



**St John the Baptist**  
Catholic School

# Sports Handbook



## Introduction

Sport is an integral part of life at St John the Baptist Catholic School. The importance of sport for the physical and emotional development of young children is well recognised. A range of opportunities are available to St John's students in a variety of sports.

Many of our students participate in school sports and many volunteer helpers assist and support teams in a host of ways. We aim to ensure that sporting opportunities are available to all children, to allow the development of skills and to provide enjoyment for all who take part.

This booklet has been prepared to help families support students to take up opportunities to participate in sport at St John the Baptist Catholic School. We hope you will really enjoy your role in being part of our school sporting programme and look forward to the many opportunities that arise where we can work together.

## What school sports do we offer?

We offer team sports in Basketball, Cricket, Netball, Soccer, Tee Ball, Volleyball and Football, please see below for further information. All sports are played outside of school hours, during the week and on weekends. The formation of teams is dependent on student numbers.

**Basketball** – All basketball games are played at Wayville Sports Centre. We offer girls, boys and mixed teams. Games are played throughout the week after school. Basketball is offered from Terms 1 to 4. Students will be provided a basketball top. PE uniform shorts and socks are to be worn. Players must register annually with Basketball SA in order to play.

**Cricket** – We offer Master Blaster (Years 2 and 3) and B Grade Cricket.

**Master Blaster (Years 2 and 3)** - Master Blaster Cricket is offered to players who have little or no experience. Games are played on Friday evenings at Glandore Oval. Students use plastic bats, balls and stumps and all equipment is provided by SACA. Teams are made up ideally of 6-8 players. Master Blaster is organised and managed by SACA Officials. Players are to wear their school PE uniform.

**B Grade Cricket** - Players who have competent bowling and batting techniques are encouraged to nominate. Teams are made up of 8 players. Games are played on Saturday mornings at various grounds commencing at 8:30am and finish at around 11:00am. Matches are 50 over games (25 overs per side). Players wear helmets, gloves and pads. All players provide their own box (AND THIS MUST BE WORN WHEN BATTING). The school has their own kit that houses the appropriate equipment for this level. However, players are welcome to use their own equipment if they prefer. Players wear their school PE Uniform. Cricket whites can be worn but are not essential.

**Netball** - Netball is offered as an after school sport for students in Year 2 to Year 6. Games are played on Monday afternoons following school. We play at Unley High School and Cabra College. Players are to wear their PE uniform.

**Soccer** - We offer teams in U7's, U8's, U9's, U10's, and Senior Soccer. Soccer is played during Terms 2 and 3 on a Saturday. Games are held at various locations. Players are supplied with a St John the Baptist Catholic School soccer top. Parents are to provide shin guards and navy soccer/football socks. Please note shin guards are compulsory.

**Tee ball** – Tee ball is available for Reception – Year 2 students. Our teams are mixed. The R-2 competition is non-competitive. Games take place on a Saturday morning at the Adelaide (Angels) Baseball Club. Parents are welcome to join the Reception to Year 2 students on the field for support. Students are to wear their PE uniform.

**Volleyball** – Volleyball is available for Year 5 and Year 6 students. They matches are played at Westbourne Park volleyball facility in Terms 1 and 4 on Friday afternoons following school.

**Football (AFL)** - Australian Rules Football (AFL) is offered during Terms 2 and 3 and it is organised by the West Adelaide Football Club. It is held at West Beach on Saturday mornings. In the Year 2 competition there is NO tackling involved. The Year 3/4 competition is wrap tackles only. The Year 5/6 competition includes tackling. Players are supplied with a St John the Baptist Catholic School football top. Parents are to provide navy football socks and boots (sneakers can be worn), PE shorts can be worn or navy football shorts.

**It is a requirement that a commitment to a particular sport by a student be for the entire season, unless there are extenuating circumstances.**

### **Skills Clinics**

From time to time, sports skills clinics are organised for the students. These are often conducted during the school day as part of the school physical education programme. These clinics are provided free of charge and they are an opportunity for all children to experience and develop skills, even if they have no prior involvement in that sport.

