



ST. JOHN'S LIONS
Sport

WATERLOO



BELGIUM

ST JOHN'S
INTERNATIONAL SCHOOL



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PHILOSOPHY OF SPORT



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The purpose of sport at St. John's International School is to promote the physical, mental, moral and emotional well-being of the student-athlete. Coaches and STJ students-athletes will be expected to display the ideals of sportsmanship and fair play and will be expected to show respect to opposing teams, players, coaches, and officials.

At St. John's, we encourage a winning spirit without losing sight of the ideals of athletic competition.

Student-Athletes at St. John's will recognise that they are official representatives of the school and as such represent the entire St. John's community. They are school leaders and their actions in and out of school builds respect and school spirit.

To be eligible for interscholastic sports, STJ student-athletes will meet all requirements set out in the St. John's Sport Code and those set up by the respective coaches.

GUIDING STATEMENTS

The Sport Department strives to follow the school's Guiding Statements:

OUR MISSION

Our international education is student-centred and holistic, encouraging personal excellence in Academics, Arts and Sports. We celebrate diversity and instil in our students the open-mindedness to think globally. We promote individual responsibility for life-long learning, service and achievement.

OUR VALUES

COMPANIONSHIP - the gentleness to befriend and strength to accompany

RESPECT - of people, languages, cultures, beliefs and values

INTEGRITY - being true to ourselves, to each other, and to our world

“Not everyone can be a winner all the time but everyone can make that effort, that commitment to excellence.”

Vince Lombardi



SPORT PROGRAMME GOALS

The Sport Programme at St. John's is designed to enhance the realisation of the following objectives:

1. To educate on, promote and explore the benefits of multi-sport and physical activity participation encouraging lifelong participation with links to wider life skills as per the IB learner profile.
2. To provide students with the opportunity to develop physical, tactical, technical social and psychological skills in the context of sport and physical activity in an open and progressive learning environment.
3. To develop sportsmanship and a competitive spirit and to increase students understanding of game strategies and rules.
4. The STJ student-athlete will learn to respect themselves, others and the world around them through travelling on exchange weekends and end of season championships. Furthermore, the reciprocal housing program will allow STJ student-athletes learn the role of host and how to be a responsible guest in a host family's home.
5. In addition, it is expected that the STJ student-athlete will:
 - a. Constantly assess and push his/her concept of his/her physical, emotional, and psychological limits;
 - b. Acquire an increased measure of self-discipline as well as understand its value in pursuit of goals;
 - c. Evaluate defeat as well as success objectively and not view them as an end in themselves but as lessons containing valuable material for growth and development;
 - d. Learn to accept feedback in the context which it is given and use it as a tool for self-improvement;
 - e. Learn to contribute and communicate positively in team environments as well as value the support of companions.



STJ SPORT PROGRAMMES

The STJ Sport Programme consists of four levels: Primary School teams; Middle School teams; Junior Varsity teams; and Varsity teams.

The expectations of each of these teams are:

STJ PRIMARY SCHOOL TEAMS

There are interscholastic STJ teams in Football, Basketball and swimming principally. Primary School teams are populated by those attending the corresponding Extra- Curricular Activity (ECA). New sports can be added depending on the development of participation via the ECA programme. The STJ PS student-athlete must be enrolled full-time in grades 3, 4 or 5.

The purpose of the PS sports teams is to provide local competition opportunities, maximising playing time and having fun as a team ready for MS STJ sports teams.

MIDDLE SCHOOL TEAMS

The STJ MS student-athlete must be enrolled full-time in grades 6, 7 or 8.

A 5th-grader, 10/11 years of age, on or before September 1st of the current school year with exceptional talent/skill and with the recommendation of the team Coach, Director of Sport and Primary School Principal may try out for Middle School sports teams. If selected, this student-athlete will not be permitted to miss school due to a sports trip.

The STJ MS teams will play a schedule that is conducive to the age groups. This will include travel weekends and hosting weekends in the Fall and in the Winter seasons.

JUNIOR VARSITY (JV) TEAMS

STJ junior varsity teams are a part of the High School sports programme. These teams are open to STJ full-time students in grades 9-12. Try-outs are held and team selections may be made to ensure teams of maximum size. The purpose of the junior varsity teams is to provide each team member with a fair amount of playing time and to emphasise individual and team development and to prepare STJ student-athletes for higher competition.



