity). Students with disciplinary action that violates our core values may not be allowed to participate. School administration in conjunction with the student and parent involved will be allowed input prior to administration making a final decision as to the level of participation.

5 PROHIBITED ITEMS

The use or possession of non-prescription drugs, alcohol, or tobacco (including smokeless) will not be permitted. If a participant is found to have used and/or possessed any prohibited items or paraphernalia related to prohibited items during an athletic season, the following consequences shall be administered:

1. Automatic dismissal from the team.
2. Application of school handbook consequences.

6 PRACTICE / GAMES ATTENDANCE

Attending team practices and games is a commitment for all team members. If you are unable to attend practice or are unavailable for a game, you must communicate with the coach as far in advance as possible. The coach needs to know you will be absent BEFORE the practice/game. Doctor and other appointments should, if at all possible, be made on other days. Athletes who are unable to participate in a game or practice because of injury are expected to attend and sit on the bench with their team. Athletes are expected to be on time for all games and practices. Players who are late or miss practice may be required to sit out of a game or removed from the team. Athletes who miss three unexcused practices will be dismissed from the team. Participants are not allowed to miss practices except for the following legitimate reasons:

1. Legitimate medical excuses
2. Unavoidable clashes with an academic subject (i.e. make-up tests)
3. Involved in field trip.
4. Other reasons to be judged at the coach's discretion.

7 SCHOOL ATTENDANCE

Attendance and full participation of all daily classes at school is required for an athlete to participate in a practice or game on that same day except for approved, pre-arranged appointments. When games are played on non-school days the athlete must attend all classes the day before the game.

When traveling for a tournament, athletes are required to attend school on the traveling day from the start of the school day until time of departure as set by the athletic director.

8 UNIFORMS

Student athletes will be issued a uniform when joining teams. Athletes are to be in full uniform when participating in competitions. Uniforms are to be worn for games only, not practices. Please wash uniforms separately in cold water and do not iron them. All equipment and uniforms loaned to athletes must be returned to the coaching team after the last game on the season. The cost for replacing a stolen, lost, or damaged uniform will be the athlete's responsibility. This cost may be twice the amount of a new uniform considering a special order may need to be placed. Grades and/or transcripts will be withheld until uniforms are returned or paid for.

9 DRESS CODE

Athletes are expected to follow the ACST dress code during school hours, practices and at all times while representing ACST at games and tournaments. Dress with pride and represent ACST well!

10 TRANSPORTATION

Student athletes will be responsible for their own transportation for team practices and home games. ACST arranges transportation to and from all sporting events off the ACST campus. Athletes will return to ACST with the team unless, prior written notice is given by a parent. Please note that the ACST bus will not wait for the arrival of an athlete to an off campus site. When at an off campus site, ACST will not leave an athlete unattended. An athlete who arrives late for a departure to an off campus sporting event will not travel with the team or join the team by other transportation.

All participants in Extracurricular Activities and Varsity Sports must complete a “Student Assignment Requirements for Travel” form when traveling for school events. The form must be submitted to their teachers for completion and then to the Athletic Director before departing campus.

12 MISCELLANEOUS

All mobile phones and personal music players must be turned off and put away during all practices and games. They may be used during trips at times specified by the coach. While involved in school-sponsored events the use of electronic items for the purpose of illegal activities or pornography is strictly forbidden. Never leave your technology items unattended, especially in visiting locker rooms and our own ACST locker room.

1. Student athlete must complete all assignments missed while competing in an overseas event.
2. Parents and student athletes are responsible for the financial commitment of student airfare, visa and exit permit (when necessary) and hotel (when necessary). - ACST will provide a travel itinerary for each tournament and submit this to the building principal and security.
3. Parents will be responsible to pick up their child at the airport upon return.
4. Follow the MASAC Guidelines for being a guest/host for athletic events.
5. Athletes will be selected 30 days prior the tournament.

13 TRAVELLING TEAM RESPONSIBILITIES

A traveling/hosting team will be selected from the Varsity Team athletes to travel or host an Overseas tournament/Event. A maximum number of student athletes from each school will be allowed to participate in the culminating tournament/event.

For each sport the numbers are as follows:

- Volleyball - 11 Varsity Girls and 11 Varsity Boys
- Basketball - 11 Varsity Girls and 11 Varsity Boys
- Soccer - 16 Varsity Girls and 16 Varsity Boys
- Middle School Soccer - 12 Boys
- Swimming - 20 Total Boys and Girls
- Track and Field - 20 Total Boys and Girls

14 STUDENT ATHLETES PARTICIPATING IN AN OVERSEAS TOURNAMENT/EVENT ARE REQUIRED TO MEET THE FOLLOWING:

1. STUDENT CODE OF CONDUCT

ACST CODE OF CONDUCT

1. Be on time for every practice and event.
2. Show respect for the coach and teammates.
3. Show respect for the officials. Good sportsmanship implies the willingness to accept the decisions of the officials.
4. Show respect for the opponent at all times.
5. Recognise and appreciate the skill of a performance regardless of team affiliation.
6. Maintain self-control at all times. Good sportsmanship is a responsibility for all who are involved in the game.
7. Show a positive attitude in cheering, refraining from intimidation or negative cheering.
8. Use of obscene, profane, or abusive language or gestures may result in your removal from the game.
9. Win or lose, be a good sport after the game and shake hands with the other team.
10. Remember that you are representing ACST. Be a positive role model and a “class act” at all times.

