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ATHLETICS HANDBOOK Blended Learning Athletics (BLA)



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I. Athletic Director's Welcome Message

A. January 2021

Hello Bulls Community,

Welcome back to Athletics and the 2020-2021 school year! I am hopeful you and your family had a healthy and pleasant time off! As we have had many learning moments, successes, and opportunities for growth in the Distance Learning Athletics (DLA) program. We are proud to introduce the next step of EAB Athletics - Blended Learning Athletics! This offering will have our student-athletes back on EAB's campus starting Monday, February 1, 2021 with live practice sessions!

Before we begin explaining Blended Learning Athletics (BLA), it is extremely important that all student-athletes are physically ready to participate. Thus, we are requiring the completion of a Physical Form (or Medical Form) prior to any activity on EAB's campus by the parents/guardians. This is a non-negotiable and any student-athlete that wishes to participate must provide this documentation. Please use this link for our [2020-21 EAB Athletics - Health \(Physical\) Form \(click here\)](#).

For BLA, we will offer our menu of sports that were offered during DLA. The one sport offering that we will not have is Futsal. Soccer will be available for those interested in Futsal since the similarities in sport are present and can be practiced outside in an open air environment. With the 2 outdoor Basketball/Volleyball courts being used as classroom's on EAB's campus, we need to give priority to our Basketball and Volleyball teams when it comes to the usage of our Gymnasium and Covered Court. Futsal can and will return in the future to EAB Athletics, but for the 2021 BLA offering, please register for Soccer.

We are hopeful that all sports and teams are well subscribed and registered for, but if a sport is not and the minimum roster is not met - we will have to evaluate the offering for the semester which could lead to the cancelation of the sport offering. If there is an over-subscription to the sport, we will give priority to the DLA participants from the 1st semester. There will be a Waiting List created based on a first come, first serve basis after servicing the committed Distance Learning Athletics student-athletes. All students must register for BLA, regardless if they participated in DLA. Please click here for the [Athletics Registration Form for HS and MS Athletics 2021](#).

A very important topic to understand for BLA is that Varsity and Junior Varsity (JV) will not exist for the coming semester. Instead, with the alignment of our Blended Learning class schedule, we will have High School Athletic offerings and Middle School Athletic offerings.



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These specific offerings will coincide with the week when that specific school (HS or MS) is physically on EAB's campus. There will be no Zoom meetings during BLA. Instead, when student-athletes are in Home Learning (off-week from campus), they are encouraged to keep their physical activity and skill development improving by practicing the At-Home Workouts provided from the Distance Learning Athletics program and/or adapted from BLA sessions.

BLA will be broken down into three (3) Phases based on the school's discretion and direction moving forward with COVID cases in our community.

- These Phases have been developed with the guidance of the following institutions and published articles.
 - the Center for Disease Control (CDC)
 - [Considerations for Youth Sports](#)
 - the NATA (National Athletic Trainers Association)
 - [Return to Sport Considerations for Secondary Athletic Trainers](#)
 - the NFHS (National Federation of High Schools)
 - [Guidance for Opening Up High School Athletics and Activities](#)

The detailed breakdown of each Phase for each sport can be found in **Section VI. B. Constitution - Phase Breakdown** of this document. Please review if you would like to further your reading on our Phase implementation.

As we set out on this journey together, we are pleased to offer the educational experience for our student-athletes in 2021. Getting our teams back in the facilities they have been missing for nearly 10 months will be a sight to see! I am personally very excited to continue to lead the EAB Bulls Athletics' program and ensure we have the safety of all stakeholders at heart! We would like to remind every family that is a part of this movement to understand the need to take responsibility for their actions during our transition back to the lifestyle that may resemble what we once had in Athletics. This will only help our school and community move forward! Please don't forget that if any family member does test positive for COVID-19, you should report this via our [EAB Notification of COVID-19 \(click here\)](#) form that is reviewed by our Health Unit daily. Thank you for your cooperation in this journey! Go Bulls!

- John Powell
Athletics Director



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II. Our School: Mission, Vision & Values

Founded in 1961, the American School of Brasília (EAB) is a private, co-educational school that offers a diverse educational program beginning with our Early Childhood Program through the 12th grade. Our curriculum offers a U.S. style education in a Brazilian setting to an international student body, offering the U.S, International Baccalaureate and Brazilian diplomas. The five-acre campus boasts a panoramic view of Lake Paranoá and the layout of the buildings consists of several interconnected structures containing 50 classrooms, 4 science labs, a Lower School computer lab, three separate iCommons learning centers, a gymnasium, and a Center for the Arts. Surrounding the buildings, a regulation soccer field, basketball courts, and elementary playgrounds enhance the physical plant facilities.