VARSITY TEAMS

STJ varsity teams are a part of the High School sports Programme. These teams are open to STJ full-time students in grade 9-12. Try-outs are held and team selections may be made to ensure teams of maximum size. Due to the higher visibility of varsity teams and the emphasis placed on success in ISST Championships, there is a higher level of emphasis placed on commitment, dedication, and loyalty to a varsity team. Individual and team development is still an important emphasis in varsity teams but there is additional emphasis placed on team performance which may lead to an unequal amount of playing time for each team member.

EXTRA-CURRICULAR ACTIVITIES

St. John's offers a comprehensive Extra-Curricular Activities (ECA) Programme for all age groups. Students who are not a member of a STJ team are encouraged to register for sports sessions that are part of the ECA programme to keep fit and improve or develop Sport skills.

"Sports do not build character they reveal it."

Heywood Broun

PARENT CONCERNS WITH A STJ MS, JUNIOR VARSITY, OR VARSITY TEAM

It is recognised that in the area of competitive sports that differences will arise from time to time between the manner in which a coach chooses, disciplines, and overall handles his/her team and the view of a parent/guardian of a STJ team member in regard to those decisions. When such a difference arises, the STJ Sport Department would like all parties concerned to use the following guidelines to resolve the difference:

1. Parents/guardian should meet with the coach first before taking the concern to the Director of Sport or school Principal. Parents/guardians should recognise that right after a practice or a game/match is NOT the best time to approach a coach with a parental concern but to wait 24 hours before approaching a coach with the concern.
2. Request a meeting with the coach to discuss the concern in a reasonable and calm manner with the goal being a resolution of the concern.
3. Should the concern not be resolved to the parents' satisfaction, then a meeting of parents, coach, school Principal and Director of Sport be requested by the parents/guardians. The Director of Sport will act as a mediator and will suggest a solution to the concern.



SPORT PROGRAMME AFFILIATION

The St. John's Lions are principally affiliated with two sports organisations for the purpose of providing meaningful competition on a seasonal, tournament, and friendly basis. The organisations are:

- The International Schools Sports Tournament (ISST)
- The US Department of Defense Dependents Schools (DoDEA)

The majority of the St. John's competitive team sports are played within the league framework of the above organizations. Competitions are also organized with local teams and schools throughout the seasons.

Fees are charged during seasons to cover various expenses such as transport, accommodation and tournament costs. We make every effort to minimize these travel costs and our athletes are usually housed by hosts to avoid additional accommodation costs.

ISST (INTERNATIONAL SCHOOLS SPORTS TOURNAMENT)

St. John's was a founding member of this organisation in 1965. As an ISST member school the Lions travel to and host other member schools in many weekend competitions and for ISST Championships.

As an ISST member STJ competes in the following sports in the table below.

DODEA

St. John's competes in DoDEA Cross Country and participates in the DoDEA European Cross Country Championship. The Lions also occasionally compete with local DoDEA schools in volleyball, basketball and softball.

FALL SEASON

Boys Volleyball
Girls Volleyball
Boys Soccer
Girls Soccer
Cross country (Boys & Girls)

WINTER SEASON

Boys Basketball
Girls Basketball
Swimming (Boys & Girls)
Boys Rugby 7's

SPRING SEASON

Golf (Boys & Girls)
Girls Softball
Tennis (Boys & Girls)
Track & Field (Boys & Girls)



PARTICIPATING ISST SCHOOLS

The American School in London (ASL)
ACS Cobham International School (COB)
The International School of Brussels (ISB)
Frankfurt International School (FIS)
American School of Paris (ASP)
St. John's International School (STJ)
The American School of the Hague (ASH)
Zurich International School (ZIS)
Munich International School (MIS)
International School of the Hague (ISH)
American International School Vienna (AIS)
American Community School Athens (ATH)
British School of Brussels (BSB)

*"We all have dreams.
But in order to make dreams
come into reality, it takes an
awful lot of determination,
dedication, self-discipline and
effort."*

