

**SHAPE AMERICAN
HIGH SCHOOL**



**ATHLETIC
HANDBOOK**

Athletic Handbook

Dear Parents and Students,

Sports and other organized activities help develop self-esteem, self-confidence, cooperation, and leadership skills. At SHAPE High School, we are pleased to offer a variety of activities in support of these goals. In order to be eligible to participate in sports and other extra-curricular activities, students must maintain eligibility in the following three areas:

- Academics
- Behavior
- Practice Time

Students must maintain grades according to regulation and show respect for fellow students and faculty members at all times. The ultimate objective for each student representing SHAPE High School will be to display appropriate behavior and good sportsmanship in all events, contests, and practice sessions in accordance with local, DoDDS, and National Federation policies. All students who represent SHAPE American High School (SAHS) are expected to adhere to the standards of conduct and comply with the eligibility requirements for the duration of the sport, to include vacation periods.

The following athletic code has been established for the members of all athletic teams at SHAPE High School. This code will be explained to every candidate and his/her parent(s) will be required to sign a verification statement. Anyone having any questions concerning athletics at our school should contact the Athletic Director or Principal prior to signing the code.

This document is an agreement between student athletes, managers, parents/sponsors and SHAPE American High School. It covers the various rules and regulations governing all participants in any extracurricular sport sponsored by DoDDS and SHAPE American High School. Both the participants and their sponsors must sign this document. The signatures acknowledge agreement to meet eligibility criteria and abide by the standards of conduct and its consequences. It should be understood that the head coach of the sport may formulate additional rules affecting the team but may not negate or eliminate the policies stated herein.

Shawn Rodman
Principal

Dennis Stewart
Assistant Principal

Kendra Truitt
Athletic Director

SAHS Athletic Handbook

The primary purpose of our competitive sports program is to provide experiences that will enable our students to progress toward established educational objectives. These objectives include the following qualities: physical strength, endurance, vitality, neuromuscular skills, courage, alertness, resourcefulness, good sportsmanship character, high moral standards, loyalty and a healthy self-concept. Our coaching staff is dedicated to helping the student athlete reach these goals. Both the physical and psychological growth of each student is conscientiously considered when planning and implementing our athlete program.

Our coaches are aware of the individual needs of our youth as well as the social implications of being able to work as a member of a team. Students will be given the opportunity through extensive training, excellent equipment and facilities, and skilled instruction to reach their maximum athletic potential if they dedicate themselves to our program.

Our goal is to also produce young men and women who have the capacity to be successful citizens in our highly competitive society. We are committed to achieving this goal. We want our athletes to leave SHAPE American and be able to say that they are proud to have been a “Spartan.”

High School Sports Offered			
Sport	Boys	Girls	Season
Cross Country	X	X	Fall Beginning of school until approximately the first week of November.
Football	X	X	
Volleyball	X	X	
Tennis	X	X	
Cheerleading	X	X	Fall and Winter
Basketball	X	X	Winter —Mid November until @ 1 March
Wrestling	X	X	
Soccer	X	X	Spring Mid-March until approximately 1 June
Baseball	X		
Track and Field	X	X	
Softball		X	

ATHLETIC CODE

REFERENCE: Administrative Instruction 2740.3, “High School Interscholastic Athletic Program (IAP),” November 1997 and DoDEA-Europe Interscholastic Athletic Program, March 2009.

Purpose: This Athletic Code and Lettering Policy for participants at SHAPE High School provide uniformity among the students by setting down minimum requirements for participants. Any athlete who fails to comply with DoDEA and SAHS athletic regulations may receive disciplinary consequences and/or withholding of recognition/honors.

ACADEMIC ELIGIBILITY

To be eligible to compete in a DoDEA sponsored interscholastic athletics event at SAHS, the following criteria must be met:

Student athletes (this includes all 9th graders and 7th and 8th graders who are participating in the authorized individual sports) who meet the 2.0 GPA and 1 “F” requirements are eligible, but **must be monitored on a weekly basis.**

- a. Any “eligible” student athlete who has more than 1 “F” during a weekly monitoring period will be ineligible for all scrimmages and DoDEA-E scheduled games, commencing on Wednesday at 0800 hours through the following Wednesday at 0800 hours.
- b. Eligible students can regain and lose their eligibility on a weekly basis.