### **SACPSSA (South Australian Catholic Primary Schools Sports Association)**

Students are able to participate in the SACPSSA carnivals from Year 3 to Year 6. These carnivals are usually held during the school day. Sports include Athletics, Basketball, Cross Country, Netball, Swimming, Tennis, Touch Football, Lacrosse and Cricket. The Year 2 students participate in the Come and Try Expo.

Information is circulated to families by the Sports Coordinator prior to each event.

### **SAPSASA (South Australia Primary School Amateur Sports Association)**

Year 5 and Year 6 students at St John the Baptist Catholic School have the opportunity to try out for SAPSASA sports. Sports include Tennis, Golf, Basketball, Hockey, Soccer, Football, Netball, Cricket, Triathlon, Softball, Basketball, Cross Country, Athletics and Swimming. Information regarding trials for SAPSASA sports are circulated to families by the Sports Coordinator. Priority is given to the Year 6 students in their final year of primary schooling. The link for further information can be found on <https://www.education.sa.gov.au/students/competitions-and-challenges/sports-competitions/state-carnivals-and-state-championships>

Parents are required to nominate and transport their child to these events. There is a cost involved for each sport.

## **Premier's Be Active Challenge**

The Premier's be active Challenge is a physical activity program introduced by the Premier in 2007 to:

- Encourage students to be more active more often
- Improve the health and wellbeing of South Australian students.

The Challenge requires students to do at least 60 minutes of physical activity on at least 5 days of the week for at least 4 weeks between the beginning of the school year and late September.

After 10 weeks of daily physical activity, students will be rewarded with a medal. Students are presented with medals in Term 4.

## **Nominating for sports**

All nominations for sports are offered on SEQTA email. Parents are required to register via QKR! and pay the nominated fee for sports registered. All following communications regarding sports will be sent via SEQTA email.

Nomination details are as follows:

- For sports played in Term 1 nominations are communicated in Term 4 of the previous year
- For sports played in Terms 2 and 3 nominations are communicated in Term 1
- For sports played in Term 4 nominations are communicated in Term 3

## **Coaching, Volunteering and/or Managing**

Coaches/Managers play a key role in our community by positively influencing students to help them stay active and healthy for life.

Coaches/Managers of all sports need to hold a current Working with Children Check (WWCC) and a Catholic Police Clearance and have completed the registered volunteer process. If you are interested in coaching, managing or volunteering and currently are not a registered volunteer, please contact our office on 8218 3300 so we are able to assist you with the process.

Coaches/Managers are required for each team sport.

Volunteers are required for all sports carnivals and SACPSSA sports. Volunteers are requested when you register your child/ren for sporting events/afterschool sports.

## **Fees**

Fees are dependent on the sport that the student participates in. All fees are to be paid via our Qkr! app **prior to the commencement of the season/event.**

## **Hot and Wet Weather**

The duty of care for our students' health and safety is of primary importance. Consequently, the following policies will apply to St John the Baptist Catholic School sport.

All game cancellations are in conjunction with the given sporting association or St John the Baptist Catholic School Extreme Weather Policy.

Please find below the Extreme Weather Policies for each association and the sports St John the Baptist Catholic School participates in.

- Basketball – hot weather policy is 35 degrees as per the Bureau of Meteorology at 8am the day of the match.
- Cricket – St John the Baptist Catholic School Extreme Weather Policy cut off at 36 degrees.
- Volleyball – continues to play as the venue is airconditioned
- Netball – St John the Baptist Catholic School Extreme Weather Policy cut off at 36 degrees

All students are reminded to wear a hat and sunscreen, especially during Terms 1 and 4.

Dependent on the sport played, the sport will go ahead in wet weather unless there is thunder and lightning storms, or if it is deemed unsafe to play in the wet conditions.

