

UNITED NATIONS INTERNATIONAL SCHOOL

Athletics

HANDBOOK

FOR STUDENT-ATHLETES AND PARENTS



Fifth Edition 2024

The purpose of this athletic handbook is to explain and clarify the UNIS athletic department's program, policies, and philosophy, and to communicate as much information as we can assemble in one document about UNIS's athletic program. We hope that in reading this handbook our parents and our student-athletes will come to a clear understanding of what we do and why we do it.

This handbook aims to supplement but not replace our other forms of communication to members of the UNIS athletic community. In particular, we will continue to send UNIS students and parents information about specific teams or upcoming seasons.

The fifth edition of the Athletics Handbook. Your suggestions for improving it are welcome and will be reflected in future editions.

Please consult with Daniel O'Connor, Director of Athletics and Physical Education, about any questions or concerns you have about our athletic program. Thanks for your attention.



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Interscholastic Athletic Teams

Fall	V	JV	MS	V = Varsity
Boys' Cross Country	✓		✓	JV = Junior Varsity
Girls' Cross Country	✓		✓	MS = Middle School
Boys' Soccer	✓	✓	✓	
Girls' Soccer	✓	✓	✓	
Girls' Tennis	✓			
Girls' Volleyball	✓	✓	✓	

Winter	V	JV	MS
Boys' Basketball	✓	✓	✓
Girls' Basketball	✓	✓	✓
Boys' Indoor Track & Field	✓		✓
Girls' Indoor Track & Field	✓		✓
Boys Table Tennis	✓		✓
Girls Table Tennis	✓		✓
Boys Squash	✓		✓
Girls Squash	✓		✓

Spring	V	JV	MS
Boys' Baseball	✓		✓
Boys' Golf	✓		✓
Girls Golf	✓		✓

Girls' Softball	✓		✓
Boys' Tennis	✓		✓
Girls' Tennis			✓
Boys' Track and Field	✓		✓
Girls' Track and Field	✓		✓
Boys' Volleyball	✓	✓	✓

Vision Statement

The United Nations International School Department of Athletics and Physical Education strives to be an elite academic institution in providing support to all areas of the student-athlete experience.

Core Values

Character

Integrity

Family

Growth

Excellence

UNIS Student Athletes are *'Humble in Victory and Gracious in Defeat'*.

Mission Statement

With an emphasis on academic, athletic, personal, professional, and social development and excellence, the Athletics and Physical Education Department will provide the support, environment, and infrastructure to promote the mission of the United Nations International School.

UNIS's Interscholastic Athletics Philosophy

Participation in interscholastic athletics promotes the development of physical, mental, and social skills, a positive self-image, an understanding of teamwork and cooperation, and a sharing of personal experiences. Everyone involved in the UNIS athletic program, both coaches and athletes, possesses a unique opportunity to teach other participants positive life skills and values. The Athletic program is designed to empower student athletes, while instilling self confidence and creating leaders.

UNIS makes every effort to hire the most qualified coaches we can find to ensure that our students' athletic experience is the best it can be. Like our academic colleagues, we take our coaching roles seriously. Our coaches seek to instill in individual athletes the dedication, discipline, and desire and the spirit of commitment and personal sacrifice that a successful team depends upon. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character in our students and so supports the mission of the School. As in other aspects of School life, our goal is to graduate people who have become better people because they have been through our athletic program. It is incredibly important for our athletic program and all those involved to embody the progressive ideals of our school. We want everyone involved in the athletic program to ensure that our overall athletic philosophy is one that mirrors the positive experience our students have on a daily basis.

It is the nature of athletic competition to pursue victory. However, a won-loss record does not always reflect the success that a team has achieved in a given season. To a good coach, guiding a team to attain its maximum potential and to develop the maximum potential of its individual members is the ultimate goal, as well as ensuring that the overall experience of the participants is a positive one. We all want to win, but it is more important that we are winning by doing things the right way and in a way that is aligned with our overall school and athletic philosophy.

Finally, because it involves so many students and because it provides forums to bring students, parents, and faculty together, a successful interscholastic athletic program is vital to the spirit of any school and to the sense of pride that members of the community feel in the school as well as ensuring that the overall experience of the participants is a positive one.

UNIS Middle School Program Philosophy

Currently, we offer a MIDDLE SCHOOL INTERSCHOLASTIC PROGRAM to 7th and 8th grade students. Which middle school athletic teams we offer and how many we offer are determined by student interest and by the junior varsity and varsity teams we are able to offer.

Although the middle school program is a competitive program, it is designed chiefly to meet the developmental needs of its participants. At this level, the focus is on learning athletic skills, game rules, the fundamentals of team play, and sportsmanship. In that vein, athletes in our middle school program are prohibited from practicing or playing on junior varsity or varsity teams.