OUR MISSION: Learners inspiring learners to be inquisitive in life, principled in character, and bold in vision.

OUR VISION: To positively impact the world through excellence in academics, athletics, activities, arts, leadership, and service.

OUR BELIEFS: All EAB Learners are:

- Engaged in their own learning,
- Principled in their learning and actions,
- Collaborative to enhance learning for all,
- Contributing positively to their learning community.

UPPER SCHOOL HONOR CODE: *We, as students of the American School of Brasilia, give our pledge to live by the guiding principles of responsibility and respect in all that we say and do. We understand that these values carry far beyond the classroom environment; affecting not only our peers and the activities we participate in, but who we are and who we will become. We commit to treat all people with compassion, be engaged and collaborative in all aspects of our education, and in all cases act with honor and integrity. We will uphold these values as the core of our identity, hence becoming principled individuals and contributing citizens to society.*



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A. Athletics Mission Statement for Blended Learning Athletics (BLA)

The EAB Athletics Department is committed to excellence in academics and athletics. We are dedicated to providing students with the opportunity to participate in an educational athletics program which will help student-athletes learn:

- *the values of teamwork by building relationships with teammates and coaches,*
- *appropriately transitioning back to our facilities in a safe manner,*
- *continuing to promote discipline with self-responsibility through scheduled practice times and At Home Workouts,*
- *and how to keep a well-balanced life while having fun!*

B. Purpose: The fundamental principle for BLA is to serve the education of youth. Our Blended Learning Athletics program aims to promote and supplement the regular curricular program of the school. This is done through on campus practices sessions that reinforce the goals below.

C. Goals

- To build community
- To create a learning culture
- To improve student agency
- To promote diversity & inclusion
- To prepare students at their highest level of ability
- To promote self-control, discipline, tolerance and fair play
- To teach cooperation and teamwork
- To respect opponents, coaches, athletes and referees
- To expose students to a healthy competitive environment
- To reinforce the EAB Athletic and school mission statements and philosophy
- To nurture healthy choices
- To encourage students to reach their potential
- To engage the EAB community
- To commit to the emotional well-being of students



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D. Philosophy

Student-athlete(s), coaches, parents, and administrators who participate in the EAB Athletics Program are expected to demonstrate and develop the following 5 Pillars/characteristics in life.



These 5 Pillars will be the foundation of EAB Athletics' philosophy for our community. Each Pillar represents an area in Athletics that relates to a life skill. These skills are based in an educational athletic setting, as well as everyday life. Once again, these characteristics apply to not only our student-athletes, but to our coaches, administrators, parents, staff, and any stakeholders that associate with the EAB Bulls! But how do they apply during a Blended Learning Athletics program? Below are questions that are self-reflective and can help better understand our philosophy for student-athletes, parents, and coaches.

Safety

- Do I have my mask on and am I using it properly? I am NOT touching the front of it?
- Am I maintaining the appropriate distance of 2 meters as much as possible?
- Is the humidity level appropriate for a workout? Should I modify the workout?
- Am I hydrating enough before, during, and after a workout?
- Am I eating properly during the day to prepare my body for practice session?
- Did I warm-up and stretch before beginning a workout?
- Am I practicing the exercise or skill correctly so I don't injure myself?



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- Am I taking a sufficient amount of time to rest during workouts or when moving onto the next exercise?
- Have I discussed any medical conditions with my coaches that may be a concern?
- Do I listen to my body when there is a problem?
- Did I wash my hands before and after handling equipment? Did I clean my equipment?

Responsibility

- Am I a student-athlete? Meaning, am I taking care of my academics before my athletic involvement?
- Do I take care of my body and practice healthy habits?
- Am I committed to my teammates and coaches?
- Am I attending (on-time or early) all the team sessions I registered for?
- Am I prepared for the sessions? Do I have all of my equipment?
 - Do I understand the responsibilities of cleaning my equipment?
- Am I being a positive teammate during the session?
- Do I know my responsibilities on my team?
- Do I give my full effort during any exercise or workout?
- Do I maintain our EAB Code of Conduct for Student-Athletes?

