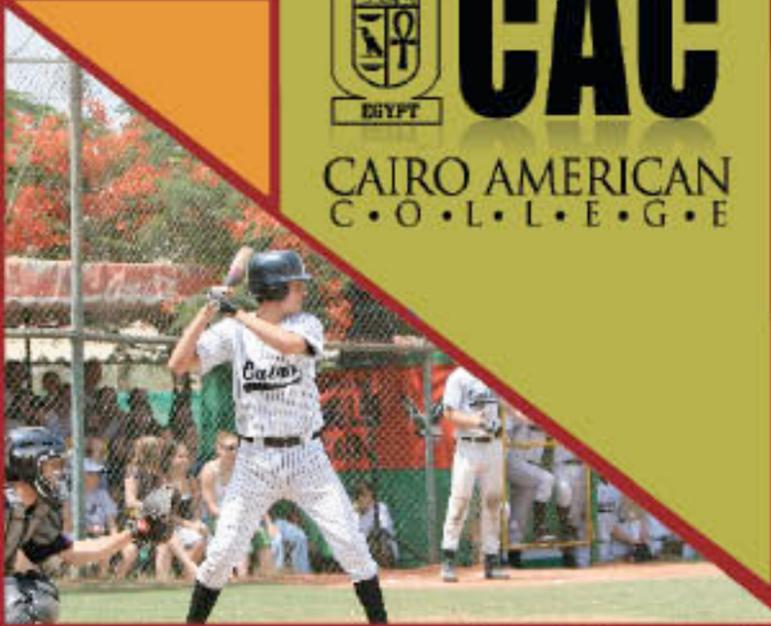




CAC

CAIRO AMERICAN
C • O • L • L • E • G • E



ATHLETICS Handbook



*Policies, procedures,
& practical advice for parents*





Dear CAC Athletes and Parents,

The Athletic Handbook has been designed to give the CAC student-athletes and their families a better understanding of the policies, procedures, responsibilities and expectations involved with participation in the Middle and High School Athletic Department programs.

CAC offers one of the finest athletic programs among the international schools of the East Mediterranean and Europe, and has a long and outstanding history of competitive athletics. The CAC athletic program is highly respected for its many successes as well as the quality and character of its student-athletes.

We have high expectations for our student-athletes, and we take great pride in their efforts and quest towards excellence. We strongly encourage good sportsmanship and a healthy and positive competitive spirit rooted in fair play and respect. We recognize the values student-athletes gain from participation in sport and want to provide them with the environment to grow and learn.

The high level of student participation and the positive enthusiasm of the students and the community for the program can also measure our success. Participation in competitive athletics can add an extra dimension to the educational experience and we wish this experience to be as satisfying as possible for both the athlete and the parent.

We are affiliated with three major associations: the International Schools Sports Tournament (ISST), and for local competition in the Cairo International Schools Sports Association (CISSA). ISST is fundamentally a varsity organization with some JV participation in cross country, swimming, and track & field. CISSA participation is for varsity, JV and middle school teams, as available for CAC teams.

In addition to CAC school policies, our athletes are also governed by the policies of the ISST and CISSA tournament organizations. These factors contribute to the intricacies that are necessary for the operation of the program.

This handbook is produced in the spirit of continuing to develop the highest standards and laying the framework in our quest for excellence and learning. Please contact us if you have any questions, concerns or suggestions to improve what we offer our student-athletes.

Sincerely,

Scott Fitzgerald
Director of Athletics and Activities

Athletic Department Philosophy

Cairo American College Athletic Department Philosophy supports the mission statement of the college and contributes to the overall educational program. It is our firm belief that a well-conducted competitive athletic program, based on sound educational principles and best practice, significantly aids the development of every student-athlete.

We believe in offering interscholastic athletic participation opportunities to as many students as possible, striving for broad participation and competitive excellence, while encouraging the highest levels of sportsmanship and fair play. We believe that the welfare of the student-athletes is our prime concern – physically, academically, and emotionally. In addition, the development of positive social attitudes is paramount and the under-riding objective of the athletic department philosophy.

Statement of Sportsmanship

The purpose of the Athletic Department at CAC is to provide a venue for student-athletes to compete in an environment that is safe, challenging, educational, and based on progressive principles. Each athlete is given the opportunity to demonstrate his or her best athletic ability while maintaining a spirit of respect and cooperation with fellow athletes from various backgrounds.

Each sport offered at CAC involves students and adults in their different roles: these include the athletes, coaches, sports officials, and spectators. All those involved in the event are expected to uphold the same spirit of respect and cooperation. This spirit is demonstrated by fair play among athletes, positive encouragement from coaches, impartial judgments from officials, and respectful enthusiasm from spectators. The behavior of the adults is crucial to the successful educational aspect of the CAC athletic program.