Middle school team coaches are expected to make every effort to provide each team member with an opportunity to play in every game or, if numbers make that goal impossible, to develop a rotation that will ensure meaningful playing time for each team member in as many games as possible. Unfortunately, because of the large number of students who want to play on certain teams and the safety and space issues those large numbers can raise, we sometimes have to limit the number of players on a middle school team roster.

The middle school program takes place within the regular school calendar. Once selected, athletes on teams are involved in practices and games 3 times per week after school. Those days are determined by the Athletic Department each year. Games take place after school.

Junior Varsity Program Philosophy

The Junior Varsity Program is intended for Tut House students who display the potential to develop into varsity level performers. Although team membership varies, T1 and T2 students occupy the majority of junior varsity roster positions. In certain situations, T3 students who might be expected to contribute to the varsity level as T4 students will be considered for junior varsity teams. The final decision about junior varsity participation is made by the coach, in consultation with the Director of Athletics and Physical Education.

At the junior varsity level, athletes are expected to have committed themselves to the team and to continued self-improvement. To this end, increased emphasis is placed on physical conditioning, fundamental skills, strategy, and teamwork. At the junior varsity level, although coaches make an effort to provide meaningful playing time for all team members, the outcome of the game becomes a more important consideration than at the middle school level, and the amount of playing time a junior varsity player has in a given game and throughout the season has more to do with the coach's assessment of how that player will perform in a given game against a given opponent than in the middle school program. This is an important year for an athlete, as it is a time to develop the necessary skill set and work on the fundamentals needed to become a varsity player in the future.

Faithful attendance and effort at practice also become more important at the junior varsity level. The JV season is a time for a student athlete to develop and gain confidence through playing time that would not have occurred at the varsity level. Participants at this level are preparing themselves for the increased commitments that will be expected of them at the varsity level. Games and practices rarely take place on Sundays and holidays, but they sometimes occur on Saturdays and during school vacations. Except in rare cases, such as the Fall and Spring breaks, families of junior varsity athletes can expect to be off for the entire vacation time.

Varsity Program Philosophy

In EVERY SPORT, varsity competition is the culmination of the program. Normally, T4 students, and T3 students, make up the majority of a varsity roster. Some T2 students, and a very few T1 students, are sometimes included on UNIS varsity teams.

Team size at the varsity level is limited. The number of participants on a team is based on the number needed to conduct an effective practice and the number needed to compete in interscholastic games. A student who chooses to participate on a varsity team needs to understand their role on that team, and early in the season, a coach is expected to communicate clearly and candidly with each varsity player about that role. While we understand that playing time is important to every team member and coaches try to give every varsity athlete a meaningful amount of playing time over the span of a season, playing time at the varsity level is never guaranteed.

A positive attitude and a high level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport may require an increased commitment from the junior varsity level. We expect all varsity athletes to be available for practice and games during school breaks when postseason competitions are scheduled.

NEW YORK STATE ASSOCIATION OF INDEPENDENT SCHOOLS

Principles of Best Practice Athletics

Approved by the NYSAIS Board: May 25, 2011

Athletics can play an important role in the lives of children. The school's athletic program should be an essential part of the education of students, fostering the development of character, life skills, sportsmanship, and teamwork.

The School's Athletic Program

- 1) The school's athletic program embodies the mission, philosophy, and objectives of the school.
- 2) The school ensures that coaches/athletic staff have appropriate training and knowledge of the school's mission, philosophy, and objectives.
- 3) The school promotes equity in all aspects of its athletic program, including equal access (for males and females) to athletics, and fair and just treatment within the overall program.
- 4) The school's athletic program is an integral part of the school's curriculum.
- 5) The school is committed to the safety and physical and emotional health of the participants in the athletic program. The school demonstrates this commitment by ensuring that appropriate safety precautions are in place for all athletic activities. Further, the school has appropriate response safeguards in place in the event that a student is injured.
- 6) The school's athletic program values the dignity and worth of the individual in the context of common purpose and collective achievement.
- 7) The school educates parents about the philosophy, policies, risks, and appropriate expectations of the athletic program.

- 8) The school stands firmly in opposition to performance-enhancing drugs.
- 9) The school and its athletic program and teams do not tolerate any form of hazing.
- 10) The school ensures that students, parents, alumni, and others understand the expectations of sportsmanship, civility, and self-control at athletic practices and contests, much as those same characteristics are required within the more traditional academic environment.
- 11) The school works directly and candidly with other schools to prevent abuses in the following areas: recruitment, eligibility, transfer of student athletes, financial aid, and admission.
- 12) Schools must follow the NYSAIS Admissions Guidelines for the recruitment of students.

