



The International School
OF MACAO | 澳門國際學校



ATHLETICS HANDBOOK 2026-2027



Welcome Message

Welcome, Tigers! My name is John Powell and as the new Athletics Director, I am thrilled to have this opportunity to lead the program at TIS to a year of growth and achievement. Athletics at TIS places a great emphasis on a well-rounded and holistic approach to education that leads to promoting important life values and skills such as discipline, sportsmanship, and resilience. This handbook serves as a valuable resource to help you understand our program's structure, communication pathways, and the responsibilities of both students and families. It is strongly encouraged to take the time to read through the information carefully. We are here to support you and your child every step of the way.

For a little background on my educational experience, I see myself as a lifelong learner entering my 17th year in international education. I hold a Master's in Parks & Recreation (2010) and a Bachelor's in Health & Physical Education (2009) from Slippery Rock University. I began my teaching and administrative career in Mexico City, Mexico, where I spent 10 years before moving to Brasília, Brazil. There, I had the opportunity to serve for four successful years as the school's first full-time Athletics Director. I then moved to this side of the world and spent the past two years at TIS as the Director of Sports, Activities, and Camps.

My professional education includes becoming a Certified Master Athletic Administrator (CMAA) through the National Interscholastic Athletic Administrators Association (NIAAA), a highly recognized organization in the United States and international athletics community. The NIAAA has allowed me to grow immensely in the profession. I have been fortunate to have delivered courses at the yearly NIAAA National Convention to current and aspiring ADs and also with PHASE Asia. I also hold a leadership certification from the Principals' Training Center (PTC) for International School Leadership.

I am passionate about student life and enjoy creating diverse, engaging opportunities through sports and after-school activities. Safety, Responsibility, Communication, Sportsmanship and Growth are the foundations of my educational approach, and I believe one of my greatest priorities is continually finding ways to increase student engagement and participation in sports.

For my personal life, I consider myself to be a fun-loving person who enjoys staying active. I play multiple sports and enjoy learning new ones too! I value spending time with friends, my wife, Tania, and our two dogs, Bowser and Valiente. We love traveling and exploring new cultures! Here is a favorite quote of mine from Mike Krzyzewski, aka Coach K, retired Duke Men's Basketball Coach and former Coach of Team USA:

"Friendship, along with love, make life worth living."

Joining me in the Athletics Office is Edward Kuo, our Athletics Development Officer. Edward is entering his 6th year at TIS and leads many of our basketball teams. He is also a key member of our team that ensures the daily operations move forward to better our students. Please come see us on the 1st Floor in our Athletics Office if you would like! We look forward to an incredible year of sport, growth, and community building. I am truly excited to get started and take our Tigers to new levels while developing a life worth living! I look forward to seeing you on campus soon!

GO TIGERS!



Athletics Director

John Powell

john.powell@tis.edu.mo

+853 2853 3700 ext. 1041



Athletics Development Officer

Edward Kuo

edward.kuo@tis.edu.mo

+853 2853 3700 ext. 1042

Athletics Philosophy

The TIS educational athletic program is designed to promote physical fitness, teamwork, and sportsmanship among students. It offers a diverse range of sports for various skill levels, ensuring that every student has the opportunity to participate and excel. The program aims to enhance students' athletic abilities through structured training and competition and foster collaboration and communication among team members. Sport teaches lifelong skills such as discipline, respect, and perseverance.

The athletic program consists of teams participating in three international sport conferences, such as ACAMIS, PRC, and SCISAC, and the DSEDJ league. Our offering of sports include basketball, football, volleyball, cross country, track & field, touch rugby, golf, badminton, and robotics. Our dedicated coaching staff consists of experienced professionals committed to the development of each student-athlete.

Coaches emphasize skill development, game strategy, and individual growth. The athletic program encourages family and community involvement through events, fundraisers, and volunteer opportunities. This strengthens school spirit and creates a supportive environment for student-athletes. We believe the school's athletic program is a vital part of student life, providing opportunities for personal growth. Through sport, student-athletes learn valuable life skills that extend beyond the playing field. There are 5 Pillars of TIS Athletics that ground and educate our student-athletes, coaches, and community members.



