

***Unidad Educativa
Alberto Einstein***



Athletic Handbook

Updated November 2014

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I. INTRODUCTION

The Alberto Einstein Athletic Department would like to welcome all students, parents, and staff back for the 2014-2015 school year. I look forward to working with everyone throughout this exciting school year.

Colegio Alberto Einstein believes that every student deserves the opportunity to participate in a wide range of activities during their time at school. This participation is a privilege that carries with it an important responsibility to the school, to the student body, to the wider school community, and of course to the students themselves. These experiences help the students develop as individuals and as team members, and give the students a number of essential skills to use for their entire lives.

This Athletic Handbook outlines Colegio Alberto Einstein's athletic mission and objectives, and states the methods for reaching the high standards that we set in the Athletic Department. It serves to help athletes, coaches, and parents to have a better understanding of the athletic policies and procedures used at Colegio Alberto Einstein.

If you have any questions or concerns regarding any of our athletic activities, please do not hesitate to contact me.

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II. MISSION & PHILOSOPHY

A: MISSION STATEMENT

The Colegio Alberto Einstein Athletic Department aims to provide a program where students learn valuable skills that they can use for the rest of their lives. Our young athletes will learn the value of hard work, sportsmanship, teamwork, competition, and how to win and lose gracefully. Athletic competition also improves our school spirit and helps our students develop pride in their school.

While the school takes great pride in winning, it does not support "winning at any cost" and discourages any behaviors or pressures that discourage good sportsmanship and good mental health.

The athletic program strives to provide experiences that will help to develop students physically, mentally, socially and emotionally while instilling life long skills that will allow them to be successful

B: SPECIFIC OBJECTIVES

The student athlete will learn:

- **TEAMWORK** – To learn that the team must be placed higher than the individual. To learn that a high functioning and co-operative team creates a greater environment for winning than a team of individuals.
- **TO ACHIEVE SUCCESS** – While the team always strives to win, we don't always do so. We can often learn just as much or even more from a defeat than a win.
- **TO PROMOTE SPORTSMANSHIP** – To learn to win and lose gracefully, and to learn to accept defeat like a mature sportsman/sportswoman. To learn to show respect and treat coaches, players, teammates, and opponents with courtesy and patience. To develop social traits including honesty, discipline, tolerance, and dependability.
- **TO ENJOY SPORTS** – It is important for student-athletes to enjoy their sporting activities, and to enjoy the potential growth opportunities through participation.
- **TO IMPROVE AND DEVELOP SKILLS** – To improve and develop all the essential skills throughout the season, year, and school career.
- **TO PARTICIPATE IN A VARIETY OF SPORTS** – We believe that students should have access to a variety of different sports, and that the program should not favor one sport over another. Athletes who wish to specialize in one particular sport are encouraged to join sports clubs outside of school in addition to participating within the Colegio Einstein Athletic program.

III. PROGRAM OVERVIEW

A: PURPOSE OF SEASONS:

The Primary School athletic program is divided into 2 seasons, and the Middle/High School athletic program is divided into 3 seasons. We use this season structure so that all student athletes have the opportunity to participate in a number of different sports throughout the year, as well as the option of participating in other extra-curricular activities. We believe that by giving the students the option to participate in a number of different types of sports and activities, we are creating well rounded and balanced students.

B: SEASON OVERVIEW:

Primary School Overview

| Season 1: (October – January) | Season 2: (February – May) |
|--|--|
| <ul style="list-style-type: none"> • Soccer - Sub 12 (6EGB y 7EGB) • Basketball - Sub 10 (4EGB y 5EGB) • Athletics - Sub 8 (1EGB, 2EGB, 3EGB) | <ul style="list-style-type: none"> • Basketball - Sub 12 (6EGB y 7EGB) • Soccer - Sub 10 (4EGB y 5EGB) • Soccer - Sub 8 (1EGB, 2EGB, 3EGB) • Gymnastics - Sub 8 (1EGB, 2EGB, 3EGB) |

Secondary School Overview

| | Season 1: (Sept – Oct) | Season 2: (Nov – Jan) | Season 3: (Feb – April) |
|-----------------------------------|-------------------------------------|---------------------------------|---------------------------------|
| Varsity (Sub 19) | Boys Volleyball Girls Volleyball | Boys Basketball Girls Soccer | Boys Soccer Girls Basketball |
| Junior Varsity (Sub 16) | Boys Volleyball Girls Volleyball | Boys Basketball Girls Soccer | Boys Soccer Girls Basketball |

C: TEAM DESCRIPTIONS

Primary School Teams

At the Primary school level, the athletes will learn the fundamental skills of the sport as well as the basic rules of the game. A large emphasis will be placed on learning the basic skills, as well as the value of participation, teamwork and other important team oriented skills. While winning is important, the emphasis at this level is placed more on participation. Students need to sign up with the extra-curricular coordinator and will be accepted on a first come first serve basis. All players who follow the rules, and demonstrate the correct attitude will be given playing time. Primary School teams will practice Tuesday, Wednesday, and Thursday from 15h15 – 16h15.