The Coaches and Athletic Staff

- 1) Coaching is teaching: Coaches/athletic staff are, foremost, teachers. In this spirit, coaches/athletic staff have a strong collegial relationship with other educators and contribute to the school's understanding of the whole child.
- 2) Coaches/athletic staff have an understanding of the developmental needs of the children with whom they work.
- 3) Coaches/athletic staff design and implement activities that improve the knowledge and skills of all participants.
- 4) Coaches/athletic staff should establish clear lines of communication among school officials, coaches/athletic staff, student-athletes, and parents.
- 5) Coaches/athletic staff are aware of the physical abilities of their athletes and do their best to keep the athletes safe while encouraging students to reach new levels of achievement.
- 6) Coaches/athletic staff maintain the appropriate skills to teach their sport(s) and provide appropriate first aid to an injured athlete. Coaches/athletic staff should identify physical conditions that predispose student-athletes to injuries.

7) Coaches/athletic staff mentoring athletic teams and events are role models for the behavior expected of all spectators and participants at any athletic event.

8) A well-developed coaching philosophy provides expectations for behaviors that reflect the priorities and values of the coach. An appropriate coaching perspective focuses on maximizing the positive benefits of sports participation from each student-athlete.

NYSAIS Recruitment Ethos

NYSAIS supports the recruitment of talented students whose abilities in the classroom and in athletics enrich their schools. Conversely, NYSAIS opposes recruitment solely on the basis of athletic talent. While recruitment is usually conducted at the coach/teacher/parent/alum level, the importance of a stated philosophy, recognized, verbalized, and supported by the Head of School, is necessary for ensuring athletics has its rightful place in our member schools.

NYSAIS Recruitment Guidelines

NYSAIS recognizes that athletics play an important role in our schools and that recruitment of qualified students with athletic ability is part of our practice. We also acknowledge the potential for abuse. To encourage practices that sustain athletics as a complement to each school's academic program and to assure equity for all schools, we expect the following from our member schools:

1) The athletic program should be considered as part of the school's total program. Candidates with special interests or talents must always be informed of the academic nature of the school and of the school's expectations for involvement and participation in all areas of school life.

2) Upper School Coaches/athletic staff may only attend a contest (not practice) at a school that ends at the Middle School level. They may only speak in general terms with students whose special talents or interests may bring him or her to public attention. All further communication should be handled under the direction of the admissions office.

3) If a candidate initiates an inquiry to a school by contacting directly an extracurricular leader or coach, the coach is free to answer whatever questions the candidate may have about the school generally or of their program in particular. Extracurricular leaders or coaches/athletic staff must tell the candidate to contact the admissions office independently to arrange for the mailing of admissions materials and to schedule a school visit as appropriate. The school application fee should only be waived on the basis of financial need.

4) Specific Questions about financial aid should be directed to an admissions officer or the director of financial aid, and nowhere else. All inquiries as to the outcome of a student's application must be referred to the admissions office. The financial aid package should be part of the normal financial aid program of the school.

5) Candidates may visit team practices, athletic contests, etc. but they may not participate in any formal or informal practice session during any school visit to the school.

6) No school through any of its officers or by any other means should directly or indirectly offer an inducement to a pupil of any school to sever connections with that school and transfer to another.

The NYSAIS Principles of Best Practice for member schools define high standards and ethical behavior in key areas of school operations to guide schools in becoming the best education communities they can be. Accordingly, membership in NYSAIS is contingent upon an agreement to abide by "the spirit" of the PBPs. Principles are precepts grounded in an ethic and ethos of "doing the right thing." Practices are common activities.

[NYSAIS Athletic Association Upper School Handbook 2024-2025](#)

[NYSAIS Athletic Association Middle School Handbook 2024-2025](#)

[NYSAIS Athletic Association-High School Sports Standards for Boys and Girls 2024-2025](#)

[NYSAISAA MODIFIED \(Grades 7 & 8\) SPORTS STANDARDS BOYS & GIRLS 2024-2025](#)

[NYSAIS Gender Inclusion Guidelines](#)

Requirements for Participation on Interscholastic Teams

Obtain Medical Clearance

All UNIS athletes must be medically cleared before beginning practice for each season in which they participate on a team. A yearly physical examination is required and athletes must have a current annual physical uploaded onto Magnus. The physical covers all sports within 12 months of the date of the exam. Fall athletes are required to have a valid medical form on file prior to participation in athletics as to not jeopardize participation in the August preseason selection process.

Registration

All students playing sports at UNIS must register online. The online registration process must be completed by a parent/guardian. Part of the registration process will require that the parent/guardian read and agree to several guidelines and consent and behavior policies. In addition to the medical record on file in the nurse's office, we require that you list any medications that your child is currently taking as well as recent athletic health history. This information will ensure that your child's health record is up to date and that we can provide the best possible care for your child while participating in interscholastic activity. Our certified athletic trainer will discuss pertinent information with your child's coach. Emergency contact information will travel with your child's coach to all practices and contests. It is essential that we not only have your emergency contact information and your consent to treat but also any special medical conditions that we should be aware of.

