



WEST NAIROBI SCHOOL
DEPARTMENT OF ATHLETICS
PO BOX 1333-00502 KAREN, KENYA

TO: WNS Middle & High School Students
Parents/Guardians

FROM: WNS Athletic Department

SUBJECT: Extra/Co-Curricular Eligibility

Participation in West Nairobi School's extra/co-curricular programs is voluntary. To be eligible, a student must complete each of the items listed below. All necessary forms must be completed and returned to the athletic director before a student will be allowed to participate in any extra/co-curricular activities, practices, or events.

1. PARENTAL CONSENT FOR PARTICIPATION IN INTERSCHOOL EXTRA/COCURRICULAR PROGRAM **Signatures of both the parent/guardian and athlete are required.**

PARENTAL AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT **Signature of the parent/guardian is required.**
2. EXTRA/CO-CURRICULAR PARTICIPATION AGREEMENT
Read the agreement carefully so you know what is expected. **Signatures of both the parent/guardian and athlete are required.**
3. CODE OF CONDUCT AGREEMENT FOR EXTRA/CO-CURRICULAR STUDENTS
Signature of the athlete is required.
4. ATHLETIC LETTERING POLICY **Signature of the athlete is required.**
5. STUDENT -ATHLETE CONTRACT **Signatures of both the athlete and coach are required.**
6. COACH'S PLEDGE TO PARENTS AND PLAYERS
7. PARENTS' PLEDGE TO COACHES AND ATHLETES **Signature of the parent/guardian is required.**
8. The Definition of a Team Player **For athletes to keep**
9. How to tell a Winner from a Loser **For athletes to keep**

WEST NAIROBI SCHOOL

PARENTAL CONSENT AND ASSUMPTION OF RISK FOR PARTICIPATION IN INTERSCHOOL EXTRA/CO-CURRICULAR PROGRAM AND RELATED TRANSPORTATION

I do hereby give my consent for my son/daughter/ward to participate in the interschool extra/co-curricular program and to travel to and from events. I am aware that in some cases, the transportation may be provided by another student's family. Parent(s) will need to contact the coach via phone or written notice prior to the student boarding the vehicle of another student's family.

I understand that the school is relieved of all responsibility in case the student is injured while travelling to or participating in any extra/co-curricular program or event.

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury (sprains/strains, fractures, unconsciousness, head, neck and/or back injuries, paralysis, loss of eyesight, communicable diseases, etc.) or death to students who participate in such activities.

I further understand and acknowledge that participation in these activities is completely voluntary and not required by West Nairobi School for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that West Nairobi School, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating in this activity.

I acknowledge that I have carefully read this PARENTAL CONSENT FOR PARTICIPATION IN INTERSCHOOL EXTRA/CO-CURRICULAR PROGRAM FORM and that I understand and agree to its terms.

Signature of Parent/Guardian _____ Date _____

Signature of Student _____ Date _____

MEDICAL AUTHORIZATION

Student's Name

Parent/Guardian (Please Print)

Should it be necessary for my child/ward to have medical treatment while participating in this trip/activity, I hereby give WNS personnel permission to use their judgment in obtaining medical services for my child/ward, and I give permission to the physician selected by WNS personnel to render medical treatment deemed necessary and appropriate by the physician. I understand that WNS has no insurance covering such medical and hospital costs incurred by my child/ward and therefore any costs for such treatments shall be my responsibility.

Physical Address

Home Telephone

Mobile Telephone

Other Telephone

Parent/Guardian Signature of Approval

Date

PLEASE TICK IF SPECIAL INSTRUCTIONS REGARDING MEDICAL TREATMENT FOR YOUR CHILD/WARD ARE ON FILE IN THE SCHOOL.



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EXTRA/CO-CURRICULAR PARTICIPATION AGREEMENT

I, _____, a student at West Nairobi School, agree to uphold and abide by the rules and regulations of my school. I realize that participation in the extra/co-curricular program at West Nairobi School is voluntary and available to all students. In choosing to participate in the program, I agree to abide by all aspects of this participation agreement:

A. Rules of the School

1. It is my responsibility as a student/athlete to know and abide by the rules of my school.

B. School Grades: "C" Grade Average

1. As a participant in the extra/co-curricular program, I must earn a 2.0 grade point average at each grading period (5-week, quarter and semester) to remain athletically eligible.
2. I must not receive any Ds or Fs when grades are reported.