Communication

- Am I communicating to my teammates in a positive way?
- Do I reach out to new players on the team and make them feel welcome?
- If I see one of my teammates is getting better, do I tell them?
- How do I calm teammates down when s/he is upset?
- What does my body language say about my communication?
- Am I communicating to my coaches if I will miss a practice session?
- Do I ask my coaches for help when I need it?
- Do I communicate to myself in a positive way?
- Do my teachers know I am involved in an athletic team? Does my FLEX leader know?

Sportsmanship

- Am I being fair to myself and teammates?
- Do I respect my opponent? Teammates? Coaches? Do I show it?
- Do I watch live-sporting events on TV and notice when there is poor sportsmanship?
- Do I know that there are more lessons in sports than winning and losing a game?
- How do I feel when my team benefits from a call by the official?
- How do I feel when my team is negatively impacted by a call from the official?
- If another coach or team spoke about me or EAB, what would they say about my (our) sportsmanship?

Growth

- When I succeed, am I satisfied?



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- When I fail, do I want to try again?
- Do I know how to make an adjustment when learning a skill?
- Do I ask my coaches on how I can improve?
- Is a winning record (or losing record) the only way to show if we are successful as a team?
- Do I see improvement from my teammates?
- How have I grown as a student-athlete? Person?

In closing, our philosophy of co-curricular activities play an important role in the life of EAB stakeholders but most importantly, in the student-athletes. The program will be in conformity with the general objectives of the school. The fundamental principle for the BLA program is to serve the education of our student-athlete(s) in an on-campus environment all the while following our school's safety measures. At EAB, the primary concern of the coach is the student-athlete's personal growth, both physically, socially, and emotionally, while representing the Bulls with a high level of character.

III. Association of American Schools in Brazil (AASB)

EAB is affiliated with the Association of American Schools in Brazil or AASB. During this time of Blended Learning, we will not be attending any athletic competitions at Nosso Recanto (NR).

The Athletics Directors of AASB are in communication to share best practices and offerings that we benefit and keep alive the sense of competition and belonging for our student-athletes and teams. Our Battle of Brazil Virtual Challenge 2020 in the month of November 2020 was an example of us coming together and competing! We ask for your patience and understanding these times. Some AASB Athletic programs are not offering live or virtual sessions. Therefore, we are seeking to find the schools capable of competing if we can get to this Phase in EAB Athletics. We understand and sympathize with everyone as the Big 8, Big 4, and Little 8 tournaments can be a highlight to many student-athletes and coaches' seasons.

IV. Eligibility

A. Policy

The EAB Athletic Department is committed to excellence in academics and athletics. Participation in any co-curricular activity is a privilege and a responsibility. We hold our student-athletes to the highest standards for behavior and responsibility both inside and outside of the classroom. There is no change in this policy for BLA.



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At EAB, academic endeavors take precedence over co-curricular activities, so a student must be in good academic and attendance standing to represent EAB in any co-curricular program. This includes athletics, drama, academic competitions, student government, music trips, etc. Eligibility status includes, but is not limited to, the following:

- Attendance:
 - Student-athlete(s) who are consistently absent or are absent from Blended Learning sessions may be deemed ineligible at any moment by the Upper School Eligibility Team.
 - Student-athlete(s) must be in school for the full day's class schedule in order to participate in co-curricular activities online. **If a student-athlete is on Home Learning, he or she is not eligible to participate in BLA.**
 - Exceptions may be made if a student-athlete(s) clearly communicates the need to miss school in advance and produces a valid reason for the absence. In rare cases, student-athlete(s) may need to produce official documentation to explain the absence.
- Behavior as a student-athlete and member of the EAB Community.
- A student-athlete at EAB must have a minimum average of **4** and no more than one report card grade less than **3** during the quarter preceding the activity and in order to travel (when traveling opportunities are available). In case such grades are not met, the Principal and Athletics Director will contact the student and provide an Action Plan template so that the student can elaborate a plan for improvement in conjunction with the teacher and family.
- A student-athlete who does not meet academic expectations during the day will be put on probation until such expectations are met. Consequences that may accompany Probation include, but are not limited to: temporary or permanent removal from co-curricular activities.
- Student-athletes must attend 80% of all practices. Commitment to your team is important in any practice situation.
- For more detailed information, review the EAB US Handbook and Eligibility Policy.

Eligibility at EAB is an ongoing process and does not end from one semester to the next. Students who have academic, attendance or behavioral problems in the first semester may begin the second semester on an eligibility plan that may include Mandatory FLEX Study Hall or other measures deemed necessary by the Eligibility Team to ensure optimal academic performance.



