

SACRED HEART  
COLLEGE  
Lower Hutt



2017  
SPORTS  
INFORMATION BOOKLET

# SHC SPORTS/PE DEPARTMENT CONTACTS

**Sacred Heart College** Phone: 04-566 1089  
Email: college@sacredheartcollege.school.nz

## **Directors of Sport:**

**Catherine Brennan and  
Jannene Tomlinson** Phone: 04-566 1089 extn 247  
Email: sport@sacredheartcollege.school.nz

**HOD PE/Sport:  
Maria Kerr** Phone: 04-566 1089 extn 247  
Email: kerm@sacredheartcollege.school.nz

## INTRODUCTION

In the past few years, some students have committed themselves to a wide range of activities without the necessary planning and preparation required to fit everything in. This booklet is to provide information so students and parents/guardians will know what is involved in each sporting activity, what costs will be incurred and what time commitment is required for each Sport.

Students in consultation with their parent/guardian can make an informed choice about what they will do.

Students must think carefully before paying as there will be **no refunds** once teams have been entered from registrations received. Payment is considered a commitment.

**PLEASE ENSURE THE REGISTRATION FORMS ARE COMPLETED CORRECTLY AS THEY WILL NOT BE ACCEPTED INCOMPLETE. This includes payment options.**

Fees have been set to help cover the cost of:

- Code affiliations to:
  - New Zealand Secondary Schools
  - College Sport Wellington
  - Local code associations – eg Wellington Hockey Association
- Maintenance and repair of sports equipment
- Practice and match equipment
- Provide team uniforms in some codes



The Board of Trustees directive states, that the sport fee must be paid by all participants. A "No Pay No Play" policy will apply.

This can be paid as follows:

**Summer Codes:** Registration Forms and Payment returned to the College Office by **Monday, 30 January 2017.**

**Winter Codes:** Registration Forms and Payment returned to the College Office by **Wednesday, 22 February 2017.**

- In genuine financial hardship please make arrangements with the school Business Manager – Sandra Pilgrim for regular automatic payment options.

Teams will only be entered in College Sport Wellington (CSW) competitions if there are sufficient player numbers.

Team Coaches/Managers will advise players of practice times and venues.

## **SPORTS DRAWS AND CANCELLATIONS**

The weekly draws are posted on the gym notice boards each week. Girls should confirm this by checking:

- the sports notice boards inside the gym
- with the coach/manager at practice
- College Sport Wellington web site [www.collegesport.org.nz](http://www.collegesport.org.nz) or download their new free APP
- Sacred Heart College web site [www.sacredheartcollege.school.nz](http://www.sacredheartcollege.school.nz)

Cancellations can be heard on Newstalk ZB, Atiawa FM or you can go to the College Sport Wellington web site on Saturday mornings from 7am.

## **ALL SPORTS REGISTRATIONS** **ARE DUE IN BY**

**Summer**  
**Winter**

**Monday, 30 January 2017**  
**Wednesday, 22 February 2017**

**Registration Forms and Money MUST be placed in the posting box in the Schools Main Office.**  
**The envelope MUST be clearly marked 'sports fees' and also have the STUDENTS NAME and form class on the front of the envelope**

# UNIFORM

Uniform requirements will be kept to a minimum but in all cases the uniform is non-negotiable. Our various sports uniforms are registered for sporting codes and must be adhered to. The Sacred Heart College standard Physical Education uniform is:

- SHC PE shirt
- Black shorts
- White ankle socks
- Black skirt (Year 9s) and Red skirt (all others) - used for Netball

**All items of the above sports uniform are available from the uniform shop.**

*Uniforms are provided for some teams, see information under each individual code.*

**SPORTS JACKET:** The SHC sports jacket is COMPULSORY for ALL Senior 1<sup>st</sup> teams. The sports jacket, with black tracksuit pants, is also compulsory for all sports girls representing Sacred Heart College at sporting events eg: Inter School Athletics, CSW tournaments etc.

## SPORTING ACHIEVEMENTS

During the course of the year there are a number of occasions where the school recognizes and applauds the sporting achievements of its students, including sport not organized by SHC eg: Judo, Rowing etc

The Sports Department generally hears of such successes but there are some girls who reach representative status outside of the school's domain - particularly in minor codes, and we don't know about it. We need you to tell us about such achievements.

If you know of a SHC student (including yourself) who has been chosen in a regional or national squad or team, who has broken a record or achieved similar sporting success, please let us know. We want to acknowledge our student's successes.