Junior Varsity Teams

At the Junior Varsity level, the athletes will reinforce their previous learning of the fundamental skills of each sport. They will also reinforce their learning about work ethic, teamwork, competition, participation, and commitment. Again, while winning is important, a larger emphasis is placed on effort and attitude at this level. Players who wish to be part of the team will need to attend the trials at the beginning of the season. If a player misses out on selection, they can still train with the team, however they cannot play in any games and will not receive a uniform. All players in the team who follow the rules and show the correct attitude will be given playing time. These teams will largely be made up 8EGB – 1BGU students. Junior Varsity teams practice Monday, Tuesday, Wednesday, and Thursday in the Secondary School facilities from 15h15 – 16h15.

Varsity Teams

The goals of the Varsity teams are to continue developing key skills, while playing in a competitive environment. Trials will be held at the beginning of each season, and only students selected can continue to train with the team. Coaches are encouraged to play as many players as possible, but at the Varsity level, there will be times when this is not possible. At this level, winning has a larger emphasis, while still maintaining the school values of teamwork and sportsmanship. Varsity teams will be mostly made up of students from 1BGU – 3BGU, however, younger students could potentially play Varsity level if they are ready. Varsity teams will practice in the Secondary facilities on Monday, Tuesday, Wednesday, and Thursday from 15h15 – 16h15.

IV. POLICIES & PROCEDURES

The Athletic program has certain policies and procedures that apply to all sports.

A: TRIALS AND TEAM SELECTION (JV & VARSITY ONLY)

Trials will run for 4 days at the beginning of each season. All students who attend the trials will have an equal chance of making the team. The coach will be looking for excellent effort, attitude, and sportsmanship as well as good fundamental skills when selecting the team. The team will be posted on the sports noticeboard outside the gym.

B: ROSTERS (JV & VARSITY ONLY)

Once final team selections have been made, the roster will be completed and given to the Athletic Director. Rosters will not change throughout the season unless a player suffers a serious injury, or numbers drop below the necessary level.

C: ELIGIBILITY POLICY

All students must maintain an academic grade of 16 and a behavioral grade of a 'B' throughout the season. The Athletic Director will monitor all students' eligibility with faculty members. Students who fall below these levels will be given a short time-frame to improve. A failure to do so will result in dismissal from the team.

It is understood that the selection to a sports team is at the discretion of the head coach and Athletic Director according to selection criteria and eligibility for a particular sport.

Previous and current behavior will be a major factor in determining participation and eligibility.

D: PARTICIPATION REQUIREMENTS

All Student-Athletes at Junior Varsity and Varsity level need to sign a contract at the beginning of the school year, and also have it signed by their parent or guardian.

Varsity athletes must also sign an AASSA contract and have it signed by their parent or guardian. These documents can be found under the 'Important Documents' section of the Athletic website.

<http://einsteinbullsatletics.weebly.com/important-documents.html>

Students at Primary level **do not** need to sign a contract.

E: ATTENDANCE POLICY

Participation in athletics is a serious commitment. When a player joins a team, they are making a commitment to themselves, their teammates, and their coach, and their school. In order for a team to improve and develop a strong team environment it is essential that all team members attend all practices and games.

- If an athlete is going to miss a training session, the student must notify the coach and Athletic Director with a justification from a parent/guardian **before the training**, this is considered a justified absence.

- An absence without communication from the athlete or parent is considered an un-justified absence.
- A student has 1 week to change an un-justified absence to a justified absence. After 1 week, this will be a permanent un-justified absence.
- **4 un-justified absences will result in dismissal from the team.**
- If a student commits to a team and then leaves before the end of the season, it will affect their ability to be eligible for teams in the future. However, the Athletic Director will take any special circumstances into account.