Jesse Owens

PARTICIPATING DODEA SCHOOLS

AFNORTH, Netherlands
American School of the Hague, Netherlands
Ansbach, Germany
Aviano, Italy
Bad Aibling, Germany
Bad Kreuznach, Germany
Bamberg, Germany
Baumholder, Germany
Bitburg, Germany
Black Forest Academy, Germany
Bonn International School, Germany
Brussels American School, Belgium
Frankfurt International School, Germany
Heidelberg, Germany
Hohenfels, Germany
Kaiserslautern, Germany
Lakenheath, England
Mannheim, Germany
Menwith Hill, England
Munich International School, Germany
Naples, Italy
PATCH, Stuttgart, Germany
Ramstein, Germany
SHAPE, Mons, Belgium
St. John's International School, Belgium
Vilseck, Germany
Wiesbaden, Germany



ST. JOHN'S LIONS SPORT CODE

It is an honour to represent STJ, not a right. This honour may or may not be granted to prospective athletes.

Only full-time enrolled students of St. John's International School are eligible to participate on a school team.

Each prospective athlete and his/her parents/guardians must read the St. John's Lions Sport Code. By signing up for a try- out and accepting a place with the team, the athlete has "signed" their agreement to all of the terms in the Sport Code.

Each athlete must have a current medical exam on file with the school nurse for the current school year.

No STJ student-athlete will be allowed to participate on more than one team in a single sports season at the same time.

ACADEMIC ELIGIBILITY

All student-athletes will meet satisfactory academic standards in all subjects. The passing grade is 3+.

Regular school attendance is required of all student-athletes. With proper notification, coaches may excuse lateness or absence from a scheduled practice session or game due to illness or academic concerns. When a Sport event means missing part or all of a class, the student-athlete is responsible for informing his/her teacher and must complete an Assignment Sheet to keep up with the class. Assignment sheets are collected from and returned to the MHS Secretary's office.

STUDENT CONDUCT AND BEHAVIOUR

Athletes are expected to conduct themselves at all times in such a manner as to reflect credit on themselves, their families and the whole STJ community. Behaviour and/or conduct that reflect badly on the school, even if they occur in non-athletic situations, may constitute grounds for suspension or dismissal from the team, depending on the gravity of the offence.

A curfew hour will be established on evenings prior to a game. The curfew implies "to be home".



SMOKING, DRINKING, DRUGS

In accordance with STJ and ISST guidelines, smoking, any other use of tobacco, the drinking of alcohol and the use of drugs are not permitted under any circumstances. If a violation of this occurs during an away sports trip, the coach, after consulting with the AD, will make one of the following decisions: Notify the parents and send the athlete back to STJ at the athlete's expense; remove the athlete from the host school housing and place him/her in a hotel at the athlete's expense; allow the athlete to remain on the trip, but not take part in activities. Upon returning to STJ, future participation in athletic activities will be evaluated.

TEAM TRAVEL

When travelling to scheduled sporting events, all athletes will travel together on school-provided transportation. An athlete may return from an away event by other means only with the parent's/guardian's permission, provided it is granted before the trip or in the presence of the parent/guardian at the event. The arranging of return transportation that differs from that of the team, as well as any associated costs, are the responsibility of the parents, not the school. Any exceptions must be presented to the Director of Sport well in advance of the trip.

ATTENDANCE

Attendance is important at practices and games. Athletes should make every effort to schedule appointments and other commitments outside of schedule practice/game times. If the athlete must miss a scheduled practice or game, the athlete must inform the coach beforehand.

EQUIPMENT

Athletes are expected to return all equipment/team kit issued, at the end of each season. Responsibility for any equipment/team kit issued lies with the athlete and report cards, awards, etc. may be withheld until all items are accounted for.



SPORT CODE VIOLATION

Any violation of the Sport Code will be reported to the coach and the Director of Sport and parents/guardians will be informed of any sanctions taken involving their son/daughter. Consideration will be given to extenuating circumstances involving any violation.

The Director of Sport will make final judgments regarding violations after reviewing all information and speaking with all involved. Student-athletes suspended from school will not be allowed to practise or participate in scheduled games while serving a suspension.



FIRST VIOLATION OF THE SPORT CODE

Suspension from two (2) games or matches, if an away trip is involved, the athlete will not be permitted to accompany the team (ISST Championship included). The student-athlete will continue to report for regular practice sessions.