C. Attendance

1. I'm expected to attend all of my regularly scheduled classes.
2. Truancies: A truancy is defined as missing one or more periods in a given day without a legitimate excuse.
 - a. Truancies and poor attendance will jeopardize my eligibility and will affect my participation in this program.
 - b. Excessive absences/truancies will warrant suspension from the program in which I am participating.

D. Termination From the Team

1. If I quit or am dropped from the extra/co-curricular program, the advisor will notify my counselor, and I will be withdrawn from the program without credit.

E. Substance Abuse: Alcohol, Drugs, or Tobacco

1. I will not have in my possession nor will I drink alcohol, smoke, or chew tobacco, or use any illegal or controlled substance without a prescription. If I am in violation of any of the above, it will result in a conference with the athletic director, a telephone call to my parents and/or guardian, and my suspension from the program for a 5-week eligibility period that would cross seasons or school years, and probable suspension from school.
2. I am aware that a second violation of Item E.1 will result in probable suspension from school, a conference with the athletic director and parent/guardian, and my suspension from my school's program for one (1) year from the date of the violation.

3. I am aware that a third violation of Item E.1 will result in probable suspension from school, and conference with the athletic director, a telephone call to my parents/guardian, and my permanent suspension from any of my school's program.
4. I am aware that a second or third violation of Item E.1 could result in further disciplinary action such as expulsion from West Nairobi School.

F. Hazing, Sexual Harassment, and Verbal Abuse

1. I will not participate nor be a part of any type of verbal and/or non-verbal hazing, intimidation, or taunting directed at another student or teammate.
2. I am aware of the West Nairobi School policy strictly prohibiting sexual harassment towards any student as defined by this policy.
3. If I am in violation of any of the above, I will be suspended from the program and probable suspension from school.

Signatures:

Student

Parent/Guardian

Physical Address

Home Telephone

Mobile Telephone

Date



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CODE OF CONDUCT FOR EXTRA/CO-CURRICULAR STUDENTS

Participation in extra/co-curricular programs requires high standards of ethics and sportsmanship. It promotes the development of good character and other important life skills. The highest potential of these programs is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all participants involved in any program at West Nairobi School. I understand that, in order to participate in these extra/co-curricular program, I will act in accord with the following:

TRUSTWORTHINESS

1. **Trustworthiness** – I will be worthy of trust in all I do.
 - a. **Integrity** – I will live up to high [Biblical] ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
 - b. **Honesty** – I will live and compete honorably; will not lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.
 - c. **Reliability** – I will fulfill commitments; do what I say I will do; be on time to practices and games.
 - d. **Loyalty** – I will be loyal to my school and team; put the team, [the school], and [God] above personal glory.

RESPECT

2. **Respect** – I will treat all people with respect all the time and require the same of other student-athletes.
3. **Dignity** – I will live and play with dignity; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. **Disrespectful Conduct** – I will not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. **Respect Officials** – I will treat contest officials with respect; will not complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** – I will be a student first and commit to getting the best education I can. I will be honest with myself about the likelihood of getting a scholarship and remember that many universities will not recruit students that do not have a serious commitment to their education, the ability to succeed academically or the ability to succeed academically or the character to represent their institution honorably.
7. **Role Modeling** – I will remember that participation in extra/co-curricular programs is a privilege, not a right and that I am expected to represent my school, advisor, and teammates with honor, on and off the playing field. I will consistently exhibit good character and conduct myself as a positive role model. **Suspension or**

termination of participation privilege is within the sole discretion of the school administration.

8. **Self-Control** – I will exercise self-control; I will not fight or show excessive displays of anger or frustration. I will demonstrate the strength to overcome the temptation to retaliate on and off the playing field.
9. **Healthy Lifestyle** – I will safeguard my health; I will not use any illegal or unhealthy substances including alcohol, tobacco, and drugs. I will not use anabolic or androgenic steroids. I will refrain from using other substances designed to enhance physical development or performance which are not approved for teenagers.

FAIRNESS

10. **Be Fair** – I will live up to high standards of fair play; I will be open-minded; I will always be willing to listen and learn.

CARING

11. **Concern for Others** – I will demonstrate concern for others; I will never intentionally injure any other person or engage in reckless behavior that might cause injury to myself or others on and off the playing field.
12. **Teammates** – I will help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to any advisor

CITIZENSHIP

13. **Play by the Rules** – I will maintain a thorough knowledge of and abide by all applicable rules.
14. **Spirit of Rules** – I will honor the spirit and the letter of rules; I will avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct. I understand that I am expected to perform according to this code, and I understand that there may be sanctions or penalties (such as removal from team) if I do not.

