



Santa Sabina College

**Sports Handbook
2015**

Foreword

This Sports Policy and Information handbook aims to draw together, for parents and students, the different policies, procedures and information that frame the Sports Program of the College.

There is continual review of the co-curricular Sports Program at the College. As a result there may be minor changes to the information included in this handbook. All changes and updated information will be published on Haiku and on the Sports Office Noticeboard.

An active and extensive extra-curricular Sports Program is a feature of Catholic and other independent schools. At Santa Sabina College it enriches the scope of the College's opportunities available to students and contributes to the holistic education we promote. The Sports Program contributes significantly to the student life of the College through:

- Fostering participation, personal excellence, and the development of the whole person.
- Strengthening school spirit, building community, promoting fair play, participation, skill development, resilience, teamwork and leadership.
- Promoting a healthy lifestyle.
- Building the self-esteem and self-confidence of students.
- Encouraging personal responsibility and team building.
- Creating a sense of pride and community building. We hope that students will benefit from, and contribute to, the Sports Program at Santa Sabina College.

Dr Maree Herrett
Principal

Simon Board
Director of Sport

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SPORTS CONTACTS

Sport	Sports Convenor	Email address	Contact phone
Aerobics	Nam Pham	n.pham@ssc.nsw.edu.au	9745 0223
Aquathon	Lisa Filby	l.filby@ssc.nsw.edu.au	9745 7733
Athletics	Laura Cornford	l.cornford@ssc.nsw.edu.au	9745 0224
Badminton	Laura Cornford	l.cornford@ssc.nsw.edu.au	9745 0224
Baseball	Dayle McMillan	d.mcmillan@ssc.nsw.edu.au	9745 0173
Basketball (Jnr)	Dayle McMillan	d.mcmillan@ssc.nsw.edu.au	9745 0173
Basketball (Snr)	Cathy Gallagher	c.gallagher@ssc.nsw.edu.au	9745 0222
Cricket	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Cross Country (Jnr/Snr)	Laura Cornford	l.cornford@ssc.nsw.edu.au	9745 0224
Dance (Jnr/Snr)	Lisa Filby	l.filby@ssc.nsw.edu.au	9745 7733
Diving	Cathy Gallagher	c.gallagher@ssc.nsw.edu.au	9745 0222
Equestrian	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Fitclub	Nam Pham	n.pham@ssc.nsw.edu.au	9745 0223
Golf	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Gymnastics	Laura Cornford	l.cornford@ssc.nsw.edu.au	9745 0224
Hockey (Jnr/Snr)	Laura Cornford	l.cornford@ssc.nsw.edu.au	9745 0224
Indoor soccer	Dayle McMillan	d.mcmillan@ssc.nsw.edu.au	9745 0173
Netball (ERNA)	Dayle McMillan	d.mcmillan@ssc.nsw.edu.au	9745 0173
Netball (Rep)	Lisa Filby	l.filby@ssc.nsw.edu.au	9745 7733
Snow sports	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Soccer/mini soccer	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Softball (Jnr)	Dayle McMillan	d.mcmillan@ssc.nsw.edu.au	9745 0173
Softball (Snr)	Cathy Gallagher	c.gallagher@ssc.nsw.edu.au	9745 0222
Super sports	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Swimming	Dayle McMillan	d.mcmillan@ssc.nsw.edu.au	9745 0173
Tennis	Simon Board	s.board@ssc.nsw.edu.au	9745 0221
Touch	Laura Cornford	l.cornford@ssc.nsw.edu.au	9745 0224
Volleyball	Nam Pham	n.pham@ssc.nsw.edu.au	9745 0223
Waterpolo	Lisa Filby	l.filby@ssc.nsw.edu.au	9745 7733

Santa Sabina Sports program 2015



	Term 1	Term 2	Term 3	Term 4
Aerobics Training	State competition	National competition (CGSSSA)	Auditions
Aquathon				
Athletics	Pre carnival	Carnivals	CGSSSA	
Badminton IGSSA			
Baseball
Basketball	Auburn / Bankstown	Auburn / Bankstown	Auburn / Bankstown / CGSSSA	SSC invitational
Cricket	IPSHA boys term 1 CGSSSA			IPSHA boys/girls term 4 CGSSSA
Cross country		IN, CPS, PSSA, CCC, CGSSSA	
Dance	Auditions / Training > eistedford CGSSSA eistedford, fair	
Diving	CG, CCC, Club Diving Club
Equestrian?				
Fitclub
Golf?				
Gymnasticstraining all yearCGSSSA.....training all yeartraining all year
HockeyGradingIPSHA/ EDWA Hockey.....CGSSSA / IGSSA.....Friday night hockey
Indoor soccer	Indoor Five Dock..... FUTSAL Championship.....		
Netball		Grading teamsCGSSSA, CGS, CCC.....night netball
Snow sports			
Soccer	Grading and rego IPSHACDSFA.....Gala day IN	
SoftballCGSSSA/IGSSA/IPSHA			
Super sportsSuper Sports			
SwimmingClub/CGSSSA/CPS/IW/INVXLSwim club trials.....Splash and Dash
TennisIGSSA.....Hot Shots.....Hot Shots.....IPSHA/Hotshots
TouchCGSSSA.....CGSSSA.....League Tag.....
VolleyballTrials/Metro Schools.....Metro Schools/SVL.....U15 Nationals.....Sat invitational.....
WaterpoloNSW.....	MLC waterpolo.....CCC/CGSSSA/IGSSA.....

SPORTS BY TERM 2015

Available Sports: Years K-2 (Based on previous years and may vary)

Sport	Group	Term	Time	Competition/Club/Activity	Venues
Multi Sport	Years K-2 Boys & Girls	1	Wednesday 3.30pm – 4.30pm	Santa Super Sports Activity	Del Monte
Baseball (Teeball)	Years K -2 Boys & Girls	4 & 1	Saturday 8.00am – 12.00pm	Ryde/Hornsby Assoc. Comp.	Various parks
Dance	Years 1 & 2 Boys & Girls	1 - 3	Midweek 3.30pm – 4.30pm	Santa Sabina College Eisteddfod Groups	Del Monte
Netball	Years 1 & 2 Girls (7+Years)	2 & 3	Saturday 8.00am – 12.30pm	ERNA Competition	Brush Farm, Eastwood
Soccer	Years K-2 Boys & Girls	2 & 3	Saturday 8.00am – 1.00pm	CDSFA Competition	Strathfield Park (K-1) Various parks (Year 2)
Tennis	Years K-2 Boys & Girls	1 - 4	Midweek by arrangement	Santa Sabina College Coaching	Del Monte

Available Sports: Years 3-4 (Based on previous years and may vary)

Sport	Group	Term	Time	Competition/Club/Activity	Venues
Aerobics	Years 3 & 4 Girls	1 - 4	Friday 3.30pm – 4.15pm	Santa Sabina College Club	Santa Sabina or Del Monte
*Baseball (Teeball)	Years 3 & 4 Boys & Girls	4 & 1	Saturday 8.00am – 12.00pm	Ryde/Hornsby Assoc. Comp.	Various parks
Basketball	Years 3 & 4 Boys & Girls	1 & 2 3 & 4	Monday After school hours	Bankstown Competition	Bankstown Basketball Stadium, Condell Park
Cricket	Years 3 & 4 Boys Year 4 Girls	1 & 4 4	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Dance	Years 3 & 4 Boys & Girls	1 - 3	Midweek 3.30pm – 4.30pm or 7.30am – 8.30am	Santa Sabina College Eisteddfod Groups	Del Monte or Santa Sabina Hall
Hockey	Year 4 Girls	2	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Netball	Years 3 & 4 Girls	2 & 3	Saturday 8.00am – 12.30pm	ERNA Competition	Meadowbank Park or Brush Farm, Eastwood
Soccer (Mini)	Year 4 Girls	1	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and other venues
Soccer	Years 3 & 4 Boys & Girls	2 & 3	Saturday or Sunday 8.00am – 1.00pm	CDSFA Competition	Various parks
*Softball (Teeball)	Year 4 Girls	1	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Tennis	Year 4 Girls	4	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Tennis	Years 3 & 4 Boys & Girls	1 - 4	Midweek by arrangement	Santa Sabina College Coaching	Del Monte
Touch	Years 3 & 4 Boys & Girls	4	Midweek After school hours	West's Touch Assoc. Competitions	Bark Huts Reserve, Belfield

*The Softball (Teeball) season runs over the summer - Term 4 in the current year and Term 1 of the following year.