## FAIR PLAY CHARTER

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

- Play hard but play fair
- Enjoy ourselves
- Play within the rules
- Respect all officials
- Respect the opposition and their supporters
- Respect your own team mates and supporters
- Be gracious winners and dignified losers



## **Behavioural Expectations for Sacred Heart College Students**

All Sacred Heart College sporting students are required to sign the "Student Declaration" on the Sports Registration Forms - both Summer and Winter. The expectations of our sportswoman are published below:

- Attend all practices and games at the scheduled times. Girls **MUST** give their Coach or Manager at least 24 HOURS NOTICE if they know that they are going to be unavailable for a game or practice. It is not acceptable to just miss a practice without notice to the appropriate person – telling a friend to tell the coach is **NOT** acceptable.
- Wear the **CORRECT** sports uniform in a tidy and appropriate manner. Details of the uniform requirements are included in the sports information for each sporting code.
- Respect the rules, officials and the Fair Play Charter.
- Respect the decisions of referees and umpires. It is not acceptable to argue with an official and this will not be tolerated.
- Co-operate and show the Coach, Manager and teams respect at **ALL** times.
- Regularly check the sports notice board, take note of the daily notices and attend **ALL** meetings as required.

## **Behavioural Expectations for Sacred Heart College Parents/Caregivers**

We ask all Parents/Caregivers to also sign the Sports Registration forms and abide by the following Code of Conduct:

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

## **PARENTAL SUPPORT**

Without parental support it is very difficult to provide sports for the girls.

There are a number of ways parents/caregivers can be active in this area:

- Coaching or managing a team
- Providing adult supervision at sporting venues
- Ensuring your daughter attends practice
- Ensuring sports fees are paid
- Providing transport to and from sporting venues

Please complete the **VOLUNTEER REGISTRATION OF INTEREST** form in this booklet indicating where you are able to assist.

Parents will be placed on a roster to supervise teams if necessary.

## STUDENT COACHES AND UMPIRES

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



## ROLE DESCRIPTIONS

### ***Coach Responsibilities:***

- Discuss and establish with players, protocols and expectations
- Develop in conjunction with players team goals
- Through practices, enhance and develop the players' skills, fitness and mental application to the sport
- Keep up to date with coaching methods and attend courses when available
- Appoint responsible team members to hold positions of captain and vice-captain and ensure they are aware of their responsibility
- Through personal communication encourage parental support of the team
- Communicate results and any incidents to the Sports Directors – Good or Bad!

### ***Manager Responsibilities:***

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

### ***Player Responsibilities:***

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

## SUMMER CODES

### ATHLETICS

The Sacred Heart College Athletics Day will be held at the **Hutt Recreation Ground** on **Wednesday, 15 February 2017**.

**Uniform:** SHC Athletics Singlets will be provided when the girls compete in the Girls Zone and Regional Athletics Meetings, Plain Black PE shorts/skins

**Competitions:**

SHC Full School Athletics	Wednesday 15 February
Girls Zone Athletics Champs	Wednesday 8 March
CSW Regional Athletics Champs	Thursday 23 March
NISS Athletics Champs TET Stadium, Inglewood	Saturday 8 – Sun 9 April
NZSS Athletics Champs Regional Sports Park, Hastings	Friday 1 – Sunday 3 December

**Cost:** **Entry fees and travel**

### BOWLS

**Uniform:** Black PE shorts or Black Tracksuit Pants and PE Shirt

**Venue:** Various Bowls Clubs in the Hutt Valley

**Season:** Term 1 (Seniors), terms 1 and 4 (Juniors) – Played on Thursdays at 4:00pm

**Transport:** Students to make own arrangements.

**Competition:**

CSW Singles Championships	Tuesday 21 March
CSW Pairs Championships	Thursday 6 April
CSW Junior Championships	Tuesday, 28 November

**Registration Fee:** **\$25**

**Fees may be subject to change once competition entry fees have been received in 2017.**

## CRICKET

<b>Trainings:</b>	TBC
<b>Uniform:</b>	1 <sup>st</sup> XI - red/black Cricket Shirt, white cricket pants Other teams – SHC PE uniform
<b>Venue:</b>	Various grounds in the Hutt Valley and Wellington Region
<b>Season:</b>	Term 1 played Thursday's at 4:00pm
<b>Transport:</b>	Students to make own arrangements.
<b>Competition:</b>	Wellington and Hutt Valley Secondary Schools Competition  NZCT Girls Tournament – TBC
<b>Registration Fee:</b>	<b>\$30</b>

## GOLF

<b>Trainings:</b>	Personal training programmes within the Club structure
<b>Uniform:</b>	Black dress shorts/trousers and SHC Dress polo shirt (provided)
<b>Venue:</b>	Various Golf Courses in the Hutt Valley/ Wellington Region
<b>Season:</b>	Term 1
<b>Transport:</b>	Students are responsible for providing own transport.
<b>Competitions:</b>	We have not had a golf team for the last three years but if there are sufficient numbers the SHC team play each Monday at 4:00pm at various courses.  Phillips Cup Golf Finals                      Monday 3 April CSW Open and Team Champs                  Tuesday 11 April CSW Junior Tournament                        Wednesday 15 November
<b>Registration Fee:</b>	<b>\$30</b>

