

Sacred Heart College



Sports Handbook 2021

“Sport at Sacred Heart is fun, challenging, enjoyable and provides an inclusive environment.”

Claire Anderson
Sport Director

IT'S TIME TO CHANGE OUR APPROACH TO YOUTH SPORT

Sport plays an important role in our society, contributing to national identity and wellbeing, but our country is facing a problem - too many young people are walking away, especially in their teenage years.

This is harming the health of young New Zealanders. It's also stopping many realising their full potential.

That's why we've joined together to take a stand. Our six organisations are committed to bringing the fun and development focus back into sport. We're determined to lead a change and to create a positive experience for all young people playing sport.

We're asking all those involved in the delivery of youth sport to remember this: young people play sport to have fun with their friends. If they stop having fun, they stop playing sport. Focusing too early on just one sport, putting winning before skills development and making young people train like professionals – these are the problems, not the solutions. Success should be defined by enjoyment, effort and improvement. There should be opportunities for all young people to be involved, not just those perceived to be most talented.

Individually and collectively we commit to:

- Ensuring all young people who play our sports receive a quality experience, irrespective of the level at which they compete.
- Leading attitudinal and behavioural change among the sport leaders, coaches, administrators, parents and caregivers involved in youth sport.
- Providing leadership to our sports in support of changes to competition structures and player development opportunities.
- Working with our sports and schools to keep minds open while identifying talent throughout the teen years, including reviewing the role and nature of national and regional representative tournaments to ensure that skill development opportunities are offered to more young people.
- Supporting young people to play multiple sports.
- Raising awareness of the risks of overtraining and overloading.

To maximise success, we are committed to working collaboratively with like-minded sports, schools, iwi and other organisations to encourage the widest possible change.

Let's ensure our young people develop a life-long love of sport and physical activity. Through commitment and teamwork, we can make a change.

LET'S KEEP UP WITH THE PLAY. LET'S KEEP YOUNG PEOPLE IN SPORT.

sportnz.org.nz/keepup

Peter Miskimin
Chief Executive



David White
Chief Executive



Andrew Pragnell
Chief Executive



Ian Francis
Chief Executive



Jennie Wyllie
Chief Executive



Steve Tew
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Introduction

This booklet provides information about playing sport for Sacred Heart College so students and parents/ caregivers will know what is involved and can make an informed choice about which sports they would like to play.

We rely heavily on volunteer help from the wider community and parents to coach, manage or supervise our sports teams, without this help we may be unable to field teams. Please tell us if you can help with coaching, managing, umpiring or transport.

Sports Department Mission Statement

“Sport at Sacred Heart is fun, challenging, enjoyable and provides an inclusive environment.”

Our Objectives are:

1. To maximise participation in school sport.
2. To provide a safe and fun environment.
3. To provide opportunities to participate in a variety of sports.
4. To provide a platform for students to fall and stay in love with their chosen sport.

Our Commitment to our Coaches and Managers

1. We will actively share advice and resources for experienced and developing coaches.
2. We will provide you with resources to help you get the best out of your team.
3. We will support your personal development as a coach by assisting you to attend courses which may benefit both you and the school.

Our Commitment to our Students

1. To ensure all young people who play school sport receive a quality experience, irrespective of the level at which they compete.
2. Accommodate individual differences and abilities by offering a broad range of activities and competition structures.
3. Ensure that sport is provided in a fun and safe environment.
4. Encourage and support students to play multiple sports.
5. Promote attitudinal and behavioural change among coaches, managers, parents and caregivers involved in school sport.

How to Register for Sport

Look at the sports listed on the website and choose the sports you would like to play. Make sure you are available on game days and it doesn't clash with any other activities you may participate in. Please think carefully before paying as there will be no refunds once teams have been entered from registrations received, payment is considered a commitment.