AS AN ACST ATHLETE

1. I will tell the truth in my interactions with teammates and coaches.
2. I will set goals, live by them, and develop a lifestyle that will produce success in my sport.
3. I will overcome the urge to complain, think negatively, backstab, take part in cliques, act selfishly, or to engage in any other unnecessary behavior that disrupts team chemistry.
4. I will maintain my academic life on a solid foundation throughout my career, never creating problems for the team because I failed to take care of my academic responsibilities.
5. I will learn the principles of positive reinforcement and apply them in practice and competition.
6. I will show frequent and genuine appreciation to those who work on our behalf (administrators, maintenance staff, etc.)
7. I will listen with my eyes and accept criticism as constructive. The coaches are trying to help each team member become the best player possible.
8. I will operate with a high level of gratitude and respect for what has been provided for me in this program (e.g., keeping locker room clean, picking up after myself at practice, turning in equipment and apparel in acceptable fashion, never forgetting to bring handouts to meetings, keeping hotel rooms and busses neat during use, etc.), and I will do all of this with a sense of pride.
9. I will eliminate the use of obscenities during practice and competition.
10. I will accept the decisions of the coaching staff regarding playing time. I will support my teammates when I am not in a match.

2. OVERSEAS TRAVELLING - RULES & GUIDELINES

Each participant and his/her parent must agree this form before travelling. By so doing, they acknowledge that they fully understand and agree to abide by these RULES & GUIDELINES and accept their enforcement.

1. Smoking, drinking alcohol, drugs abuse, cheating, curfew violations, host school and country law violations of the "off-limits" areas and extreme inappropriate behaviour such as physical fights and verbal abuse will not be permitted during any Overseas event.
2. Participants must notify coaches or hosts before leaving event sites. Exploration of the local environment will not be permitted without the presence and consent of the host family parent or guardian and the knowledge and consent of their coaches. Each guest is responsible to his/her lost parents and must keep those parents informed of his/her specific whereabouts at all times.
3. Students must remember that they represent their school, community, family and home country at all times during the event tour. Behaviour must represent these groups in a positive manner.
4. Students will demonstrate fair play and respect at all times to opponents, officials, coaches, spectators, parents and all personnel encountered during the event tour.
5. All visiting students must return to the host families' home before curfews as set by the host school. Telephone calls will be made to each student to ensure that all students have returned safely and on time. Once a student is in and has answered the curfew call he/she may not leave the house. Note: If an event finishes late so that students have less than one hour to make curfew, the curfew will be extended so that they have at least one hour to make curfew.
6. Students must attend all officially organised events.
7. Any problem arising during the event should be reported immediately to the student's respective tour administrator and the host school for corrective measures.

PENALTIES AND ENFORCEMENT

Any infractions of Overseas rules, hosting campus rules and host country laws may result in one or more of the following penalties being imposed by the host school principal in conjunction with the affected school's tour director.

- a. Partial or complete suspension from further participation in the event.
- b. A student may be sent home if feasible to do so. This will be at the parent's expense including any additional costs.
- c. The student may be banned from all Overseas events for one (1) full year including the same event the following year and will not be eligible for awards for that activity.
- d. Each school reserves the right to apply additional disciplinary action.
- e. The event director will take no disciplinary action without direct communication with the respective coach or trip administrator.

GENERAL

- a. If a major violation of the above rules occur, the host administrator will communicate the details of the violation in writing to the guest student's chief administrator.
- b. The administration encourages students to seek advance assignments from their teachers prior to departure. The host school will set aside time and locations for student study.
- c. Students and parents may not contact the host school family to change assigned housing. Housing is the sole responsibility of the host school.
- d. Students may not use any medications unless prescribed or administered by a licensed medical physician or host school medical personal or cleared and recorded by the even director.



STUDENT ATHLETE AGREEMENT

My name is _____.

I will be representing ACST as an Athlete in the season _____.

I acknowledge that I have read and understood the Athletics Handbook, and I agree to the terms and conditions that have been outlined.

Signature _____ . Date _____.

Chris Cronin

Director of Athletics & Activities

Kevin Thomas

Secondary Principal

“TOGETHER WE CAN”

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