The adults act as models for our athletes. Therefore, behavior that is disrespectful or degrading to the CAC standard of sportsmanship jeopardizes the purpose of the Athletic Department, and most of all, jeopardizes the quality of the experience for our athletes.

STRUCTURE OF THE CAC SPORTS PROGRAM

ISST

The International Schools Sports Tournament (ISST) is arguably the premier International School athletic conference in the world. Most of our varsity teams and some of our junior varsity teams compete in ISST. Typically this is only for the season-concluding tournament as we rarely have friendly weekend competitions with our distant conference rivals.

We compete in the following ISST Tournaments:

- Varsity Girls' Soccer
- Varsity Boys' Soccer
- Varsity Girls' Volleyball
- Varsity Boys' Volleyball
- Varsity and Junior Cross Country Boys' and Girls'
- Varsity Girls' Basketball
- Varsity Boys' Basketball
- Varsity and Junior Swimming, Boys' and Girls'
- Varsity and Junior Track & Field, Boys' and Girls'
- Varsity Boys' Baseball
- Varsity Girls' Softball
- Varsity Tennis, Boys' and Girls'
- Varsity Golf

ISST Full Member Schools are as follows:

- ACS Cobham International School, England (COB)
- ACS Hillingdon International School, England (HIL)
- American Community School, Athens (ATH)
- American International School, Tel Aviv (ASI)
- American School of Paris (ASP)
- Cairo American College (CAC)
- Munich International School (MIS)
- St. John's International School, Waterloo, Belgium (STJ)
- TASIS, England (TAS)
- The American International School, Vienna (AIS)
- The American School in London (ASL)
- The American School in The Hague (ASH)
- The Frankfurt International School (FIS)
- The International School of Brussels (ISB)
- Vienna International School (VIS)
- Zurich International School (ZIS)

Other Sport member schools are as follows:

- Bonn International School (BON)
- British School of Brussels (BSB)
- British School of the Netherlands (BSN)
- British School of Paris (BSP)
- International School of Dusseldorf (DUS)
- International School of Hague (ISH)
- The International School of Geneva (GEN)
- Sir James Henderson School of Milan (SJH)

ACS Egham International School (EGH)

ISST website – www.isstsports.org

CISSA

The Cairo International Schools Sports Association (CISSA) was established in 2004 to provide competition for boys and girls at the U14 Middle School level and U16 Junior Varsity and Varsity levels in Basketball, Soccer and Volleyball in Cairo.

CISSA Schools are as follows:

- American International School of Egypt (AIS)
- American Int. School of Egypt West (AISW)
- British International School of Cairo (BISC)
- British School of Egypt (BSE)
- Cairo American College (CAC)
- Hayah International School (HAI)
- Al Alsson School (ALSSON)
- International School of Choueifat – Cairo (ISC-C)
- International School of Choueifat – City of 6 Oct. (ISC-6)
- Modern English School (MES)
- New Cairo British International School (NCBIS)

ATHLETIC TEAMS AND CLASSIFICATION

CAC athletic teams are classified as follows:

Varsity	Cross Country, Volleyball, Soccer, Swimming, Wrestling, Basketball, Dance, Track, Tennis, Softball, Golf, and Baseball.
Junior Varsity	Cross Country, Volleyball, Soccer, Swimming, Wrestling, Basketball, Track & Field and Softball.
Junior Teams	ISST Cross Country, ISST Swimming and ISST Track & Field.
Middle School	Soccer, Basketball, and Volleyball
Club Teams	Water Polo

ATHLETIC AGE / GRADE ELIGIBILITY

CAC complies with the eligibility standards set by the ISST and CISSA in addition to the CAC High and Middle School eligibility policies.

The CAC athletic age/grade eligibility policy is as follows

Varsity	Students in Grades 9 - 12.
Junior Varsity	Students in Grades 9 and above but not including seniors. Please note that CISSA has some restrictions on age levels of JV teams.
Junior Teams	<u>ISST Cross Country, Swimming and Track and Field</u> : Students that are 12, 13 or 14 years of age on September 1 of the academic year in which they are competing. In addition competitors turning 12 on or before December 1 st may compete in the Winter season and competitors turning 12 on or before March 1 st may compete in the Spring season.
Middle School	Open to all students in grades 6, 7 and 8.

Student-athletes may only play on one sport team per season.

ACADEMIC ELIGIBILITY

The Athletics and Activities programs at Cairo American College play an important role in the well-being of CAC students. The programs are designed to aid in the total educational development of all students involved.