Available Sports: Years 5-6 (Based on previous years and may vary)

Sport	Term	Time	Competition/Club/Activity	Venues
Aerobics	1 - 4	Friday 3.30pm – 4.15pm	Santa Sabina College Club	Santa Sabina or Del Monte
Basketball	1 & 2 3 & 4	Monday After school hours	Bankstown Competition	Bankstown Basketball Stadium, Condell Park
Cricket	4	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Dance	1 - 3	Midweek 3.30pm – 4.30pm or 7.15pm - 8.15pm	Santa Sabina College Eisteddfod Groups	Santa Sabina or Del Monte
*Diving	4	Midweek After school hours	Santa Sabina College Club	Sydney International Aquatic Centre, Homebush
Hockey	2	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Hockey	4	Friday After school hours	Briars Summer Competition	Cintra Park, Concord
Netball	2 & 3	Saturday 8.00am – 12.00pm	ERNA Competition	Meadowbank Park or Brush Farm Park, Eastwood
Soccer (Mini)	1	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and other venues
Soccer	2 & 3	Sunday 8.00am – 3.00pm	CDSFA Competition	Various parks
Softball	1	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
*Swimming	1 & 4	Midweek 3.30pm – 4.30pm &/or 7.15pm - 8.15pm	Santa Sabina College Club	Santa Sabina College Pool
Tennis	4	Saturday 8.00am – 12.00pm	IPSHA Competition	Various schools and parks
Tennis	1 - 4	Midweek by arrangement	Santa Sabina College Coaching	Del Monte or Santa Sabina
Touch	4	Midweek After school hours	Wests Touch Assoc. Competition	Bark Huts Reserve, Belfield
* Water Polo	1	Saturday 7.45am – 12.00pm	UNSW Competition	Various schools and pools
* Water Polo	3	Friday After school hours	MLC Invitation Competition	MLC School Pool, Burwood

* Year 6 only

Available Sports: Year 7-12 (Based on previous the previous year and may change)

Sport	Term	Times	Competition/Club/Activity	Venues
Aerobics	1 - 4	Tuesday 3.30pm – 4.15pm	Santa Sabina College Club	Santa Sabina or Del Monte
Badminton	1	Saturday 8.00am – 12.00pm	IGSSA Schools Competition	Various schools
#Basketball	1 & 2 3 & 4	Friday After school hours	#Auburn Competition	Auburn Basketball Stadium
Basketball	4	Saturday 8.00am – 12.00pm	SSC Invitation Competition	Santa Sabina or Del Monte
Diving	1 & 4	Midweek After school hours	Santa Sabina College Club	Sydney International Aquatic Centre Homebush
Gymnastics	1 - 4	Saturday 1.00pm – 5.00pm	Santa Sabina College Club	Five Dock Leisure Centre
Hockey	2 & 3	Saturday 8.00am – 12.00pm	EDWHA/ IGSSA Competition	Various schools and parks
Hockey	4	Friday After school hours	Briars Summer Competition	Cintra Park, Concord
Indoor Soccer	2 & 3	Midweek After school hours	FDLC Competition	Five Dock Leisure Centre
Netball	2 & 3	Saturday 8.00am – 3.00pm	ERNA Competition	Meadowbank Park
Netball	3 & 4	Midweek After school hours	ERNA Night Competition	Meadowbank Park
Soccer	2 & 3	Sunday 8.00am – 3.00pm	CDSFA Competition	Various parks
Softball	1	Saturday 8.00am – 12.00pm	IGSSA Competition	Various schools and parks
Swimming	1 & 4	Midweek 3.30pm – 4.30pm and/or 7.15pm-8.15pm	Santa Sabina College Club	Santa Sabina College Pool
Tennis	1	Saturday 7.45am – 12.00pm	IGSSA Competition	Various schools and courts
Tennis	1 - 4	Midweek by arrangement	Santa Sabina College Coaching	Santa Sabina
Touch	4	Midweek After school hours	West's Touch Assoc. Competition	Bark Huts Reserve, Belfield
Volleyball	4	Saturday 8.00am – 1.00pm	SSC Invitation Competition	Santa Sabina College
Water Polo	1	Saturday 7.45am – 12.00pm	UNSW Competition	Various schools and pools
Water Polo	3	Friday After school hours	MLC Invitation Competition	MLC School Pool Burwood
Water Polo	4	Saturday 7.45am – 12.00pm	IGSSA Competition	Various schools and pools

Some age restriction for Auburn Competition

2015 SPORTS CARNIVALS

TERM 4	DATE	EVENT
Swimming	11 February	School carnival
Softball	16 February	CGSSSA
Cricket	24 February	CGSSSA
Touch Football	11 March	CGSSSA
Swimming	17 March	CGSSSA
Football (Jnr)	25 March	CGSSSA
TERM 4	DATE	EVENT
Football (snr)	22 April	CGSSSA
Basketball	20 May	CGSSSA
Cross Country	29 May	CGSSSA
Gymnastics	3 June	CGSSSA
Netball	17 June	CGSSSA
TERM 4	DATE	EVENT
Athletics	21 August	CGSSSA
Hockey	28 August	CGSSSA
Dance	9 September	CGSSSA
TERM 4	DATE	EVENT
Volleyball	20 October	CGSSSA
Waterpolo (Snr) + NSW CCC	28 October	CGSSSA
Waterpolo (Jnr) + NSW CCC	30 October	CGSSSA
Tennis (Singles)	5 November (singles)	CGSSSA
Tennis (Doubles)	6 November (doubles)	CGSSSA
Aquathon	9 November	CGSSSA

PHILOSOPHY OF SPORT AT SANTA SABINA COLLEGE

- To encourage students to develop an interest in physical activity, participation, teamwork and the setting of personal goals that will continue in the post school years.
- To provide an opportunity for every boy and girl, regardless of their ability, to develop physical potential through participation in graded sport, and also to provide a route to more elite levels for those students who are capable.
- To assist both girls and boys to develop skills across a broad range of sports, to understand the rules of sport and to grow into positions of leadership within and beyond sport.
- To bring together boys and girls from different year groups so that they may develop friendships which cross-peer groups.
- To help students to develop a sense of their own self worth as individuals and an appreciation and respect for the values and attitudes of others.
- To help students to appreciate the benefits of learning to work as a member of a team and to develop the self-discipline and responsibility required by team members.
- To establish habits of healthy living, fair play, good sportsmanship and generosity in recognising the talents of others.
- To encourage in students a healthy spirit of competition, to give the best of themselves for team and school while always graciously accepting defeat and being humble with success.
- To provide enjoyment, fun, relaxation and leisure as part of a balanced and fulfilled life.

WET WEATHER INFORMATION

Please see below details regarding the implementation of a new sports Twitter feed to keep all families up to date on sporting fixtures.

Sport Twitter Feed

Information about wet weather and extreme heat in relation to Sport will now be tweeted.

You can follow us on Twitter: <https://twitter.com/santasports> or just login to the College website: <http://www.ssc.nsw.edu.au/community-life/sport-notifications> or Haiku and follow the feed.

Please keep in mind that the most up to date wet weather information for external competition will be found on the various Association websites and Facebook pages. Information on the Twitter feed except where it relates directly to school sport training or competition and activities exclusively run by the College, will be collated from Association wet weather information services.

Please note you do not need to have a Twitter account to view the Twitter feed. This is available through the Sport Notification page on the website. However, if you follow the Twitter feed then you can receive the notifications on your mobile device via the Twitter app.

Please go to Santa Sabina website: www.ssc.nsw.edu.au and under the Community section you will see the Sport Notifications page with the Twitter feed.

In the event of wet weather

- Training for students in Years 6-12 will go ahead regardless of the weather. If necessary, teams will use an indoor or undercover area and participate in sessions related to fitness, tactics and/or rules. Teams training at school should meet their coach in the VAT change room area. Where a team consists of students in Years 6 and 7, such teams will have training regardless of the weather.
- Training for students in Years K-5 will be cancelled and a message will be placed on the Twitter Feed at 2.00pm for parents. An announcement will be made at Del Monte and a notice placed on the MDP noticeboard for students. If training is cancelled, students should be collected at the normal school dismissal time for that day. Parents and students are asked NOT to contact the office staff for wet weather information.

CODE OF CONDUCT, UNIFORM AND EQUIPMENT POLICY

Code of Conduct

The College expects all those who participate in the College Sports Program to do so in a manner consistent with Christian values and the College Mission.

Players

- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Always show respect for your school, coach, teammates and opponents by being co-operative and punctual to games and training. Wear the school uniform appropriately.
- Work equally hard for yourself and your team. Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Do not use foul language, sledge or harass players, coaches or officials.
- Be a good sport. Applaud all good plays, whether performed by your team or the opposition. Never cheer or clap a poor performance that results in an advantage to your team.
- Treat all players in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Control your temper. Teasing of other players, deliberately distracting or provoking an opponent or the like is not acceptable behaviour.
- Arrive at all trainings and games/events punctually, in accordance with the coach's instructions on timing, ready to participate.
- Respect the decision of officials at all times. If you disagree, speak to your coach who may approach the official during a break or after the competition if this is deemed to be necessary. The abuse of officials is unacceptable.
- Honour the commitment you have made to the team and the College by attending training sessions and playing for the entire season.

Parents/Spectators

- Encourage children to participate; do not force them.
- Remember that children participate in sport for their enjoyment, not yours.
- Focus on the child's efforts and performance rather than winning or losing.
- Remember that positive comments are motivational.
- Never ridicule or yell at a child for making a mistake or losing a match.
- Remember that children learn best by example. Appreciate good performances and skillful play by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show respect for your teams' opponents. Without them there would be no game.
- Show appreciation for volunteers, coaches, officials and administrators.
- Be an advocate for fair play. Condemn the use of violence in any form, whether it is by

spectators, coaches, officials or players.

