



# SCHOOL SPORTS HANDBOOK

RECEPTION TO YEAR 6



OUR LADY OF  
GRACE SCHOOL

# SCHOOL AND CO-CURRICULAR SPORT

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This handbook has been created to help define the various sporting competitions and opportunities that are available for our learners and highlights OLOG's Code of Conduct.

Within school hours, there are School Sport SA and State-wide competitions (also known as SAPSASA), as well as SACPSSA competitions (South Australian Catholic Primary School Sport Association).

Our Lady of Grace School also offers a range of Outside School Hours sporting opportunities for learners held during weeknights and weekends.

**All information regarding trials and nominations is communicated to families through Audiri.**

Thank you for your support and participation.

## SCHOOL SPORT SA AND STATE-WIDE COMPETITIONS (SAPSASA)

These carnivals and competitions are offered to learners in Years 5 and 6 (Team Sports) and Years 4 to 6 (Individual Sports), and can be split into 2 different categories, District Carnivals and State-wide School Competitions. **Please see** [www.education.sa.gov.au/schools-and-educators/programs-students/school-sport-sa](http://www.education.sa.gov.au/schools-and-educators/programs-students/school-sport-sa) for further information.

### DISTRICT CARNIVALS

District carnivals are held to select teams to represent each district. At Our Lady of Grace School, we are in the Southwest District. These carnivals can be run in a round-robin format for sports such as Football, Netball, Soccer and Basketball, where individuals are selected by coaches or selectors, or as individual events, such as Swimming, Athletics and Cross Country.

### STATE-WIDE SCHOOLS KNOCKOUT (SAPSASA)

In a State-wide School Competition, if a team wins, they progress to the next round of competition to be held on another day. If they do not win, they are eliminated from the competition.

### SELECTION PROCESS FOR DISTRICT CARNIVALS AND STATE-WIDE COMPETITIONS

Learners will need to be nominated through Audiri to participate and if enough nominations are received, trials will be held to select teams. Teams for all sports will be selected on school grounds during lunch/recess breaks, within PE time or before and after school. The Sport Coordinator and PE Teacher will run trials when needed, to select teams. Individuals are selected from their performance during the trials. No communication made prior to, or after the trials, will be taken into consideration when selecting teams.

**PLEASE NOTE: Unfortunately, not every learner nominated can be selected to make their respective team. Please have a conversation with your child around this and support them to have another go next time.**

## TRANSPORT

The school will provide transport via chartered bus to and from SAPSASA Carnivals. The cost of the transport will be communicated to parents and caregivers at the time of selection, with costs being billed to families. In some cases, depending on the sport, parents/caregivers may be required to provide individual transport to/from venue.

# SACPSSA (South Australian Catholic Primary School Sport Association)

SACPSSA carnivals are only for South Australian Catholic Schools and are open to learners from Years 3 to 6. SACPSSA carnivals can be either **competitive** or based on **participation**.

**Competitive** carnivals have places and awards given to competitors. Learners will need to trial and be selected, as there are limited spots available for participation.

## SELECTION PROCESS FOR COMPETITIVE SACPSSA

Teams for all competitive SACPSSA sports will be selected on school grounds during lunch/recess breaks, within PE time or before and after school. The Sport Coordinator, PE Teacher, and/or coach will run trials when needing to select teams. No communication made prior to, or after the trials, will be taken into consideration.

**Participation** carnivals are open to all learners to nominate and take part in. No scores are taken, or awards given to schools or teams.

These carnivals are also heavily reliant on parent/caregiver volunteers to support with supervising/coaching teams and officiating when required. Please consider volunteering to assist these events where possible.

## TRANSPORT

Our Lady of Grace School provides transport via chartered bus to all SACPSSA events for learners who are nominated or selected to participate.

### TERM 1

**Swimming** - competitive

### TERM 2

**Netball** – participation  
**Lacrosse** – participation  
**Basketball** – competitive

### TERM 3

**Cross Country** – competitive  
**Touch Football** - participation

### TERM 4

**Hot Shots Tennis** – participation (Years 3 and 4 only)  
**Athletics** - competitive

# OUTSIDE HOURS SCHOOL SPORT

The following sports are offered to our learners from Reception to Year 6 throughout the year. These sporting competitions are held outside of school hours, on weeknights and weekends. Parent/Caregiver volunteers are essential to the successful running of these competitions. All information and EFORMS regarding nominating for competitions are posted on Audiri.

## TERM 1

Sport	Association	Venue	Day of Competition	Uniform
<b>Volleyball (Year 3-6)</b>	Volleyball SA	Brighton HS	Friday	School uniform
<b>Basketball (Rec-6)</b>	MSBL	Various	Various Weekdays	Our Lady of Grace School Basketball tops, school shorts

## TERMS 2 & 3 (learners will need to re-nominate for the Term 2-3 Basketball Season)

Sport	Association	Venue	Day of Competition	Uniform
<b>Netball (Year 2-6)</b>	SWDNA	Various	Various Weekdays	School Uniform
<b>Soccer (Rec-2)</b>	SDJSA	Various	Saturday	School Uniform
<b>Football (Year 2-6)</b>	SANFL Schools	West Beach	Saturday	Our Lady of Grace School Football Guernsey
<b>Basketball (Rec-6)</b>	MSBL	Various	Various Weekdays	Our Lady of Grace Basketball Top, school shorts
<b>Volleyball (Year 3-6)</b>	Volleyball SA	Brighton HS	Friday	School Uniform

