

BRONCOS



EXCELSIOR
INTERNATIONAL

'Success is Long-term'

SPORTS HANDBOOK 2014-2015

Policies, Procedures and Practical Information for Students and Parents



'Proud to be a Founding Member'

Contacts

Julian Barnsley
PE, Sport & Activities
julian.barnsley@eis.edu.my
Mobile 011 1761 0215

Tomoe Fujise
Swimming Coach
tomoe.fujise@eis.edu.my

Introduction

Athletic potential is largely predetermined by the genetic make-up of each individual. The extent to which that potential is realized is a culmination of coaching and recreational experiences. Elite performers of team sports report on having experienced a range of different activities during their early years. Research suggests that it takes eight to 12 years for a talented athlete to reach elite level; this is sometimes called the '10 years-10,000 hours rule'. Athletes, coaches and parents should understand that success is a long-term challenge.

Mission

The Physical Education Department at EIS will endeavor to provide and maintain a high quality programme that will strive to achieve excellence and help to develop a commitment to lifelong involvement in sport.

Our Beliefs

- Involvement in a variety of sports supports and extends the overall learning experience.
- Every student that expresses an interest in school sport deserves the chance to be involved.
- Participation in sports provides opportunities to develop important life skills including teamwork, time management, responsibility, leadership, tolerance and personal integrity.
- A successful sports programme needs the cooperation and support of the parents, students and the entire school.



Our Core Values

Participation in the EIS Sport program is a privilege, not a right. To represent the Broncos all students are expected to show:

Commitment

- Stay with the sport for the entire season. Students that quit a team may not join a second sport until the first team's season has been completed.
- Attending training regularly.
- Determining personal goals.

Responsibility

- Learning to prioritise choices to achieve goals.
- Promoting behaviours that show responsibility for rules, opponents, officials and teammates.
- Open, honest and direct communication.

Leadership

- Empowering people to make the right decisions.
- Becoming a positive role model.
- Continually reminding and refocusing others on what is important.

Profile

EIS is developing a tradition for sport, one of which the school and community will be proud. Teams will be supported at Grade 8-9, Grade 6-7 and Grade 4-5 levels.

EIS is a founder member of Johor Schools Athletic Conference (JSAC).

JSAC participating schools;

- Marlborough College Malaysia
- Pegasus International School
- Tenby International School
- Raffles American School
- Sri Ara School

Travel

JSAC fixtures, exchanges and tournaments all use school approved buses. On all trips athletes represent the school, community and the sports programme; the coaching staff will stipulate appropriate clothing. The PE Office will confirm release time from class for Sports in advance of the trip. Students are responsible for schoolwork that is missed and must catch up in a reasonable period of time; this time is to be determined by the teacher who sets the homework.

Eligibility

All students must register their intention to participate before the start of each season using the Student Athlete Registration form (Appendix A); registration for both seasons can be completed at the start of the academic year. Student Athletes will also need to submit a signed copy of the Athlete Code and Agreement (Appendix B) before the first game of the season.

Grade Levels

All students may only train and play in their grade levels as follows:

- Grade 8-9
- Grade 6-7
- Grade 4-5

Students entering in swimming and athletics will compete in age groups. Age is taken on the day of the competition

The sports program at EIS is inclusive; students that fulfill Handbook requirements should expect to play.

Sports & Seasons 2014-2015

	Fall Season August – end October	Spring Season January – end April
Grade 4-5	Football X-country Swimming	Basketball Badminton Track & Field Swimming
Grade 6-7	Basketball Badminton X-country Swimming	Football Track & Field Swimming
Grade 8-9	Football X-country Swimming	Basketball Badminton Track & Field Swimming

Season Format

In this first year of operation there will be a mid-season sports exchange (an opportunity to play) and an end of season tournament or meet for each of the JSAC sports. Friendly fixtures may be arranged by mutual agreement between individual schools

Season training schedules and fixtures will be published by the PE Office and on the school website at the start of the academic year.