- Do not use foul language, sledge or harass players, coaches or officials.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

Potential consequences for repeat or serious offences

- Contacting the parents or guardian to discuss the player's tardiness and strategies for improving this conduct.
- Forfeiting that player's personal playing time for part or all of the game as appropriate.
- Forfeiting that player from the team for the remainder of the season.

Sports Registration Contracts and registration information

Participation in co-curricular sport at the College is optional. Whilst the College promotes the involvement of students in the College Sports Program and recognises the inherent value of physical activity, it is up to each individual student and their parents/guardians to decide on an appropriate level of participation.

- Sports Registration Contract and information are available for each sport about one school term prior to the commencement of competition/activity.
- Students and their parents are expected to complete a Sports Registration Contract for each sport undertaken and to meet the conditions outlined in the Contract/information.
- Sports Registration Contracts are found on Haiku under the Sport section, listed individually under the specific sports name. Within this Contract parents click a link that takes them to the **Register Now** online registering system designed to provide information and opportunity for payment of each sporting activity.
- Sports Registration Contracts contain the information players and parents need to be well informed about the commitment involved in playing that sport, as well as other important details.
- Players and parents/guardians need to read all relevant Sports Registration Contracts carefully to ensure they understand the commitment being undertaken.
- It is unacceptable to withdraw from a sport once a Sports Registration Contract has been lodged with the Sports Department. In the event of a critical incident preventing participation, the student's parents should contact the relevant Sports Staff member **as soon as possible**.
- Sports Registration Contracts must be lodged by the specified date to ensure inclusion in a sport. After this date inclusion will be subject to positions being available and at the discretion of the Sports Staff.

Fees

- Sports fees are **NON-REFUNDABLE**. Once a Sports Registration Contract has been lodged with the Sports Department that contract is binding. Fees are clearly stated on all Sports Registration Contracts.
- Fees vary between sports and generally include costs such as coaching, umpires, team equipment, game fee, entry fees, Association fees and venue hire.

Training

- Training sessions are a vital component of the College Sporting Program. All participants in College Sport are expected to attend and arrive punctually for all scheduled training

sessions.

- Training sessions are held at a variety of times depending upon the needs of the students, the sport and the availability of the coaching staff and venues.
- The majority of sessions are held at one of the following times:
 - Before school - Years 6-12
 - After school - Years P-12
 - Lunchtime - Years 2-12.
- Training sessions usually last for about 1 – 1 ¼ hours if held before or after school.
- The majority of training sessions are held at the College. However, specialist external venues are used where the College is not able to meet the specific needs of a sport. e.g. diving, athletics and gymnastics.
- Students may train on a campus different from the one on which their normal lessons are held.
- The College does not provide transport to and from training at external venues.
- On the rare occasions that it may be necessary for a player to miss training, parents should inform the Coordinator of the relevant sport or Coach or Manager as early as possible and as outlined in their Sports Registration Contract.
 - A member of the Sports Staff may contact parents/guardians of students whose non-attendance at training is not notified in the correct manner, or for tardiness.
- Failure to attend training without a timely written explanation is unacceptable and can jeopardise a player's continued involvement in sport at the College.

Students are to leave the College grounds as soon as possible after the end of a training session. Parents collecting students are NOT to drive in to the College grounds and are asked to arrive promptly at the conclusion of training sessions.

- Students in Years K – 6 should be collected from training. If a parent/guardian is unavoidably detained, and so unable to collect their child within 10 minutes of the end of the scheduled training time, the child will be escorted to the OOSH Centre on the Del Monte Campus from where he/she can be collected.
- If your child is taken to OOSH after training, fees will be charged at the standard rate.

Competition – Games and Events

During a season, or year participants will be given equitable playing/performance time, conditional on their attitude and attendance at training and punctual arrival at games/events.

- Students are expected to attend all games/events.
- On the rare occasions that it may be necessary for a student to miss a game/event parents should inform the Coordinator of the sport or coach or manager as early as possible and as outlined on their Sports Registration Contract.
 - Failure to attend games/events without a timely explanation is unacceptable and can jeopardise a student's continued involvement in sport at the College and will lead to a disciplinary action imposed by the school.
 - A member of the Sports Staff may contact parents/guardians of students whose non-attendance at games/events is not notified in the correct manner, or for tardiness.

- Students are required to be at the venue ready to participate prior to the start of game/event.
 - The length of time players are required prior to the start time will be specified on the Sports Registration Contract or note. It is usually about 20-30 minutes, depending on the nature of the sport and competition.
 - Early arrival ensures time for the coach to organise the team, students to sign on and to participate in an appropriate warm up.
 - Students who do not arrive with adequate time for an effective warm up jeopardise their performance and that of the team. They may also forfeit personal game time.
- Students should be collected or make their own way home promptly at the conclusion of games/events, unless supervised by their parents/guardians or under the supervision of another student's parents.
 - This is particularly important when participating at an external venue or if competing in the later stages of the competition.
 - Coaches are not employed to supervise students for an extended period after an activity concludes.
- Games/events are sometimes cancelled due to wet weather or extreme heat.
 - Wet weather and extreme heat arrangements are included in each Sports Registration Contract where applicable.
 - Some sporting organisations cancel games by time slot, others by venue and others cancel the entire round or competition. Careful attention to wet weather and extreme heat messages is essential.
 - All students are to attend games/events unless wet weather or extreme heat information states that their game is cancelled.
 - The Sports Department apologises in advance for the times you may arrive at a venue to find a game/event is cancelled. As you would realise, we are not able to control weather conditions.

Uniform

Students who represent the College in sport are ambassadors for the College and are expected to adhere to all Sports uniform regulations. The way students present themselves says a great deal about the respect they have for themselves, their team and the College.

- Uniform requirements for each sport are clearly indicated on each Sports Registration Contract or note.
- Uniform items should be purchased from the College Uniform shop.

It is expected that:

- Students wear the appropriate College sports uniform as outlined in the relevant Sports Registration Contract or note.
- Students' uniforms are neat, clean and worn correctly.
- Students are not to wear non-College sports uniform or mix items of the sports uniform with the formal College uniform. The only exception is the wearing of the overcoat in extremely cold conditions or where specifically stated in the relevant Sports Registration Contract or note.

Equipment

Correct and well-maintained equipment is essential to students' safe and effective participation in any sporting activity. The College makes regular checks of the equipment it provides, purchases new equipment on a regular basis and undertakes repairs as required. Our coaches are expected to ensure equipment is in good repair during the season and to inform the Sports Staff if repairs are needed. Concerns about equipment should be directed to the relevant Sports Staff member.

- The College provides the majority of team equipment, the cost of which comes from the students' sports fees.
- Students are to bring appropriate equipment as outlined in the relevant Sports Registration Contract to all training sessions and games.
- Students are to ensure that all personal equipment is in good repair. This is particularly important in regard to safety equipment.
- Students without safety equipment or whose safety equipment is not in good repair jeopardise not only their safety but also their participation in games and training sessions.

Officials, Umpires and duties

Officials are an integral part of many sporting activities. Without people willing to act as officials - umpires, referees, timekeepers, scorers and the like - many activities could not run. Acting as an official is also a good way for players to gain a better understanding of the game and thus become better players.

- The College offers opportunities for students to learn to officiate, especially to umpire and score. In some sports, students will have an opportunity to gain qualifications.
- In general, to participate as an official or attend courses, students must be at least 12 years of age.
- Students who are capable and/or suitably qualified may be required to officiate during the season/event.
- Students may be required to sit theory tests for umpiring if they are capable or wish to do so. Students are urged to take advantage of such opportunities and to develop their knowledge and understanding of the game(s).
- At times, the College may be required to provide volunteers for duties such as canteen.
- If called upon to officiate or assist with a duty, students should:
 - Be willing and enthusiastic
 - Give of their best and arrive promptly for their role
 - Be dressed appropriately
 - Have all required equipment (e.g. pen, whistle)
 - Have the support of their parents
 - Negotiate with the Sports Staff in a timely and polite manner if unable to do their duty.
- Parents may also be requested to undertake volunteer duties at various times.

Draws and venues

The availability of competition draws, programs and venues varies significantly from sport to sport and association to association. In some sports it is not uncommon for changes to occur at short notice. To ensure minimal stress related to game times and venues it is important to leave ample travel time and to check the game details ahead of time.

- Draws and venues are made available to students and parents in a variety of ways. Primarily via notice boards, Haiku and websites.
- Students and/or parents should check for game/event details regularly.

Transport

The College recognises that family life is very busy and that parents may at times have difficulties in transporting their children to and from sporting activities. Whilst we do not undertake to transport students to and from sport that occur outside school hours, including games and training, we are always willing to assist students and parents to make contact with others in their team for help in this regard.

- Coaches and members of the Sports Staff are not permitted to transport students in their cars except in the event of an emergency situation. Please respect this limit to the staff's responsibilities. In today's litigious world this stipulation is made for the protection of both the students and staff.
- Many families 'lift share'. This is a widely accepted practice and sits well with the College's sense of community support. Please do not hesitate to approach other parents to help in resolving transport difficulties.