Attend the Organizational Meeting

A few weeks before the start of each season, the Director of Athletics and Physical Education holds a meeting. At this time, the Athletics Department will provide important information about the upcoming season.

Hazing

UNIS student athletes shall not participate in any form of hazing or team rituals. Activities that produce mental or physical discomfort, embarrassment, harassment, or ridicule have absolutely no place in the UNIS athletic program. Any student who encounters hazing should inform their parents, coach, teacher, advisor, principal, and athletic director. In addition, any use of language or reference to race, religion, sexual identification, or gender identification will not be tolerated.

Assumption of Risk

While the coaching staff and other responsible school officials will do everything within reason to protect your child against injury, participation in athletics includes a risk of serious injury, permanent paralysis, or death. Parents and student athletes should carefully discuss and consider these risks before participation.

Attend Tryouts

In accordance with our philosophy and our desire that as many students as possible participate in the UNIS athletic program, coaches are encouraged to keep as many students as they can on a team. However, practice and game time, space, facilities, and other factors can limit the size of the team. In determining how many players to keep on a team, coaches always strive to maximize opportunities up to the point where numbers will dilute the quality of the experience for all team members.

Selection Policy

Choosing the members of athletic teams is the sole responsibility of the coaches of those teams. Non-varsity coaches take into consideration the philosophy of their level of play as described earlier. They also normally consult with the varsity coach and with the Director of Athletics and Physical Education to help determine the final team rosters.

During the tryout period, coaches are responsible for providing the following information to all athletes:

- The length of the tryout period
- The criteria used to select the team
- The number to be selected
- The practice commitment if the student makes the team
- The game commitment if the student makes the team

The selection process will include three important elements. Each candidate shall:

- Have participated in two tryout sessions
- Have performed in at least one intrasquad competition, if possible
- Be personally informed of not being selected by the coach and the reason for the action

Selection lists are not to be posted. Coaches will discuss alternative possibilities for participation in the sport, or other areas of the program.

Attending Practices

Student athletes are expected to attend all scheduled practice sessions and games unless excused by the coach. The importance of attendance is discussed in the philosophy section of this handbook. Note that fall practices for varsity and junior varsity teams begin in the third week of August, while practices start the last week of August for middle school teams.

Normal Practice Times

Practice Times for Varsity, Junior Varsity and Middle School teams are Monday to Friday 3.00 - 7.00 pm.

Note that some varsity teams will also practice on Saturday. Individual coaches will inform team members of Saturday practices.

Athletic Department Policies and General Information

Attendance

Interscholastic athletics at the United Nations International School is an extension of the physical education program. Therefore, all policies governing academic requirements shall be extended to athletics.

Choosing to participate on an athletic team is a personal choice requiring a full commitment and sacrifice to attend all scheduled practices and contests.

The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, however, students need to recognize that absence from practices will hinder skill development and physical conditioning, as well as jeopardize team unity. Time missed from practice inherently will influence an athlete's performance, and potentially playing time and/or position with the team.

Athletes have the responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to occur. Athletes and parent/guardian(s) will receive an email notice from the Athletics Department on the day following an athletic absence.

Total Absences - Excused and Unexcused

If an athlete misses a total of 3 practices or a contest, for any reason, a meeting with the coach and Director of Athletic and Physical Education will be called to talk about the absence(s) and possible solution.

Absence from School

A student must be in school by 12:00 noon in order to participate in after school activities unless permission is granted by the Director of Athletics and Physical Education. Exceptions to the rule are normally granted only for college visits. For health and safety reasons, a student who is absent or tardy due to illness cannot practice or compete on that day.

Early Dismissal

Every effort will be made to schedule athletic events in a manner to avoid disturbances to the academic program. Release time for home and away events will be reasonable to limit the amount of class time missed. Students are responsible for academic material due or assigned.

School Sponsored Program Conflicts

Where conflicts arise, the sponsors, teachers, principals, and coaches must cooperate to devise a solution that will be in the best interest of the student and that the student not be “caught in the middle”. The student’s decision as to which event or activity he/she will participate in should be based on the following:

- The related importance of each event
- The individual importance of each event to the student
- The contribution the student can make to each event
- The time at which the events were scheduled
- Discussion with the parent
- Discussion with the student

Conflicts, such as a student participating in more than one extracurricular activity during a particular season should be discussed with coaches and sponsors as soon as participation in more than one activity is evident. Keeping all informed in advance will lead to the best possible solutions.

Competing on Non-School Teams in Season

Opportunities exist for UNIS student athletes at all levels to participate on non-school teams while participating on school-sponsored teams. When these situations occur, there must be communication between the student athlete, parent or guardian, the coaches and the athletic administration. Participation on the school team must take priority over obligations to the non-school team.

