



25th ANNIVERSARY

SPORTS AND ACTIVITIES HANDBOOK

PHILOSOPHY

The American International School of Cape Town (AISCT) recognizes the value of physical activity as an important avenue to contribute to the holistic development of every student. As such, the

not a huge emphasis on serious competition. In middle school we start to build students' physical
 DQG PHQWDO FDSDFLW\ E\ WUDLQLQJ WKHP WR WUDLQ LPSURYLQJ WKHL
 getting the most out of regular, focused training sessions. Then in high school students are trained
 WR FRPSHWH DQG EH DEOH WR DSSO\ VNLOOV DQG WDFWLFV LQ DXWKH

The opportunity for competition is available via school representative teams for our core sports
 ZKLFK LQFOXGH EDVNHWEDOO VZLPPLQJ DQG WHQQLV LQ VXPPHU 7H
 öHOG KRFNH\ QHWEDOO DQG VRFFHU LQ ZLQWHU 7HUPV DQG :K
 WUDLQLQJ LQ WKHVH VTXDGV WKH VWURQJHVW DYDLODEOH PDWFK VT
 all players are guaranteed match play. Teams are selected for competition based on the student
 numbers and league opportunities available that year, as well as a positive attitude in practice,
 SHUVRQDO PRWLYDWLRQ FRPPLWPHQW WR WUDLQLQJ WHDPZRUN FRO
 and coaches, good sportsmanship, and physical ability.

There is also a "no pass, no play" principle in effect in middle and high school. This means that
 VWXGHQWV ZLWK D IDLOLQJ JUDGH LQ DQ\ VXEMHFW DW WKHLU PRVW U
 UHSUHVHQW \$, 6 & 7 LQ PDWFKHV XQWLO D SDVVLQJ JUDGH LV UH÷HFWH
 During this time, students may continue to participate in practices, however, they may attend
 matches in a spectator capacity only. In the case of sporting tours, eligibility is determined on the
 cut-off date for travel arrangements, communicated to parents and players in advance.

COMMITMENT

For team sports particularly, attendance, punctuality, and commitment are of utmost importance.
 Success in these sports codes relies heavily on team effort and interdependence, and therefore
 AISCT stresses that students who sign up for a sporting code are expected to commit to it for the full
 duration of the sporting season (both terms).

Students who wish to drop out of a particular code may apply to do so with a valid reason, in
 conjunction with their parents. In consultation with the coach, the Sports and Activities Director
 may grant this permission.

Participation is strongly encouraged, and opportunities for involvement, both competitive and
 recreational, from Grizzly Cub to senior level exist in the ASA program to support this.

VALUES & CODE OF CONDUCT

\$, 6 & 7 ØV VSRUWV DQG DFn tn t4.5 (n)-47<00560003>137.2 <2.5 (u7137.2 <2.5 511.24>-10.7137.2 <0056

- Give valuable and constructive coaching understanding that all students deserve equal attention and opportunities to learn and grow.
- Whenever possible, AISCT's philosophy is to be inclusive of all students regardless of ability.
 %\ DFFH SWLQJ D FRDFKLQJ SRVLWLRQ \RX DUH DJUHHLQJ WR DG
 VSHQG D VLJQLöFDQW SRUWLRQ RI FRDFKLQJ IRFXVLQJ RQ GHYHO
- 6HW DQ H[DPSOH RI JRRG VSRUWVPDQVKLS E\ WHDFKLQJ DQG PRGH
 and the rules of the game and actively discouraging anything in contradiction to this.
- (QVXUH \RXU NQRZOHGJH VNLOOV DQG XQGHUVWDQGLQJ RI WKH
- 3URPRWH WKH VDIHW\ DQG VHFXULW\ RI DOO VWXGHQWV DQG UD

VNLOOV RI WHDPZRUN OHDGHUVKLS GHDOLQJ ZLWK FKDOOHQJHV DQG
PDLQWDLQLQJ KXPLOLW\ EXLOGLQJ VHOI FRQöGHQFH DQG PDQDJLQJ V

Actively encourage participation, effort, commitment, perseverance, and team loyalty.

as coaches and staff are prepared with indoor rain contingency programs. Should cancellation of all
 VHVLRQV EH UHTXLUHG LW ZLOO EH FRPPXQLFDWHG WR SDUHQWV E\

COACHING

Research has shown that the success of coaches is based not only on their expertise but also on the relationship that is present between them and their players. For this reason, the ideal scenario at \$, 6 & 7 LV WR DSSRLQW D VXLWDEO\ TXDOLöHG VWDII PHPEHU DV D FRDF external specialist coaches are contracted seasonally to coach our teams. These coaches are VHOHFWHG EDVHG RQ TXDOLöFDWLRQV DQG H[SHULHQFH DQG WKH\ XQ :KHQ WUDYHOLQJ WR DZD\ ö[WXUHV DQ H[WHUQDO FRDFK ZLOO DOZD member, be it a driver or a team manager. When applicable, a member of the parent body could be appointed as a coach, however, it is preferable that parents do not coach their own children, and team selections would be overseen by the teacher in charge of the sporting code.

AGE GROUPS

AISCT believes it is in the best interest of children to play in their correct age group. This minimizes WKH ULVN RI LQMXU\ DOORZV WKHP WKH RSSRUWXQLW\ WR H[FHO DG that sport and team by providing continuity. For this reason, unless in the case of special events DQG WRXUV ZKHQ D PL[HG WHDP LV HQWHUHG RU ZKHQ WKHUH DUH LQ VSHFLöF DJH JURXS ZH HQFRXUDJH DOO VWXGHQWV DQG FRDFKHV WR guidelines. Please note that due to our northern hemisphere calendar, many of the students we play against, although in the same grade level, are older and bigger than ours. Whenever possible, we try WR PLWLJDWH WKH HIIHFWV RI WKLV ZKHQ VFKHGXOLQJ ö[WXUHV WR D

Given the small numbers in each grade, generally, more than one grade is assigned to the highest age group relevant to that phase.

Age Group	U7	U8/9	U10/11	U13/14	U15/16	U19
Grade Guideline	Grade 1	Gr 2 and 3	Gr 4 and 5	Gr 6 and 8	Gr 9 and 10	Gr 11 and 12

UNIFORM & DRESS CODE

TOURS

AISCT is proud to be a founding member of the Southern Africa International Schools Association

6 \$, 6 \$ VSRUWLQJ OHDJXH ZKLFK FXUUHQWO\ LQYROYHV SDQ \$IULFDQ V

and soccer. In addition to this, there are occasions when teams may be invited to tournaments in

DQG DURXQG 6RXWK \$IULFD 7KHVH WRXUV DUH RSWLRQDO DQG VSH

teams, are selected on the basis of trials. The entry costs to these tournaments are covered by the

school, however, travel costs (including airfare, hotels, bussing and visas when applicable) are for

each family's individual account. When possible and appropriate, SAISA and most of the invitational

tours operate on a homestay accommodation basis when groups of students house with students

of the same age and gender from the host school. This means that participating AISCT students are

required to do and reciprocate homestays.

Founding SAISA member schools

American International School of Cape Town (AISCT, South Africa)

American International School of Johannesburg (AISJ, South Africa)

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