SANTA SABINA GRADING POLICY

PHILOSOPHY

- To provide an opportunity for every student, regardless of ability, to develop their physical potential through participation in graded sport.
- To provide opportunity, where appropriate for exceptional athletes, to bring together girls from different year groups so that they may develop friendships across year groups and excel in their chosen sport regardless their age.

Grading Policy

All Santa Sabina College sports should select players in accordance to their playing ability and/or experience rather than year groups or friendships groups.

Benefits of grading

- Players play with and against players of equal playing ability and attitude.
- Have an equal opportunity to participate.
- Have an equal opportunity to contribute to the team's performance.
- Participate in a safe playing environment.
- Broaden friendship groups.

Grading procedure

Grading should:

- Take place prior to the beginning of a season.
- Take previous grade and experience into account.
- Take place over at least one or two afternoons. Further grading days may take place as required.
- Place players in their correct age group. In exceptional circumstances, and with the agreement of a player's parents, a player may be placed in an older age group.

SPORTS OFFERED AT SANTA SABINA COLLEGE

AEROBICS (YEARS 3-12)

A great way to keep fit year round.

ACTIVITIES AND COMPETITIONS

- FISAF (Years 3-12)
- School aerobics (Years 3-12)
- CGSSSA (Years 3-12)

Specialist teams can progress to State and National FISAF and school aerobics championships.

TRAINING

Club and representative training are held after school Tuesday (7.00am – 12.00pm), Friday (3.00pm – 6.00pm) from 3.30pm – 5.30pm in the SSC Hall and DM Hall.

AQUATHON

Aquathon is an activity where girls run and swim a set distance under competitive conditions.

- Under 12 - 13 (2km run, 400m swim)
- Under 14 - 15 (3km run, 400m swim)
- Under 16 and over (4km run, 400m swim)

ACTIVITIES AND COMPETITIONS

- Aquathon championships are held in term 4 during school time competing in the CGSSSA championship.

TRAINING

Held before and after school.

REGISTRATION FEE

To be advised.

UNIFORM

College sports uniform should be worn to and from the venue. When competing the girls are to wear the College swimming costume and cap and appropriate College Sports or Athletics Uniform. No non-College attire is to be worn when traveling or competing.

ATHLETICS

ACTIVITIES AND COMPETITIONS

- Inner West Catholic Schools Sports Council (Years 2-6), CGSSSA (Years 7-12)
- Pathways NSWCCC, NSW Catholic Primary Schools, NSW PSSSA

TRAINING

After school and at lunchtime at SOPAC or at Santa Sabina College.

REGISTRATION FEE

Approximately \$250.00

UNIFORM

Choice of PE shorts, PE shirt, bike pants and singlet top for training and in competition PE bike pants and singlet top (supplied by Sports Department). The College tracksuit will also be required.

BADMINTON

Santa Sabina will be competing in the IGSSA Badminton Competition. This competition will be held in Term 1, 2015. Please read the following information carefully, in conjunction with the information in the College Sports Handbook, it will form the basis for your involvement in Badminton at Santa Sabina College in 2015.

All players are expected to fulfil their commitment to this activity and to do so with the active support of their parents. Areas of particular concern to the College Sports Department are the punctual attendance of students at training and appropriate parental notification of absences from training.

GAME TIMES

- 8.00am or 9.00am, or 10.00am or 11.00am - 1 hour duration.

VENUE

- Either Abbotsleigh, PLC Pymble, Loreto Normanhurst, PLC Croydon or MLC Burwood.

UNIFORM

The uniform items required for this sport are as follows:

- Each team will decide between themselves the common sports uniform for their team.

If the weather is cold students are to wear their College tracksuit or College Jersey to sporting fixtures. **At no time should non-regulation clothing be worn when representing the College in sport.**

EQUIPMENT

Students will require their own badminton racquet.

TEAMS

Teams consist of 3 students per team. Students may form their own teams; otherwise Year group teams will be formed.

TRAINING

Students will have training each week at a lunchtime yet to be decided. Training will be in the school hall at a lunchtime.

GAMES

Players are expected to attend all games and must be at the venue **at least 20 minutes prior** to the game so there is adequate time for score sheets to be completed and for players to sign on and warm-up. If a player is unable to play due to illness or injury it is important that they come to support their team where possible.

On the rare occasions that a student is unable to attend a game their parent/guardian should email the Sports Coordinator as early as possible.

REGISTRATION FEES

A **NON-REFUNDABLE** fee of \$90.00 is to be paid at the time of registration. Fees include registration, venue use, SSC Convenors and team equipment for training sessions and matches.

BASEBALL

ACTIVITIES AND COMPETITIONS

Different levels of modified baseball are offered to different age groups moving from a Tee ball style game, to a game where a machine delivers the pitch on to live pitching and then on to the full version of baseball. The rules, scoring and competition structure for each division also vary to encourage participation, skill development and an understanding of the rules. A list of the various divisions can be found on Haiku in the Ryde Hornsby folder under Baseball.

TRAINING

All players will have one session per week of minimum 1 hour duration. Training will be held on Wednesday afternoons in 2015 at Del Monte/Santa Sabina straight after school with a latest possible finish time of 4.45pm.

Saturday games are coached/managed/umpired by parents.

If a player is unable to attend a training session or game the player's parents are asked to notify the team coach and/or manager at the earliest possible time.

REGISTRATION FEE

Fees are **NON-REFUNDABLE** and are paid at the time of registration. Fees include Club Registration fees plus \$20 coaching and equipment fee. Fees for this season are as follows:

- U06 - \$140 (players born in 2009 - 2011)
- U07 - \$160 (players born in 2008)
- U08 - \$180 (players born in 2007)
- U09 - \$180 (players born in 2006)
- U10 - \$190 (players born in 2005).

UNIFORM

Players who register through the College will play in a Concord Club uniform like all other Concord teams. U7s teams are provided a team t-shirt and cap and wear their own black track pants or shorts. U8s – U10s are provided with Baseball Playing tops and a training shirt on loan. Players are required to purchase club Baseball Pants, Cap and red socks available through the Club.

Players may wear joggers, rubber moulded soccer boots or rubber moulded Baseball boots (soccer or baseball boots are recommended for U9 – U10s). A groin protector is recommended for boys and girls in U8s – U10s.

AUBURN BASKETBALL

ELIGIBLE STUDENTS

Years 7-12 (Year 7 students are only allowed to participate if they have had previous basketball experience)

COMPETITION DATES

Friday night, Term 1 & 2 (Draw to be advised)

GAME TIMES

Between 5.30pm – 6.30pm

VENUE

Teams are required to travel to Auburn Basketball Centre, Church St, Wyatt Park Lidcombe.

UNIFORM

The uniform items required for this sport are College Basketball singlet, College Coolfit Sports Shorts, College sport socks, and sport shoes.

TRAINING

One session per week, minimum 1.5 hours duration. Exact training times and days will be published once teams are formed (this has been Wednesday or Thursday in the past).

Exact training times and days will be published once teams are formed.

GAMES

Players are expected to attend all games and must be at the venue at least 20 minutes prior to game time.

GRADING

Grading of teams will be determined by the Co-ordinator of the sport in conjunction with the advice of the Competition organisers. There is an opportunity on the Sports Registration Contract to indicate if a student wishes to be in the same team as another student. We will do our best to try to ensure that this will happen.

REGISTRATION FEE

\$260.00

BANKSTOWN BASKETBALL

ELIGIBLE STUDENTS

Years 3-6 Boys and Girls

COMPETITION DATES

Monday afternoons, Term 1 (Draw to be advised)

GAME TIMES

Between 4.50pm – 5.40pm

VENUE

All games are played at Bankstown Basketball Stadium, Third Avenue, Condell Park.

UNIFORM

The uniform items required for this sport are the College basketball singlet, College Coolfit sports shorts, College sports socks and sport shoes.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed.

Afternoon training - latest finish time of 4.45pm.

Training times will be allocated once teams have been formed.

In the event of wet weather, training for students in Years 3-6 will be cancelled and a message will be placed on the College Sports Wet Weather Line – 1900 920 289 by 2.00pm for parents. An announcement will be made at Del Monte and a notice placed on the MDP noticeboard for students. If training is cancelled students should be collected at the normal school dismissal time for that day. Parents and students are not to contact the office staff for wet weather information.

GAMES

Players are expected to attend all games and must be at the venue at least 20 minutes prior to game time.

GRADING

Please check the information and registration note for date and time of your child's grading session.

REGISTRATION FEE

\$260.00

SSC INVITATIONAL BASKETBALL

ELIGIBLE STUDENTS

Years 7-12

COMPETITION DATES

Saturdays, October – November

GAME TIMES

Between 7.30am – 1.00pm

VENUE

Santa Sabina Basketball Courts

UNIFORM

The uniform items required for this sport are College basketball singlet and College basketball shorts, College sports socks and sport shoes. Basketball singlets, if required, must be ordered by Monday 3 August 2015.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed.

Morning training - earliest start time of 7.00am

Afternoon training - latest finish time of 5.00pm

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

Saturday 25 July 2015 at Santa Sabina basketball courts (top courts). The wet weather grading date will be Saturday 1 August. All students Years 7-11 are expected to attend grading and are to wear their SSC basketball singlet if they have one.