INELIGIBLE STUDENTS: An athlete’s GPA is checked as follows: fall sports based on previous spring semester GPA; winter sports based on 1st Quarter GPA; spring sports based on 1st semester GPA. Freshmen are checked after 1st semester.

If a student athlete does not meet the 2.0 GPA/1 F requirements, then he/she must adhere to the following:

- a. The student is ineligible for the first THREE (3) weeks of the season and will continue to have his/her GPA checked every week throughout the entire season commencing on the first official day of the season. These week checks must be done throughout the entire season, even though the student may meet the GPA requirement at the end of the first three-week.
- b. He/she may still practice during this time, but participation in all scrimmages and DoDEA-E scheduled games is prohibited. Ineligible athletes cannot dress-out or travel with the team.
- c. Coaches should encourage tutors and additional study time for these students so that they may regain their eligibility at the end of each week period.
- d. At the end of the first three-week period at the beginning of the season, if the student has not met the 2.0 GPA/1 F requirements, the Principal has the right to grant an additional three-week ineligible period.
- e. If, at the end of the three ineligible week periods (does not have to be consecutive) the athlete has still not met the requirement, he/she will be removed from the team for the remainder of the season.
- f. Students are allowed to appeal ineligibility decisions, and the Principal will make a decision on a case by case basis.

Transfer students:

If a student enrolls in school without a transcript or any previous school record:

- a. The student must be monitored on a weekly basis. If the student has more than 1 F at the end of the weekly monitoring period, then the student is ineligible for that week.
- b. Because the athlete has no previous semester GPA to determine if the GPA requirement has been met (this is only for students in grades 10 - 12) then this student must also meet the three-week GPA check. If, at the three-week check, the student has a 2.0 GPA or higher and no more than 1 failing grade, then he will be ELIGIBLE for the next three-week period (he must continue to be monitored weekly). If we still do not have an official transcript by the 5th week to determine the GPA eligibility requirement, then again, at the 5th week a GPA check must be done. If the GPA requirement is not met, the athlete will be ineligible for the next three weeks.

Local procedure

Eligibility is based on grades submitted at the close of business on Tuesday. Reports are run on Tuesday afternoon. If a student appears ineligible within the report, the Athletic Director will clarify the grades, then notify, in writing, coaches, administration, athlete and parents no later than 1200 on Thursday.

ACADEMIC ELIGIBILITY APPEAL

If an athlete feels a grade is improperly reflected, s/he will complete a [Student Academic Eligibility Appeal Form](#) (available from the Student Bulletin) and submit it to the Principal. The Principal has the final decision on the athlete's eligibility.

If a student is found eligible after winning an appeal, that weeks ineligibility does not count against them for the total 3 weeks per season ineligibility.

APPEAL PROCEDURE

The chain of command is as follows: coach, faculty sponsor (if different from coach), athletic director, assistant principal, principal. In the event of an appeal of the disciplinary decision made by a faculty sponsor, it is possible for the student athlete to seek redress through the SAHS Athletic Council. Such action can be at the request of the student or the parent sponsor.

The SAHS Athletic Council will be chaired by the Athletic Director and will consist of three out of season coaches to determine if the action taken by the coach was appropriate. All parties agree beforehand that any recommendation by the Council will be the final word in the case. Parents and Athlete can submit information to be considered in their appeal. The coach, athlete and parents are allowed to present their case to the Athletic Council. Once the Council has reached a decision, it will be forwarded to the Assistant Principal for endorsement.

ATHLETE BEHAVIOR AND SPORTSMANSHIP

The highest standards of sportsmanship are expected from SHAPE High School athletes whether involved in practices or competition at home or at other schools. Good sportsmanship is learned by exercising self-discipline and control, playing fairly, working hard to perform to the best of one's ability and accepting the results with dignity. Student athletes are expected to maintain proper standard of behavior during the school day, practices, contests and travel. Our athletes are expected to be leaders and exemplary representatives of our SHAPE American High School Community and country. Students who exhibit poor sportsmanship may be dropped from a team.

