



المدرسة العالمية الأمريكية
UNIVERSAL AMERICAN SCHOOL
FESTIVAL CITY



SCORPION

ATHLETIC HANDBOOK

2021-2022

Dear Parents and Student - Athletes,

We want to welcome you to the Universal American School Dubai Athletic Program! We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal growth and development.

UAS believes in the development of young men and women through athletics. We feel that a properly structured, well - organized sports program meets student's needs for self-expression, mental alertness, and physical growth. We pledge to maintain a sound program on purpose and will further each student's educational maturity. Likewise, we believe that parents have committed themselves to specific responsibilities and obligations to the student - athlete. We want to take this opportunity to acquaint you with clear policies that are necessary for a well - organized athletic program.

It is the role of the Athletic Department to make rules governing interscholastic competition. These rules need broad - based community support to be fully effective. This is best achieved through mutual communication between the Athletic Department, student - athletes, and the parents of each student - athletes. We have committed to accomplishing this objective through this athletic handbook for students, parents, and coaches.

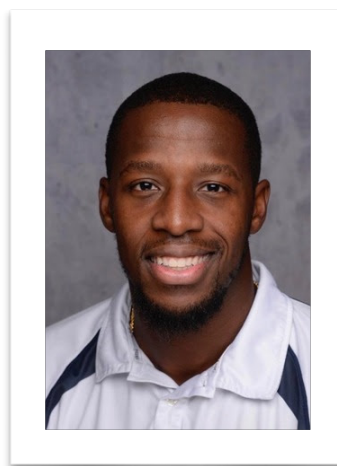
Our department's most important reason is to ensure that students can partake in and enjoy sports during their time at UAS. As an athletic department, we can assure you that students and the teams they are a part of are the guiding force in everything we do and every decision we make. Our focus and primary objective will always be to do what is in the student's and their team's best interest. This combination shall ensure a promising and successful future for UAS Athletics.

Thank You very much for taking the time to read the athletic handbook. It will allow you to become familiar with our policies and procedures and smooth transition for you as a new or continued member of the UAS athletic program.

Should you have any questions or concerns, please feel free to contact me. Go Scorpions!

Jermaine Lattimore

Athletic Director



ATHLETICS OVERVIEW

Philosophy

We believe that the student-athletes foundation is based on COURAGE which aligns with the Universal Values of Belonging, Curiosity, Resilience, and Empathy.

The CONNECTIONS student-athletes cultivate with their coaches, teammates, and community develops personal development and academic excellence.

Being involved in the UAS athletics program is a COMMITMENT that will make students better people for participating.

The Athletic Department expects the following of each participant in the school athletic program:

- To be a worthy representative of teammates, coaches, and the school community abiding by school and community expectations
- To maintain health and fitness levels by following the training rules prescribed by the coach
- To reflect the knowledge that commitment to victory is nothing without a commitment to hard work in practice
- To learn to deal with adversity in an honorable way and to capitalize on growth opportunities
- To express feelings intelligently and appropriately
- To accept the responsibilities of the team membership: support of teammates, cooperation, positive interaction, and mutual respect.
- To help student-athletes learn how to balance a demanding academic schedule with a strenuous athletic training schedule.



Coaches:

- The coach is responsible for creating a fun, safe, and challenging environment where their student - athletes will receive a high level of instruction and competition. The coach is also responsible for:
- Achieving professional expectations puts students well being first at all times.
- Ensuring players are adequately prepared for upcoming competitions.
- Ensure that student - athletes are exhibiting good behavior on and off the field/court.
- Make decisions based on the collective interest of the team while also developing each student - athlete to their fullest potential.
- Setting clear expectations and are available to student - athletes for positive mentorship on and off the field/court.

Student - Athletes

Being a member of the UAS athletic team is a privilege that is earned and expected to be maintained. Student - Athletes will be representing UAS on and off the playing court/field and are expected to:

- Conduct themselves in a manner that will reflect positively upon our program and school.
- Review the athletic handbook with parents and digitally sign the student contract.
- Exhibit Excellence – the ongoing process of becoming better than we once were, particularly in the below list areas.

EXCELLENCE

- ✓ Superior Work Ethic
- ✓ Personal Humility
- ✓ Team Oriented
- ✓ Determination
- ✓ Mental Toughness
- ✓ Actions Deserving of Victory
- ✓ Supporting One Another
- ✓ Sacrifice



Parents

Parents play a vital role in the UAS Athletics Program. Parents model attitudes and behavior for their children. We invite all parents to attend home and away games, support the team, and encourage their children to practice and play hard.