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B. High School Eligibility Support Program

Based on the recommendation of the Eligibility Team, students not meeting the academic expectations of EAB may remain eligible on a probationary basis.

During the probationary period the student must show tangible evidence of a commitment to improvement and a determination to perform to his or her best ability inside the classroom. Tangible evidence may include attendance at Mandatory Study Hall each day, a documented record of meeting with teachers to receive support, or attendance at HS Math and Science Tutoring on Monday, Wednesday or Friday.

V. Guidelines For Dry & Rainy Season

EAB Athletics and Activities, play a fundamental role in the development of children, students and even more, leaders and world citizens. While we live and breathe the Mission & Vision of our school of learners inspiring learners and eagerly continue to strive for excellence, we need to comprehend the geography and beautiful environment that surrounds us, for safety and performance reasons. The following applies to At-Home Workouts and on-campus practice sessions!

Brasilia sits on the Brazilian Plateau and therefore its climate ranges from rain to dry seasons. Each season presents its challenge to our Athletic & Activities Program: the rain brings lightning dangers, the dryness brings dehydration. To that end, we have to be well prepared and be able to provide students the opportunity to continually grow, but never neglecting their most important right: safety.

With the objective of clarifying and assisting stakeholders involved with EAB Athletics and Activities during such times, certain guidelines will be adopted to ensure student safety.

For more information please access the [Guidelines For Dry & Rainy Season](#) document. It is very important to be mindful of these strategies at home while practicing your specific sport skills.

*You can also check on the website to stay up to date at home: <https://weather.com/pt-BR>



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VI. Blended Learning Athletics Guidelines & Expectations

A. Registrations:

- a. To participate in BLA, each student must register for his/her team of choice via the [Athletics Registration Form for Blended Learning \(click here\)](#). Without this registration, we cannot distribute information on BLA to families. Nor will we permit the student to join on campus sessions.
 - i. **Even if a student participated in Distance Learning Athletics - s/he will need to complete this registration.**
- b. Priority for roster spaces in BLA will go to the student-athletes that were involved in our Distance Learning Program in September to November of 2020. If a student was not involved in DLA and there is no space available on a specific sport/team, we will form a Waiting List for this specific sport/team.

B. Constitution:

- a. The Blended Learning Athletics program is designed to follow our Athletics Mission Statement, Purpose, Goals, and Philosophy. We are transitioning to live sessions and are determined to continue to teach our student-athletes about their sport, the skills involved, and strategies to improve his/her overall well-being.
- b. Levels of competition will be based on grade level. **For BLA, there is no longer Varsity or Junior Varsity.** We will offer High School teams (Grade 9-12) and Middle School teams (Grade 6-8). No student-athletes may "play up" because of our design in the class schedule for rotating weeks of On-Campus Learning in the Upper School.
- c. Coaches will follow design their own team's practice sessions based on the Phase that we are in for BLA.

Breakdown of each Phase for Blending Learning Athletics

1. **Phase 1 will begin on February 1, 2021 and consist of:**

- a. Obeying 2 meter social distancing.
- b. Always wearing a mask.
 - i. EAB will always have surgical masks available, but student-athletes may participate in whatever mask of their choice.
- c. A minimum and maximum number of student-athletes in a space.



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- i. There must be a minimum set for the sport to continue for the semester. This varies from sport to sport.
- ii. For the maximum number of student-athletes, we will follow the Brazilian Government's discretion which may be adjusted by the Athletics Director to ensure proper safety measures and promote learning experiences.
- d. Drills and exercises strictly in a personal development stage with NO physical contact and maintaining social distancing. Examples in each sport are below.
- e. Specific Sport Breakdown of possible exercises:
 - i. **Basketball**
 1. A player can shoot with a ball and should rebound/retain that ball, but a team should not practice/pass a single ball among the team where multiple players touch the same ball.
 2. Dribbling, shooting, and offensive and defensive footwork with a distance of 6 feet from his or her teammate.
 3. There is no live scrimmaging in Phase 1.
 - ii. **Cheer**
 1. A cheerleader may practice routines with a 6 feet distance between other cheerleaders.
 2. There will be no partner routines with contact and/or stunting.
 - iii. **Cross Country**
 1. A runner must keep a distance of 6 feet between other runners on the team in exercises and runs.
 - iv. **Jiu Jitsu**
 1. A fighter may practice techniques with a 6 feet distance between other fighters.
 2. There will be no combat exercises, grapples, or escape moves with a partner permitted.
 - v. **Soccer**
 1. A player may dribble, pass, and shoot with their own ball, but not touch the ball with their hands or come within 6 feet of his/her teammate.
 2. There is no live scrimmaging in Phase 1.
 - vi. **Softball**