Eligibility requirements for CAC athletics and activities are as follows:

1. Academic Standing
To stay in good academic standing, all students must maintain a grade point average of 1.7 or higher and have no failing grades. Good academic standing is required for students who wish to participate in athletic, performing arts and activity co-curricular programs.
2. Participation
Eligibility to participate is based on report grades. In order to participate in athletic, performing arts and activity co-curricular programs, students: Must have a minimum of a 1.7 grade point average and have no failing grades on the last quarter report.
 - May not exceed the maximum attendance allowance due to travel. It is the student's responsibility to monitor whether traveling will jeopardize his/her ability to meet the 85 percent minimum attendance requirement, calculated per semester.
 - A student may not withdraw from a course in order to travel.

- A student with unexcused absences in any class will not be considered for a waiver from the attendance policy.
- Students participating in athletic, activity or performing arts events hosted by CAC must meet the Travel Eligibility requirements outlined above.
- Because of travel arrangements, visas, housing and commitments to affiliated organizations (ISST, ISTA etc.) if quarter grades are published within 15 days of a tournament, festival or conference, students will be able to participate regardless of their academic standing.

ATTENDANCE POLICY FOR STUDENT-ATHLETES

The following are regulations concerning school attendance and participation in sporting events. Requests for exceptions must be brought to the attention of the Athletic Director **before** competitions (or travel) begin. Athletes must attend all classes the day of a game, or until the designated time of departure in the case of an away game. Athletes suspended from school may not participate in practices or competitions until they are reinstated into their regular classes.

TIME COMMITMENTS FOR STUDENT-ATHLETES

Participation in competitive team sports involves a considerable time commitment on the part of athletes. Practices are held after school (or sometimes before school) and often on the weekend. Generally speaking, varsity teams practice five times per week (Sunday, Monday, Wednesday, Thursday, and Saturday) for ten weeks, JV teams practice four times per week for eight to ten weeks. Middle school teams usually have three practices each week for seven weeks.

Practice commitments are reduced during times of examinations. Students selected to teams are expected to attend every practice and game. If athletes must miss a practice or game, they are expected to notify the coach ahead of time if possible.

Missing a practice because of a forthcoming test is not an acceptable excuse. It is the students' responsibility to plan their homework and study schedule around their commitment to their team and teammates.

Students participating in sports will miss valuable class time, due to travel commitments for ISST and other competitions. The faculty members are expected to help students balance their academic program with their sports participation. However, the onus is on the student to advise teachers in a timely manner of their pending absences, to collect homework assignments, to arrange for make-up tests, to borrow class notes from classmates, and to generally keep up with all aspects of academic responsibility.

TEAM SELECTION PROCESSES

ISST and CISSA guidelines restrict the number of players permitted on a team. As a result, it is usually necessary to have try-outs and team selections. The approximate dates for try-outs are the first few sessions of the season. Specific dates, locations and other relevant information will be available the week before try-outs begin, when athletes are expected to sign up for the sport on one of two days during lunch or online.

Skill levels will be objectively assessed during try-outs. Coaches also consider factors such as fitness, attitude, leadership, spirit etc. when evaluating candidates. Team selection will be posted promptly following the final try-out session. Athletes who do not make the team are encouraged to discuss areas of improvement with the coach so that they might qualify for the team in the next season. Alternatively, they are encouraged to become actively involved in another way, perhaps as a team manager or score/stats keeper.

It is the goal of the Athletic Department to permit maximum involvement at the Middle School level. Though we are restricted in the numbers that may compete in the CISSA tournaments, some teams have greater flexibility to include more athletes in training sessions and in friendly matches that take place earlier in the season.

A frequent point of discussion is the timing of the declaration of the "travel team". For all ISST or other tournaments, every effort will be made to have the travel team announced **4** weeks before the date of departure.

HOUSING

All athletes will be housed by families of the host school for the duration of the ISST and other Tournaments, when possible. ISST and CAC rules and regulations are enforced.

In certain circumstances, it may be necessary to stay in a hotel or other accommodations before or after the tournament.

Housing is reciprocal. CAC athletes are required to house during tournaments hosted by CAC.

As part of its membership to ISST, CAC is obliged to organize and host large tournaments sometimes requiring over 220 beds, therefore we call upon every family of CAC student-athletes to assist.

The office of the Athletic Director may appoint a Booster Club housing coordinator for each tournament.

UNIFORMS

Team uniforms are issued to each team member and are the responsibility of the student-athlete.

CAC Warm ups – will be issued to all traveling teams for ISST and other competitions.

Care – It is important that CAC teams are always well presented. Please take care when washing uniforms. Wash in cold water, hang to dry and do not wash with other clothes that may affect the color.