We appreciate the assistance parents provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve the athletics department during games or events, and sacrificing family time to accommodate athletic schedules. We also appreciate the support parents provide our coaches to create a valuable athletic experience for all participants. Parents should be mindful of and respect what the coaches are trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members.

Parents are expected to conduct themselves to bring honor and respect to our teams and school regarding games. At no time should a parent display inappropriate behavior toward an official, coach, administrator, or student - athlete.

***Any Spectator/Parent who acts in a disruptive manner will cause a game to be suspended until the situation is resolved or the spectator is removed.**



Athletic Opportunities:

	Season 1 September -November	Season 2 November- February	Season 3 February- May
Middle School	Swimming Volleyball	Basketball Cross Country Soccer	Badminton Track & Field
Junior Varsity	Swimming Volleyball Golf Academic Games	Basketball Cross Country Soccer Tennis Wrestling Speech & Debate	Badminton Track & Field
Varsity	Swimming Volleyball Golf Academic Games	Basketball Cross Country Soccer Tennis Wrestling Speech & Debate Senior Fine Arts	Badminton Track & Field

*High School teams are split into Junior Varsity and Varsity. Students in 9th and 10th grade will participate in JV, while students in 11th and 12th will participate in Varsity. If a student turns 16 before September 1st of that school year but is not yet in 11th grade, they will need to participate in Varsity due to their age. Participants must be under the age of 20 before September 1st of that school year to participate in Varsity sports. *Middle School students (grades 6-8) will compete at the Middle School level regardless of their age.

*Student-athletes must try out for their appropriate level to start the season. If the coach/coaches and athletic director feel that a student-athlete would be a better fit at a higher level, a meeting will be held to determine where to place the student. A follow-up meeting with the student-athlete once a decision has been made will occur, and communication will be sent to parents.

***Student-athletes may only participate in ONE sport per season.**

Conference Affiliations

Emirates Athletic Conference: (EAC)

Our Middle School and High School teams all compete in the EAC conference. The conference is made up of 5 school located within the UAE:

- American Community School of Abu Dhabi (ACS)
- American International School Abu Dhabi (AISA)
- American School of Dubai (ASD)
- GEMS Dubai American Academy (DAA)
- GEMS American Academy Abu Dhabi (GAA)
- Universal American School (UAS)



Near East Schools Activities Conference: (NESAC)



Our JV and Varsity badminton, basketball, soccer, swimming, track and field, and volleyball teams all compete in the NESAC conference. This is an international conference made up of 5 schools located around the region:

- American Community School Beirut (ACS)
- American International School Kuwait (AISK)
- American School of Kuwait (ASK)
- Qatar Academy (QA)
- Universal American School Dubai (UAS)

Policies and Procedures

Team Selection/Playing Time:

Our goal in team selection is to find opportunities not only for participation but also for success. Placing each student - athlete at the level where they can contribute physically and gain positive feelings from efforts is essential to the coaching staff. Disappointments are inevitable when teams are selected, and it is imperative that student - athletes feel the support of teammates, parents, and coaches.

We believe in our coaches. Their job is to manage and direct a specific sport. Their responsibilities include evaluating and selecting students for teams and determining the degree to which each student - athlete will participate, and they do this with considerable thought and sensitivity. During the selection process, coaches will evaluate skill level, athleticism, physical conditioning, positional play, trainability, punctuality, and other attributes.

We want our student - athletes to learn the value of being on a team and the contribution each must make. Team members are responsible to themselves, their teammates, and their coaches to learn and perform their team roles. Teamwork requires developing many interpersonal skills such as listening, following directions, accepting constructive criticism, respectful, and supporting teammates and coaches. Student - athletes should participate in practice sessions and games with total commitment and enthusiasm.

UAS Athletics believes that at all levels—sixth grade through varsity—playing time in competition is earned in practice and is not an entitlement. Regardless of the subjective nature of the process and the potential for disagreement, the coach is the only one in a position to make team selections and decisions about playing time. Coaches WILL NOT discuss playing time with parents. Members of a varsity team are not guaranteed playing time. Student - athletes should fully understand that joining a team accepts the pleasures and benefits of participating and the responsibility and commitment to that team.





