

ANKARA ES/HS STUDENT ATHLETIC CODE

SCHOOL YEAR 2010-2011

ANKARA ES/HS
Ankara, Turkey
PSC 89 DoDDS-E
APO AE 09822

REFERENCE: DoDEA Regulation 2740.1, "Interscholastic Athletic Program (IAP)", July 6, 2006
DoDEA Manual 2740.2, "Interscholastic Athletic Program SY 2009-2010", July 2009
DoDEA Regulation 2051.1, "Disciplinary Rules and Procedures", April 4, 2008
See these websites for additional information and references: www.dodea.edu,
www.eu.dodea.edu, and http://www.eu.dodea.edu/activities/docs/IAP_sy0910.pdf

OVERVIEW

The Ankara ES/HS Athletic Department strives to provide sports opportunities for the widest group of our students possible. We compete in the Ankara Sports Association (ASA) and the DoDDS-E Interscholastic Athletic Program. The ASA involves competitions with area schools and culminates in an Invitational Tournament near the end of each season. DoDDS-E competitions include home games against Incirlik High School, a trip to Incirlik Air Force Base for away games, and a season ending European Championship against other DoDDS-E high schools.

We provide varsity team sports opportunities for both male and female high school students. In the fall, we offer tennis, volleyball, and cross country. In the winter, we offer basketball, cheerleading, and wrestling. In the spring, we offer soccer. Separate boys and girls teams are fielded for volleyball, basketball, and soccer. The other sports are co-ed — not separated by gender. Middle school students are eligible to participate in tennis, cross country, and wrestling on a limited basis.

A. PURPOSE

This Athletic Code for participants at Ankara ES/HS provides uniformity among the students by setting down minimum requirements for participants. This Code is guided by the IAP Manual (July 2010). The IAP Manual is a living document and is under annual review for revision. This Code will be modified to remain consistent with the IAP Manual. If disputes arise between these documents, the policies as they are written in the most current version of the IAP Manual will have final authority.

B. GENERAL ELIGIBILITY REQUIREMENTS

To participate in any Ankara ES/HS athletic program, a student must meet all of the following requirements:

1. Be in good standing with previous teams. Students are permitted to quit a team up to the tenth day of practice for any reason. Decisions to quit the team after the tenth practice negatively impact the team's development. The reasons behind such a decision must be explained in writing by the parent to the coach, Athletic Director, and Principal. Quitting a team after this mark may result in making the athlete ineligible for participating in the next season.
2. Provide a completed Sports Physical Assessment Form. This form is different from the school medical history form. It indicates whether a student is physically capable of participating in the sport desired for the current school year.
2. Provide parental consent for participation and travel by signing the consent section of the Preseason Informational letter and specifying the sports team the athlete may join, affirmation of receipt and agreement to the policies outlined in the Athletic Code and IAP Manual, signatures of parent and athlete on the DoDDS-E Drug and Alcohol Policy (2010-2011), and having your child sign to indicate their desire to participate and their understanding of the Athletic Code's expectations. Please submit these to the Athletic Director (AD).
3. Provide a valid Medical Consent (Medical Power of Attorney) as required for the current season.
4. Provide a photocopy of current passport to AD as required for traveling with the team. Additionally,

DoD dependants are asked to provide their DoD ID card number.

5. Grade Level/Age Requirements:
 - * Participants in individual sports (cross country, tennis, and wrestling) must be a full time student in grades 7-12. Middle school participants (grades 7 and 8) are permitted to compete in local contests and travel to Incirlik if and only if their travel to Incirlik does not necessitate additional transportation expenses and Incirlik has middle school opponents to compete against our athletes.
 - * Participants in team sports (volleyball, cheerleading, basketball, and soccer) must be a full time student in grades 9-12. They must be under the age of 19 on August 1 of the current school year. They cannot have exceeded seven previous semesters of participation during their high school career. Please address inquiries to the Athletic Director — some situations meet the requirements for special waivers.
6. Have returned all materials and equipment from previous athletic seasons.
7. Have participated in a minimum of ten (10) practice sessions prior to the first competition. (This rule also applies to students entering a team late or transferring from one sport to another or students who were absent (excused) at the beginning of the season. 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.)
8. Must be an amateur in the sport in which they are competing. (Participation in training and matches with professional teams is permitted; however, neither the student nor the student's family can receive money or gifts for this participation.)

There is no official DoDDS-E policy on the requirements of selection to varsity or junior varsity teams. Individual coaches, with the approval of their principal, will determine the guidelines. Coaches may hold tryouts and make cuts to their team; however, it is incumbent on them to make the tryout expectations clear to the athletes in writing prior to the beginning of tryouts. Further, there is no DoDDS-E mandate ensuring playing time for individual athletes. Decisions regarding strategies and playing time are left to the coach of the team, so long as the decisions are ethical.

