

Parent Handbook



After School Program
Sharjah American International School
September 2023

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1. Welcome

Welcome to Sharjah American International School - After School 2023-2024.

YalaSports thanks you for taking part in the after school sports activities. Your involvement enables your child to experience the pleasure of developing & learning sports in a fun competitive environment.

This handbook is designed to give students and parents a helpful insight into the After School Program offered by **YalaSports**. It includes detailed information about program activities, procedures, and policies. Please read this Handbook carefully for easy reference during the school year.

YalaSports strives to provide an atmosphere where students can enjoy, grow, and learn. The staff always welcomes suggestions and ideas that will help make student time at the program beneficial and rewarding.

The After School activities is to run by the Director of sports; Mr. Ahmed Melis along with a sports committee providing coaching services.

Our intention is to provide a high quality of sports experience for all kids. **YalaSports** emphasizes participation over winning. We expect you to place emphasis on participation, fun, and tempering your competitive spirit. It provides detailed schemes of work and lesson plans that students will find invaluable.

Thank you for assisting us in reaching our goals and providing our students with the extra attention and motivation they need to ensure their successful futures!

2. Preface

*YalaSports sets & declare its commitment and aim to run sports activities to the maximum possible standards in a professional manner and with the ultimate integrity. With that aim **YalaSports** determined:*

- *To display sportsmanship in the greatest good faith and honesty.*
- *To comply with this handbook and camp rules and regulations.*
- *To develop disciplinary procedures which are professional, fair and objective that ensures a smooth coaching services.*

*This handbook will help everyone better enjoy the coaching provided by **YalaSports**. It is our goal to promote good sportsmanship among all students. All questions, comments and inquiries must be addressed to our head coach.*

3. Name and Purpose

The name is “SAIS - After School Sports Activities”. The purpose is to provide an opportunity for all students to participate in an organized sports coaching service.

General information regarding the camp, registration procedure and contact information, can be found at

<http://www.yalasports.com/sais>

More Info: 971 55 437 7477

4. After School - Overview

The After School Program is located at Sharjah American International School. The program uses the school indoor and outdoor playgrounds. Our staff is comprised of qualified coaches. The After School Program is for all grades. The After School Program runs on all school days after the school academic day except for weekends.

1. Enrollment Procedures:

Students can be enrolled in our after school sports program being “Football, Basketball, Rhythmic Gymnastics, Swimming and Martial Arts for all ages. You must fill out 1 online form for each child of yours that attends. Please go to the following link and fill it out: <https://www.yalasports.com/sais>

2. Payment:

Fees are made on a monthly basis subscription in advance of the session start date. This subscription can be cancelled once informed by the parent before the end of the month.

We will send reminders regarding payment due dates via email using the address you provided on your child’s registration form. Online payments can be made via credit card. We accept Visa or MasterCard.

3. Timing:

The sessions typically run in the following groups

- 1:30-2:15 (KG1 & KG2)
- 2:50-3:50 (Years 1-12)

4. Transportation:

Transportation is applicable in the After School Program.

5. Pick-Up Procedure:

Come to the main entrance for student pickup. Parents are welcome to call the After School admin in charge at any time to speak to the Director about questions or concerns regarding their child.

6. Accidents

In the event of an accident or acute illness, every effort will be made to notify the student’s parents and physician prior to treatment. If a situation requires immediate attention, ambulance will be called and the child will be transported to the hospital by ambulance.

7. Behavior and Discipline Procedures

The After School Program adheres to the same discipline policies and procedures as Sharjah American International School. Our goal in disciplining students is to coach them in honoring way and to properly confess their sins and restore relationships with students. Students will discuss discipline problems with the After School staff and confess what they did wrong. Students will apologize to anyone whom they have hurt. Staff will discuss the meaning of “I’m sorry” (I feel badly that it happened and I won’t let it happen again) and “I forgive you” (I understand that you made a mistake and I won’t continue to hold it against you).

8. Performance Evaluation

Coaches will meet regularly with their Director to obtain feedback about their performance, set coaching goals and identify any areas for development. Formal reviews take place twice a year.

9. Student Attire

Students must wear their PE school uniforms while participating in the Program at the school site.

10. Activities

- Football
- Rhythmic Gymnastics
- Swimming
- Martial Arts
- Basketball
- Chess

11. School Teams

YalaSports will be the official party to select elite players to join school team of Football, Basketball, Swimming.

Teams will be joining friendly matches and outside tournaments under school name.

12. Registration Fees

AED 420 per 8 sessions monthly (2 sessions per week inclusive of Vat).

AED 820 per 20 sessions - Full Term (2 sessions per week inclusive of Vat).