Tryouts:

At the beginning of each season, a tryout period will be held. Each student is required to sign up before the start of the season through the appropriate channels. Students should report to tryouts on the predetermined dates, and after two days of skill assessments, coaches will form teams.

Eligibility:

Participation in athletics is a privilege, not a right. Students can earn the privilege through hard work, dedication, desire, and self - discipline. All students that are currently enrolled in grades 6–12 are eligible to participate in athletics.

Conduct/ Academic Eligibility:

Student - athletes are expected to maintain satisfactory academic/conduct in all classes. Any student-athlete who is not in good academic standing will be subject to review, leading to participation withdrawal. Any student suspended from school or violates the student code of conduct can be expelled from their team or suspended for a duration of time.

Club/Select Teams:

UAS Athletics will take precedence over club or league competitions and practice sessions. Student - athletes will not be excused from UAS athletic practices or games

in order to attend game or practice sessions for club or league teams. The student athlete's responsibility is to communicate their participation on club or league teams before the start of the season so that any potential conflicts may be worked out. Failure to communicate before the season may result in the removal of a student - athlete from the team.

Practice Times:

Practice times can vary on Sunday – Thursday from (6:15am – 7:45am) (3:30pm – 5:00pm) (5:00pm– 6:30pm) depending on the team or day. Practices may also take place on Fridays or Saturdays. The times for weekend practices will be determined and communicated by the coach.

Attendance:

Attendance at all games and practice sessions is mandatory for all team members. If a student-athlete does not attend a practice, meeting, or athletic contest, the coach must be notified at least one day before the event is missed. Any student - athlete with more than three absences (excused or unexcused) may have limited playing time or removal from the team.

Practice will always be held on specifically scheduled days unless otherwise communicated by the coach. If a student - athlete is absent from school, they will not practice or play that day.



Religious Commitments:

UAS understands that a student - athlete may need to miss practice or games to fulfill religious obligations from time to time. Coaches usually are aware of these situations

but understand not every student - athlete shares the same values. Student - athletes should discuss their religious commitments with the coach before the season to be aware of the religious obligations in advance.



Illness & Injury:

All injuries should be reported to the coach at the time they occur so further injury can be avoided. If you are injured, remember the following:

1. Tell the coach that you are injured before leaving the court/field.
2. No matter how small the injury, get treatment.
3. No one shall miss practice without a doctor's note.
4. Student - athletes are expected to attend team practices and games each day they attend school to support the team and continue learning even if they are injured.
5. If a student is not participating in a game/practice from a doctor's orders, a second notice is required to be given to the coach to clear the student-athlete of any physical restrictions.
6. Anyone who becomes sick, nauseous, dizzy, and very hot should notify the coach immediately.

Classwork:

On occasion, when student - athletes must miss class to participate in scheduled athletic events, they are responsible for turning in classwork that is due that day, and they are responsible for making up any missed work in a timely fashion. Suppose a student - athlete arrives home late from an athletic contest or misses a class the day before a test due to an athletic competition. In that case, it is at the teacher's discretion to allow the student - athlete to test at an alternative time. Suppose the student - athlete must leave class early on a testing day due to an athletic contest. In that case, it is the student - athlete's responsibility to reschedule the test for a date that is agreed upon by the student - athlete and teacher.

Practice Gear/ Uniforms:

Student - athletes may be expected to purchase and wear sports - specific or school - specific practice gear for all practices. The coach will communicate this to the players prior to the beginning of the season. All game safety equipment must be worn during practices and games. This is a shared responsibility of the coach and student - athlete. Failure to bring one's equipment or uniform may result in the student - athlete not participating in the practice or game. The coach of each team will give further instructions regarding required practice gear. UAS team uniforms are only to be worn during games or in school for home games if approval by the school administration



Dropping/Dismissal from a Sport:

There will be times when some student - athletes decide to leave a sport before, during, or after the season, although we highly discourage it. Whatever the reason, a student - athlete must follow the steps listed below:

The student - athlete must talk to the coach to see if a solution can be reached. A conference with the parents, student - athlete, coach, and athletic director or any combination thereof may be required and is highly recommended before the student - athlete leaves the sport.

If a student - athlete leaves the sport, they must make sure all equipment has been turned in clean and undamaged. The student - athlete must pay for any equipment not turned in.