SECOND VIOLATION OF THE SPORT CODE

Exclusion from the team.

SANCTIONS MAY CARRY OVER INTO THE FOLLOWING SPORTS SEASON



ACADEMIC GUIDELINES FOR PERMISSION TO TRAVEL

STJ student-athletes are sometimes required to miss scheduled class time, from 1-4 hours to 2 or 3 days. STJ recognises the inherent benefits for students who experience sports-related trips but recognises it has an obligation to encourage these student-athletes to maintain appropriate academic standards.

STJ student-athletes are encouraged to structure their unscheduled time in and out of school time as a great opportunity to develop their time-management skills.

It is possible for a STJ student-athlete to lose the privilege to travel with their team.

Academic responsibilities come first. Following regular feedback between subject teachers, the MHS Assistant Principal and Director of Sport; loss of permission to travel may be imposed on a student owing to factors cited. These factors include (but are not limited to) quality of a student's work, lateness, absences, conduct in and out of class.

The STJ student-athlete can return to a normal traveling status once subject teachers, the Director of Sport and MHS Assistant Principal are satisfied improvement has been achieved.

*Unlock
your
potential*



SPORT DEPARTMENT POLICIES



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St. John's International School and the Sport Department will adhere to the following policies in matters of uniforms, facilities, travel and housing:

UNIFORMS

St. John's sports teams will be expected to wear school-sponsored and authorised team kit. Selection, purchase, storage, and replacement of sanctioned team kit are the responsibility of the Director of Sport. Student CAS volunteers will facilitate the distribution and collection of team uniforms, as well as for record-keeping of distributed team uniforms." Students selected to represent St John's for a sports team will be required to purchase the travel tracksuit via the online STJ uniform shop to wear to all matches and events.

FACILITIES

St. John's will provide or rent appropriate sports facilities for the sports and activities of the school. Selection of appropriate rental facilities, and management of the rental relationships, is the responsibility of the Director of Sport. Rental contracts for all facilities must go through the procurement office of the school for final approval. Management, scheduling and requests for upkeep of sports facilities is the responsibility of the Director of Sport. Sponsorship of facilities by companies or other groups (Boosters, etc.) is acceptable, but must be managed and approved by the Director of Sport and Head of School.



BUSSING AND TRAVEL

St. John's will provide and organise appropriate bus, train or plane transportation for school-sponsored sport teams. Selection of the most appropriate, effective and cost-efficient method of transport is the discretion of the Director of Sport. Parents of athletes on certain teams will be required to pay for the travel of teams in designated circumstances. When travelling to scheduled sporting events, all athletes will travel together on school-provided transportation. Contracts for all travel (bussing contracts, train and plane tickets, etc.) must go through the procurement office of the school for final approval.

BOOSTERS AND HOUSING

All parents of student-athletes are automatically members of the Athletic Booster Program, and as such are asked to volunteer at least three times during the school year.

St. John's is part of a network of schools that commit to housing opposition athletes when they travel to regular season games and ISST championships.

A requirement of participating on a St. John's Sports Team is the need to house visiting athletes during host weekends and ISST Tournaments. This is an essential part of the sports experience and a great opportunity for your child to make friends with fellow athletes from other international schools. During the season we will host teams from various schools. We need each family to house at least 2 athletes from the visiting team at least one time during the season. Students are always allocated in pairs as part of child safeguarding.

The sports programme at St John's cannot function without adequate housing and we appreciate the commitment of St John's families to this.

Families are simply asked to provide a bed and meals for two or more visiting athletes, usually for only one night during the season or 2 nights at ISST championships. Meals include dinner after the games and breakfast in the morning and a packed lunch or boosters vouchers.

During the period of the tournament, host parents will act in 'loco parentis' to their athlete guests, and as such, treat the athlete guests as they would their own children, and have the same expectations with regards to behaviour.

Athletes must fully respect the host parents and obey all instruction. This applies in all situations irrespective of location, during the period of the tournament.



SPORT AWARDS CEREMONIES

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Middle and High School Awards Ceremonies are formal events that celebrate the culmination of each season and take place in November, March and June. At each Awards Ceremony, "Most Valuable" and "Most Improved" player awards are announced and an opportunity is given for coaches and captains to deliver a speech that reflects on the season passed.