F: CODE OF CONDUCT FOR PLAYERS, COACHES, AND SPECTATORS

Colegio Alberto Einstein athletes should demonstrate a high standard of behavior at all times. Athletes are expected to demonstrate respect, leadership, sportsmanship, a positive attitude, and honesty at all times both on and off the field.

If a student fails to adhere to the following code of conduct, it may result in disciplinary action taken by the school.

1. Players, coaches and spectators must respect the judgment of the referees as final.
2. Only the coach or team captain may address the referees.
3. Inappropriate behavior on the field/court is prohibited.
4. Profanity and/or inappropriate language is prohibited at all times.
5. Only positive support is allowed. Negative cheering towards any team or player is not considered good sportsmanship and will not be tolerated.
6. Spectators and players cannot shout or cheer while a player is shooting a free throw in basketball or serving in volleyball.
7. All players must shake hands at the end of each match.
8. All players must respect their teammates, opponents and referees no matter the circumstance.

Any player, coach, or spectator who does not follow the rules stated above will be reported to the Athletic Director, who will report the matter to the student's Principal.

G: TEAM CAPTAINS

Being named a team captain is an honor and with it comes leadership and responsibility. Team captains will be chosen by the coaches and Athletic Director within the first 2 weeks of the season. It is expected that the captains will work to help motivate the team and set an excellent example throughout the whole season.

H: UNIFORM

The school will provide the students with a sports uniforms every 2 years. Varsity athletes will receive 2 uniforms (dark and light), and JV and Primary school athletes will receive 1 uniform. All Varsity and JV athletes will also receive a Bulls hooded sweatshirt every 2 years. If a student loses the uniform or hoody, they will be required to buy the replacement. This costs \$20 and can be done through the Athletic Director.

Students are expected to dress appropriately when travelling, and must wear the Bulls hooded sweatshirt at Tournaments.

I: TRANSPORTATION

From October – May, the school will provide extra-curricular buses at 4:30pm, Monday – Thursday. During September, the students will need to provide their own transport after school. For games played at Einstein, the students will need to provide their own transport after the match. For games played at other schools, Einstein will provide a bus to the venue, and the students will need to provide their own transport home from the venue of the match. A teacher or coach will accompany all buses travelling to another school.

J: HOUSING EXPECTATIONS

All Einstein athletes are expected to house visiting athletes during tournaments hosted at Einstein. The inability to host will be a consideration for selection of team and participation in tournaments and games. More information can be found on housing in the AASSA section of this document.

V. MEMBER LEAGUES

1. LIGA DE LOS COLEGIOS PARTICULARES – Primary School teams only.

This Quito sports league was established for Primary school level athletes. This league provides student athletes the opportunity to compete in a fun & friendly environment.

A: MEMBERSHIP

The members of this league are:

- Colegio Alberto Einstein
- La Condamine
- Liceo International
- Rudolf Steiner
- SEK Quito

B: PARTICIPATION

- Participation in this league is limited to the member schools.
- Each member school must participate in the following sports:
 - Soccer sub 8
 - Soccer sub 10
 - Soccer sub 12
 - Basketball sub 10
 - Basketball sub 12
 - Track & Field sub 8 & 10
- All schools play a home and away fixture in each sport, and finish with a Jamboree, except Track & Field, which only has the Jamboree.

2. QISSA (Quito International Schools Sports Association) – JV & Varsity teams

This Quito sports league was established in 2009. Colegio Alberto Einstein first became a full member in 2013. The QISSA league provides student-athletes the opportunity to compete in an environment that encourages sportsmanship, honesty, and integrity.

A: MEMBERSHIP

The members of this league are:

1. Alliance Academy
2. Academia Cotopaxi
3. Colegio Alberto Einstein
4. Colegio Menor

B: PARTICIPATION

The number of participants in QISSA teams is limited to the following:

| | |
|------------|----|
| Volleyball | 15 |
| Basketball | 15 |
| Soccer | 22 |

Each school plays each other in a home and away fixture during the regular season, followed by semifinals, when the 1st placed team plays 4th place, and the 2nd place team plays the 3rd place.

C: IMPORTANT DATES

- Boys and Girls Volleyball
JV Semifinals – October 24th
JV Finals – October 28th
Varsity Semifinals – October 21st
Varsity Finals – October 23rd
- Boys Basketball and Girls Soccer
JV Semifinals – January 15th
JV Finals – January 20th
Varsity Semifinals – January 13th
Varsity Finals – January 22nd
- Boys Soccer and Girls Basketball
JV Semifinals – April 28th
JV Finals – May 5th
Varsity Semifinals – April 14th
Varsity Finals – April 21st

3. AASSA (Association of American Schools in South America) – Varsity Teams

This Ecuadorian sports league was established in 2009. Colegio Alberto Einstein first became a full member in 2011. The AASSA league provides student-athletes the opportunity to compete in an environment that encourages sportsmanship, honesty, and integrity, and to travel to competitions in Guayaquil.