Expected behavior includes:

- Complying with behaviors outlined in DoDEA Regulations: **DODEA EUROPE DRUG AND ALCOHOL POLICY, DODEA EUROPE STUDENT BEHAVIOR EXPECTATIONS.**
- Complying with all rules and regulations in the student handbook.
- Showing respect to foreign cultures when traveling.
- Using appropriate language; no cursing or use of obscene gestures. Inappropriate language, body language or behaviors will not be tolerated.

ATHLETIC CONTESTS

Athletic contests are where teams show the final result of their hard work and dedication. All the long, hard hours of work can pay off if you are mentally ready to compete. Fans from the local and visiting communities will judge athletes, coaches, school and our community by the way we perform and by our behaviors. Be ready to accept the challenges that arise during competitions. Compete and conduct yourself like the champion you can be.

Competition Appearance: Athletes will wear school-issued uniforms (including warm-ups) for competition and other team events as directed by the coach. Uniforms will be properly fitted and worn appropriately. During competition, athletes will wear jerseys tucked in their shorts unless otherwise designed. Hats, caps, headbands or other head apparel are not to be worn unless they fit within the uniform design. Athletes will be groomed and travel to the coaches specifications. Headphones will be worn only at appropriate, non-game times.

Always remember when you are at a contest in Spartan uniform, you are no longer merely an "individual," but a representative of your team, school, and community. Always show Pride and Class!

ATTENDANCE POLICY

Participation in athletics is a privilege, not a right. The athlete must earn this privilege through dedication, desire and discipline. Without pursuit of these, the athlete can do no justice to him or herself or our school. The athlete must discipline himself to be a good citizen and student in order to achieve athletic excellence. Our coaching staff believes that a tradition of winning is established and maintained based upon these principles. To achieve a determined course of action for the pursuit of athletic achievement and the character training of young people, the following policies and procedures must be understood and followed by the athlete:

- Athletes are expected to be at school and in class on time each day. Failure to attend class will result in poor grades leading to ineligibility. Unexcused absences during the week may result in forfeiture of the right to play.
- Athletes must be in school **all day** if the contest is on a school day in order to participate. If the contest is on Saturday, athletes must be in school all day on Friday. The athlete is also expected to be in school all day on the **day prior to traveling** to an away game. Tardiness and or late arrival are not excused. Exception to this would include a pre-booked medical appointment. All absences must be approved by the Principal in advance.

BUS RULES

Athletes are expected to comply with all SHAPE American Community bus rules. SAHS stresses the following when traveling to sporting competitions:

- Always enter and exit the bus through the front entrance unless instructed to do differently.
- Drivers will be treated with respect and requests obeyed immediately.
- Place trash in a trash bag; do not throw it on the floor of the bus. Trash will be disposed of in the dumpsters at the school (by the gym), not the trash bins in the front. Upon return from a trip, the buses will be cleaned before athletes are dismissed to leave.
- Do not climb or sit on the top of the seats.
- No "external noise" music/video. Headphones only.
- Two to a seat only. No movement on the bus while it is moving.
- Sit where instructed by the coaches.
- No horse play.

- No sodas or canned drinks allowed. Only re-closable drinks are allowed.
- Food is allowed on the buses only with the permission of the bus company.

CONTROLLED SUBSTANCES AND MIND ALTERING SUBSTANCES

(Policy applies to all athletes regardless of nationality or age)

All participants in DoDEA-E will adhere to DoDEA and DoDEA-E regulations concerning unlawful possession, use, or distribution of controlled and mind altering substances as outlined in the three categories below.

A. Tobacco/Nicotine Products

Tobacco products in any form (for smoking, chewing, etc.)