Throughout the school year, there will be more emphasis on these 5 Pillars of TIS Athletics.



SchoolsBuddy & Registration

SchoolsBuddy

The main form to register for our programmes is [SchoolsBuddy](#). This platform allows students and families to explore what they would like to participate in and/or be considered for.

For the Extra-Curricular Activities (ECAs) SchoolsBuddy operates on a Preference ranking system which means when signing up, you make rank your #1 choice of activity as Preference 1. Preference 2 would be a person's 2nd choice, and so on. From this ranking, we have an auto-allocation that is a SchoolsBuddy algorithm that allows all interested students to hopefully secure their activity. Sports/Athletics are different from ECAs due to our resources available and roster sizes. We cannot guarantee that all students will get their Preference 1 choice, but we can guarantee that we will find a place for their desired learning in our programmes based on their selections.

We encourage students to select a minimum of 3 per time slot to ensure their chances **in the correct Preference order. Preference 1 is your first choice and main desire.**

Please use this link for a [SchoolsBuddy Student & Parent Tutorial](#)

Time and Offerings/Supervision

Our time offerings align with the dismissal of the school day for the respective division based on facility availability. There are some teams that will meet outside of the normal practice hour listed below.

1. Elementary Sports are normally 3:15-4:15pm.
2. Secondary Sports are from 3:45-5:00pm or 5:00-6:15pm, depending on the sport/facility.

As a reminder for later starting activities in the Elementary, students need to:

- Leave campus and return at the time of the activity (with a parent/guardian).
- Be supervised by a parent/guardian when remaining on campus.

Competitions and events are scheduled in advance as much as possible. We aim to give a minimum of 72 hours notice but are sometimes relying on outside factors such as leagues and other schools to confirm. SchoolsBuddy will be our main form of communication on these events.



Leagues & Conferences

TIS is a full-member school in the following local and international sports conferences. We are expected to participate and host in the following competitions each year.

ACAMIS

Association of China and Mongolia International Schools

- 70 member schools across greater China
- U19 for core sports (Basketball, Volleyball, Soccer),
- TIS is currently competing in the Orange Division
- U14 and/or U19 for other sports, no divisional alignment
- Requires overseas travel
- **Eligible Grades:**
 - Predominately HS and MS student-athletes in Grade 9,10,11,12
 - Grade 8 student-athletes are eligible but only for the need to complete a roster that would otherwise not make it possible for the team to attend the tournament. This request must come with approval from TIS Athletics show I'll then seek approval from the ACAMIS Chair, if applicable.
 - "Underage players cannot displace a correct age player."

DSEDJ

Macau Education and Youth Development Bureau

- Sanctioned and operated by the Macao government and the various sports associations in Macau.
- All competitions take place in Macau over the weekends.
- U12, U14, U16, and U20 age groups for most sports - listed below
- Teams entering DSEDJ competition are the at discretion of the Athletics Department and availability for a healthy roster of players which can vary from sport to sport.

Group	Years
A	2007 - 2010
B	2011 - 2012
C	2013 - 2014
D	2015 - 2016
E	2017 and after



PRC

Pearl River Conference

- 22 member schools throughout Guangdong province
- Red Division for core sports (Basketball, Volleyball, Soccer) in MS & HS
- No divisional alignment for Invitational Sports like Golf, Tennis, Cross Country, Badminton, Swimming
- Requires overseas travel
- **Eligible Grades:**
 - MS and Elementary student-athletes in Grades 6,7,8
 - HS and MS student-athletes in Grade 9,10,11,12
 - Grade 5 students and Grade 8 student-athletes are eligible but only for the need to complete a roster that would otherwise not make it possible for the team to attend the event. This request must come with approval from TIS Athletics Directors then approval from the PRC Chair, if applicable.
 - “The intent of this exception is to allow smaller schools to participate by moving underaged students to fill out a roster to its minimum requirements. These players may not take away significant playtime from appropriate aged athletes. Requests for an exception must be made to the Executive Board at least one week prior to a competition.”