C. ACADEMIC ELIGIBILITY REQUIREMENT

1. A student is eligible to participate if the student has a 2.0 GPA or higher and no more than 1 "F." Prior to each season the AD will conduct a grade check of all potential athletes as follows:
 - (1) For the Fall season, grades from the 2nd semester of the previous year are checked;
 - (2) For the Winter season, grades from the 1st quarter of the current year are checked;
 - (3) For the spring season, grades from the 1st semester of the current year are checked.
2. Eligible students: will be monitored on a weekly basis throughout the season.
 - (1) Any student athlete who has more than 1 "F" will be ineligible for all scrimmages and DoDDS-E scheduled games, commencing on Wednesday at 0800 hours through the following Wednesday at 0800 hours.
 - (2) Students can regain their eligibility on a weekly basis.
2. Ineligible students: if a student athlete does not meet the 2.0 GPA/1 "F" requirement at the start of the Fall season then he/she must adhere to the following:
 - (1) The student is ineligible for 3 weeks and will continue to have his/her GPA checked. If the students' grades meet the standards, they will become eligible. If they do not meet the standards they will be ineligible for the remainder of the season.
 - (2) He/she may still practice during this time, but participation in all scrimmages and DoDDS-E games is prohibited.

D. MIDDLE SCHOOL PARTICIPATION

(See Section B "General Eligibility Requirements" Item #5 "Grade Level/Age Requirements")

E. RULES OF PERSONAL CONDUCT

All student athletes are required to conduct themselves in a manner which reflects favorably on themselves, their school and community, Ankara ES/HS, DoDDS-E, and the USA. Though additional conduct rules are in place for student athletes, it is important to remember all Ankara ES/HS school rules apply to students at all times: during practices, games, and travel. The following are examples of additional prohibited behaviors:

1. Use or possession of tobacco or tobacco products, drugs or other illegal substances, or alcoholic

beverages. These are actions counter to the interests of both the team and athlete. Participation in these activities are strictly prohibited during the sports season and are strongly discouraged at all times. The IAP outlines specific penalties for violations of this rule, ranging from a seven day suspension from competition to removal from athletics for the duration of the year. Violations of the rule during travel to or from the season ending tournament, for example, result in loss of eligibility for the next season. (See Section 21 of the IAP Manual for details regarding violations and consequences and the DoDDS-E Drug and Alcohol Policy (2010-2011).

2. Criminal acts within the school or community (whether at "home" or "away"). These acts include but are not limited to vandalism, gambling, theft, possession of weapons, and violent crimes.
3. Insubordination to coaches, sponsors, referees, and other school representatives from both Ankara ES/HS and other schools.
4. Curfew violations or failure to meet schedules for practice, play, departure, etc.
5. Bullying, hazing, sexual harassment, or the use of hate speech. Reporting perceived incidences of these offenses by students, teachers, coaches, and parents are important for ensuring the safety and ethical treatment of all participants. Every report will be thoroughly investigated by the Athletic Department, Administration, and additional groups as necessary. People reporting incidents they honestly believe fall into these categories will be protected from reprisals regardless of the findings of the investigation. Please visit the following sources regarding issues related to hazing: http://www.nfhs.org/web/2006/09/what_is_hazing.aspx explains the nature and effects of hazing, and Section 6.4.3 of the IAP Manual for DoDDS-E policies on preventing, identifying, and punishing acts of hazing.

Acts of the above type will result in disciplinary action pending disposition of the offenses by the school administration and/or civil and/or military authorities. Disciplinary action will range from suspension from participation on the team to suspension/expulsion from school. A student who is suspended from school may not participate in athletic practices, games, or travel.

F. EMERGENCY MEDICAL PROCEDURES

Participation in any sport carries with it an "inherent risk of injury." DoDDS-E takes steps to prevent injuries and to prepare its coaching staff to respond to injuries, but no amount of preparation can completely remove the inherent risk of injury. The decision to participate implies an assumption of responsibility for that risk.

All DoDDS-E coaches and sponsors complete a DoDDS-E mandated coaching course. The coaching course explains proper warm up, stretching, conditioning, hydration, and nutrition for high school athletes with the goal of preventing injuries. Coaches conduct preseason assessments of each athlete to determine current fitness level and limitations, appropriate forms and intensity of training, and individual fitness goals.