## Team Structures and Training

All teams will be formed by the Sports Coordinator.

Students from other schools or students from our school may be invited to join a team in a particular age grouping where lack of numbers would otherwise prevent students from being able to play in a competition.

## Uniform

All students are expected to wear a uniform when playing sport representing St John the Baptist Catholic School, our uniform is our identity.

Some sports require a special uniform which the school will provide for the season of sport played. The uniform is to be washed and returned to school on completion of the sport. Any uniform that is not returned will be billed and added to your school account.

Below is a table of sport uniform requirements:

<b>Sport</b>	<b>Uniform</b>
Basketball	School sport shorts, basketball singlet (provided by school) and white socks
Soccer	School sport shorts, soccer top (provided by school) shin pads (compulsory) and navy soccer socks (soccer boots optional – students can wear their sports shoes) mouthguards are optional
Football (AFL)	School sport shorts, football top (provided by school) and navy football socks, mouthguard (compulsory) (football boots optional – students can wear their sports shoes)
Netball	School sports shorts or skort, school polo top and white socks
Tee Ball	School sports shorts and school polo top
Cricket	School sports shorts, school polo top and an abdominal guard (cricket box) will need to be worn for batting
Volleyball	School sports shorts or skort, school polo top and white socks

## **Grievances**

Minor grievances should be directed to the team coach in the first instance and then to the PE teacher if the matter is not resolved.

Any major grievances of parents should be made in writing and addressed to the Principal via email [principal@stjohnpl.catholic.edu.au](mailto:principal@stjohnpl.catholic.edu.au).

The school's Grievance Guidelines are made available to all coaches.

## **Communication**

Communication between parents, coaches, players and the school staff is important. Coaches volunteer their time and effort. It is expected that the behaviour of players is appropriate and that parents encourage respect for the coach.

Parents wishing to know more about school sport in general may contact the school office. Once your child has registered for a team, your coach will be your point of contact. Coaches will be given contact and medical information for all players for use in contacting families and emergencies. Urgent messages will be relayed through SEQTA email. Team information will be available from your team's coach.

## **Participation Shield**

When a child initially starts school sport at St John the Baptist Catholic School, they will be given a Participation Shield. Each year they participate in a school sport they will be given a gold plate with the sports they competed in for their shield, this will occur at the end of Term 4 for all sports played throughout the year. If you have any queries, please contact the Sports Coordinator.

## **Code of Conduct**

A high standard of conduct is expected from parents, staff and students at all times, both on and off the field.

Please encourage your child/ren to perform to the best of their ability. Positive encouragement from parents can greatly enhance students' sporting experience and enable them to gain the most from their participation. Benefits may include, enjoyment, building friendships, improved fitness and the development of team cohesion, loyalty, self-discipline and responsibility.

All players, teachers and coaches, parents and spectators are expected to read the School Sport Code of Conduct, which is outlined below.

All parents are encouraged to spend time reading and discussing the guidelines below with their children. This will help to continue to ensure our school provides positive sporting experiences for all students.

Sport in our school is an important part of a full and balanced education for our students. Whilst it is important students develop their skill level throughout the year, the primary objective of our sporting program is that the children experience a fun, enjoyable and fair amount of playing time throughout the semester.



## **CODE OF CONDUCT (SCHOOL SPORT AUSTRALIA & SAPSASA)**

### **FOR PLAYERS:**

- Be a good sport, deliberate violence or bad language should never be used towards opponents or coaches, umpires or referees
- Play for enjoyment
- Work hard for your team mates as well as yourself
- Treat all team mates and opponents with respect
- Play by the rules
- Co-operate with team mates, opponents and game officials
- Control your behaviour on and off the field
- Learn to value honest effort, skilled performance and improvement
- Behave in a manner that respects the rights of others regardless of mediums of communication used, eg digital mediums such as social media, email and texts
- Respect and abide by officials' decisions