Family Vacations

When parents and student athletes choose to take family vacations during sport seasons, the time missed by the student athlete can affect team chemistry and the athlete's own conditioning. Student athletes who miss practices or games for any reason may have their position or playing time adjusted. The Athletics department will make every effort to inform parents and student athletes of the vacation schedule as far in advance as possible. As explained above, post season championships for high school athletes take place in the fall break and also during other school vacation periods.

Team Expectations

Coaches may establish additional regulations with the approval of the Director of Athletics and Physical Education for their respective sports. These team expectations pertaining to a particular sport must be given by the coach in writing to all team members and explained fully after final team selection. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

Equipment/Uniforms

It is the responsibility of the student athlete to care for and return all clothing and equipment that he or she has been issued. If any equipment, including the team uniform, is lost or damaged, the student athlete will be charged the replacement cost of that equipment. If a student athlete does not return equipment, we reserve the right to deny the student the opportunity to participate on another team, or to take what measures we deem appropriate to encourage the return or replacement of that equipment.

Introduction to NCAA Athletic Recruitment

The National Collegiate Athletic Association (NCAA) is the governing body for college athletics in the United States. NCAA recruitment refers to the process by which student-athletes are identified, evaluated, and recruited by college coaches to compete at the collegiate level. It involves a combination of athletic talent, academic qualifications, and the compatibility between the athlete and the college program.

The NCAA has three divisions: Division 1 (D1), Division 2 (D2), and Division 3 (D3), each with its own set of rules and regulations regarding recruitment and eligibility. Division 1 is generally the highest level of competition, with D2 and D3 offering varying degrees of athletic competition and scholarship opportunities. UNIS students would typically seek D3 recruitment, and on a rare occasion D1.

Recruitment involves a mutual selection process. Coaches identify athletes who they believe would be a good fit for their program in terms of skill, character, and academic potential. Meanwhile, student-athletes explore different college options and consider the athletic and academic opportunities that schools can provide.

Ultimately, NCAA recruitment is a dynamic process that involves finding the right fit between student-athletes and college programs, taking into account both athletic and academic aspirations. It requires dedication, active communication, and careful consideration to make informed decisions about one's future athletic and academic endeavors.

What is the difference between Division 1 and Division 3 athletics?

The main differences between Division 1 (D1) and Division 3 (D3) athletics lie in the level of competition, scholarships, and the balance between academics and athletics. Here are some key distinctions:

1. **Level of Competition:** Division 1 is generally considered the highest level of collegiate athletics, with intense competition and high skill levels. D1 athletes often compete at a highly competitive and televised level, with more visibility and media coverage. Division 3 competition tends to be less intense and less focused on national recognition.
2. **Scholarships:** Division 1 schools can offer athletic scholarships to their student-athletes. These scholarships can cover part or all of the costs of tuition, room and board, and other expenses. In contrast, Division 3 schools do not offer athletic scholarships. However, D3 schools can provide other forms of financial aid, such as academic scholarships and need-based aid.
3. **Time Commitment:** Division 1 athletes typically have a significant time commitment to their sport, often spending long hours practicing, training, and competing. The demanding schedule can sometimes make it challenging to balance academics and athletics. Division 3 athletes also invest time in their sport, but generally have more flexibility and a better balance between academics and athletics.
4. **Recruiting Process:** The recruiting process for Division 1 athletes is often more competitive and begins in high school. D1 programs have larger budgets and resources for recruiting, and coaches actively seek out top-level talent. Division 3 recruiting tends to be less intense and more focused on finding student-athletes who fit both athletically and academically. Division 3 athletes typically do not see advantages when it comes to being admitted to a college.
5. **Academic Requirements:** Both D1 and D3 athletes must meet academic eligibility requirements set by the NCAA. However, Division 3 places a stronger emphasis on academics, and student-athletes are generally expected to meet the same admissions standards as non-athletes. Division 1 schools may have more flexibility in admissions for athletes.

NCAA Division 1 Athletic Recruitment at UNIS

Becoming a recruited Division 1 athlete involves several steps. We strongly encourage students who are playing on an elite-level club team and have hopes of being recruited for a Division 1 program to reach out to the Director of Athletics and Physical Education at UNIS. The Director will help you understand the process and provide support as you continue on your athletic journey.