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1. A player may field ground balls that are separated and cleaned after use, take batting practice from a soft toss from the coach, and run the bases.
2. There will be no partner throw-and-catch OR pitcher to batter scenarios where the softball is then put into live play.
3. There is no live scrimmaging in Phase 1.

vii. Volleyball

1. A player should not use a single ball that others touch or hit in any manner.
2. There is no live scrimmaging in Phase 1.

viii. Wrestling

1. A wrestler may practice techniques with a 6 feet distance between other wrestlers.
2. There will be no combat exercises, grapples, or escape moves with a partner permitted.

f. (Distance or Home Learning week) Practicing the At-Home Workouts.

g. NO competitions in any live scrimmage format.

h. Athletic Equipment

- i. There should be no shared athletic equipment (towels, clothing, shoes, or sports-specific equipment) between students.
- ii. Students should wear their own appropriate workout clothing (do not share clothing) individual clothing/towels should be washed and cleaned after every workout.
- iii. All athletic equipment, including balls, should be cleaned after each use and prior to the next workout.
- iv. An understanding and execution that we need to clean our equipment if shared with other team members.

i. Hydration

- i. All students shall bring their own water bottle.
- ii. Water bottles must not be shared.
- iii. Bottles to be refilled at water stations.
- iv. Water stations to be regularly monitored and cleaned.

2. Phase 2 will begin with the approval of the Head of School/Board and consist of:

- a. A reduction of 2 meter social distancing, as approved by the Head of School/Board.



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- b. Always wearing a mask.
 - i. EAB will continue to have surgical masks available.
- c. A minimum and maximum number of student-athletes in a space.
 - i. We will continue to follow the Brazilian Government allowance. Along with the discretion from the Athletics Director to ensure proper safety measures and promote learning experiences.
- d. Drills and exercises may continue in a personal development stage, but coaches are permitted to responsibly plan physical contact between student-athletes when possible with their professional judgement.
- e. Specific Sport Breakdown of possible exercises:
 - i. **Basketball**
 - 1. Teams may begin to share a basketball within a group of teammates for skill development and drill progression.
 - 2. Live scrimmaging is permitted in Phase 2, but should be in smaller competitive drills (1v1, 2v2, 3v3)
 - ii. **Cheer**
 - 1. A cheerleader may practice routines with a partner.
 - 2. An introduction of team routines with contact and/or stunting.
 - iii. **Cross Country**
 - 1. A runner must keep a distance of 6 feet between other runners on the team in exercises and runs.
 - iv. **Jiu Jitsu**
 - 1. A fighter may begin to practice techniques with a partner. This includes to an extent:
 - combat exercises, grapples, or escape moves.
 - v. **Soccer**
 - 1. A player may dribble, pass, and shoot with different soccer balls, but needs to be conscious when taking a throw-in that the ball is clean and/or changed.
 - 2. Live scrimmaging is permitted in Phase 2, but should be in smaller-sided competitive drills (2v2, 3v3, 5v5)
 - vi. **Softball**
 - 1. A player may play 'catch' with a teammate, field ground balls and throw to another teammate, and take batting practice from the coach/teammate.



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2. Live scrimmaging is permitted in Phase 2, situation moments are encouraged.

vii. Volleyball

1. A player may share a volleyball within a group of teammates for skill development and drill progression.
2. Live scrimmaging is permitted in Phase 2, but should be in smaller-sided competitive drills (2v2, 3v3, 4v4).

viii. Wrestling

1. A wrestler may begin to practice techniques with a partner. This includes to an extent:
 - o combat exercises, grapples, or escape moves.

f. (Distance/Home Learning week) Continued practicing of the At-Home Workouts.

g. Possible competitions based on the approval of the Athletics Director and Head of School.