	During School Time/Events	Outside of School
First Offense	<ul style="list-style-type: none"> ● School Consequence: Level 1 ● Attend 1 ASACS session ● 1 game suspension from a DoDDS-E regularly scheduled game 	<ul style="list-style-type: none"> ● ASACS Counseling – 1 session ● 1 game suspension*
Second Offense	<ul style="list-style-type: none"> ● School Consequences: Level 2 ● Removal from team for remainder of the season 	<ul style="list-style-type: none"> ● Removal from the team for the remainder of the season
Third Offense	<ul style="list-style-type: none"> ● School Consequences: Level 3 ● No athletic participation for remainder of the school year 	<ul style="list-style-type: none"> ● No athletic participation for remainder of the school year

B. Alcohol and Other Drugs

Alcohol (any alcohol related product, such as beer, wine, distilled spirits, malt beverages, etc.) Alcohol may also include medicinal products such as mouthwash and cold medicine, which contain alcohol.

Other Drugs: refers to any mind-altering substance, legal or illegal. The only acceptable drugs are those

medications prescribed by a board certified doctor or nurse practitioner to an individual, or over-the-counter medication given to a school nurse or other designated staff by a parent or legal guardian; that are registered with the school nurse or other designated staff; that are dispensed by or under the supervision of a parent, legal guardian, or the school nurse or other designated staff; and that are taken as prescribed or directed. To include any legally prescribed medications and/or drug that is used by a non-prescribed user.

Infraction	During School Time/Events	Outside of School
First Offense:	<ul style="list-style-type: none"> ● School Consequence: Level 1 ● Suspension from school ● Removal from the team for the remainder of the season. Parents are liable for return travel if infraction occurs during at away competition 	<ul style="list-style-type: none"> ● 1 game suspension* ● ASACS Counseling – 1 session
Second Offense	School Consequence: Level 2 Removal from team for the current season and the next sports season; Parents are liable for return travel if infraction occurs during an away competition	Removal from team for the current season and next sports season
Third Offense	School Consequence: Level 3 Removal from the team and no athletic participation for 1 calendar year starting at the end of the current season (three consecutive sport seasons)	No athletic participation for the current season and removal from sports for 1 calendar year (three consecutive sport seasons)

C. Drug and Controlled Substances

Includes any of the following: A controlled substance identified in Schedules I, II, III, IV or V of the Controlled Substance Act, 21 U.S.C. § 812 (c); but does not include such a substance that is legally possessed or used under the supervision of a licensed professional or that is legally possessed or used under any other authority under the Controlled Substances Act or under any other provision such as school medication policy, in school buildings, on school property and grounds, in school sponsored vehicles or at school-sponsored events at other sites.

It does mean controlled substances including, but not limited to, cannabis (marijuana); hallucinogens (LSD, psilocybin mushrooms); stimulants (cocaine, amphetamines such as “speed”

or Ritalin); depressants (barbiturates, “Quaaludes”); narcotics (opium, heroin); inhalants (nitrous oxide, medical products, or other fume-producing substances); anabolic steroids and counterfeit (look-alike) controlled substances.

Prescription medication or over-the-counter (OTC) medications, herbal or homeopathic medications for personal use shall be allowed only as per DoDEA medication policy, under the supervision of school personnel, with written orders from a physician. Federal, state and local laws shall apply to students and employees alike.

DRUG PARAPHERNALIA: Means equipment or apparatus designed for, or used for the purpose of measuring, packaging, distributing or facilitating the use of drugs.

SUBSTANCE ABUSE: Means the use of any substance that alters a person’s ability to perform physically, intellectually, emotionally or socially.

Infraction	During School Time/Events	Outside of School
First Offense	School Consequences: Level 1 No athletic participation for remainder of the school year.	No athletic participation for remainder of the school year.
Second Offense:	School Consequence: Level 2 No athletic participation for remainder of high school years.	No athletic participation for remainder of high school years.
All infractions occurring during the post-season championships, at the minimum, will result in immediate removal from the team, loss of athletic letter and suspension from athletic participation for the next season which will carry over to the next school year, if the infraction occurred at the end of the SY. If this is a second offense occurring during the school year, the athlete will be removed from participation for the remainder of the SY. However, if there is a violation of controlled substances, the athlete will be immediately removed from the team, loss of athletic letter and removal from athletic participation for 1 calendar year (three seasons).		