Student's Signature

Date



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ATHLETIC LETTERING POLICY

There are set standards for lettering in any sport at West Nairobi School. Some standards will vary from sport to sport, and the coach can make any changes or special exceptions need be.

No student-athlete can receive his/her letter if any of the following occurs:

- 1.) Student-athlete quits his/her team before last day of season.
- 2.) Student-athlete is dropped from his/her team for intra-team disciplinary reasons.
- 3.) Student-athlete becomes academically ineligible during any part of the season.
- 4.) Student-athlete fails to return team equipment/kit upon completing the season.

In order for a student-athlete to receive a letter for team sports, he/she will be required to:

- 1.) Attend all practices and games. A coach must receive a written note or a phone call in advance if he/she cannot attend for any reason.
- 2.) Sit with his/her team during each game regardless of his/her playing status, and he/she must be ready to play at all times.
- 3.) On away games, he/she must travel with the team on school-assigned vehicle; he/she must wear a seatbelt while in the vehicle. If for any reason, he/she cannot travel with the team, a written note from a parent/guardian must be turned into the coach 24 hours in advance. This does not apply to return trips after games; parents/guardians are allowed to take their child(ren) home after games.

In order for a student-athlete to receive a letter for individual/dual sports, he/she will be required to:

- 1.) Attend all practices. A coach must receive a written note or a phone call in advance if he/she cannot attend for any reason.
- 2.) Sit with his/her team during the match regardless of his/her playing status.
- 3.) On away games, he/she must travel with the team on school-assigned vehicle; he/she must wear a seatbelt while in the vehicle. If for any reason, he/she cannot travel with the team, a written note from a parent/guardian must be turned into the coach 24 hours in advance. This does not apply to return trips after games; parents/guardians are allowed to take their child(ren) home after games.
- 4.) Participate in minimum of 2 meets/contests.

I have read and agree with WNS athletic department lettering policy. I understand that if these rules are not followed, I will not be eligible to letter in my sport.

Player's Name (print): _____

Player's Signature: _____



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WEST NAIROBI STUDENT-ATHLETE CONTRACT

I acknowledge that I have accepted the invitation to be part of the West Nairobi School's Athletic Program. By accepting this invitation, I agree to abide by all rules and policies that my coach and the athletic department puts in effect. I acknowledge that if I choose not to follow all rules of the program, my membership in this program can be revoked.

As a member of West Nairobi School's Athletic Program, I agree to the following:

1. I will do my very best at all times, practice and games, to make myself and my teammates the best that we can possibly be. Nothing less than my best is acceptable.
2. I will always put the goals of my team ahead of my personal or statistical goals.
3. I will encourage and support my teammates and underclassmen. I will refrain from being verbally critical or demeaning.
4. I will accept my role on my team and do my best to fulfill the expectations of my role to its fullest. If I am unhappy about my role on this team, then I will work harder to improve.
5. I will be honest at all times with my coaches and teammates.
6. I will communicate my problems or concerns with my coach. I will do this in a mature and appropriate manner at an appropriate time. (Never during any practice or team meeting. Never immediately before or after a game.)
7. I will not engage or do anything that is detrimental to myself, to my teammates, to my program, to WNS athletic department, or to my school.
8. I will not "hang around" the campus after practice. I will be off campus within 15 minutes after end of practice whether I take school-provided or private transportation. I understand that it's not fair for my coaches and other school staff to wait around until I'm picked up.
9. I will carry myself on and off the playing field in a way that glorifies the one and only true, living God.

I agree to these as well as any other rules that my coaches and/or athletic director put in place. I fully understand that there will be consequences, such as suspension and/or removal from the team, if I choose not to abide by this contract.

Player's Name (Print): _____

Player's Signature: _____

Coach's Signature: _____



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Coaches' Pledge to Athletes and

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context this Code of Ethics is presented.

1. I will show respect for players, officials and other coaches.
2. I will respect the integrity and judgment of game officials.
3. I will establish and model fair play, sportsmanship and proper conduct.
4. I will establish player safety and welfare as the highest priority.
5. I will provide proper supervision of students at all times.
6. I will use discretion when providing constructive criticism and when reprimanding players.
7. I will maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
8. I will properly instruct players in the safe use of equipment.
9. I will not exert undue influence on a pupil's decision to enroll in an athletic program at any post-secondary educational institution.
10. I will not exert undue influence on pupils to take lighter academic course(s) in order to be eligible to participate in athletics.
11. I will not suggest, provide or encourage any athlete to use non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance.
12. I will not recruit athletes from other schools.
13. I will follow the rules of behavior and the procedures for crowd control as established by the local board and the league in which the school participates.
14. I will not use profanity, vulgarity and other offensive language and gestures.
15. I will field the most competitive team to best represent my athletic program. In the course of competition, the distribution of playing time will not be equally divided.
16. I will be available to discuss any concerns with parents and/or athletes, but never immediately before, during, or after a contest.