Registration Deadlines

- Summer Sport is played in Term 1
- Summer Sports Registrations close on the first Friday in Term 1
- Winter Sport is played in Term 2 and 3.
- Winter Sports Registrations close - Friday Week 3 Term 1

Fees

The Board of Trustees directive states, that the sport fee must be paid by all participants. Families are asked to pay in advance or make regular automatic payments online. A payment plan must be set up before the season starts. A *"No Pay No Play"* policy will apply. Fees have been set to help cover the cost of:

- College Sport Wellington and Wellington Hockey Association Fees,
- Purchase and maintenance of sports equipment.
- Team Uniforms

In genuine financial hardship please contact the school Business Manager, Christine Holden in confidence.

Uniform

For most sports, the school will provide a playing shirt or singlet. Our various sports uniforms are registered for sporting codes and must be worn. If uniform is not provided by the School, then the Student will be asked to wear their PE Uniform (except for Netball). The Sacred Heart College Physical Education uniform is:

- School PE shirt
- Black shorts
- White ankle socks

Netball Dresses

Students are asked to buy their own Netball dress, this can be ordered online. The school has a limited number netball dresses available to borrow.

Sports Hoodies

The School Sports Hoodie, and black tracksuit pants are compulsory for all Senior 1st teams and all students representing Sacred Heart College at sporting events e.g.: Inter School Athletics, CSW tournaments etc.

Tracksuit Jackets

New for 2020 we have a Waterproof Sports Jacket, this is highly recommended for Girls who play outdoor sports and will be phased in over the next year or so.

Tracksuit Pants

Currently students can wear any black tracksuit pants, however the school will now offer official Sacred Heart pants which will be phased in over the next year or so.

Hats, Caps and Visors

We encourage students to be sun smart and purchase a school Bucket Hat, Cap or Visor

Competitions

Weekly Competition - College Sport Wellington

All weekly school competitions are run by College Sport Wellington. We suggest you download the FREE CSW App so you can stay up to date with draws, alterations, and cancellations.

Local Tournaments

College Sport Wellington Hosts a variety of 1-day tournaments throughout the season. The Sport Director will keep teams informed of any tournaments that they should be attending.

NZSS Tournament Week (Summer and Winter Tournaments)

The New Zealand Secondary School Sports Council facilitates both a Summer and Winter Tournament Week. We encourage our first teams and their coaches to attend these tournaments as it is usually the highlight of the sporting year. Traditionally the following teams attend: Basketball, Football, Hockey, Netball and Volleyball.

- Summer Tournament Week is at the End of March / Beginning of April (Monday to Friday).
- Winter Tournament Week is held during the first Week in September, most codes from Monday to Friday, but Basketball runs from Wednesday to Saturday.

Draws and Results

The easiest way is to download the College Sport Wellington App. You will then receive up to date alterations and cancellations. Draws are also Posted on the Gym Noticeboard.

1. Apps -Free to download
 - a. College Sport Wellington App
 - b. School Apps NZ (Sacred Heart College) App
2. Web Sites:
 - a. College Sport Wellington - www.collegesport.org.nz
 - b. Sacred Heart College - www.sacredheartcollege.school.nz
3. The sports notice board inside the gym.
4. Ask your coach/manager at practice.

Cancellations and Alterations

The College Sport Wellington App is the best way to keep up to date with cancellations and alterations. However, the Sports Office will contact students and parents via email in the event of a cancellation.

Sporting Achievements

There are several occasions where the school recognizes and applauds the sporting achievements of its students, including sport not organized by SHC eg: Judo, Rowing etc. The Sports Department generally hears of such successes but there are some students who reach representative status outside of the school's domain and we don't know about it. We need you to tell us about such achievements. If you know of a SHC student (including yourself) who has been chosen in a regional or national squad or team, who has broken a record or achieved similar sporting success, please let us know. We want to acknowledge our student's successes.

Fair Play Charter

When playing sport for Sacred Heart College we try our hardest to:

- Play hard but play fair.
- Enjoy ourselves.
- Play within the rules.
- Respect all officials.
- Respect the opposition and their supporters.
- Respect your own teammates and supporters.

- Be gracious winners and dignified losers.