SCISAC

South China International Schools Athletic Conference

- 6 member schools (China, Macao, Hong Kong, Taiwan)
- U15 for core sports (Basketball, Volleyball, Soccer)
- Requires overseas travel
- **Eligible Grades:** student-athletes in Grade, 6,7,8,9 and some Grade 10

“4.1 Age Restrictions (U15)

Cut-off Date: All participating students must be under the age of 15 (14 or younger) as of August 1st of the competing school year.

Strict Adherence: There are no exceptions to this age limit. Previous provisions for Grade 9 students or those within 3 months of the age restriction have been removed.”

Ratios for chaperones to students when traveling:

For most international travel, we aim for a 1:10 ratio. However, there are other factors on these trips that also play a part (eg. both Male and Female chaperones with gender mixed groups and conference/league regulations). With that being said we will consistently offer a safe experience for our student-athletes to compete with proper supervision.



Student-Athlete Responsibilities

All aspiring student-athletes need to complete the following document:

[TIS Student-Athlete's Agreement 26/27 - updated 27-August-2026](#)

Student-Athletes that may play a club level and want to play also with the TIS Tigers need to review and complete the following agreement

[TIS Student-Athlete Dual-Participation in Professional Training & Athletics](#)

Other Student-Athlete responsibilities are listed below apart from the Agreement.

Student-Athlete Conduct:

- All Student-Athletes and their parents must sign the linked document above - [TIS Student-Athlete Agreement](#).
- Student-Athletes are expected to adhere to all rules and responsibilities outlined by The International School of Macao, including the "TIS Student Handbook" and the "TIS Responsible Use Policy".
- Student-Athletes shall exhibit a positive and supportive attitude towards classmates, teammates, teachers, coaches, opponents, parents and referees at all times.
- Student-Athletes shall not verbally or physically harass or assault classmates, teammates, teachers, coaches, opponents, parents and referees.
- Student-Athletes shall not use foul language or obscene gestures at practices and competitions.
- Student-Athletes shall not consume tobacco, alcohol, drugs, or any controlled substances at TIS, at any TIS events in Macao, or while representing TIS.
- While traveling on behalf of TIS at overseas tournaments, student-athletes are expected to follow all rules stipulated by the organizing bodies of each event, and the TIS Handbook.
- While staying overnight in hotels, all student-athletes must observe a 10:00PM room curfew and will not leave the hotel without permission from the supervising coach(es).

The Athletics Director, Middle School/High School Vice Principals have the authority to remove any student-athlete from their team for not fulfilling these Academic and Attendance obligations.



Spectator/Parent Conduct Guidelines

At TIS, we value a positive, supportive, and safe environment for all student-athletes, coaches, referees, and visiting teams. Parents and spectators play a vital role in demonstrating good sportsmanship and modeling respectful behavior for our students.

Expectations for Spectators

- **Positive Encouragement:** Focus on cheering for our Tigers with enthusiasm and encouraging effort, skill, and teamwork over winning.
- **Respect for Referees & Officials:** Accept decisions made by game officials and referees without public disagreement, shouting, or harassment. Official decisions are final, and disrespect toward game personnel will not be tolerated.
- **Support for Coaches:** Allow coaches to guide and direct the team during practices and games. Refrain from coaching from the sidelines, as this can confuse players and detract from the learning environment.
- **Respectful Behavior Toward Opponents:** Treat opposing players, coaches, and visiting fans with courtesy and hospitality. Avoid heckling, personal insults, or inappropriate language directed at the opposing side.
- **Designated Viewing Areas:** Spectators must remain in designated seating areas and refrain from entering the court, pitch, or bench areas reserved for players and coaches.

Misconduct and Escalation

- **Standard of Conduct:** Foul language, verbal abuse, aggressive gestures, or physical altercations toward players, coaches, referees, or fellow spectators are strictly prohibited.
- **Enforcement:** The Athletics Office and school administrators reserve the right to ask any spectator violating these expectations to leave the event premises. Repeated violations may result in a ban from attending future athletic events.