- i. This could include internal competitions against community members such as teachers, parents, other teams at EAB.

h. Athletic Equipment

- i. Same as Phase 1
- ii. An understanding and execution that we need to clean our equipment if shared with other team members.

i. Hydration

- i. Same as Phase 1

3. Phase 3 will consist of:

a. Minimal discipline when the 2 meter social distancing is not followed - as approved by the Head of School and Board.

b. Option of wearing a mask during activity.

c. Maximum number of persons in a space/area that follows the Brazilian Government allowance. Along with the discretion from the Athletics Director to ensure proper safety measures and promote learning experiences.

d. Drills, exercises, and live competition in a practice at the coach's discretion.

e. Specific Sport Breakdown of possible exercises:

i. Basketball

1. Teams may continue to share a basketball within a group of teammates for skill development and drill progression.
2. Live scrimmaging is permitted in Phase 3 and can be 5v5.

ii. Cheer



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1. A cheerleader may continue to practice routines with a partner and/or more teammates.
2. A continued introduction of team routines with contact and/or stunting.

iii. Cross Country

1. Distance may be closed and runners can (and hopefully do) maintain less than a 6 feet distance.

iv. Jiu Jitsu

1. A fighter may continue to practice techniques with a partner and become more engaged in advanced moves.

v. Soccer

1. A player may continue to dribble, pass, and shoot with different soccer balls, but needs to continue to be conscious when taking a throw-in that the ball is clean and/or changed.
2. Live scrimmaging is permitted in Phase 3 and can extend to possibly 11v11.

vi. Softball

1. Drills are continued to be advanced in fielding and hitting.
2. Live scrimmaging is permitted in Phase 3.

vii. Volleyball

1. A player may continue to share a volleyball within a group of teammates for skill development and drill progression.
2. Live scrimmaging is permitted in Phase 3 and 6v6 is gameplay is encouraged.

viii. Wrestling

1. A fighter may continue to practice techniques with a partner and become more engaged in advanced moves.

f. (Distance/Home Learning week) Practicing the At-Home Workouts

g. Athletic Equipment

- i. Same as Phase 1&2
- ii. An understanding and execution that we need to clean our equipment if shared with other team members.

h. Hydration

- i. Same as Phase 1&2

i. Competitions



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- i. When it comes to competitions, we are **hopeful** that we can get to Phase 3 and have a competition with another school or club. This is not guaranteed and will be up to the Head of School and Board to decide with the support from the Athletics Director.
 - ii. When it comes to the priority of competitions, we will focus on our High School teams first for the Seniors that are leaving the program.
 - d. Teams will meet/practice from 4:00 p.m. to 6:00 p.m. on campus.
 - i. The meeting/practice time for each team will remain the same throughout the time we are in BLA.
 - e. [The 20-21 HS/MS Athletics Practice Schedule for each session can be found here. Click here!](#)
 - f. BLA will begin the week of February 1, 2021 and alternate weekly.
 - i. February 1-4 - High School Athletics
 - ii. February 8-11 - Middle School Athletics
 - iii. February 15-19 - No School
 - iv. February 22-25 - High School Athletics
 - v. March 1-4 - Middle School Athletics
 - vi. March 8-11 - High School Athletics
 - vii. March 15-18 - Middle School Athletics
 - viii. March 22-25 - High School Athletics
 - ix. March 29 - April 1 - Middle School Athletics
 - x. April 5-8 - High School Athletics
 - xi. April 12-15 - Middle School Athletics
 - xii. April 19-22 - High School Athletics (April 21 - No School)
 - xiii. April 26-29 - Middle School Athletics
 - xiv. May 3-6 - High School Athletics
 - xv. May 10-13 - Middle School Athletics - Final Week
 - xvi. May 17-20 - High School Athletics - Final Week
 - g. We will assess the BLA progression of Phases based on the direction of EAB moving forward with Blending Learning on campus.
- C. Physical (Medical Release) Form:** During BLA, we ask that each family make sure their son/daughter is in good physical condition before participating in any physical activity. We ask that the parents/guardians of each child complete this form and turn it into the Athletics Director electronically or on paper. **This is mandatory in order to participate.**
- a. [2020-21 EAB Athletics - Health \(Physical\) Form \(click here\)](#)
- D. Expectations for Student-Athletes while on campus for Athletics:** Much like the classroom setting, we have expectations in our athletic sessions. The below



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expectations are general to the BLA program. Each team or coach may have other requirements in their sessions.

- a. Masks must always be worn.
- b. Maintain 2 meter distance as much as possible.
- c. Follow the guiding questions of the 5 Pillars of EAB Athletics Philosophy.

E. Basic Hygiene Practices in Sports at EAB: Practicing basic hygiene during BLA is no different than everyday activities. Make sure you are washing your hands before and after every activity AND keeping your equipment clean.

- a. There will be protocols to follow for cleaning of the equipment based on your specific sport.