Year 12 teams will be organised by the Sports Department after registrations close.

TIME	YEAR GROUP
12.45pm – 2.00pm	Year 7
2.00pm – 3.30pm	Years 8 & 9
3.30pm – 4.45pm	Years 10 & 11

REGISTRATION FEE

\$130.00

IPSHA CRICKET

Santa Sabina College will be competing in the IPSHA Boys Super 8s Cricket Competition. This competition will be conducted during Term 1. Please read the following carefully as it will form the basis for your involvement in Cricket at Santa Sabina College in 2015.

COMPETITION DATES

Term 1, 2015. (Saturdays)

GAME TIMES

8.00am – 12.00pm - Games are approximately of 1¾ hours duration

GROUNDS

A variety of venues throughout Sydney, including the College, Mosman, Coogee and possibly Moss Vale.

UNIFORM

The uniform items required for this sport are as follows:

- College white cricket shirt
- Own white long pants or shorts
- College cap
- College sport socks
- Sports shoes.

TRAINING

All players will have one session per week of minimum 1 hour duration with a finish time of 4.45pm (at the latest). Exact training times and days will be published once teams are formed.

All Del Monte children are to meet their coach in the undercroft area at Del Monte. It is expected that students are punctual, dressed in school sports attire and have appropriate equipment for all training sessions. **It is essential that students attend all training sessions.**

GAMES

Players are expected to attend all games and must be at the venue **at least 20 minutes prior** to the game so there is adequate time for score sheets to be completed and for students to sign on and warm-up. If a student is for some reason unable to play due to illness or injury it is important that they come to support their team where possible.

COMMUNICATION

Our main form of communication with the students and their parents is email. Information will also be provided via the coaches, Veritas Voice, Internal On-Line Learning and Administration Portal, sports notice board and student messages. Please ensure you regularly refer to these to ensure you are well informed regarding Cricket 2015.

HEALTH INFORMATION & FOOD ALLERGIES

To help ensure the safe participation of students in this activity health and allergy information about each participant is requested as part of the registration process. Parents/guardians should ensure

this section is completed with all relevant health information and should be aware that this is the health information that will be provided to team coaches, manager and staff with respect to this activity.

CONTACT DETAILS

To facilitate the smooth running of the school Sports Program, the safe participation of students and in some cases the registration of teams or individuals, **contact information** including, but not restricted to, the mobile numbers, email addresses and residential address (residential addresses are used for registration purposes ONLY if required by an Association) for students and their parents/guardian as well as students' date of birth may be provided to Sports Associations, coaches, managers, staff, parents and students.

The information on record at the College is the default information used by the Sports Department. If you wish alternate details to be used for Sports please email these details to the Sports staff member named at the end of the Sports Registration Contract.

WET WEATHER – GAMES

Login to Blink.co/ipsha/ and click on the venue at which you are scheduled to play.

A message will be displayed as soon as a decision is made. We apologise in advance for the times you may arrive to find a game cancelled. It is not always possible to make accurate predictions about the weather and ground conditions.

FEES

A **NON-REFUNDABLE** fee of no more than \$115.00 is to be paid at the time of registration. Fees include registration, umpiring expenses, team kits and coaching fees.

GRADING

Grading is to be confirmed (if required).

CRICKET

ACTIVITIES AND COMPETITIONS

Cricket is offered to boys in Years 3-4 in Terms 1 and 4 and to girls in Years 4-6 in Term 4. All students are able to participate in Saturday competition teams. Representative teams are selected to compete at the CGSSSA Championship. Individual students are offered additional representative opportunities beyond the school level.

CGSSSA Championships are held in Term 4 during school hours.

The College aims to provide sporting opportunities for students of all abilities. Provided students are prepared to meet the commitment required all are welcome to participate in Saturday competition teams.

Traditionally the competitions we enter are:

- IPSHA (Boys Years 3-4)
- IPSHA (Girls Years 4-6)
- CGSSSA (Girls Years 7-12).

Our Representative school pathways are:

- NSW Combined Catholic Colleges and NSW All Schools (Years 7-12)
- NSW Catholic Primary Schools and NSWPSSSA (Years 5-6).

TRAINING

Training is held at the College either before or after school. Cricket teams are coached by casually employed coaches.

REGISTRATION FEE

\$115.00

UNIFORM

- College white cricket shirt
- Own white long pants or shorts
- College cap
- College sports socks
- Sports shoes.

Students will also require their own inner gloves and protector. All other equipment will be supplied by the College.

CROSS COUNTRY

ACTIVITIES AND COMPETITIONS

Cross Country is offered to students 8 years old and over. All students are eligible to attend selection trials for the school representative teams. Trials are held at school. Student in Years 2-6 compete at the Inner West Championships and those in Years 7-12 at the CGSSSA Championships. Both are held during school hours.

Students selected to participate in the Cross Country program should ensure they are able to meet the commitment required before accepting selection.

Traditionally the competitions we enter are:

- Inner West Catholic Schools' Sports Council (Years 2-6)
- CGSSSA (Years 7-12).

Our Representative school pathways are:

- NSW Combined Catholic Colleges and NSW All Schools (Years 7-12)
- NSW Catholic Primary Schools and NSWPSSSA (Years 2-6).

TRAINING

Training is held before school, after school and/or at lunchtimes at the College Cross Country teams are coached and managed by staff.

REGISTRATION FEE

Approximately \$150.00

UNIFORM

Choice of PE shorts, PE shirt, bike pants and singlet top for training and in competition PE bike pants and singlet top (supplied by Sports Department). The College tracksuit will also be required.

JUNIOR DANCE (YEARS 1-6)

The College will again be providing an opportunity for students in Years 1-6 to participate in a variety of dance eisteddfods and other performance opportunities. Auditions will be held to select a variety of performance groups. Not all groups will perform at all events but should be prepared to do so.

AUDITIONS

Year Group	Date	Time	Venue
Years 1-2	Tuesday 17 February	3.30pm – 4.45pm	Del Monte Hall
Years 3-4	Wednesday 18 February	3.30pm – 4.45pm	Del Monte Hall
Years 5-6	Thursday 19 February	3.30pm – 4.45pm	Del Monte Hall

- It is recommended that students in Years 3-6 who audition be currently enrolled in dance classes outside school. Those in Years 1-2 do not require any formal experience but should have a good sense of movement.
- Children who nominate to audition are to meet in the undercroft at Del Monte immediately after school. They will be instructed as to where they will change for their audition at this time. Children are to be **collected from the Hall at 4.45pm.**
- Children should wear their school sports shirt, black tights or bike pants or school sports shorts and jazz shoes for their audition.
- Auditions are closed to spectators, as it can be distracting for the children.

PERFORMANCES

Dancers are expected to attend all scheduled performances. This year we will be participating in the following events (**Please note it is possible that dates could change**):

- Sydney Eisteddfod – June/July 2015.
- City of Ryde Eisteddfod – Eisteddfod runs from June – September. Dance dates **to be confirmed.**
- Hills Dance Spectacular – September 2015.
- IPSHA Performing Arts Festival – August 2015 (evening performance).
- Santa Sabina College Fete.
- Sports Awards Evening.

ATTIRE

Dancers are to wear jazz shoes and sports polo and black tights/leggings for all rehearsals. **All dancers will require BLACK jazz shoes for their performance.**

DANCE (YEARS 7-12)

ACTIVITIES AND COMPETITIONS

Dance is offered to students in Years 7-12. All students are able to audition. A variety of dance styles are available to students depending upon their age. These styles include: Jazz, Tap, Hip Hop, Creative and Traditional. Auditions are held in Term 1.

The College aims to provide opportunities for all students with an appropriate level of skill. Provided students are prepared to meet the commitment required all are welcome to nominate and audition.

Traditionally the competitions we have entered are:

- Sydney Eisteddfod (Years 1-12)
- Ryde Eisteddfod (Years 1-12)
- IPSHA Festival (Years 1-6)
- CGSSSA (Years 7-12).

There are no representative school pathways beyond a school level for Dance.

TRAINING

Practice is held at the College before or after school. Specialist Dance Instructors are employed to teach dance classes.

REGISTRATION FEE

\$260.00

UNIFORM

Appropriate Dance attire for audition.

DIVING

ACTIVITIES AND COMPETITIONS

Diving is offered year round to all students in Years 7-12. All students are able to participate at a club level.

The College aims to provide sporting opportunities for students of all abilities. Provided students are prepared to meet the commitment required all are welcome to participate in club diving.

Traditionally the competitions we enter are:

- MLC Invitation (Years 7-12)

Students are also able to qualify to compete at the NSW Combined Catholic Colleges and NSW All Schools carnivals.

TRAINING

Either Tuesdays or Wednesday from 6.45pm - 8.15pm

Club and Representative training are held at SOPAC, Homebush after school.

Specialist Diving Coaches are employed to run club classes and train competitive teams.

UNIFORM

The uniform items required for this sport is the College Swimming Costume.

EQUESTRIAN

ACTIVITIES AND COMPETITIONS

Equestrian is a very specialised sport and has not traditionally had a large number of participants. It is offered to students in Years 3-12 with an appropriate level of experience and skill. All competitors need to have their own mount and the ability to float it to competitions.