Any athlete in violation of the policy during (departure from school until the championships are over and the team has returned to school), the postseason championships will be immediately suspended from the championships, removed from the team, and will not be permitted to participate in the next season.

Parents are responsible for providing transportation from the championships when their athlete violates this policy.

Exception: Athletes using Illegal Drugs during the championships will be immediately suspended from the championships, removed from the team, and will not be permitted to participate for one calendar year.

ELIGIBILITY REQUIREMENTS

To participate in athletics, a student must:

- Be enrolled as a student at SHAPE American High School, SHAPE International School student who meets participation requirements, and home schooled students eligible to attend SAHS.

- Be a student in good standing, with no significant discipline problems and maintain academic eligibility.
- **Have on record in school: Copy of Passport Picture Page, Sports Physical (within 1 year expiration), DoDEA Europe Student Behavior Expectations Form, DoDEA Europe Drug and Alcohol Policy, DoDEA Europe –Competition with Teams/Persons Older than 19 Years of Age Form, Inherent Risk of Injury Form and SHAPE American Athletic Handbook Acknowledgement Form.**
- Not reached or passed his/her 19th birthday on **August 1** of the current year. Students beyond their eighth semester of high school are ineligible to participate in interscholastic athletics
- Have a current passport with expiration date more than 6 months of dates of sports travel

EQUIPMENT RESPONSIBILITIES

Athletes will be responsible for any equipment and/or uniforms issued to them during a sport's season. The athlete will be responsible for the **replacement cost** of anything that is lost or stolen. A student with an unsettled financial obligation will not receive letters or pins nor be allowed to participate in subsequent athletics until financial obligations are settled.

ILLEGAL ACTIVITY

Should a student be involved in an illegal activity while traveling to or from a DoDEA-sponsored event which results in arrest or detainment by police authorities, parents will be required to travel to the site to assume responsibility for the student. Should this situation arise, procedures will be coordinated with parents, administration, command, and police officials. At no time will a team be delayed at a site to accommodate a student who has been apprehended by police authorities for a violation of law or military regulation. Vandalism, thievery, or insubordination may involve suspension, expulsion, loss of letter, or police intervention, depending upon the severity of the offense.

INJURIES

There is always an inherent possibility of injury when participating in competitive sports. Coaches conduct practices to condition athletes appropriately and teach the proper methods of play to help avoid unnecessary injuries. Officials, to the best of their ability, control games to prevent injuries. However, in the event of injury, care will be taken of your athlete.

- You will be contacted by the coach as soon as s/he safely can.
- In the event medical attention is needed, SAHS will need a statement from the attending physician that your athlete is cleared for participation. This holds true especially for head injuries. Athletes who sustain head injuries are expected to be cleared by a doctor at a follow-up appointment.
- Student athletes must inform the coach, nurse, or on-site medical personnel of any injury immediately and seek medical assistance when required.
- **LIABILITY FOR PAYMENT OF MEDICAL BILL UPON INJURY OF ATHLETE:** Competition and practices have emergency procedures to assist injured individuals. There is no provision for SAHS to pay for individual's health and medical costs. In the event a student becomes ill or is injured when traveling to other schools for extracurricular activities, the DoDEA supervisor will take the student to the local medical facility. Any cost incurred is the responsibility of the student's parent/sponsor. The parent is also responsible for providing transportation and/or other costs for a student athlete who does not return to SHAPE American with the team bus.
- The Belgian Health Insurance, ETHIAS, purchased by SHAPE International School may be applicable. Injured students should see the coach or the school nurse within three days of

sustaining the injury in order to pick up the required form. Parents are responsible for paying medical expenses as a result of injury which can be reimbursed up to 100%. The parent is responsible for obtaining the form from the coach, obtaining the health care provider's signature and submitting for processing.

- Please provide the coaches and school offices with proper phone numbers and email addresses. Please keep these numbers updated. Also, let coaches know if emergency contact changes.

LETTERING POLICY

An athlete must complete the season in good standing and have met all requirements set forth by the coach at the beginning of the season in writing. A season begins with the first practice and ends, after return of all issued athletic equipment, at the awards ceremony. Coaches will set lettering criteria after approval from the principal.