Below, please find an overview of the Division 1 athletic recruitment process. The Director of Athletics will provide personalized advice to qualified athletes depending on the sport, level of play, and the academic achievement and grade level of the student, as navigating this process can be idiosyncratic. Please consider the list below to be an initial resource to which you may refer as you work individually with the Director:

1. Understand NCAA Eligibility: Familiarize yourself with the eligibility requirements set by the National Collegiate Athletic Association (NCAA) for Division 1 athletes. This includes academic requirements, standardized test scores, and amateurism rules.
2. Research and Identify Potential Schools: Make a list of Division 1 schools that you are interested in and that offer your desired sport. Consider factors such as athletic programs, academic reputation, location, and campus culture.
3. Contact Coaches: Reach out to the coaches at the schools you are interested in. Send them an introductory email expressing your interest, providing relevant information about your athletic achievements, academic record, and upcoming competitions. Attend camps, showcases, or tournaments where coaches can see you perform.
4. Create a Sports Resume: Prepare a sports resume or athletic profile highlighting your achievements, statistics, athletic honors, academic accomplishments, and contact information. Include videos showcasing your skills and abilities.
5. Maintain Academic Excellence: Division 1 programs require athletes to meet certain academic standards. Focus on your studies and maintain a strong GPA. Take challenging courses and it may be necessary to perform well on standardized tests (SAT or ACT).
6. Participate and Compete in Elite-Level Club Teams in addition to the UNIS Varsity team, Showcases, and Competitions or tournaments where college coaches may be present. Perform well and make a lasting impression.

7. Attend College Visits: If invited, take official or unofficial visits to the schools that have expressed interest in recruiting you. This allows you to meet the coaching staff, tour the campus, and get a feel for the program.
8. Submit Applications: Complete the application process for each school you are considering, including both athletic and academic components. Follow the admissions requirements and deadlines of each institution.
9. Stay in Contact with Coaches: Keep communication open with the coaches throughout the process. Provide updates on your athletic and academic progress. Attend any scheduled meetings or calls.
10. Review Scholarship Offers: If you receive scholarship offers, carefully review and compare them. Consider factors such as financial aid, playing time, coaching staff, and academic support.
11. Make a Decision: Once you have gathered all the necessary information and offers, make a decision on which school and program align best with your athletic and academic goals.

NCAA Division 3 Athletic Recruitment at UNIS

The process of being recruited as a Division 3 athlete may differ from Division 1, as Division 3 schools do not offer athletic scholarships. We strongly encourage students who are interested in playing Division 3 sports to reach out to the Director of Athletics and Physical Education at UNIS. The Director will help you understand the process and provide individualized support and advice as you continue on your athletic journey.

Below, please find an overview of the Division 3 athletic recruitment process. The Director of Athletics will provide personalized advice to interested athletes depending on the sport, level of play, and the academic achievement and grade level of the student. Please consider the list below to be an initial resource to which you may refer as you work individually with the Director:

1. Understand NCAA Division 3: Familiarize yourself with the rules and regulations set by the National Collegiate Athletic Association (NCAA) for Division 3 athletes. Unlike Division 1 and 2, Division 3 schools do not offer athletic scholarships. However, they do provide other forms of financial aid.
2. Research and Identify Potential Schools: Make a list of Division 3 schools that you are interested in and that offer your desired sport. Consider factors such as athletic programs, academic reputation, location, and campus culture.
3. Contact Coaches: Reach out to the coaches at the Division 3 schools you are interested in. Send them an introductory email expressing your interest, providing relevant information about your athletic achievements, academic record, and upcoming competitions. Attend camps, showcases, or tournaments where coaches can see you perform.
4. Create a Sports Resume: Prepare a sports resume or athletic profile highlighting your achievements, statistics, athletic honors, academic accomplishments, and contact information. Include a video showcasing your skills and abilities.
5. Maintain Academic Excellence: Division 3 programs place a strong emphasis on academics. Focus on your studies and maintain a strong GPA. Take challenging courses and it may be necessary to perform well on standardized tests (SAT or ACT).

6. Participate and Compete in Elite-Level Club Teams, Showcases, and Competitions or tournaments where college coaches may be present. Perform well and make a lasting impression.
7. Attend College Visits: If invited, take official or unofficial visits to the schools that have expressed interest in recruiting you. This allows you to meet the coaching staff, tour the campus, and get a feel for the program.
8. Submit Applications: Complete the application process for each school you are considering, including both athletic and academic components. Follow the admissions requirements and deadlines of each institution.
9. Stay in Contact with Coaches: Keep communication open with the coaches throughout the process. Provide updates on your athletic and academic progress. Attend any scheduled meetings or calls.
10. Review Financial Aid Packages: Division 3 schools provide financial aid packages based on academics, need, and other factors. Review and compare the financial aid offers you receive from different schools.
11. Make a Decision: Once you have gathered all the necessary information and offers, make a decision on which school and program align best with your athletic and academic goals.

Post-Season Competition

Post-season competition is available to teams and individuals whose performance during the regular season merits the opportunity to participate in post-season tournaments and meets. Most of our teams compete for Independent School Championships. Since UNIS is a member of NYSAISAA, most of our post-season opportunities involve this association. In some cases our teams compete in a state federation tournament through NYSAISAA. In these latter cases, the team or individual(s) must have a truly extraordinary season to be considered for post-season competition.