Several school-based competitions are held in and around the Sydney area each year.

Competitions and conditions of entry are advertised in school publications as they arise.

The College aims to provide sporting opportunities for students of all abilities. However, given the inherent risks associated with equestrian events, students must have an adequate level of skill, experience and parental support to enter events.

Traditionally, the competitions we have offered to students are:

- Tara Interschool Dressage
- Galston High School Equestrian
- St Paul's Equestrian Event
- Camden High School Equestrian.

There are no representative school pathways for Equestrian.

FITCLUB

ACTIVITIES AND COMPETITIONS

Aerobics/Fitness Classes are held one afternoon a week and students can sign up on a per term basis. These classes are designed to develop students' fitness in a fun and non-competitive environment. They will focus on the development of cardio respiratory fitness, strength and flexibility through group activities and exercises. These classes will suit any student whose goal is to improve their fitness and well-being and is also a great accompaniment to other sports.

TRAINING

- Years 3-6 Aerobics Club: Fridays 3.30pm – 4.15pm (Del Monte Undercroft and Oval)
- Years 7-12 Aerobics Club: Tuesdays 3.30pm – 4.15pm (SSC Fitness Room)

REGISTRATION FEE

A **NON-REFUNDABLE** fee of \$80.00 is to be paid at the time of registration.

UNIFORM

It is expected that students are punctual, dressed in school sports attire and have appropriate safety equipment for all training sessions. Please bring a towel to lie on and a water bottle.

Students must get changed at the end of the school day. All fitness classes are closed to parents and spectators.

GOLF

ACTIVITIES AND COMPETITIONS

Golf is a specialised sport that has not traditionally had a large number of participants. It is offered to students in Years 5-12 who have the appropriate level of experience and skill to stand for representative selection in teams beyond the school level. All competitors need to have their own equipment.

There are a few competitions held each year.

Competitions and conditions of entry are advertised in school publications as they arise.

The College aims to provide sporting opportunities for students of all abilities. Traditionally numbers are low in Golf.

Our Representative school pathways are:

- NSW Combined Catholic Colleges and NSW All Schools (Years 7-12)
- NSW Catholic Primary Schools and NSWPCSSA (Years 5-6).

GYMNASTICS

The Santa Sabina College Gymnastics Club, established in 1999, will continue to operate in 2015. The Club will operate each term with students registering on a per semester basis. Gymnasts at the school will have the opportunity to stand for selection in the school gymnastics team to compete in the CGSSSA Championships in June 2015. Following are some details about the Club that may assist students and their parents. No experience is required to join the gymnastics club and beginners are very welcome.

TRAINING

Training sessions will be for 2 - 3 hours, possibly more for higher levels, and will be held on Saturdays between 2.00pm – 5.00pm at Sydney Olympic Park Sports Centre, or other suitable and local venues.

The exact time for training will be determined once registrations have been taken and numbers are confirmed. Gymnasts are expected to attend all training sessions and to be on time as warm up and regular practices are very important for the safe development of skills.

TRAINING DATES AND ATTENDANCE

Dates may vary slightly depending upon venue availability. Notification will be given via email of any changes.

ATTIRE

Gymnasts should wear black bike pants/black leggings and College sports shirt or black leotard. College tracksuit can be worn for warm up and training in cool weather.

Hair is to be tied in and **NO** jewellery is to be worn to training as this can create a safety risk for the gymnasts and coaches.

FEES

Gymnastics Club membership will be no more than \$265.00 for the semester (two terms). This includes coaching and access to the facilities at the Sydney Olympic Park Sports Centre, entry to the CGSSSA Championships, and use of a school leotard for competition, if selected to compete.

HOCKEY (YEARS 7 - 12)

ELIGIBLE STUDENTS

Years 7–12

COMPETITION DATES

Saturdays, Term 2 and 3 2015

GAME TIMES

Between 8.00am – 12.00pm, games are approximately 1 hour in duration.

VENUE

Various Locations

UNIFORM

The uniform items required for this sport are the College hockey shirt and skirt (green), the College hockey socks (cream) and grass sports shoes.

EQUIPMENT

All players will need a hockey stick, mouth guard, and shin guards.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed.

- Morning training - earliest start time of 7.00am
- Afternoon training - latest finish time of 5.00pm.

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

Grading will be held on Saturday 21 February 2015 at Concord Turf (Cintra) - Loftus Street, Concord. Grading will take place at the following times:

- Year 7 (2015) - 1.00pm - 2.00pm
- Years 8 and 9 (2015) - 2.00pm - 3.30pm
- Years 10, 11 and 12 (2015) - 3.15pm - 5.00pm.

Emails will be sent to all registered players and their nominated parent contact.

IPSHA (MINI HOCKEY)

ELIGIBLE STUDENTS

Years 4-6

COMPETITION DATES

Saturdays, Term 2, 2015

GAME TIMES

Between 8.00am – 12.00pm - Games are approximately 45 minutes in duration.

VENUE

Years 5 and 6 play at Santa Sabina and Year 4 normally play at Kincoppal Rose Bay.

UNIFORM

The uniform items required for this sport are the College PE shirt, College Coolfit sports shorts, the College hockey socks (cream) and sports shoes.

EQUIPMENT

All players will need a mouth guard and shin guards, hockey sticks can be borrowed or purchased.

TRAINING

One session per week of 1 hour duration.

Exact training days will be published once teams are formed.

Training sessions are normally after school from 3.30pm – 4.30pm.

GAMES

Players are expected to attend all games and must be at the venue at least 20 minutes prior to game time.

GRADING

Grading will be held only if the team numbers require. All members will be contacted in regards to grading.

Emails will be sent to all registered players and their nominated parent contact.

REGISTRATION FEE

\$115.00

BRIARS 5 A-SIDE HOCKEY

ELIGIBLE STUDENTS

Years 5-11

COMPETITION DATES

Fridays, 17 October – 5 December (dates to be confirmed)

GAME TIMES

From 5.00pm – To be confirmed

VENUE

Concord Turf, Loftus St, Concord

UNIFORM

The uniform items required for this sport are College sports uniform, College cream hockey socks and sport/hockey shoes.

The hockey uniform is not to be worn unless all players in the team have this uniform and agree to wear it each week.

TRAINING

No training will be held.

GAMES

Players are expected to attend all games and must be at the venue at least 20 minutes prior to game time.

GRADING

The coordinator of the sport, in conjunction with the advice of the Competition organisers, will determine the grading of teams.

No player grading session will be held as teams are primarily friendship based. There is an opportunity during the registration process to indicate other student(s) with whom a student wishes to play. We will do our best to accommodate all requests.

REGISTRATION FEE

\$100.00 (played in EDWHA competition)

or

\$120.00 (Did not play in EDWHA competition).

INDOOR SOCCER

ACTIVITIES AND COMPETITIONS

Indoor Soccer (FUTSAL) is offered to students in Years 3-12. Students in Year 7-12 play in a midweek afterschool competition in Terms 2 and 3. Representative teams are selected to compete at the NSW FUTSAL Championship.

The College aims to provide sporting opportunities for students of all abilities. Provided students are prepared to meet the commitment required all are welcome to participate in midweek competition teams and to stand for selection in representative teams.

Traditionally the competitions we enter are:

- Five Dock Leisure Centre (Years 7-12)
- NSW FUTSAL Championships (Years 3-12)
- Representative teams can progress to the NSW State FUTSAL Championships.

TRAINING

Training is held at the College either before or after school. Indoor soccer teams are coached by casually employed coaches.

ERNA NETBALL

ELIGIBLE STUDENTS

7-18 year olds

COMPETITION DATES

Saturdays, Term 2 and 3 2015

GAME TIMES

Between 8.00am – 3.30pm - Games are approximately 1 hour in duration.

VENUE

- 7-10 years: Brush Farm, Lawson Street, Eastwood.
- All others: Meadowbank Park, Adelaide Street, Meadowbank.

UNIFORM

The College has a new uniform for netball (A-line dress) and all girls registered from 2015 will be required to purchase it. The approximate cost at this time is \$79. Students need to be fitted at the uniform shop between 19 January 2015 and 6 February 2015.

The uniform shop will not hold stock of the dresses, so **payment will be required at the time of fitting.**

Students are required to continue wearing the College netball socks, black briefs and sports shoes. If the weather is cold students are to wear their College tracksuit or Jersey.

EQUIPMENT

The school will provide all equipment required for participation in netball.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed.

- Morning training (Years 6-12 only) - earliest start time of 7.00am.
- Afternoon training - latest finish time of 5.00pm.

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

Grading will be held on Saturday 31 January 2015 at the School Netball Courts. Emails will be sent to all registered players and their nominated parent contact.

REGISTRATION FEE

\$240.00

SNOWSPORTS

ACTIVITIES AND COMPETITIONS

The NSW Interschools Snowsports Championships are a series of competitions in 5 disciplines:

- **Alpine** - Skiers are timed on a modified giant slalom course
- **Skiercross** - Skiers are timed on a slope-style course
- **Freestyle Moguls** - Skiers are scored on a bumps/jumps course
- **Snowboard Giant Slalom** - Boarders are timed on a modified giant slalom course
- **Snowboard Cross** - Boarders are timed on a slope-style course.