Athletic Fee

All participants in the athletics program must pay an 1500 MOP athletic fee to join a sports team. If a student wishes to join more than one (1) team, an additional fee of 500 MOP for each additional team will be required. The activity fee for Robotics is 2200 MOP. A 360 MOP fee will be levied for uniforms for each sport. Student-Athletes will not be allowed to compete for TIS until this fee has been paid.

- The athletic fee should be paid directly to the North Wing Office after receiving the invoice which is in the Main Reception Lobby and NW1401.
- In general, once paid, this fee is non-refundable. However, extenuating circumstances may warrant a refund. The Athletic Director will review each request on a case-by-case basis.

*****This fee does not include travel fees for overseas tournaments. Travel outside Macao will incur an extra cost.****



Team Selection

It is our goal to include as many students in our program as possible while maintaining roster restrictions set by our specific athletic conference while offering a safe and appropriate facility for training. We encourage students of all skill levels and experiences to try out for our sports teams. However, the organizing bodies of our conferences often limit the number of players per team.

For this reason, some teams may not be able to register every student for every tournament. Coaches will sometimes have to make cuts to meet the roster size limits or limit practices to a manageable number of athletes so that student safety isn't compromised. Each team will have at least 1 'tryout' for the team during the selection process.

Tryouts/Placements and Team Selection

At TIS, participation in tryouts is mandatory for all students who wish to be considered for a team and play in a competition (tournament, league, invitational). If a student cannot attend or is injured during the trial period, the parents and the student must contact the Athletics Office and the coach in advance to arrange an alternate time.

Notification Process

Once the team selections are finalised, the selected students are notified of their evaluation. The notification process can vary and may or may not involve the following steps:

- **Personal Communication:** Depending on the level, coaches or designated staff members personally inform the selected students about their evaluation.
- **Written Communication:** Besides personal communication, an official written notification may be sent to the students and their parents/guardians. This can be in the form of an email, letter, or an announcement on a school platform.

Team differentiation

In certain cases where we have sufficient numbers and there are facilities available along with qualified coaches, TIS aims to offer auxiliary teams for students who were not selected for the main competitive team. This varies at every level and in every sport. When applicable, to ensure the developmental nature of these groups, coaches from both teams are encouraged to collaborate and may occasionally plan shared warm-ups or practice games.

Evaluations / Tryouts / Placements in Elementary

As we aim to be as inclusive as possible in terms of our offering, the interest from an Elementary student in sports comes with a fair evaluation of skill when a sport is oversubscribed in numbers related to roster limits, field spaces, and coach availability.



In the event of an oversubscribed team, the coaches will conduct a placement evaluation over 2 sessions. A student must attend 1 of the 2 offered sessions in order to be considered. If they will miss the evaluation and/or cannot try out, an email is needed from the family to the coach and Athletics Office.

Tryouts in Secondary

The dates for seasonal trials and end-of-season tournaments are available on SchoolsBuddy for reference. Typically, coaches have 2 sessions to conduct trials. They can retain additional students in their squads when time is limited for crucial decisions. Occasionally with over subscribed teams, there is the ability to have “practice players” or “team managers”. (See Team differentiation)

Specific grade level considerations for Tryouts are:

1. Middle School students in Grades 7 and 8 may not attend High School trials (Grades 9 to 12) without the approval of the Head Coach and Athletics Director.
2. Elementary students in Grades 4 and 5 may not attend Middle School trails (Grades 7 to 9) without the approval of the Head Coach and Athletics Director.
 - a. Grade 6 and Grade 9, and some Grade 10 student-athletes are a unique case that can participate in multiple conferences or league competitions. Therefore, Grade 6 and Grade 9 students are permitted to tryout without approval.
3. Certain leagues and competitions are based on age, not grade. This is always a topic that can be clarified and discussed via reaching out to the Athletics Director.

Late Evaluations / Tryouts / Placements (Elementary or Secondary)

For students who enrol in the school after the trial dates (e.g., a student joining in January or anytime mid-year), their cases will be reviewed individually. The coach of the team will discuss this specific situation with the Athletics Director. Students who are enrolled in school and do not attend tryouts when scheduled are not eligible for a late tryout unless approved directly by the Athletics Director.