A: MEMBERSHIP

The members of this league are:

1. Alliance Academy
2. Academia Cotopaxi
3. Colegio Alberto Einstein
4. Colegio Menor
5. Colegio Americano de Quito
6. Inter-American Academy

B: PARTICIPATION

If a student is selected as part of a Varsity team, he/she is required to participate in all tournaments including AASSA. Exceptions may be made for injuries, and other relevant circumstances.

The number of participants in AASSA teams is limited to the following:

| | |
|------------|----|
| Volleyball | 12 |
| Basketball | 12 |
| Soccer | 18 |

C: IMPORTANT DATES

- Boys and Girls Volleyball **October 29th-30th** (Colegio Menor, Quito)
- Boys Basketball and Girls Soccer **January 16th-17th** (Alberto Einstein, Quito)
- Boys Soccer and Girls Basketball **April 24th-25th** (Inter-American, Guayaquil)

D: HOSTING

One of the reasons why the AASSA tournaments are so successful is that students of the school willingly open their homes to visiting students. This is a positive experience for students and parents, often resulting in long lasting friendships. Without this generosity, we would not be able to host these tournaments, nor participate in tournaments away from Quito.

All Einstein students participating in the Varsity teams **are obligated to provide housing for visiting students** when Einstein hosts the AASSA tournament.

The host responsibilities are very simple: Welcome the students; provide transport, food, and a place to sleep. The transportation, food, and housing do not need to be luxurious. Treat your visiting students like you would want your own kids to be treated.

Host families should not experience any difficulties with regard to discipline. The AASSA tournaments have some very specific and strict rules with regard to behavior during a trip (see below).

HOSTING RULES

- Students have a curfew of 10pm. All participating students need to be at home by this time. The Coaches/Athletic Director will ask to speak to the students themselves when they call. If a student is not available to talk when the phone call is made, it will result in the student not participating in the tournament.
- At least 1 host parent/guardian is expected to be home at all times during both nights of the weekend. If this is not the case, the parent should contact the Athletic Director.
- Students are not allowed to travel by taxi. They must be picked up by the parents or a driver that represents the family.

E: AASSA STUDENT CONDUCT RULES & REGULATIONS

1. Negative attitudes and aggressiveness toward other players and officials will not be tolerated.
2. Athletes must attend all official organized tournament events, including opening and closing ceremonies.
3. Student conduct in homes or places where students are housed will be courteous, respectful and considerate. Students will avoid creating inconveniences for their hosts. It is expected that they will acknowledge their appreciation to their host in person. Students are encouraged to bring a small gift to their host as a sign of their appreciation.
4. Long distance phone calls will only be made with previous host parent permission.
5. Modifications in housing assignments should only be requested due to the most serious reasons and through their Coach/Athletic Director or the persons in charge of their group. These requests should be submitted to the local person in charge of housing.
6. In compliance with the AASSA guidelines; smoking, drinking alcohol, illegal drug use, cheating, deceit, and inappropriate sexual behavior are prohibited at all times.
7. A curfew of 10:00PM will be strictly enforced.
8. Students are not allowed to attend discotheques, clubs, bars or parties where alcohol is present.
9. All students must also adhere to the rules and regulations pre-established by their respective schools.
10. Students will use the transportation provided by the host school to/from tournament functions.

F: CONSEQUENCES

When a student commits any of the above infractions, any and all of the following consequences may be applied:

- a) The student will be suspended for a game.
- b) The student will no longer participate in the remainder of the tournament/event.
- c) The student will be sent home at his/her parent's expense if it is feasible to do so.
- d) The student will be banned from any AASSA Sports event for up to one calendar year. He/She will also be ineligible for any awards pertaining to AASSA Sports events.
- e) The student will be banned from the next AASSA event in which season he/she has been or will be participating in.
- f) The student will be required to complete up to 25 hours of community service. In the case of a senior, community service hours must be completed prior to graduation.
- g) Upon the return to school, appropriate counseling will be required. Students may also have additional penalties and recommendations consistent within their school policy.

VI. CONTACT INFORMATION

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