An athlete will receive no more than one chenille letter. Sport insignias and bars are awarded to indicate further achievement. Only students in grades 9 – 12 may earn a junior varsity or varsity letter. Participation on the varsity level does not preclude a participant earning a junior varsity letter. Junior varsity letters may be awarded to high school varsity team members who do not meet the requirements for a varsity letter. These same basic general requirements will apply to a junior varsity letter. Middle school students will be able to participate in Cross Country, Tennis, Golf, Wrestling, and Track and will receive certificates, not letters.

Team managers and captains will be chosen at the discretion of the individual coaches.

MEDICAL REQUIREMENTS

A physical is required annually prior to practice or competition in any sport. The completed physical form must be kept on file by the school nurse.

PERSONAL APPEARANCE

Our student athletes are constantly in the eyes of the public and are a representative of the school, community and country. The athlete's personal appearance not only reflects his or her attitudes, it also reflects that of the team, the school, and our U.S military community. Athletes are expected to dress in an appropriate manner.

PLAYING TIME

All teams at SAHS are established to provide young athletes the best competitive experience. Teams will play to win in the fairest, competitive, sportsmanlike way. Coaches will do their best to see that all athletes get game time, but sometimes, in a very competitive varsity game, this may not be possible.

PRACTICE POLICY

The policy of SHAPE High School is that students who commit to a sports team are required to be at practice every day. Each coach may determine his or her policy in regards to the number of unexcused absences from practice that are allowed prior to dismissal from the team. Such policies must be delineated in the coach's information letter at the beginning of each season. Coaches are expected to hold practice every possible day during each week.

Excused absences from practice may be for illness, doctor's appointments, etc., and are to be communicated to the coach in advance. Excused absences will also result from school suspensions and/or detentions, unless otherwise indicated, although other penalties may apply. Students are unexcused if they fail to notify the coach in advance, except in the case of excused absence from school for illness. Working or participating with a non-DoDDS club team on a regular schedule during practice hours does not constitute an excused absence.

It is the contention of this school that competitive and well-conditioned athletes result from regular attendance at practices. Regular conditioning also reduces injuries. Students need to fully commit their time and energy to the sports teams, second only to their academic requirements. Coaches may excuse from practice any athletes who regularly need to attend Homework Club.

Students must have participated in a minimum of ten (10) days of practice in that particular sport prior to the first competition. Students transferring from another school who were participating in the same sport at their previous school at the time of transfer may compete immediately at the new school. An athlete or team participating in the DoDEA Interscholastic Athletic Program is expected to participate in all DoDEA scheduled events and practices for the sport in which s/he participates. Participating in a non- DoDEA event in lieu of a scheduled DoDEA practice or event is not permitted. Any athlete or team who misses a practice or game for a non- DoDEA athletic activity loses the privilege of continued participation for that season.

SEXUAL HARASSMENT/ INTIMIDATING /HAZING

No student shall be subjected to sexual harassment or intimidation by any school employee or other students.

- "Sexual harassment" means any unwelcomed sexual advances or requests for sexual favors or any conduct of a sexual nature when such conduct has the purpose of substantially interfering with the student's educational performance or creating an intimidating, hostile, or offensive environment.
- "Sexual intimidation" means any behavior, verbal or nonverbal, which has the effect of subjecting members of either sex to humiliation, embarrassment or discomfort because of their gender.
- Incidents of sexual harassment/intimidation may be:
 - ✓ verbal, such as derogatory comments, jokes, slurs, or remarks/questions of a sexual nature;
 - ✓ physical such as unnecessary or offensive touching
 - ✓ visual such as derogatory or offensive posters, cards, cartoons, graffiti, drawings, looks or gestures

Student athletes who are guilty of sexual harassment or intimidation other athletes or any student in school, will be removed from their team for the remainder of that season and may face both school and community discipline.

SPECTATOR CONDUCT

Spectators, both students and adults, are an important part of DoDEA athletic events. They serve to validate the positive values learned through athletic experiences, and to support the personal efforts and successes of individual athletes.