Please note that if your child is on a team or individual sport that declares for a federation tournament, they are obliged to participate in that tournament. There are strict rules regarding the declaration process. It is a binding contract that the state takes very seriously.

Reporting of Injuries or Illness

It is the student athlete's responsibility immediately to report any injury to their coach and the athletic trainer. All injuries that are seen by our athletic trainer or our coaching staff require that an Accident Report Form be filled out. If the injury is so severe that we recommend seeking medical attention, our athletic trainer, coach or athletic administrator will call home immediately. Once a physician treats an athlete, the athlete must obtain the doctor's permission to return to the team.

Concussion Policy

UNIS recognizes that concussions and head injuries are commonly reported injuries in children and adolescents who participate in sports and recreational activity and can have serious consequences if not managed carefully. A concussion is a mild traumatic brain injury. A concussion occurs when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from one concussion to another will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

While UNIS employees use reasonable care to protect students, head injuries may still occur. Physical Education teachers, coaches, athletic trainers and nurses receive annual training to recognize the signs, symptoms and behaviors consistent with a concussion. Concussion information is available on the athletics website.

Schedules

UNIS is a member of the New York State Association of Independent Schools Athletic Association (NYSAISAA). Our primary game schedules are in the NYCAL School League. Sometimes a change in schedule is necessary due to school conflicts or inclement weather. We do everything we can to complete the assigned schedule.

Spectators and Sportsmanship

We appreciate fan support for UNIS athletic teams, as long as the cheers are positive and directed toward our teams' athletes. At no time should spectators be directing negative comments towards opposing teams or coaches or towards referees, or speaking directly to participants in an athletic event. It is both distracting and dangerous. Please remember that these are middle and high school students participating in an extension of the classroom environment, not professional athletes.

United Nations International School, in association with the New York City Athletic League, promotes good sportsmanship by student athletes, coaches and fans. We request the cooperation of fans in supporting the participants and officials. Profanity, racial or ethnic slurs, fighting or other inappropriate behavior will not be tolerated, and are grounds for removal of the offerents from the site of competition and further disciplinary action. The use of noisemakes is not permitted at UNIS athletic contests. Smoking is not permitted at any interscholastic games in which UNIS participates, whether indoors or outdoors, home or away.

Parent Coaching During Contests

UNIS coaches are educators who endeavor to provide an opportunity for the School's student-athletes to experience meaningful growth, accomplishment, and success through the development of sound habits of mind, heart, and work that allows each student to realize their fullest potential through participation in competitive sports.

As they coach during contests, they do so while teaching lessons in sportsmanship, teamwork, goal setting, competition, overcoming adversity, and winning and losing while maintaining behavior consistent with the School's core values.

Parents are to respect the position and mission of the coach and should never coach the students (their child or others) from the sidelines or the stands during contests.

Standards

The New York State Association of Independent Schools Athletic Association (NYSAISAA) Sports Standards outlines the minimum number of required practices an individual or team shall need before participation in a scrimmage or contest. For more information regarding the standards for a particular sport, feel free to contact the Director of Athletics and Physical Education.

Captains

The selection of captains falls with the coach's discretion. The selection process and eligibility varies from team to team and from coach to coach. At UNIS, the position of captain is not reserved for seniors.

As a captain, you assume a leadership role. Your coach, your teammates, the UNIS and visiting communities judge our school by your conduct and attitudes, both on and off the field. Student athletes are advised to discuss expectations with a coach prior to accepting this position.

Quitting a Team

We believe that a student who is selected for a team after the tryout period should remain on the team through the season, and that quitting is almost never the right course of action for a team member. On occasion, an athlete may have a good reason for quitting a team. If this is the case, the following procedure must be followed:

- Consult with your immediate coach.
- Check in all equipment and uniform issued to you.
- Meet with the Director of Athletics and Physical Education.

Coach/Parent Relationship

Parents and coaches are important role models for students; they provide necessary guidance to young adults in their development and their understanding of the world in which they live and work as adults. By understanding and respecting each other, parents and coaches, working together can greatly benefit children. When your child becomes involved with the athletic program at UNIS, you, as parents, have a right to understand the expectations that will be placed upon them. Clear communication between parents and coach facilitates this understanding.

The following information is intended to be used as a guideline to establish an environment in which open communication and mutual respect are fostered.

Student/Parent Communication with Coaches

As your child becomes involved in the athletic program at UNIS, they will experience some very rewarding moments. It is important to understand that there also may be times when things do not go the way your child wishes. At those times discussion with the coach is encouraged.

Parents should avoid contacting the coach about their child's issue or concern until after their child has met with their coach first. It is our experience that most issues are resolved with open, honest communication between the athlete and coach.