Students who enter this event will need to be at the snow with their parents or other appropriate adult(s) at the time of the event. The College is not undertaking to run a ski trip just to complete the necessary documentation to allow Santa Sabina students to enter the events.

Whilst the College is supportive of students' participation responsibility for students at the snow will rest entirely with their parents.

For more detailed information visit www.interschools.org.au.

IPSHA MINI SOCCER (YEARS 4-6)

ELIGIBLE STUDENTS

Years 4-6 Girls

TRAINING DATES

All players will have one training session for a duration of 1 hour. After the students attend their grading session, training days will then be allocated for the teams.

TRAINING TIMES

From 3:30pm – 5:30pm

VENUE

- Training for Years 4 and 5 Girls is held at Del Monte.
- Year 6 Training is held on the small hockey field at Santa Sabina College.

UNIFORM

The uniform items required for this sport are as follows:

- College soccer shirt
- College Coolfit sports shorts
- College sports socks
- Sport shoes
- Shin guards.

REGISTRATION FEE

\$115.00

SOCCER (CDSFA)

Santa Sabina will continue its relationship with the Strathfield Soccer Club to provide Soccer for students K-12 on a weekly basis during the winter season. We hope that the relationship we began in 2007 will continue to provide positive opportunities and experiences for our students and the Club.

STUDENTS INVOLVED

K-12 Boys and Girls

DIVISIONS OFFERED

Age Groups are determined by the age your child is will turn in 2015 - If your child has their 8th birthday in 2015, they will play U8.

- **U6 and U7** – Mixed, ungraded teams, no official scores kept.
- **U8 - U11** – Single or mixed gender, graded teams, graded competition, no official scores kept. Girls will have the option to play in a single gender team (numbers permitting).
- **U12 - Open** – Single gender teams (sometimes every alternate age group depending on numbers) up to U18. Graded teams with official scoring and results tables.
- **Girls U8 - Open** – Age groups are combined if insufficient players for each age group.

FIXTURES

- U6 and U7 always play at Strathfield Park on Saturday mornings (U6 – 9.00am and U7 - 10.00am)
- Boys' and mixed teams up to U11 play on Saturday mornings at various venues and times.
- Boys U12 and above and all Girls' teams play on Sundays at various venues and times.

PLAYING SEASON

Games generally commence at the start of April and continue until mid to late August. Games are played in most weeks of the holidays, but not the Easter weekend or the middle week of the public school holidays in July. The Queen's Birthday weekend is used to make up washed out games but is otherwise not a playing week.

VENUES

- U8 and above venues are in and around the Canterbury, Strathfield and Leichhardt areas.
- U6 and U7 Teams always play at Strathfield Park.

REGISTRATION AND FEES

- Soccer Registration will open online towards the end of Term 4, 2014 and at the start of Term 1, 2015.
- Fees in 2015 will range from approximately \$195 - \$330 depending upon the age of the player. There is an early bird discount if you register before the end of January.
- Fees include registration, insurance, coaching, team equipment and playing shirt.

GRADING

Grading for U8s and up will be held by Strathfield Soccer Club on 6 and 7 February and 13 and 14 February.

UNIFORMS

- Santa players will play in a Strathfield Club uniform like all other Strathfield teams.
- Shirts will be provided to all players as part of registration. Socks and/or shorts are provided to all new players. Returning players may purchase socks and shorts through the Club if required.

EQUIPMENT

- All players must have appropriately fitting shin guards.
- Mouth guards are strongly recommended for all players.
- Each team will be provided with a match ball and training balls.

COACHING & MANAGING TEAMS

- Parents and other family members are encouraged to take on coaching and managing roles with the club's support.
- The Club will offer all coaches basic coaching training.

TRAINING SESSIONS

- Training will be held outside school hours.
- Training is generally held in the afternoon or evening at Strathfield Park or Del Monte or Santa Sabina. This enables parent coaches and managers to fit training in around work commitments.

IPSHA SOFTBALL (YEARS 4-6)

ELIGIBLE STUDENTS

Years 4-6 Girls

TRAINING DATES

- One session per week of minimum 1 hour duration with a latest finish time of 4.45pm.
- Exact training times and days will be published once teams are formed.

TRAINING TIMES

From 3.15pm and will finish no later than 4.45pm.

VENUE

Forsyth Park, Neutral Bay was used last year for all games. There is the possibility of a change to the venue.

IGSSA SOFTBALL

ELIGIBLE STUDENTS

Years 7-12

COMPETITION DATES

Saturdays, Term 1 (Draw to be advised)

GAME TIMES

Between 8.00am – 12.00pm -Games are of 60 minutes duration.

VENUE

Teams may be required to travel to venues around the Sydney area. Games will also be held at Santa Sabina College.

UNIFORM

The uniform items required for this sport are:

- College softball shirt
- College softball knickers
- College softball socks
- Sport shoes.

EQUIPMENT

Players require their own shin guards and a mouth guard. The school will provide all other equipment required for participation in softball. Players may use their own equipment if they wish (e.g. helmet, bat, glove).

TRAINING

One session per week for a duration of approximately 1 – 1.5 hours. This session is normally after school from 3.30pm. Some teams may train before school from 7.15am – 8.15am. It is expected that students are punctual, dressed in school sports attire and have appropriate safety equipment for all training sessions. **It is essential that players attend all training.**

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

Grading will be held on Saturday the 8th of November 2014. Please refer to the registration and information note for details on your child's grading session time.

REGISTRATION FEE

\$160.00

SUPER SPORTS

ACTIVITIES AND COMPETITIONS

During Term 1, the Santa Sabina Sports Department runs multi-sports clinics for students in Year K-3 on Wednesdays after school.

These clinics are aimed to promote self-esteem, friendship, discipline, teamwork and fitness.

Students will participate in various modified games such as soccer, basketball, cricket, football, netball and softball.

The focus is on fun and participation and it is a great way to learn some new sporting skills.

TRAINING

Wednesday 3.30pm – 4.30pm

REGISTRATION FEE

\$70.00 for an 8 week program

UNIFORM

- College Sports short and polo shirt/House colour shirt
- Sports shoes
- Hat
- Sunscreen
- Water bottle.

SWIM CLUB

YEARS 6-12 TERMS 1 & 4, 2015

Santa Sabina College established a Swim Club in 2008. The Club will continue to operate in Terms 1 and 4 during 2015. Students at the school will have the opportunity to improve their fitness and technique throughout the sessions.

SESSIONS

Sessions will be for 1 hour and will be held at the following times:

- Mondays – 3.30pm – 4.30pm
- Thursdays – 7.00am – 8.00am.

PROGRAM

- Participants must be currently enrolled at Santa Sabina College in Years 6-12 and be competent swimmers in deep water. This is not a learn-to-swim program.
- Coaches will establish a program for each session and will provide feedback about technique and foster the development of fitness.

ATTIRE

- A one-piece swimming costume, swimming cap and towel.
- Goggles, flippers and sunscreen are recommended.

ATTENDANCE

All sessions are available to all students in Years 6-12. Students may attend 1 or 2 sessions per week and can participate for Term 1 only, Term 4 only or Terms 1 and 4. Students should nominate on their contract the term(s) and session(s) they wish to attend. Attendance will be monitored but absences will not be followed up. However, parents can request to know if their child attended a particular session should they wish to do so.

FEES

Fees will be charged on registration. No refund will be given once registration has been received. Fees will be charged at the following rates.

Term (s)	Session(s)	Cost
*Term 1 Only	One session per week	\$45.00
*Term 1 Only	Two sessions per week	\$75.00
Term 4 Only	One session per week	\$45.00
Term 4 Only	Two sessions per week	\$75.00
Term 1 and 4	One session per week	\$70.00
Term 1 and 4	Two sessions per week	\$125.00

*Students who register for Term 1 Only cannot 'upgrade' to a Term 1 and 4 status. They need to re-register for the Term 4 SSC Swim Club.

SWIMMING

ACTIVITIES AND COMPETITIONS

Swimming is offered to students 8 years old and over. All students are eligible for selection in school representative teams. Selection is based predominantly on performance at the school carnivals.

Students in Years 2-6 compete at the Cook Cluster Carnival and Years 7-12 at the CGSSSA Carnival, as well as a few other invitation events.

The CGSSSA and Cook Cluster Carnivals are held in school time. The swimming teams are managed by staff at each carnival.

Students selected to participate in a swimming team should ensure they are able to meet the commitment required before accepting selection.

Traditionally the competitions we enter are:

- Cook Cluster (Years 2-6)
- CGSSSA (Years 7-12)
- St Andrews Invitational (Years 7-12)
- MLC Invitational (Years 7-12).

Our Representative school pathways are:

- NSW Combined Catholic Colleges and NSW All Schools (Years 7-12)
- NSW Catholic Primary Schools and NSWPSSSA (Years 2-6).

TRAINING

There is no formal training for swimming teams.

UNIFORM

A one-piece swimming costume, swimming cap and towel. Goggles, flippers and sunscreen are recommended.