## TERM 4 (learners will need to nominate again from Term 1 as this is a new season)

Sport	Association	Venue	Day of Competition	Uniform
<b>Volleyball (Year 3-6)</b>	Volleyball SA	Brighton HS	Friday	School uniform
<b>Basketball (Rec-6)</b>	MSBL	Various	Various Weekdays	Our Lady of Grace Basketball Top, school shorts

## UNIFORM – After School Sports Uniform Hire Fee of \$25 (non-refundable)

Our Lady of Grace School will supply a range of after school sports uniforms for a small non-refundable hire fee. This is an annual fee irrespective of the number of terms or sports played.

Uniforms are to be washed and returned to the sport coordinator by the end of each term. Families who fail to return uniforms will be sent a reminder and if the uniform remains outstanding after reasonable attempts to collect, the family will be charged the cost of restocking the uniform. A restocking fee will also occur for uniforms returned damaged beyond normal wear and tear.

## AFTER SCHOOL SPORT/CO-CURRICULAR CHARGES

Parents will be advised of the participation cost by the coordinating staff member, generally this will be at the time of nomination of the activity. Charges will be dependent on the nature of the activity & number of students attending and are kept to a minimum.

**PLEASE NOTE: By registering for a co-curricular sport, you and your child/ren are committing to being part of those team/s for the season's entirety. By registering your child/ren, you are agreeing to the relevant charges for the chosen activities. Fees will stand irrespective of late withdrawal.**

## COACHES

No experience in coaching is necessary.

### **Responsibilities:**

- Encouraging and guiding learners to play in a positive and supportive team environment as per the Codes of Conduct below.
- Giving equal game time and opportunities to learners.

Any significant and unexpected changes from the associations will be communicated from the Sport Coordinator to coaches and teams.

**PLEASE NOTE: Teams cannot be nominated in the relevant competitions if there is an insufficient number of players or if coaches/officials have not been nominated.**

## **VOLUNTEERS (including coaches)**

Parent/Caregiver volunteers are vital for teams to be registered. Without a parent/caregiver volunteer/s to coach and manage learners, a team cannot be entered into a competition. We thank coaches, both past and present, who have volunteered their time to provide opportunities for our learners to participate in these sports. We acknowledge that not everyone is able to give their time for training however, coaches do appreciate assistance with individual teams on a week-to-week basis.

## **DOCUMENTATION**

When coaching teams, all coaches / officials / umpires from the age of 14 years and up are required to have the following documentation in place:

- CESA Volunteer Declaration Forms
- OLOG Volunteer Application Package (Completed at the front office)
- Catholic Working with Children Check
- RRHAN-EC Certificate

If you are unsure whether you can volunteer or require further information, please contact the Front Office on 8177 9100 or visit the OLOG website.

# CODES OF CONDUCT

(Adapted from the Australian Sports Commission's 'Play By The Rules' Documents – Revised 2018)

## OUR LADY OF GRACE SCHOOL CODE OF CONDUCT FOR PLAYERS (LEARNERS)

**At Our Lady of Grace School, learners who represent our school agree to:**

- Commit to all trainings and games **or** inform the coach in advance if they are unable to play
- Learn, accept, and play by the rules
- Strive towards improving skills each week, to support the overall team performance
- Accept different abilities, encourage, and support your teammates
- Listen to and co-operate with the coach
- Respect the officials' decisions
- Calmly and politely communicate concerns to the coach
- Make good choices about what you say and how you act towards others
- Respect the feelings and importance of all participants
- Thank opponents after the game

## OUR LADY OF GRACE SCHOOL CODE OF CONDUCT FOR COACHES

**At Our Lady of Grace School, volunteers who represent our school agree to:**

- Respect the confidentiality of personal information you have been entrusted with
- Demonstrate a love of the game and emphasize enjoyment
- Provide the players with a sound understanding of the rules and skills used in games
- Offer one to one support and relay positive feedback to all players
- Be respectful of individual abilities when planning training sessions
- Offer all players equal time to participate in the game
- Show an appreciation for time put in by association officials and administrators
- Accept all official decisions in a calm and appropriate manner
- Work with players' families and the Sports Coordinator to develop a quality school sports program at Our Lady of Grace School

## OUR LADY OF GRACE SCHOOL CODE OF CONDUCT FOR PARENTS, CAREGIVERS AND SPECTATORS

**At Our Lady of Grace School, parents and spectators who represent our school agree to:**

- Offer support to the coach by reinforcing what is said and helping wherever possible
- Help children to understand and play according to the rules
- Acknowledge personal growth and the overall performance of the team
- Respect the rights, dignity and worth of all participants
- Show an appreciation for time put in by association officials and administrators
- Accept the official's decisions in a calm and appropriate manner
- Respectfully raise concerns related to players or parents with the coach or manager at an appropriate time
- Respectfully raise concerns related to the coach or manager with the Sport Coordinator at an appropriate time
- Most importantly help the players to be a good sport and enjoy the game

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