Guidelines for Athletics/Fine Arts Cooperation:

A student participating in a significant UAS theatre production must receive the permission of the organizing drama teacher and the coach of the sport they are interested in before being allowed to try out for the sport. If both the coach and the

drama teacher are supportive, the student must attend a tryout for the sports team. If the student is selected to play on the team, the student - athlete must make every effort to attend team practices and games on the days that they do not have play practice or productions.

Practice and Game Cancellation:

If the coach must cancel a practice, it is the responsibility of the coach and Athletic Director to notify the team and parents. Inclement weather does not determine whether the practice will be held—the coach makes the determination. If a change is made in the practice schedule, parents and student - athletes will be notified as soon as possible.

In most cases, it is the responsibility of the host school to make decisions regarding game cancellations. When hosting an event, UAS will make every effort to make cancellation decisions by 2:00 pm on the day of the event. When a game is canceled, the coach may choose to hold a practice in its place. If the coach decides to hold a practice in place of the canceled game, they will communicate this information to the parents and student - athletes as soon as possible .



Gym/Locker Rooms:

All UAS student's, grades 6 – 12 (Physical Education and Student - athletes), will be using the locker rooms in the main gym. The student - athletes are encouraged to put all valuables and personal items in the school lockers with locks for safekeeping. The Athletic Department, coaches or Athletic directors are not responsible for lost or stolen items (uniforms, equipment, school-issued materials, or personal items) left in the locker room or surrounding athletic facilities.

COVID Guidelines & Protocols

All athletic program participants are expected to adhere to the guidelines outlined in the KHDA back-to-school protocols. Student-athletes are also expected to follow the guidance of their coaches to ensure safety within the athletics environment.

***Until further notice, no spectators will be allowed into matches. The athletic director will update the UAS community once this changes.**

Substance Abuse and Hazing:

Any student - athlete found to be in violation of the school's substance abuse policy will automatically be suspended from all team activities, including practice, games, tournaments, social events, etc., while the reported offense is under review by the coach athletic director, and school administrator. The UAS Athletic Department reserves the right to impose any disciplinary action or other condition which it considers in its discretion, appropriate to the circumstances of any violation. This may include suspension from the athletic team for the remainder of the season and expulsion from the athletic program for the remainder of the school year.

UAS forbids any form of hazing. Hazing is defined as a forced, intentional, or negligent action, situation, or activity that recklessly places any person at risk of physical injury, mental distress, or personal indignity, or which encourages violation of any local or school law for initiation into, or affiliation with, any organization affiliated with UAS. This applies regardless of the willingness of the participant. With or without a student's consent, hazing is prohibited by UAS, and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

Pickup & Drop-off

Pickup and drop-off for practices and games at UAS should follow the student handbook. Parents/ Guardians/ Drivers should not enter the school building at any time.

Local Travel:



All student-athletes must travel with their team by bus to and from the school before and after athletic competitions. If a parent would like to pick up their student from an opposing school after the match, there must be written permission by the parent or guardian sent to the coach beforehand.

If a parent or guardian is not present after the game, then that student-athlete must ride the bus back with the team. Students are not allowed to leave the opposing school's campus or other venues by any other means. Once back on the UAS campus, students may only take public transportation if written permission is sent to the coach beforehand. If not, the student-athlete must be picked up by a parent, guardian, or driver.

International Travel:

Some JV and Varsity teams will have the opportunity to travel internationally for our NESAC Conference Tournaments. The coach or Athletic Director will communicate all travel details to student-athletes and parents during the season. Forms and payments must be turned in, on time, by the dates specified by the coach or Athletic Director. Failure to do so will lead to exclusion from the trip.

If a student-athlete requires a visa for a specific country, it is the job of that student-athlete to obtain a visa unless told differently by the coach or Athletic Director. Any necessary paperwork required by the school to obtain the visa must be communicated

to the coach or Athletic Director to obtain it on time. Should a student decide to not travel, by their choice or is removed for academic/behavioral reasons, any cancellation fees, visa charges, etc., will be the student-athlete's responsibility.