I acknowledge that I have carefully read the WEST NAIROBI SCHOOL COACH'S PLEDGE and that I understand and agree to its terms.

Signature of Coach: _____ Date: _____



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PARENT'S PLEDGE TO ATHLETES AND

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context this Code of Ethics is presented.

1. I will encourage good sportsmanship by being a positive role model.
2. I will try my best to make athletics a positive experience for everyone involved, i.e. participants, coaches, officials, and spectators.
3. I will insist my son/daughter treat other players, coaches, officials, and fans with respect.
4. I will reinforce the school's drug and alcohol policies. I will come to the game prepared to behave responsibly.
5. I will do my best to understand and appreciate the rules of the contest.
6. I will show appreciation for an outstanding play by either team.
7. I will be a "team" fan, not a "my child" fan.
8. I will help my child learn that success is measured by the development of skills, not winning or losing.
9. I understand that my child's coach will field the most competitive team to best represent the athletic program; I acknowledge that in the course of competition, the distribution of playing time will not be equally divided.
10. If I have a concern, I will first talk to the coach at the appropriate time and place, i.e., never immediately before, during, or after a contest.
11. I will do my best to remember my attendance at a school athletic event provides me with the privilege of observing the contest, not berating officials, coaches, or players.
12. If my child does not take the school-provided activity bus, I will make sure he/she is picked up within 15 minutes after end of practice. I understand completely that it's not fair for coaches and other school staff (administrators, teachers, custodians) to wait around until my child's ride arrives.

I acknowledge that I have carefully read the WEST NAIROBI SCHOOL PARENT'S PLEDGE and that I understand and agree to its terms.

Signature of Parent/Guardian: _____ Date: _____

The definition of a...

TEAM PLAYER.

By Coach Pete Loporchio

- A **TEAM PLAYER** understands the desires of the **TEAM** are more important than the desires of the individual.
- A **TEAM PLAYER** knows his/her role and may not like it, but understands it is for the good of the **TEAM**.
- A **TEAM PLAYER** does not allow personal commitments (appointments, work, etc.) to interfere with **TEAM** time.
- A **TEAM PLAYER** is not concerned with individual statistics/glory but concerns himself/herself with the success of the **TEAM**.
- A **TEAM PLAYER** can take correction/criticism objectively, knowing the better he/she is, the better the **TEAM** will be.
- A **TEAM PLAYER** is positive, always encouraging his/her teammates to perform better, which will help the **TEAM**.
- A **TEAM PLAYER** goes 100% every practice, every play, every game. (S)he knows this will make a better **TEAM**.
- A **TEAM PLAYER** constantly analyzes his/her performance for the sake of the **TEAM**.
- A **TEAM PLAYER** is happy for a teammate's success, as this attitude is good for the **TEAM**.

Are you a Team Player?

HOW TO TELL A WINNER FROM A LOSER

-anonymous-

When a winner makes a mistake, he/she says, "I was wrong;"
When a loser makes a mistake, he/she says, "It wasn't my fault."

A winner makes commitments;
A loser makes promises.

A winner listens;
A loser just waits until it's his/her turn to talk.

A winner shows (s)he is sorry by changing;
A loser says, "I'm sorry," but does the same thing next time.

A winner says, "I'm good, but not as good as I ought to be;"
A loser says, "I'm not as bad as a lot of other people."

A winner says, "There could be a better way to do it;"
A loser says, "That's the way I've always done it."

A winner works harder than a loser, and has more time;
A loser is always "too busy" to do what is necessary.

A winner goes through a problem;
A loser goes around it, but never gets past it.

A winner feels responsible for more than his/her job;
A loser does only what is necessary to stay in the game.

A winner knows what to fight for, and what to compromise on;
A loser compromises on what (s)he shouldn't and fights for what isn't worthwhile fighting about.

A winner knows how and when to say "yes" and "no;"
A loser says "yes, but..." and "no, but..." at the wrong times for the wrong reasons.

A winner knows how to pace himself/herself;
A loser has only two speeds: hysterical and lethargic.

Are you a Winner?