Should a meeting with the athlete and coach not resolve the issue or concern, some situations require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other person's position. When conferences are necessary, the following procedure should be used to help promote a resolution of the issue of concern.

Procedure To Follow When You Discuss a Concern With A Coach.

1. Call or send an email to set an appointment.
2. Please do not confront a coach before or after a contest or practice. These can be emotional times. Meetings of this nature do not promote resolution.

Appropriate Concerns to Discuss With Coaches

1. The treatment of your child-mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. It is very difficult to accept that your child may not play as much as you had hoped. Coaches make judgement decisions based on what they believe is best for all students involved. As you may have seen from the list above, certain things can be discussed with your child's coach. Other things may be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches

1. Playing time.
2. Play calling.
3. Other student athletes.

What Can a Parent Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution

1. Call and set up an appointment with the Director of Athletics and Physical Education, Daniel O'Connor, to discuss the situation.
2. At this meeting the next appropriate step can be determined.

Athletic Awards

Most Valuable Player Award

Coaches will select a most valuable player at the conclusion of the sport season.

Coaches Award

Coaches in all sports will select a team member for the Coaches Award. This award is the highest award given by a coach, which reflects the School's belief that a "quality athlete" possesses both good athletic skills and a positive attitude.

Most Improved Athlete Award

Coaches will also select a team member for the most improved athlete award. This award will be given to an athlete who has shown the most improvement in skill and performance over the season, taking into account aspects such as attitude, attendance and enthusiasm as well.

Sportsmanship Award

The Sportsmanship Award is presented to a student-athlete who consistently demonstrates integrity, respect, and fair play both on and off the field. This award recognizes an individual who leads by example, supports teammates, honors opponents, and upholds the highest standards of conduct in competition and daily interactions. Their positive attitude, humility in victory, and grace in defeat embody the true spirit of sportsmanship.

Special Awards

Ricardo da Silva Award (Soccer)

Ricardo Da Silva worked at UNIS for 37 years as a Physical Education teacher, Athletic Director and Athletics Coach in a multitude of sports. Ricardo coached the Varsity teams and ran the indoor soccer program allowing students from all divisions the chance to play in an enjoyable learning environment with their classmates. Students were also given the opportunity to visit Brazil on a yearly summer soccer trip he organized. UNIS Soccer would not be as successful now without the tireless and instrumental efforts of Ricardo in building the program.

Each year, the award is given to the member of a soccer team that best exemplifies Ricardo's sportsmanship.

Valerie Powell Award (Volleyball)

Valerie Powell has dedicated over forty five years to UNIS as a Physical Education teacher and Athletics Coach, inspiring generations of students with her passion, commitment, and love for sport. Through her leadership, UNIS Volleyball grew into a program that emphasized not only skill development but also teamwork, resilience, and a lifelong appreciation for physical activity. Valerie's influence extended beyond the volleyball court, shaping a culture of respect, perseverance, and positivity among her students and athletes. Each year, the award is given to the member of a volleyball team who best exemplifies Valerie's spirit of dedication, teamwork, and sportsmanship.

Harry Muniz Award (Basketball and Baseball/Softball)

Harry Muniz worked at UNIS for 36 years as a Physical Education teacher, Athletic Director and Athletics Coach in a multitude of sports. During his tenure, many young students became outstanding and champion basketball players and athletes. Young men and women quickly matured under his guidance and leadership. Harry instilled with all of his athletes, the faithful observance of the disciplines of life and athletic training. Un-answering devotion, the consistent will to improve, and the rules of good sportsmanship were qualities that he expected of his student athletes. The UNIS Physical Education and Athletics programs developed through Harry's belief in his students and the endless hours he gave to help them succeed. The recipient of this award will be the individual who best exemplifies all or some of these qualities.

Team Trips

Many teams supplement either their pre-season preparation or their competitive schedule by traveling during the summer, or during the winter or spring recesses. All costs associated with team travel are to be incurred by the participants.

The Director of Athletics and Physical Education will provide the following information regarding team trips:

- Purpose of the trip
- Date, time, and place of departure
- Place, date and estimated time of return
- Mode of transportation
- Location of housing
- Packing list
- List of expenses that students will incur on the trip
- Printed copy of rules, regulations and itinerary
- Permission Form

Transportation

Student athletes will be transported to and from away practices, games and/or scrimmages on school authorized vehicles. All transportation provided by UNIS will originate from outside the school and return trips will bring the teams back to the same spot.

Under certain circumstances or in exceptional situations, students may be excused from riding back to school from an away athletic event on school authorized transportation, provided that the parent or guardian has given written permission.

Website

Please be sure to visit our website at www.unisathletics.org to gain valuable information about our athletic programs. You can view important dates for the entire year and follow your teams' results.

From the website you can also view and download our Athletic Handbook. Please read and review the policies with your child.