F. Roster Sizes and Limits

- a. We will need to ***see interest*** from our student-athletes in the registration process. Therefore, the following Roster Minimums of registrations should be met for a team to meet/function in our BLA program.
- b. If the roster minimum is not met, the team ***may be*** shut down for the time being while we are in a Blended Learning scenario at the discretion of the Athletics Director. ***This will be handled on a case by case basis.***
- c. If the Roster Maximum is reached, we will create a Waiting List for this specific team. Please see the next section **K. Team Selection** for more information on the composition of the roster.

High School & Middle School Athletics (Roster Minimum & Maximum)

- i. BASKETBALL
 - Boys (8 minimum, 18 maximum)
 - Girls (8 minimum, 18 maximum)
- ii. CHEERLEADING (10 minimum, 18 maximum)
- iii. INDIVIDUAL & TEAM, all Co-ed teams
 - Cross Country (5 minimum, 18 maximum)
 - Jiu Jitsu (5 minimum, 18 maximum)
 - Wrestling (5 minimum, 18 maximum)
- iv. SOCCER
 - Boys (13 minimum, 20 maximum)
 - Girls (13 minimum, 20 maximum)
- v. SOFTBALL
 - Co-ed (12 minimum, 20 maximum)
- vi. VOLLEYBALL
 - Boys (8 minimum, 18 maximum)



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- Girls (8 minimum, 18 maximum)

G. Team Selection:

- All student-athletes that were involved and committed to the Distance Learning Athletics programs are automatically on the team for BLA. The reward for his/her commitment to the DLA program will not go unnoticed.
- Those students that were not involved with DLA may still register for BLA and are welcome on the team based on roster limits.
 - If a team is over-subscribed (based on the Roster Limits below) , a waiting list will be created on a first-come, first serve basis. There is no tryout process. We will discuss tryouts and team selection processes when there is a clear vision of competitions against another school/club when the time comes.

H. **Practices Schedule:** Practices will occur twice a week when your school is on campus for learning. If the High School is on campus, there are High School Athletics offered. When your school is in Distance Learning for the week, there will be no Athletics offered on campus or a zoom session offered. [Please click here for the EAB Athletics Practice Schedule 2021.](#)

- I. **Transportation:** As the academic school day will be dismissed at 1:30 p.m. when on campus, students will need to leave campus to go home and eat lunch. Transportation will need to be provided by the family to return and depart EAB for Athletics when the session finishes.
- Students should arrive no earlier than 3:45 p.m. for the session that will begin at 4:00 p.m.

J. **Facility Cleaning:** Our facilities will be cleaned daily throughout BLA. The Maintenance Staff at EAB works tirelessly to keep our campus clean and safe for the community. After each session, the area used will be cleaned for the next group to use. Teams will be reminded that we are in this together and all participants (student-athletes and coaches) have a responsibility to take care of our campus!

K. **Attendance/Participation:** Each student-athlete is expected to attend all practice sessions and should attend 80% of all practices in our BLA's setting. Failure to attend practice under 80% may result in dismissal from the team at the Head Coach & Athletics Director's discretion. It is the responsibility of the coaches to keep and record attendance for each practice session. This is to be completed within the first 5-10 minutes of each practice session.



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- a. Attendance is kept on an internal document in Google Drive via Google Sheets.
The attendance is not reflected in the PowerSchool Attendance.
 - b. Student-athletes must be in school the full day to participate in after school practices unless they have a medical excuse.
 - c. All student-athletes must attend a minimum of 80% of the practices to remain on the team.
 - d. Student-athletes must go to practice even if they are not able to do all activities as he/she is a part of the team. Unless they are diagnosed with COVID-19.
 - e. Student-athletes who participate in two or more sports should attend practices in a rotating order. It is the student-athlete's responsibility to inform the Head or Assistant Coach of your absence in advance of missing. An email will suffice.
- L. **SALT: Student-Athlete Leadership Team**
- We have created SALT to empower student-athletes that want to become leaders, help the Athletic Director improve our Athletics Program, and implement various initiatives in the community. A central goal for the faculty and administration is for EAB to be a world leader in the empowerment of students to make positive change on our campus, in the larger community of Brasília and around the world. The young men and women of the Upper School are encouraged to lead on a daily basis and in all they do. Whether it be in the classroom, on the athletic fields/courts, while participating in activities or the arts, or while simply walking down the hall, EAB students are empowered and expected to demonstrate the capacity to lead others towards fulfilling our Mission of being “inquisitive in life, principled in character, and bold in vision.” To sign up for SALT, [please click here for the form.](#)
- M. **Booster Club:** The Booster Club is an organization of EAB parent volunteers that are dedicated to supporting the EAB Bulls' sports programs. Currently, there is not a Booster Club at EAB for Athletics. If interested, parents should contact the Athletics Director, John Powell at jpowell@eabdf.br.
- N. **Sports Equipment:** Cleaning the equipment to mitigate the spread of the virus is crucial to the success of BLA. Each team (coaches and student-athletes) will be responsible for cleaning the equipment used at the beginning of practice and at the end.
- a. Taking proper care of the equipment is needed. Any equipment that is damaged needs to be reported to the Athletics Director, regardless of how it was damaged.
 - b. If equipment is intentionally damaged, the student-athletes will be responsible to replace the equipment. This is at the discretion of the Head Coach and Athletics Director.