Coaches/sponsors also complete first aid and cardiopulmonary resuscitation (CPR) training courses. The coaches' first aid course prepares coaches to provide initial assessment of injuries to determine the seriousness of the injury and provide or get the athlete the appropriate medical assistance. Additionally, the course instructs treatment for minor injuries common in sports. Coaches are also certified by instructors from the U.S. military to administer CPR and use automated external defibrillators (AEDs). Medical equipment and AEDs are available to coaches during practices and games. Most importantly, coaches are instructed in how to take action and procure ambulance services in the event of serious injuries and/or life-threatening emergencies.

Ankara ES/HS participates in three sports with a higher risk of injury: wrestling, basketball, and soccer. For this reason, the U.S. military provides medical personnel to be present every time we participate in these sports. Incidents of serious injuries, thankfully, have been rare at our competitions; however, we are as prepared as possible to keep our athletes, coaches, and spectators safe at all practices and competitions. To this end, Ankara ES/HS continually reviews and updates its emergency response plans.

G. ATTENDANCE

The athlete is first and foremost a high school student; therefore, regular classroom attendance and the maintenance of satisfactory academic progress are imperative. Athletes must be present at school and in classes the full school day to be eligible to participate in afterschool athletic practices, competition or travel to another school. The only exception is made for preapproved absences by the school administration for appointments.

If a student is absent from school on Friday, he/she may not play on Friday; however, the student is eligible for competitions on the following Saturday and/or Monday. This said, if a student is recovering from illness, their health concerns should be prioritized over athletics by the parents, coaches, and the administration when deciding whether and/or how much the athlete should play following such absences. Many of our sports events require travel beginning before or during the school day. Attendance at school the day prior to departure is not required; however, the cause of the absence is a factor in the advisability of the student traveling and/or participating in competitions.

Additional criteria regarding attendance:

1. Attendance is expected at all scheduled practices and competitions. Athletes are allowed two unexcused absences. Three unexcused absences are grounds for removal from the team.
2. Absences may be excused for illness resulting in a student leaving/missing school, family emergency, hospitalization, religious observances, and pre-planned family trips with prior approval by the coach. Parents must send a note or e-mail to explain the absence and request that it be excused.
3. NOTE: Athletes may not miss a game or practice to attend a game or practice of another sport. (DoDEA Manual 2740.2: "Participating in a non-DoDDS event in lieu of a scheduled DoDDS practice or event is not permitted. Any athlete or team who does so forfeits the privilege of continued participation for that season.")

H. TRAVEL RULES

1. All students will travel with the team to competitions when transportation is provided. Any exceptions to this rule must be requested by the parent/sponsor in advance of the trip in writing and approved by a school administrator in sufficient time to keep coaches and chaperones informed. The only exceptions to this rule which will be granted are the picking up of a student after the competition by his/her parent/guardian.
2. Upon return, students will be released to their parent/guardians once the bus is satisfactorily cleaned and all team requirements are met. It is the responsibility of the parent/guardian to ensure that they are on time when picking up their student athletes. Due to the unpredictable nature of travel in Turkey, students will call parents to confirm our arrival time at the school when we are approximately 30-60 minutes away. A school cell phone is available for this call.
3. If traveling by bus, school bus rules will be in effect.
4. Students will not bring video recorders. (Phones/cameras are permitted; however, video functions cannot be used.)
5. On overnight trips, students must respect that boys and girls rooms are "off limits" to members of the opposite sex.
6. Students are expected to complete all required school assignments prior to or immediately after the activity. Sports travel is not an excuse for postponing assignments or tests. Coaches will make every effort to supply study time on trips; however, the nature of some trips are not conducive to study halls.
7. Serious infractions of rules while on a trip will result in student removal from the activity. Parents and the principal will be notified immediately. The student will be sent home at the earliest possible moment. Since the cost of return travel is not authorized under such circumstances, the student's parents will be responsible for the transportation costs incurred by their early return from the activity.
8. DoDDS-E sets limits on the number of athletes eligible to travel with the team. Travel to the DoDDS-E competition in Incirlik may be limited by bus capacity. The restrictions by team for travel to the European Championships are as follows: volleyball, 10 per team; tennis, 3 boys and 3 girls; basketball, 10 per team; cheerleading, 8; wrestling and cross country, numbers determined by number of wrestlers or runners who qualify; and soccer, 16 per team. The travel roster is set by the coach, based on the coach's evaluation of the players and determination of the team's needs.

I. APPROPRIATE DRESS AND SOCIAL BEHAVIOR

"The apparel oft proclaims the man," so the Athletic Department has established a travel dress code to help our teams make a positive first impression on host schools and host nations. In short, traveling athletes are expected to wear pants or a skirt, a collared shirt, and dress shoes. These must meet the school dress code standards of modesty. Shorts, jeans, t-shirts and flip-flop sandals are not permitted. Students not in compliance with the policy will be given an opportunity to change their clothes before departure or they will be excluded from the trip. These expectations may be modified to meet the cultural expectations of any community Ankara teams visit. Students and parents will be

informed of these changes by the AD.