Team Sports Training Overview

	Day(s)
Grade 8-9*	Wednesday & Friday (am)
Grade 6-7*	Monday & Thursday
Grade 4-5	Monday
Swim Team**	Tuesday, Wednesday (am), Thursday & Friday (am)

**Secondary team sports train twice a week.*

***Swimmers are expected to train on any two sessions each week*

Individual sports and fitness sessions will be organized as part of the ECA schedule and will take place during the normal school day.

After school training will finish at 4.45pm. Students should be collected promptly.

All students who want to represent the Broncos for any core sport must train in school with the squad as per the schedule. It is understood that students involved in swimming may have a commitment to an elite training program outside of school. In these cases parents of the swimmer should contact the PE Office to establish a modified school training plan.

Students who play for teams outside EIS are expected to represent school if there are schedule conflicts. Parents are asked to consider this before agreeing to have their child participate in the EIS sports program. Parents should contact the PE Office as soon as they are aware of any conflict; absences and outcomes will be reviewed and determined on a case-by-case basis.

Pre-Season Meeting

At the beginning of each season the athletes are asked to attend a general meeting with the coach(es) to be informed of specific rules, policies and procedures for their sport. Questions and concerns should be raised at this time with the coaches in charge. For further clarification questions should be directed to the PE Office.



Illness

If illnesses occur that are not serious enough to warrant a doctor's visit the school nurse will determine the status of the athlete with regard to further sports participation.

Injury

While every care will be taken to ensure the safety of all students that participate in sports programs at EIS, participation in sports carries inherent risks and accidents are inevitable. By choosing to participate in the sports program, students are agreeing to accept these reasonable risks. All EIS staff are equipped to administer basic first aid and the school nurse will be available on site during the school day. In the event of a serious emergency the nurse or coach in charge will assess the situation and determine the best course of action. It is the parent's responsibility to ensure that their child(ren) have Health Insurance Cover.

Sports facility Use

- Students may only use sports facilities under the direct supervision of a coach
- Students using sports facilities (indoor or outdoor) must be appropriately dressed including footwear

Team Uniforms

During these early stages as the conference begins to establish itself, students should purchase their own sports shirt from the school uniform shop. The shirt can be worn for multiple sports.

Players will need to bring their own sports footwear and sports socks. Students who register for football must have their own shin-guards and long socks.

Costs

There are no costs involved for student athletes that participate in JSAC sports events.

Parental Support

Parental support is an important part of sport at EIS. All student-athlete parents are automatically members of the Broncos Supporters and are always welcome at fixtures, tournaments and meets. There are opportunities for parents to become actively involved in the sports programme in different ways; coaching, assistant coaching, officiating, time-keeping and so on. When attending sports events parents are expected to abide by the codes of behaviour listed in Appendix C.

You can help your child(ren) by;

- Encouraging them to participate.
- Ensuring they have access to a healthy balanced diet.
- Seeing that they get a minimum of 8 hours undisturbed sleep each night.
- Having them prepare kit and equipment for training, games and meets the night before.
- Asking them what they do well and what they are currently working to improve.

EIS Sports Awards

Awards are given for active participation in the sports programme. Awards are made on the recommendation of coaching staff and, on occasions, by the players. Athletes must successfully complete the season to be considered

End of Season

JSAC Core Sports Awards

- Grade 4-5 Most Improved Player – football, basketball.
- Elementary Most Improved Swimmer
- Grade 6-7 Most Improved Player - football and basketball.
- Grade 8-9 Most Valuable Player – football and basketball
- Secondary Most Improved Swimmer



Swim Team

Swim Team Qualification Standards (EIS Q)

As this year is our first year of EIS swim team there are no time standards; Age-group time standards will be introduced from 2015.

Please note that coach's decision is final on the selection of the team.

Try-outs

Try-outs for new and existing students will be at the start of the academic year; this year on August 16th (to be confirmed with school)

Swimmers will need to complete a 200m Individual Medley; the strokes will need to be legal and completed in the correct order.

Students that are unable to attend this try-out should contact the Swimming Coordinator tomoe.fujise@eis.edu.my to arrange an alternative time.

Training Schedule

Swimmers must commit to a minimum of two training sessions per week.