TENNIS (IPSHA)

ELIGIBLE STUDENTS

Years 4-6 (Girls)

COMPETITION DATES

Saturdays, 11 October – 22 November

GAME TIMES

Between 8.00am – 12:00pm - Games start at 8.00am or 10.00am

VENUE

Teams may be required to travel to various courts around the Sydney area. Games will also be held at Santa Sabina College.

UNIFORM

The uniform items required for this sport are:

- College tennis/netball shirt
- College tennis/netball skirt
- College sports cap
- College sport socks
- Sport shoes.

EQUIPMENT

Players require their own tennis racquet.

TRAINING

One session per week - minimum 1 hour duration.

Exact training times and days will be published once teams are formed.

Afternoon training - latest finish time of 4.45pm.

GAMES

Players are expected to attend all games and must be at the venue at least 20 minutes prior to game time.

GRADING

Grading will be held on Thursday 21 August from 3.30pm – 4.45pm on the Santa Sabina tennis courts.

All players must remember to bring their tennis racquet to the grading.

REGISTRATION FEE

\$100.00

TENNIS (IGSSA)

ELIGIBLE STUDENTS

Years 7-12

COMPETITION DATES

- Saturdays, Term 1 (Draw to be advised)
- Game Times - Between 7.45am – 12.00pm - Games start at 7.45am or 9.55am.

VENUE

Teams may be required to travel to various courts around the Sydney area. Games will also be held at Santa Sabina College.

UNIFORM

The uniform items required for this sport are College tennis/netball shirt, College tennis/netball skirt, College sports cap, College sport socks, and sport shoes.

EQUIPMENT

Players require their own tennis racquet.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed. Afternoon training - latest finish time of 4.45pm.

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

Grading will be held on Saturday 8 November from 2.00pm – 5.00pm on the Santa Sabina tennis courts. All players must remember to bring their tennis racquets to the grading.

REGISTRATION FEE

\$150.00

ACTIVITIES AND COMPETITIONS

Tennis is offered to students K-12. All students are able to have private or group lessons. Students in Years 4-12 are able to participate in Saturday competition teams.

Representative teams are selected to compete at the CGSSSA Championship.

Individual students are offered additional representative opportunities beyond the school level.

The CGSSSA Championships are held in Term 3 during school hours.

The College aims to provide sporting opportunities for students of all abilities.

Provided students are prepared to meet the commitment required all are welcome to participate in Saturday competition teams.

Traditionally the competitions we have entered are:

- IPSHA (Years 4-6)
- IGSSA (Years 7-12)
- CGSSSA (Years 7-12).

Our Representative school pathways are:

- NSW Combined Catholic Colleges and NSW All Schools (Years 7-12)
- NSW Catholic Primary Schools and NSWPSSSA (Years 5-6).

TOUCH FOOTBALL

ACTIVITIES AND COMPETITIONS

Touch is a dynamic sport offered to students in Years 3-12 in Terms 3 and 4. All students are able to participate in midweek competition teams.

Representative teams are selected to compete at the CGSSSA Championship.

Individual students are offered additional representative opportunities beyond the school level.

CGSSSA Championships are held in Term 1 during school hours.

Touch teams are coached by staff and casually employed coaches.

The College aims to provide sporting opportunities for students of all abilities. Provided students are prepared to meet the commitment required all are welcome to participate in midweek competition teams.

Traditionally the competitions we enter are:

- Western Suburbs Touch (Years 3-12)
- CGSSSA (Years 7-12)
- Our Representative school pathways are:
- NSW Combined Catholic Colleges and NSW All Schools (Years 7-12)
- NSW Catholic Primary Schools and NSWPSSSA (Years 5-6).

TRAINING

Training is held at the College either before or after school. The Touch teams are coached by staff and casually employed coaches.

REGISTRATION FEE

Approximately \$115.00

UNIFORM

Choice of PE shorts, PE shirt, bike pants and singlet top for training and in competition PE bike pants and singlet top (supplied by Sports department). The College tracksuit will also be required.

WESTS TOUCH TERM 3 AND 4

ELIGIBLE STUDENTS

Years 2-4 (Boys) and Years 3-12 (Girls)

COMPETITION DATES

Tuesdays, 1 September - 1 December (Dates to be confirmed)

GAME TIMES

Between 4.00pm – 6.00pm

VENUE

Bark Huts Reserve, Elliott Street, Belfield

UNIFORM

The uniform items required for this sport are College cream sports singlet and College green Coolfit pocketless shorts or black bike pants, College sports socks and sport shoes. **Singlets, if required, must be ordered by Friday 24 July.**

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed. Morning training; earliest start time of 7:00am (seniors), 7:15am (juniors). Afternoon training; latest finish time of 5:00pm (seniors), 4:45pm (juniors).

GAMES

Players are expected to attend all games and must be at the venue at least 20 minutes prior to game time.

GRADING

No grading will occur. All students will be placed in a team, on a year group or friendship basis. If forming a friendship based team, please submit a list of all team members (include full names)

REGISTRATION FEE

\$125.00

VOLLEYBALL

ACTIVITIES AND COMPETITIONS

Volleyball is offered to students in Years 7-12. All students are able to participate in Saturday competition teams in Term 4.

Representative teams are selected to compete at the CGSSSA Championship, Australian Schools Cup and other school competitions.

Individual students are offered additional representative opportunities beyond the school level.

The CGSSSA Championships are held in Term 1 during school hours.

The College aims to provide sporting opportunities for students of all abilities. Provided students are prepared to meet the commitment required all are welcome to participate in Saturday competition teams.

Traditionally the competitions we enter are:

Saturday teams:

- Santa Sabina Invitational (Years 7-12).

Representative Teams:

- CGSSSA (Years 7-12)
- Bridgidine Invitational (Years 7-12)
- Australian Schools Cup (Years 7-12)
- Sydney Volleyball League (Years 7-12)
- Metro Schools Cup (Year 7-12).

Students are also able to attend trials for the NSWCCC team. Those selected in this team are eligible for selection in the NSW All Schools.

TRAINING

Training is held at the College for Saturday teams and at SOP for Representative teams, either before or after school. Volleyball teams are coached by staff and casually employed coaches

SSC INVITATIONAL VOLLEYBALL COMPETITION

ELIGIBLE STUDENTS

Years 7-12

COMPETITION DATES

Saturdays, 10 October – 28 November

GAME TIMES

Between 7.30am – 12.45pm

VENUE

Santa Sabina Oval

UNIFORM

The uniform items required for this sport are College volleyball singlet (numbers not required, but a numbered singlet may be worn) and College volleyball shorts, College sports socks and sport shoes.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed. Morning training - earliest start time of 7.00am. Afternoon training - latest finish time of 5.00pm.

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

All students Years 7-11 are expected to attend grading. The wet weather dates for grading will be: Year 7 Monday 3 August and Years 8-11 Saturday 1 August.

Year 12 teams will be organised by the Sports Department after registrations close.

TIME	YEAR GROUP
Monday 27 July - Lunchtime (Top basketball courts)	Year 7
Saturday 25 July 1.15pm – 2.30pm (small hockey field)	Year 8
Saturday 25 July 1.15pm – 2.30pm (small hockey field)	Year 9
Saturday 25 July 2.15pm – 3.30pm (small hockey field)	Year 10
Saturday 25 July 2.15pm – 3.30pm (small hockey field)	Year 11

REGISTRATION FEE

\$120.00

WATERPOLO

ELIGIBLE STUDENTS

Years 6-12

COMPETITION DATES

Saturdays, Term 1 2015

GAME TIMES

Between 8.00am – 12.00pm - Games are approximately 40 minutes duration.

VENUE

A variety of venues throughout Sydney

UNIFORM

The uniform items required for this sport are College water polo costume and College swimming cap, College sports uniform (all players are required to wear sport shoes to and from the venue).

EQUIPMENT

The school will provide water polo caps, which are compulsory attire. It is recommended that all players wear a mouth guard for training and games.

TRAINING

One session per week, minimum 1 hour duration. Exact training times and days will be published once teams are formed. Morning training - earliest start time of 7.00am. Afternoon training - latest finish time of 5.00pm.

GAMES

Players are expected to attend all games and must be at the venue at least 30 minutes prior to game time.

GRADING

Grading will be held on 6 November at 3.30pm in the School Pool (if required). Emails will be sent to all registered players and their nominated parent contact.

ACTIVITIES AND COMPETITIONS

Water Polo is an aquatic activity offered to students in Years 6-12 in Terms 1, 3 and 4. All students are able to participate in Saturday competition teams.

Representative teams are selected to compete at the CGSSSA Championship.

Individual students are offered additional representative opportunities beyond the school level.

The CGSSSA Championships are held in Term 4 during school hours.

Traditionally the competitions we enter are:

- University on NSW (Years 6-12)
- IGSSA (Years 7-12)

- MLC Invitation (Years 6-9)
- CGSSSA/NSWCCC (Years 7-12).

Students are also able by invitation to attend trials for the NSW Combined Catholic Colleges' team. Those selected in this team are eligible for selection in the NSW All Schools team.

REGISTRATION FEE

\$130.00