Behavioural Expectations for Students

1. Attend all practices and games at the scheduled times.
2. Tell your Coach or Manager if you can't make practice (by text, email or group chat). It is not acceptable to just miss a practice without notice to the appropriate person.
3. Wear the **CORRECT** sports uniform in a tidy and appropriate manner.
4. Respect the rules of the game and the Fair Play Charter.
5. Respect the decisions of referees and umpires - Never argue with an official.
6. Co-operate and show the Coach, Manager and teams respect at all times.
7. Regularly check your school emails, Facebook page or the sports notice board, take note of the daily notices and attend all meetings as required.

Behavioural Expectations for Parents /Caregivers

1. Encourage all players in a positive manner.
2. Leave the Coaching to the Coaches. Players should be able to hear coaching instructions from Coaches only during play, half times and practices.
3. Refrain from making comments to any official, no matter how much you disagree with the call.
4. Refrain from negative comments to any Parent/Caregiver or spectator from any opposing team. If you disagree with their behaviour – show them how a supportive Parent/Caregiver acts.
5. Make every effort to get your daughter to games and practices on time. If there is a problem with this, please talk to one of the coaching staff and make other arrangements.
6. Please ensure you give the officials room to move on the side-lines.

Parental Support

. There are several ways parents/caregivers can be active in this area:

- Coaching or managing a team.
- Providing adult supervision at sporting venues.
- Ensuring your daughter attends practice.
- Ensuring sports fees are paid.
- Providing transport to and from sporting venues.
- Parents will be placed on a roster to supervise teams if necessary.

Role Descriptions

Coach Responsibilities:

1. Discuss and establish with players, protocols and expectations.
2. Develop in conjunction with players team goals.
3. Through practices, enhance and develop the players' skills, fitness and mental application to the sport.
4. Keep up to date with coaching methods and attend courses when available.
5. Appoint responsible team members to hold positions of captain and vice-captain and ensure they are aware of their responsibility.
6. Through personal communication encourage parental support of the team.

7. Communicate results and any incidents to the Sports Directors – Good or Bad!.

Manager Responsibilities:

1. Support the coach and liaise with the Sports Director over any team matters.
2. Ensure that uniforms are worn correctly and appropriate to the Sacred Heart standard.
3. Establish with Coach and players the best form of communication and ensure this is upheld.
4. Ensure that all gear and uniforms distributed are looked after throughout the season and ensure that it is returned on time and in good condition.

Player Responsibilities:

1. Players must accept the schools' selection process and procedures.
2. Players must attend all practices and games punctually as required. If for any reason students cannot attend, they must contact their coach or manager personally to explain why. If students are injured, they should still be attending the practices and learn by listening and watching
3. Coaches have the right to adopt a 'no practice – no game' policy.
4. Players MUST wear the correct uniform and if required safety equipment i.e. mouth guards, shin-pads etc. Incorrect uniform or gear will mean standing on the sideline.
5. Players must assist with team duties and responsibilities when required or asked.
6. Uniforms or gear issued to players by the school or Team Manager is their responsibility and students will be charged for any items not returned, lost or damaged.
7. Players must abide by the Fair Play Charter and uphold the principles of Fair Play and the school rules at all times.

Student Coaches and Umpires

Senior sporting students are encouraged to coach a junior team if they have an interest in a particular code. Coaching and/or Umpiring are acceptable as a service for the Duke of Edinburgh Hillary Award scheme. We encourage all of our student coaches to attend the student coaches' education opportunities when they come available.

Sports Department Contacts

Director of Sport: Mrs Claire Anderson
Phone: 027 566 1091 or (04) 566 1089 extn 261
Email: sport@sacredheartcollege.school.nz

Sports Co-ordinator: Mrs Bridget Penney
Phone: (04) 566 1089 extn 235
Email: sport@sacredheartcollege.school.nz

Netball Co-Ordinator: Mrs Annalise Mokaleai Smith
Phone: (04) 566 1089 extn 261
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HOD Health/ PE/ Sport: Mrs Briony Hibberd
Phone: (04) 566 1089 extn 247
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