The St John's annual sports awards outlined below are announced at the June Awards Ceremony along with the All-Academic team awards.

THE SISTER MARY JOHN SHANNON AWARD

The athlete must be a senior who has participated in at least two sports in his/her senior year; the award goes to the top athlete in the senior class; the award is sponsored by the school administration and was first awarded in 1980. This award includes a €500 scholarship, provided by the Booster Program, which will be allocated towards the cost of the recipient's secondary education.

THE TOM YETTER SPORTSMANSHIP AWARD

The award will be open to any student, boy or girl, in grades 9-12 who best demonstrates on and off court sportsmanship towards other players, coaches, and officials; the recipient must be of excellent character and a first-class athlete; the award is sponsored by the Booster Program and was first awarded in 1986.

THE TOM O'DONNELL AWARD OF ACHIEVEMENT

The award is presented to a St. John's student, grades 9 – 12, who best demonstrates outstanding effort to improve performance; criteria to be considered include: persistence, perseverance, effort to achieve, determination, achievement in spite of physical disability; tenacity, and enthusiasm; the award is sponsored by the O'Donnell Family in memory of their son, Thomas, a classmate of the Class of 1998 who died in October 1997 and was first presented in 1998.



*Challenge
your
expectations*

STJ ALL-ACADEMIC TEAM

Criteria for membership to the All-Academic team is as follows: the student is either a junior or senior (11th or 12th grade), participated in two sports during the school year, and achieved high honours during one semester.

RECORDS

All eligible St. John's school records must be attained while participating on a St. John's team in a St. John's sponsored or ISST Schools sanction event.



SPORT DEPARTMENT GUIDELINES FOR COACHES

At the conclusion of a season the Head Coach will:

- a. submit an "End-of-Season" Report to the Director of Sport (including award nominations);
- b. complete athlete observation and evaluations for succession planning.
- c. book at time with the Director of Sport to conduct a season review.

For "Home" Games the Head Coach will:

- a. ensure that he/she and all team members are present at least 45 minutes prior to the start of a scheduled contest;
- b. ensure that a full team medical kit is available for team use;
- c. ensure that all necessary team equipment is available to the team.

For "Away" Games the Head Coach will:

- a. ensure that all team members are dressed appropriately for travel and appearance at the host school;
- b. ensure that all team members have completed a travel "Assignment Sheet";

- c. ensure that all necessary team equipment and medical kit are ready to travel with the team;
- d. ensure that all team members' medical information is available to him/her during the trip;
- e. ensure that a school mobile phone number is made known to all team members and their families.

For ISST participation the Head Coach will:

- a. ensure that all participating ISST team members have been informed of their selection;
- b. ensure that all participating ISST team members have met stated team requirements during the season
- c. be familiar with their respective sport's "ISST Rules and Regulations"
- d. inform the Director of Sport IMMEDIATELY when a change in the make-up of a published ISST team is contemplated.

***Coaches are prohibited from using alcohol or tobacco products while student-athletes are in their care.**



ISST STATEMENT OF SPORTSMANSHIP

The purpose of the International Schools Sports Tournament is to provide a venue for athletes from the member schools to compete in an environment that is safe, challenging, professional and educational. Each athlete is given the opportunity to demonstrate her/his best athletic ability while maintaining a spirit of respect and co-operation with fellow athletes from various international backgrounds.

Each event involves students and adults in their different roles as athletes, coaches, sports officials and spectators. All those involved in the event are expected to uphold the same spirit of respect and co-operation. This spirit is demonstrated by fair play among athletes, positive encouragement from coaches, impartial judgments from officials and respectful enthusiasm from spectators. The behaviour of

the adults is crucial to the successful educational aspect of the tournament.

The adults act as models for our athletes. Therefore profanity, deliberately making noises that distract and interfere with the performance of a competing athlete, the condemnation of coaches or officials, or any behaviour that is disrespectful or degrading to the ISST standard of sportsmanship, jeopardises the purposes of the ISST organization and, most of all, jeopardises the quality of the experience for the athletes.

As the event ensues, we ask that all of our parents, coaches, officials and athletes keep this vision of our purpose in mind.

“Never say never because limits, just like fears, are often just illusions”

Michael Jordan







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