Student-athletes are asked to conduct themselves in a respectful manner that would positively represent themselves and the school. Failure to do while on the trip can affect future opportunities of international travel. Students must also abide by the NESAC rules:



NEAR EAST SCHOOLS ACTIVITIES CONFERENCE STANDARD STATEMENT OF NESAC RULES:

1. The use of tobacco, drinking of alcohol, or use of illegal drugs will not be allowed during the tournament/activity, and if traveling while traveling to and from the tournament or activity.
2. Any sight-seeing or travel in the host city will be done only with the permission of the coach/sponsor.
3. All participants, including the host school, will observe the curfew hour set by NESAC (10:00 pm), or as soon as possible after a scheduled activity is completed – whichever is later. The Tournament Director may list an earlier curfew time.
4. There will be no attendance of parties, unless school affiliated, permission granted, and chaperoned.
5. All laws of the host country will be adhered to.
6. Any unusual circumstances or problems which occur during the tournament/activity MUST be reported as soon as is possible to either the host school or visiting coach/sponsor.
7. Any serious breach of the above will result in the student being sent home as

soon as practical at the parent's expense with the loss of all awards. In addition, the student will be excluded from participation in NESAC Events for one academic year, including the same activity the following year.

8. If any of the above rules are violated, the participant's school administration will also determine consequences according to school and Board policies taking into consideration the seriousness of the infraction, the degree of involvement, and past history.
9. If any violation of the above occurs, the Host Administrator – in-Charge will communicate the details of the violation, in writing, to the Guest Student's Chief Administration.



Parent/Coach Communication

Parent Meeting:

A parent meeting for the three sports seasons (Fall, Winter, Spring) will be held within the first week of school commencement. Parents are encouraged to be in attendance. The meeting will allow parents to meet the athletic director, ask questions, and receive all information pertinent to school sports.

Communication Tools:

Coaches will communicate regularly with parents and student - athletes in person, via email, or by phone. The coach will provide a contact number for parents and student - athletes to use in the case of an emergency ONLY.

Concerns or Issues:

Step 1:

When there is a concern, student - athletes are encouraged to speak with their coach directly. This is the best way to address the issue.

Step 2:

If the coach and student - athlete cannot resolve the issue together, then parents may contact the coach. If a parent has a concern to discuss with the coach, the parent should contact the coach at an appropriate time for both parties. Parents should wait at least 24 hours before approaching a coach after an athletic event. Under no circumstances should a parent harshly come or immediately before, during, or after a practice or a game. Taking this time to reflect on the situation and honest and respectful communication should allow for more effective dialogue, ensuring a more successful experience for everyone.

Step 3:

If the discussion with the coach does not resolve the issue, parents and coaches may contact the Athletic Director to discuss the situation.

Step 4:

If the Athletic Director is unable to provide a satisfactory resolution, the parent may contact the appropriate administrators (Stephanie Chattman- Deputy Director or Janecke Aarnaes - School Director).

*****It is not appropriate for a parent to request feedback from the coach about team strategy, playing time, play calling, or other student—athletes. It is appropriate for a parent to contact the coach with concerns about their son/daughter's behavior, their skill development, and for physical treatment advice.**

STUDENT-ATHLETE AWARDS

There are numerous awards that can be received by a student-athlete at the sports banquet. Athletic awards for school sponsored athletic teams have a set criterion for their awards.

End of the season/ year athletic awards

- Scorpion Award
- Most Valuable Player
- Coaches Award
- Male Athlete of the Year (JV, V)
- Female Athlete of the Year (JV, V)

Criteria for end of year athletic awards:

Scorpion Award

The Scorpion Award acknowledges the values of the three scorpion C's. Players that receive this award

- Display **courage** in difficult situations.
- Honor their **commitment** to their team.
- Seek **connections** with teammates and coaches.

Most Valuable Player

The most valuable player has had the most significant impact on the team within the competitive environment. Winning this award encompasses dedication to the team, maximum effort at the player's position, and a considerable contribution to success.

Coaches Award:

The coaches' award is given to the player who may exhibit any of the following criteria—considerable improvement, consistent sportsmanship, positive interactions with coaches, teammates, opponents, or officials.



Athlete of the Year Award

Each year one female and one male J.V. and/or Varsity student-athlete is recognized at the end of year sports banquet as being the school's athlete of the year. The athlete of the year is a student-athlete who demonstrates dedication, commitment, sportsmanship, work ethic, and athletic excellence in at least two (2) travel teams. The athlete of the year is determined by a point system.

Required Forms for Participation:

Prior to the start of each season, all parents and student - athletes must complete the following:

- UAS Athletic Participation Consent/Medical Release
- UAS Physical Examination and Medical Information
- Filled out by a doctor or physician
- UAS Student-Athlete/Parent Contract for Participation



***Failure to complete all forms required for participation will result in the student—athlete being declared ineligible to participate.**