Game & Training Uniforms

Game Uniforms

- TIS team/game uniforms remain the property of the school if not paid for by the families.
 - Certain teams at various levels use a game uniform for training purposes.
- If owned by TIS, the uniform should only be worn for competitions or on special occasions requiring approval from the administration. The student must wash and return the uniform in good condition at the end of the season or when asked by the coaches/administration. **Loss or irreparable damage to the uniform will result in a fee for the student-athlete and family at their expense.**



- All student-athletes on the team must wear the TIS Sports uniform during games (top and bottom) and cannot wear their own clothing.
 - Coaches and Administration have the final say on what is approved for play/competitions and what is not.
- Each team will have 1-2 uniforms that are supplied by TIS (or purchased by the families), pending competition requirements.
- The process of uniform turnover varies from team to team and sport to sport. We operate on a 2-3 year cycle pending the wear and tear of the material.
- Teams that desire to create their own uniform must submit a proposal to the Athletics Director for approval. The Athletics Director and School Administration will have final say on uniform designs in order to align with our school's image and expectations during competitions.

Training/Practice Uniform

- Training Uniforms are at the discretion of the Head Coach. This decision varies from sport to sport. Head Coaches are responsible for communicating their training session uniform requirements to the students.

Safety in uniforms and when participating in Sports at TIS

- Personal Protective Equipment (PPE) items relevant to each sport (e.g., shin pads for football) must be worn, and these requirements will be communicated at the beginning of the respective season. Appropriate and sport-specific shoes are encouraged for every training or game session.
- Regular glasses should not be worn during team practices or competitions. Specific safety goggles/glasses or contact lenses are necessary for participation, ensuring the participant's and other players' safety.

Athletics Council

Our Athletics Council serves as a governing body within an educational institution, sports organization, or community, focusing on the promotion and regulation of athletic programs and activities. We focus on the following to improve anything for our TIS Tigers:

- Policy Development: The council creates and enforces policies related to athletics, including eligibility rules, conduct standards, and competition guidelines.
- Program Oversight: It oversees the planning, organization, and execution of athletic events, ensuring they align with the institution's goals and values.
- Event Coordination: It organizes athletic events, competitions, and tournaments, ensuring all logistics are managed effectively.
- Promotion of Participation: The council encourages student involvement in sports, fostering a culture of teamwork, sportsmanship, and physical fitness.
- Communication: The council serves as a liaison between athletes, coaches, administrators, and the community, facilitating communication and collaboration.

Overall, the athletic council plays a crucial role in enhancing the athletic experience for participants and promoting a positive sporting environment and is open from Grade 8-12.



Procedures for Injuries

In the event of an injury and the school nurse is on site, we will follow their protocols.

When there is not a school nurse on site or at an away competition, **the coaches/supervisors will:**

1. Administer First Aid and stay with student-athlete(s).
2. Contact the Athletics Office and/or Administration
3. Contact parents and explain the situation.
4. Transport to a clinic if necessary and off-site.
5. Complete an Accident Report as soon as possible after the injury and give it to the Athletics Director and School Nurse.
6. Follow up the injury and stay in touch with the parents.
7. Do not allow student-athletes back into action until a doctor's clearance is shared or word from the School Nurse is given.

Social Media & Contacts

Stay connected with TIS Tigers athletics and support our student-athletes throughout the season!

- **Official Website:** Visit the [TIS Athletics Main Website](#) for game schedules, league updates, and program announcements.
- **Follow Us on Social Media:** Get live event updates, highlight photos, and behind-the-scenes content by following [@tistigers on Instagram](#) and joining our [TIS Tigers Facebook Page](#).
- **Show Your Support:** Attend home games, wear Tiger colors, and bring positive energy to the stands to encourage our teams.
- **Questions & Inquiries:** For any questions or details regarding our handbook or sports programs, reach out directly to Athletic Director John Powell at john.powell@tis.edu.mo.

This handbook will be reviewed on a semester basis with targeted publications in January of the current academic school year and in August of the following academic school year.