### **FOR TEACHERS, COACHES, INSTRUCTORS & LEADERS:**

- Encourage children to develop basic skills in a variety of sports and avoid over specialization in one sport or in one playing position
- Ensure that efforts for both skill improvement and good sporting behaviour are acknowledged
- Provide equal encouragement to girls and boys to participate, acquire new skills and develop confidence
- Recognise and cater for groups with special needs
- Set a good example for your players
- All coaches should ensure that they are fully aware of the expectations and practices of the site in which they are coaching
- Encourage and create opportunities to develop individual skills
- Teach a wide range of team skills and sound sportsmanship based on sound coaching principles
- Make clear the site's expectations regarding courtesies, punctuality, behaviour and dress
- Ensure that the sport, playing conditions, equipment and facilities are safe and appropriate to the age group and the skill development level of the players involved
- Encourage the team captain to build their leadership skills to model responsible behaviour
- Teach your players to be friendly and respectful towards officials and opponents
- Give all interested students a chance to participate in training and in games
- Remove from the field of play any player whose behaviour is not acceptable
- Keep your own knowledge of coaching and the developments of the game up to date
- Avoid any hint of criticism against the umpire or referee of any match
- Ensure that the consequences of inappropriate behaviour are clearly understood
- Distribute a copy of this code of behaviour to teachers, coaches, players, spectators and officials to ensure that all involved understand their authority and responsibility for fair play
- Ensure proper supervision is provided at all times

### **FOR PARENTS:**

- Encourage participation by your children
- Provide a model of good sporting spirit for your child to copy
- Be courteous and respectful in your communication with players, team officials, game officials and sport administrators
- Encourage honest effort, skilled performance and team loyalty
- Make any new parents feel welcome on all occasions
- Do not interfere with the conduct of any events
- Make your presence and support as positive as possible
- When visiting another school, respect the host school's premises and rules

### **FOR SPECTATORS:**

- Demonstrate appropriate social behaviour by avoiding offensive language, aggressive behaviour, harassing players, teachers, coaches or officials
- Remember children play for fun and enjoyment. Don't let your behaviour detract from their enjoyment and never ridicule or yell at them for making mistakes or losing a competition
- Let game officials conduct events without interference
- Support skilled performances and team play with generous applause and congratulate all participants upon their performance regardless of the game's outcome
- Demonstrate respect for opposing players and their supporters
- Never ridicule a player for making a mistake
- Respect the officials' decisions
- Encourage players to play in accordance with the rules and the officials' decisions

### **FOR ALL:**

- No person shall act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies or insults another person (the person vilified) on any basis, including but not limited to a person's race, religion, colour, descent or national or ethnic origin, special ability/disability or sexual orientation, preference or identity

## **Game day tips**

### **Before the game:**

- Tell your child you are proud of them regardless of the outcome
- You don't need to tell your child that winning doesn't matter because they know it has some meaning. Instead, help them to develop a healthy competitive attitude for trying hard and having fun
- Tell your child to "go for it, give it your best shot and have fun"

### **During the game:**



- Don't yell instructions at your child during the game. The coach has given them instructions and their teammates are also calling out to them; too much input is confusing.
- Cheer and acknowledge good play by both teams
- Never criticise a mistake, only make motivational comments
- Respect the decisions made by the officials. Your child will learn to respect authority by seeing you do the same.

### **After the game:**

- Thank the officials and the coach
- Thank the other team for a good game
- Congratulate your child and their team mates on their efforts
- Compliment individual players on good plays they made during the game
- Focus on the way your child played rather than winning or losing
- If your child is upset with losing, help them not to focus on the outcome

### **During the car ride home:**

- Point out a good play your child made during the game
- Avoid criticising or correcting mistakes
- Ask questions like:
  - Did you have fun?
  - Did you give it your best effort?
  - What did you learn from the game?
  - What was the best play you made and how did it feel?

## **Remember**

As your child approaches the court or field, they are either excited to play or afraid of messing up. Both feelings are influenced by you.