5. Safety Rules

YalaSports will ensure of the below precaution during the activities:

- *Mandatory contactless screening of all your kids before entering the facility. Kids having temperature above 37.5 degree must not enter the facility.*
- *If any student has any symptoms of a cold, flu or fever, has a cough, temperature, please do not send into the camp for your safety.*
- *All students must wear a face mask at all times but it can be lowered/removed while engaged in physical activities but must wear them again after the activities until left the sports facility.*
- *Maximum 15 kids in the sports hall per session.*
- *No waiting after finishing the sports activities.*
- *Changing rooms are allowed but ensure they are always cleaned.*
- *Adhering to the preventive and precautionous measure issued by the government authorities in Dubai.*

6. Schedule

	Group													
	KG1 - KG2		G1 - G4			G5 - 58 (Boys)		G9 - G12 (Boys)		G5 - G8 (Girls)			G9 - G12 (Girls)	
Monday	Martial Arts	Gymnastics	Basketball	Gymnastics	Martial Arts	Basketball	Swimming	Football	Swimming	Basketball		Chess	Football	Chess
	KG Green Field	KG Green Room	Girls GYM	Drama Room	KG Green Field	Boys Gym	Pool	Green Field	Pool	Girls Gym		Classroom	Girls Playground	Classroom
Tuesday	Swimming	Football	Football		Swimming	Football	Chess	Basketball	Chess	Football	Swimming		Basketball	
	Pool	KG Green Field	KG Green Field		Pool	Green Field	Classroom	Boys Gym	Classroom	Girls Playground	Pool		Girls Gym	
Wednesday	Martial Arts	Gymnastics	Basketball	Gymnastics	Martial Arts	Basketball	Swimming	Football	Swimming	Basketball		Chess	Football	Chess
	KG Green Field	KG Green Room	Girls GYM	Drama Room	KG Green Field	Boys Gym	Pool	Green Field	Pool	Girls Gym		Classroom	Girls Playground	Classroom
Thursday	Swimming	Football	Football		Swimming	Football	Chess	Basketball	Chess	Football	Swimming		Basketball	
	Pool	KG Green Field	KG Green Field		Pool	Green Field	Classroom	Boys Gym	Classroom	Girls Playground	Pool		Girls Gym	
	1:30 pm - 2:15 pm		2:50 pm - 3:50 pm											

7. Coaching Scope

a. *Basic Levels*

During Basic levels, students get to know their skills and techniques, and how to apply them in different sports. They start to understand different types of sports and what makes a performance effective and how to apply those principles to their life. students will be taught to:

- *Refine and adapt different sports skills.*
- *Develop them into specific techniques that suit different activities and perform them with consistent control.*
- *Selecting and applying skills, tactics and compositional ideas.*
- *Apply rules and conventions for different shots.*

b. *Intermediate Levels*

Evaluating and improving performance of students will be taught to:

- *Be clear about what they want to achieve in their own game, and what they have actually achieved.*
- *Take the initiative to analyze their own game, using this information to improve their quality of sports.*
- *Knowledge and understanding of fitness and health.*
- *How to prepare and recover from specific activities.*
- *How different types of activity affect specific aspects of their fitness.*

c. *Advance Levels*

During higher levels kids tackle complex and demanding game strategies, applying their knowledge of skills, techniques and effective performance. The view they have of their skillfulness and physical competence gives them the confidence to get involved in heavy exercises. kids should be taught to:

- *Develop and apply advanced sports skills and techniques*
- *Apply them in increasingly demanding situations.*
- *Use advanced strategic principles and concepts.*
- *Apply these concepts and principles in increasingly demanding situations.*
- *Make informed choices about what role they want to take in each game.*
- *Judge how good a performance is and decide how to improve it.*
- *Prioritize and carry out these decisions to improve their sport.*

8. Evaluation

YalaSports will run student evaluation on a quarterly basis. We have listed four key areas that affect your success in each sport.

- PRACTICE
- MENTAL PREPARATION
- PHYSICAL PREPARATION

Skill evaluation:

- Ball control
- Dribbling skills
- Passing accuracy
- Speed
- Strength and power
- Focus
- Concentration
- Self Confidence
- Fitness
- Swimming skills

9. Team

Key Accountabilities:

- Ensures that all relevant **YalaSports** procedures, instructions and controls are adhered to so that students health and safety can be ensured.
- Delivers high quality, age-appropriate coaching to students by teaching relevant skills, tactics and techniques, monitoring and enhancing performance by providing encouragement and constructive feedback. identifying strengths and weaknesses and taking actions to encourage strengths and rectify weaknesses.
- Advising about health and lifestyle issues.
- Contributes to the planning and delivery of the after school sports activities.

END