- Tuesday & Thursday: water time 3.35-4.35pm Pick up time: Pick up around 4.45 pm please
- Wednesday & Friday: water time 6.55 -8.00am. Drop off not before 6.45 am please

Things to Bring to Training

Swim hat and goggles are compulsory for competitive swimming training at EIS; silicone hat strongly recommended. Apart from usual swim kit below items are recommended:

- Water bottle
- Spare goggles
- Swim fin (the ones with short blade are recommended)
- Small healthy snack to eat after training
- Rash guard is useful for sun protection purpose, but not suitable for racing and develop the best feel for the water. Please make it a habit to use sunscreen.

Swimmer Availability

Swimmers are to make themselves available to enter all the JSAC swim meets in 2014. Meets outside of EIS may have qualifying standards; in order to be eligible to swim these standards will need to be achieved.

Parents' Support and contribution

Swim parents will be asked to sign up to help out by officiating at EIS hosted meets; EIS will host three meets during 2014-2015.



Student Checklist

At the start of the academic year, or before the start of the season students wishing to participate will need to do the following:

1. Complete the Student Athlete Registration Form.
2. Complete the Players' Code & Agreement.
3. Return both forms to the Physical Education Office



Sports Handbook 2014-2015 Appendix A

Student Athlete Registration Form 2014-15

My child will participate in JSAC sports this school year. Please cross (☒) as required.

Fall Season (August – October)

<input type="checkbox"/> G8-9 Boys Football	<input type="checkbox"/> G6-7 Boys Basketball	<input type="checkbox"/> G4-5 Boys Football	<input type="checkbox"/> Swim Team (try-outs)
<input type="checkbox"/> G8-9 Girls Football	<input type="checkbox"/> G6-7 Girls Basketball	<input type="checkbox"/> G4-5 Girls Football	<input type="checkbox"/>
<input type="checkbox"/> G8-9 Cross-Country	<input type="checkbox"/> G6-7 Badminton	<input type="checkbox"/> G4-5 Cross-country	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> G6-7 Cross-Country	<input type="checkbox"/>	<input type="checkbox"/>

Pre-season Spring Training (November – December)

<input type="checkbox"/> G8-9 Boys Basketball	<input type="checkbox"/> G6-7 Boys Football	<input type="checkbox"/> G4-5 Boys Basketball	<input type="checkbox"/> Swim Team
<input type="checkbox"/> G8-9 Girls Basketball	<input type="checkbox"/> G6-7 Girls Football	<input type="checkbox"/> G4-5 Girls Basketball	<input type="checkbox"/>

Spring Season (January – April)

<input type="checkbox"/> G8-9 Boys Basketball	<input type="checkbox"/> G6-7 Boys Football	<input type="checkbox"/> G4-5 Boys Basketball	<input type="checkbox"/> Swim Team (try-outs)
<input type="checkbox"/> G8-9 Girls Basketball	<input type="checkbox"/> G6-7 Girls Football	<input type="checkbox"/> G4-5 Girls Basketball	<input type="checkbox"/>
<input type="checkbox"/> G8-9 Badminton	<input type="checkbox"/> G6-7 Track & Field	<input type="checkbox"/> G4-5 Badminton	<input type="checkbox"/>
<input type="checkbox"/> G8-9 Track & Field	<input type="checkbox"/>	<input type="checkbox"/> G4-5 Track & Field	<input type="checkbox"/>

Pre-season Fall Training (May– June)

<input type="checkbox"/> G8-9 Boys Football	<input type="checkbox"/> G5-7 Boys Basketball	<input type="checkbox"/> G3-4 Boys Football	<input type="checkbox"/> Swim Team
<input type="checkbox"/> G8-9 Girls Football	<input type="checkbox"/> G5-7 Girls Basketball	<input type="checkbox"/> G3-4 Girls Football	<input type="checkbox"/>

Student Name: **Grade:**
Date of Birth:
Home Address: **Home Phone:**
Student Email: **Student Mobile:**
Parents Name:
Parents Email: **Parents Mobile:**

Medical Information Is the student

A. Allergic to medication? Yes / No

B. If yes, what kind?

C. Other allergies:

D. Currently or regularly taking medication?

Parental / Guardian Permission

The above named student has my permission to participate in the EIS Sport programme.