Team Appearance – All CAC teams must look like a team! Team uniforms should only be worn during competition. Team uniforms are not to be used for practices

Return – Uniforms should be collected after the last game of the season. If the uniform is not collected, please ensure that it is returned to the coach within one week of the end of the season. Please note that you will be charged for the replacement costs of all unreturned uniforms after that one-week period.

TRAVEL

The Athletic Office makes travel arrangements for CAC teams. Details of travel arrangements are provided to the student-athlete and parents at the travel meeting.

The Travel Packet letter includes the cost of the trip, flight times, emergency numbers, transportation arrangements, reminders, and game schedules. The Athletic Office is not responsible for visas or parent transportation and hotel arrangements.

TRAVEL DRESS

All CAC student-athletes are expected to travel in smart dress to and from tournaments.

The CAC travel top may be worn with the following dress code:

Boys - Travel polo, trousers, and shoes.

Girls - Travel Polo, trousers or skirt, and shoes.

Jeans, shorts, or flip-flop are not permitted and student-athletes must adhere to the high school dress code as follows:

Hats and caps are not permitted. For girls, shirts and blouses must cover the shoulders. Skirts are to be no shorter than mid-thigh and no cleavage should be seen when wearing shirts.

ATHLETIC AWARDS

Athletic award ceremonies take place approximately one week after the end of each season, i.e., November, March and June. Student-athletes are required to attend.

The coaches at each season awards ceremony present the following awards:

1. **Most Valuable Athlete**- the player that demonstrates over the course of the season the highest standards of competitive excellence and that has made the most significant contribution to the success of the team. He/she must have demonstrated intense, consistent effort while enjoying the competitive nature of sport. The player must have played with poise, composure and confidence, demonstrating emotional control without losing competitive effort.
2. **Coaches' Award**- the player that clearly demonstrates the most significant impact during the course of the season based on criteria such by the coaching staff. Please note that this criteria may change from program to program and season to season.

END OF SEASON AWARDS

Varsity / Junior Varsity / Sub-Varsity Letter

When a student earns his/her first Varsity or Junior Varsity letter, the student will receive the actual letter, a certificate and a pin designating the sport in which it was earned. For every subsequent letter earned, regardless of sport, the student will only receive the pin and certificate. Please note that any sub-JV team member will receive a letter of participation.

Perfect Attendance Pin

This award is given to the athlete who has a perfect attendance record for official practices and games. Injured athletes should continue to attend practices to remain eligible for this award. Any absence, excused or unexcused, negates the possibility of receiving this award.

Note that any practice during an official holiday must be considered optional and will not count as an absence for those athletes unable to attend.

Captain Pin

The coach of each team may present a maximum of two captain pins. The coaches select captains.

Participation Award

This award is given to recognize the individual who took part in an athletic endeavor such as a sub-JV level team but did not meet the requirements to receive a letter.

End of Year Awards

The following awards are presented at the End of Year Awards Ceremony:

Scholar Athlete Awards

These awards are given to student-athletes that have lettered in at least two sports over the course of the year and have achieved highest honors at least twice in the first three quarters, with no less than high honors at any time. The recipients will receive a scholar athlete plaque and pin.

Most Promising Male and Female Athlete

The coaches select the 9th or 10th grade student-athlete, one male and one female that show the greatest potential for future success based upon their performances of the school year. Winners of this award will receive a plaque and will have their name recorded on a larger plaque that remains in a school trophy case.

Male and Female Athlete of the Year

The Varsity coaches select the outstanding male and female athletes of the year. Nominees must participate in at least two Varsity teams. Nominations are submitted with supporting evidence to the athletic director and coaches vote by ballot to determine the winners. Proxy votes are not considered.

The recipients will receive a plaque and have their name recorded on a larger plaque that remains in a school trophy case.

Scholar Athlete of the Year

This is awarded to a graduating student-athlete who has participated in a minimum of two sports seasons and, in addition to excellence in athletics, has consistently maintained an outstanding academic record. Again, the coaches select the winner who will receive a plaque and an academic scholarship award of \$500

Wib Smith Award

Dedicated to the memory of Wilber "Wib" Smith, beloved coach, teacher and Athletic Director of Cairo American College. In Coach Smith's name, CAC honors a graduating senior athlete who demonstrates through fair play and team spirit the willingness to learn and the desire and effort to excel. The coaches select the Wib Smith award winner. The recipient will receive a plaque and an academic scholarship award of \$500.

BOOSTER CLUB

The CAC Booster Club is open to all parents of students involved in the CAC athletic and activities program, e.g., MUN, ISTA, and ISST activities.

Further details can be found on the Athletic Office website – www.cacegypt.org

CONTACT INFORMATION

Athletic Office	02-2755-5416 or 02-2755-5417
Athletic Director Mobile	012-2319-8432