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- O. **Conduct/Behavior:** Student-athletes and Coaches are representatives of EAB and they should conduct themselves properly and courteously at all times. Respect should be shown to all members involved in the community. Coaches need to be role models for their student-athletes. All the while student-athletes being role models for younger student-athletes and our EAB community.
- P. **Sportsmanship:** Good sportsmanship is an essential part of any sport and should be demonstrated at all times. Offensive language and dirty play have no place on the playing field or court. Violators will be removed from the practice. Coaches must enforce this rule very seriously.
- Q. **Hazing & Initiation:** Hazing and Initiation will not be tolerated on any teams, face to face or virtually. Coaches must take strong discipline actions if any student-athlete(s) display inappropriate behaviors or other actions that are detrimental to the team. Further consequences may be distributed by the Athletics Director.
- R. **Drugs, Smoking, Drinking:** Any student-athletes will be suspended or dismissed from a team if the athlete possesses, uses, or attempts to purchase any illegal or restricted substances, including but not limited to, illegal drugs, inhalants, alcohol, marijuana, vaporisers, cigarettes or other tobacco products. In addition, the school will take further disciplinary action. For more information, please see the US Handbook. This standard does not change in our offering of BLA.
- S. **Suspended Student-Athletes:** Any EAB student who is suspended will not be allowed to participate in BLA for the duration of their suspension. The Athletics Director is in constant communication on suspended students at EAB.
- T. **Fund Raising:** Fundraising has two main purposes:
 - a. Support grade level initiatives - such as the EAB Graduation Dinner
 - b. Explore community service endeavors to help those in need.

There are many ways to raise money and student-athletes are encouraged to present fundraising initiatives to the Athletics Director and Upper School Principals for approval. No money raised outside of EAB will be used for EAB events. EAB community service initiatives and all funds earned must be submitted directly to the Business Office. Money raised at EAB cannot be used for non-EAB events.



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VII. Code of Conduct for Student-Athletes

Dear Student-Athlete,

Please read the following with your parents of what is expected of an EAB student-athlete during this time of Blended Learning Athletics. Any issues that may arise will be handled on a case-by-case basis with the Athletics Director.

Blended Learning Athletics Expectations

1. Student-athletes must be in school the full day to participate in BLA along with maintaining any eligibility requirements.
2. Student-athletes must attend a minimum of 80% of the practices to remain on the team.
3. Student-athletes who participate in two (or more) sports should attend practices in a rotating order.
 - a. It is the student-athlete's responsibility to inform the Head or Assistant Coach of your absence in advance of missing. A simple email or text will suffice.
4. Student-athletes must exhibit sportsmanship at all times.
5. Student-athletes physically able to participate should be prepared to do so.
 - a. If you have an injury that prohibits you from partaking in practice, you still are part of the team and expected to attend practices. You may help the coaches with managing practice with assigned responsibilities.
6. Student-athletes agree with the Play on Pledge (created by U.S. Soccer). I pledge to:
 - a. STAY INFORMED and follow instructions from medical professionals
 - b. Be HONEST about my health and tell others if I am experiencing any symptoms.
 - c. Do my best to ADHERE to the recommendations for good hygiene and social distancing.
 - d. Be RESPONSIBLE to myself, my family, my team, and my community.
 - e. PLAY ON safely when I feel comfortable and ready to return, and encourage others to do the same.



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In addition to above, all rules, guidelines and regulations found in the EAB Athletics & US Handbooks as well apply to all student-athletes. Any violation of a rule will result in suspension or dismissal from the team at the discretion of Upper School Principals and Athletics Director.

Any questions on this agreement or in the BLA Handbook should be directed to the Athletics Director, John Powell at jpowell@eabdf.br