I declare that my child is physically fit and able to participate fully in the sport(s). In the event of an injury or accident involving my child I understand that I will be informed as soon as possible. If I cannot be contacted, I authorize the coach or other EIS representative to act on my behalf.

I understand that my child will attend all scheduled practices, games and tournaments punctually. If my child cannot attend I, or my child, is responsible to inform the coach before the absence.

Parent Signature _____ **Date** _____

Student Signature _____ **Date** _____

Return the completed form to the Physical Education Office



Sports Handbook 2014-2015 Appendix B

Players' Code & Agreement

Name: _____ **Season:** _____

- ↳ Participate for your own enjoyment and benefit.
- ↳ Play by the rules and be a good sport. Applaud all good plays whether by your team or the opposition and congratulate your opposition on completion of play.
- ↳ Listen to and follow instructions and assist the organisers in contributing to the success of the events.
- ↳ Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- ↳ Control your temper. Verbal abuse of officials and other players, deliberately distracting or provoking an opponent is not acceptable or permitted behaviour in any sport.
- ↳ Cooperate with your coach, teammates and opponents as without them there would be no competition.
- ↳ Promote the correct image of your school as you are its ambassadors.
- ↳ Be aware of all the expectations of the venues.

Players' Promise

I promise to:

- ✓ Manage my commitments in order to be available to play in the season's games and the end of season tournament.
- ✓ Arrive at training on time with the correct kit.
- ✓ Let the coach know if I am unable to attend training the day before the session is due to take place.
- ✓ Actively participate to the best of my ability in every session.
- ✓ Switch off my phone and leave it in my bag for training and for games
- ✓ Work to develop my skills and then to use and apply these skills in practises and games.
- ✓ Support my teammates with their training and my coach with their planning.
- ✓ Stay on top of my school work.
- ✓ Maintain a healthy lifestyle by eating healthily, allowing myself time to rest and recover and by sleeping at least 8 hours a night.

I have read through the Sports Handbook and understand that by signing this agreement I am making a commitment to the Sport and to the squad for the season. I also understand that if I break my promise I risk losing my place on the squad.

Signed : _____

Date: _____



Sports Handbook 2014-2015 Appendix C

Parents' & Supporters' Code of Conduct

- * Remember that children participate in sport for their enjoyment, not yours.
- * Encourage children to participate, do not force them.
- * Focus on the child's efforts and performance rather than on the winning and losing.
- * Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- * Never ridicule or yell at a child for making a mistake or losing a competition.
- * Remember that children learn best by example; appreciate good performances and skillful plays by all participants.
- * Support all efforts to remove verbal and physical abuse from sporting activities.
- * Respect officials' decisions and teach children to do likewise.
- * Show appreciation for volunteer coaches, officials and administrators. Without them, your child might not have the opportunity to participate.
- * Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



Sports Handbook 2012-2013 Appendix D

Tournaments & Exchanges 2014-2015

Fall Season

August

26 JSAC Meeting 9.30am

September

18 Elementary Football Exchange @ TIS
8.30am

26 Swimming @ EIS Relay Meet 4.00-
6.00pm

27 MS Basketball Exchange @ EIS

October

4 MS Badminton @ EIS Doubles 8.30am

18 Cross-country @ MCM 8.00am

22 Elementary Football Tournament @
EIS 8.30am

November

1 HS Football Tournament @ EIS
8.30am

19 MS Basketball Tournament @ MCM
8.30am

December

6 Swim @ MCM Individual Meet
8.00am

Spring Season (Dates TBC)

February

6 Swimming @ EIS Sprint Meet 4.00-
6.00pm

13 MS Football Exchange @ EIS 8.30-
11.30am

March

6 Elementary Basketball Festival
/tournament @ ? 8.30-12.00pm

14 Elementary Badminton @ EIS Singles
8.30-12.00

April

18 HS Basketball Tournament @ ??

24 Swim @ EIS Individual Meet 8.00am

25 MS Football Tournament @ ??

29 Track Meet @ EIS 4.30-6.30pm

May

9 HS Badminton @ ??

Month

? Elementary Badminton @EIS

? Field Meet @ MCM

? HS Basketball Exchange