Further, athletes are expected to display only commonly accepted, culturally sensitive, social behavior at all times. Excessive displays of affection will not be tolerated. Inappropriate language, excessive vulgarity, or profanity may result in an athlete being suspended from the team. All athletes are expected to provide an outstanding example that reflects credit upon them, their families, their country and their school.

J. SPORTSMANSHIP

The highest standards of sportsmanship are expected from Ankara ES/HS athletes whether involved in practices or competitions 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. Good sports are characterized by such a keen understanding and respect for the game that they genuinely appreciate the good performance of competitors, the hard work of their teammates, and the difficult tasks of tournament and game officials. It is incumbent upon Ankara ES/HS coaches to endeavor to instill this level of knowledge of the game in their players to aid the growth of good sportsmanship.

K. TEAM TRANSFERS

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

1. Such decision must be made and acted upon during the first ten days of practice. After the tenth practice day, this option is forfeited.
2. The athlete must notify both the coach whose team he wishes to quit and the coach of the team he wishes to join.
3. The coach of the team the student wishes to join must agree to the transfer.

L. UNIFORMS AND EQUIPMENT

All articles issued to the student athletes are Ankara ES/HS property and must be returned in reusable condition. The student athlete and his/her parents are responsible for payment for lost or damaged uniforms and equipment. A student who has not returned or replaced all equipment/uniforms from previous seasons will not be eligible to receive athletic letters or awards until the items are replaced. Further, they will not be allowed to participate in subsequent extra-curricular activities/athletics until the items are returned or replaced. Absences from practice for this reason during the following season are unexcused. The approximate costs of replacing uniforms are as follows:

1. Boys Volleyball – Jersey/Shorts/Kneepads (\$30/\$20/\$25)
2. Girls Volleyball – Jersey/Shorts/Kneepads (\$35/\$25/\$25)
3. Tennis – Jersey/Shorts (\$30/\$30)
4. Wrestling – Singlets/Headgear (\$50/\$30)
5. Cheerleading – Top and Skirt/Accessories/Pompoms (\$125/\$35/\$10)
6. Boys Basketball – Jerseys/Shorts/Shooting Shirts (\$45/\$45/\$45)
7. Girls Basketball – Jerseys/Shorts/Shooting Shirts (\$45/\$40/\$55)
8. Boys Soccer – Jerseys/Shorts/Shin guards/Goalie Gloves (\$35/\$25/\$20/\$60)
9. Girls Soccer – Jerseys/Shorts/Shin guards/Goalie Gloves (\$30/\$25/\$25/\$60)

M. SPORT'S LETTERS AND ACADEMIC AWARDS

Sports Letters are awards given to athletes who exhibit high levels of commitment to their team and exemplify good sportsmanship. Only one Letter will be awarded per student. Subsequent achievement will be signified with pins to be added to the Letter. The Athletic Department has established the following lettering criteria:

1. Attendance at 90% of practices and games — regardless of whether absences are excused or unexcused. The number of practices will vary by season.
2. Travel to and/or participation in all DoDDS-E sanctioned competitions (including home and away games against Incirlik and travel to the European Championships).
3. Display sportsmanship as a member of the team. For example, show respect for opponents,

- teammates, coaches, officials, and the game itself. Be a positive addition to the team.
4. Progress in knowledge and skills related to the sport through hard work in practices and games.

DoDDS-E also recognizes high levels of academic achievement by athletes. Students who earn a varsity Letter and have a 3.0 GPA or higher will be awarded an Academic Athletic Certificate for the season. 1st Quarter grades will determine eligibility for fall sports, 2nd Quarter grades for winter sports, and 3rd Quarter grades for spring sports.

N. ENFORCEMENT

Violations of this Ankara ES/HS Code will be addressed and acted upon under the following condition: The offense was observed by a coach, a school administrator, the athletic director, a faculty member K-12, or a parent/community member serving in an official capacity as a team chaperone or reported by a military person or local national person functioning in his/her official capacity.

O. APPEAL PROCEDURE

Students are guaranteed the rights of due process (DoDEA Regulation 2051.1, (1996), "Disciplinary Rules and Procedures"). Any student athlete disciplined under this code may appeal the decision by contacting the AD, a school administrator, or a coach. In the event that a disciplinary matter cannot be resolved between the coach and student or coach and student and administrator, it will be presented to the Athletic Council, chaired by the AD and composed of two coaches (one male and one female), one teacher (not a coach), one member of the community, one student, and one school administrator. Matters that remain unresolved by the Athletic Council may be referred to the District Superintendent.

P. CONTACTS

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