At DoDEA-E athletic events, it is inappropriate for spectators to engage in:

- Violence
- Obscenity or obscene gestures
- Harassment of officials
- Verbal abuse
- Possession or use of alcohol and tobacco
- Using illegal substances
- Vandalism
- Throwing objects

Artificial noise makers to include, but not limited to, air horns, trumpets, drums, and cow bells are not permitted to be used before, during, and after DoDEA athletic events.

Under the direction of the school music department a school band may perform at appropriate times. Appropriate times are half times, time-outs, between quarters, and before/after games.

SUSPENSION/SATURDAY SCHOOL POLICY

If serving a Saturday detention, athlete cannot participate that day. Any student suspended from school is not eligible, at the minimum, for the next scheduled DoDEA-E competition.

TRANSFERRING SPORTS

Based on his/her own desire to quit a team or the coach's recommendation to switch sports during a season, a student may quit one team and join another under the following conditions:

- Such decision must be made and acted upon during the first ten days of practice, or prior to the first SHAPE High School competition. (Once the first SHAPE High School Competition has been played, this option is forfeited).
- The student desiring to transfer must notify the coach whose team he/she wishes to quit.
- The coach of the team the student wishes to join must agree to the transfer.

TRAVEL

SHAPE American HS teams travel primarily by bus but will, on occasion (and with approval from the area office), fly to competitions. Please note that in some cases not all members of a team travel.

- No student will be allowed to travel without proper documentation as outlined by the coach.
- All team members are required to travel and return on the team bus unless written **arrangements have been made with the coach** by the parent and/or sponsor for their student-athlete only **prior to the trip**.
- During regular season, teams sleep on the gym floors of their host schools. During final competitions, teams stay in hotels near their competitions. Athletes are chaperoned at all times and future travel depends upon behavior on the trips. There will be times that athletes are allowed to be within government facilities and not be directly with their coach but within "line of sight." They are expected to travel in groups of three while on base and stay within the prescribed areas allowed by the coaches.
- Travel departures and arrivals may occur late at night and/or early in the morning. Please be prepared to pick-up your athlete as soon as you receive the call they are at the school. If you will be unable to do so, please make alternative arrangements and alert the coach to any changes.

- When flying to our destinations, we must strictly adhere to our weight restrictions as determined by the airlines. Please help your athlete with his/her packing. Any cost for excess baggage is the responsibility of the athlete.
- If for some reason your student athlete needs alternate transportation back to SHAPE American due to behavior or injury, the current DoDEA-E Policy leaves the financial responsibility to that student's sponsor.

Basic Travel Kit (for bus travel. This may be restricted when flying)

Sleeping bag	Pillow	Toiletries
Weather appropriate clothing	All uniform and game equipment	Towel
Water bottle	Snacks	Study aids
Ear phoned-music/video equip	Any other equipment as required/directed by the coach.	

Important: Before making family travel plans to go to watch your athlete play, please make sure s/he is eligible!! Eligibility is announced by 1800 Wednesday. SAHS cannot be responsible if you have made previous plans and grades prevent your athlete from traveling!

TRYOUTS

Tryouts will last a minimum of three days before cuts are made. This is to ensure that all athletes are given a fair chance of making the team. Although coaches do not like making cuts, due to large numbers, it is sometimes necessary. Every effort will be made to give each athlete an equitable chance at making the team.

For student-athletes arriving after the beginning of the season, every effort will be made to allow them an opportunity to try out for the team. However, to prepare for competitions, at some point tryouts must be concluded. Every effort will be made to accommodate students arriving late or after sports seasons have commenced.

Each athlete must have a valid physical on file with the school nurse before being allowed to try out. It is sometimes difficult to get appointments in a timely fashion. Coaches try to be understanding, but seasons are short and competitions begin within three weeks of initial tryouts. All prospective athletes should strive to get their physical appointments weeks before seasons actually begin.

WEAPONS

The carrying of weapons is considered serious. Anything that can be construed as, used as or resembles a weapon is STRICTLY forbidden while on any team, at any game or while under the jurisdiction of SAHS personnel. Possession of weapons will be grounds for immediate dismissal from the team.