**Fees may be subject to change once competition entry fees have been received in 2017.**



## SOFTBALL

<b>Trainings:</b>	TBC
<b>Uniform:</b>	Red singlet (provided), black shorts, red socks
<b>Competition:</b>	CSW Twilight Competition                      TBC CSW Qualifying Tournament                      Wednesday 8 March
	Summer Tournament Week: NZ Sec Schools Champs                      Monday 27–Friday, 31 March Division 1 North Harbour (if qualify)
<b>Registration Fee:</b>	<b>\$30 (Tournament costs are additional to the registration fee).</b>

## TENNIS

<b>Trainings:</b>	Teams to organise own trainings if necessary
<b>Uniform:</b>	PE shirt, black shorts or tennis skirt (black)
<b>Venue:</b>	Various Colleges or Clubs in the Hutt Valley Region - games start 4:00pm
<b>Season:</b>	Terms 1 and 4 Juniors – Tuesday Seniors – Premiers Tuesday, Other grades Thursday (Term 1)
<b>Transport:</b>	Students to make own transport arrangements.
<b>Competition:</b>	CSW Open Individual Championships                      Wednesday 1 March Renouf Centre, Wellington
	CSW Junior Individual Championships                      Wednesday 22 November Renouf Centre, Wellington
<b>Registration Fee:</b>	<b>\$30</b>

**Fees may be subject to change once competition entry fees have been received in 2017.**

## TOUCH

<b>Trainings:</b>	TBC once coaches have been appointed	
<b>Venue:</b>	Fraser Park - Games start 4:00pm and 5:00pm	
<b>Season:</b>	Seniors - Term 1, Juniors Terms 1 and 4 played on a Tuesday. This is a 3 week competition with 2 games being played per night.	
<b>Uniform:</b>	School PE shirt, black shorts (some teams may be issue singlets)	
<b>Transport:</b>	Students to make own arrangements	
<b>Competition:</b>	CSW Qualifying Tournament, Fraser Park	Thursday, 23 February
	CSW Junior Tournament, Fraser Park	Thursday 16 November
<b>Registration Fee:</b>	<b>\$30</b>	

## VOLLEYBALL

<b>Trainings:</b>	Tuesday and Thursday – 3:30–6:30pm (dependant on coach availability)	
<b>Uniform:</b>	SHC PE shirt, black shorts	
<b>Venue:</b>	Various colleges around the Hutt Valley and Wellington Region and/or ASB Sports Centre, Kilbirnie	
<b>Competitions:</b>	CSW Secondary Competition - Terms 1 and 4 Seniors - Friday evenings from 4:00pm Juniors - Wednesday 4:00pm or 5:30pm	
	CSW Senior Tournament ASB Centre, Kilbirnie	Friday 3 – Sat 4 March
	CSW Junior Tournament ASB Centre, Kilbirnie	Friday, 10 – Sat 11 November
	NZSS Champs Arena Manawatu, Palmerston North	Sunday 26 – Friday 31 March
	NISS Junior Tournament Auckland	Monday 27 Nov – Friday 1 December
<b>Registration Fee:</b>	<b>\$55 (NB: Tournament costs are additional to the registration fee)</b>	

**Fees may be subject to change once competition entry fees have been received in 2017.**

# WINTER CODES

## BADMINTON

<b>Trainings:</b>	Lunchtime session in gym or can arrange your own team trainings	
<b>Uniform:</b>	SHC PE shirt and black shorts, sports shoes Students are expected to provide their own Badminton racquets	
<b>Venue:</b>	Various venues in the Hutt Valley on a home and away basis	
<b>Season:</b>	Terms 2 and 3	
<b>Transport:</b>	Students need to make own transport arrangements.	
<b>Competitions:</b>	Junior (Y9 and 10)	Thursday 4:00 – 6:00pm
	Senior (Y11, 12, 13)	Friday 4:00 – 6:00pm
	CSW Junior Champs	Wednesday 28 June
	CSW Senior Champs	Wednesday 5 July
<b>Registration Fee:</b>	<b>\$30</b>	

## BASKETBALL

<b>Trainings:</b>	TBC once coaches have been appointed	
<b>Uniform:</b>	Shorts & singlets – for Senior A and Junior A teams. All other teams – SHC PE uniform	
<b>Venue:</b>	Games are played at various school gymnasiums throughout the Hutt Valley/ Wellington Region OR the ASB Sports Centre, Kilbirnie (this is dependent on grade)	
<b>Season:</b>	Terms 2 and 3	
<b>Transport:</b>	Parent assistance with transport is required.	
<b>Competitions</b>	Senior	Friday 6:00 or 7:30pm
	Junior	Tuesday 5:00 or 6:30pm
	NZSS Tournament - Wednesday 6 – Saturday 9 September	
<b>Registration Fee</b>	<b>\$90</b>	<b>(NB: Tournament costs are additional to the registration fees).</b>

Fees may be subject to change once competition entry fees have been received in 2017.

## CROSS COUNTRY AND ROAD RACING

<b>Trainings:</b>	Personal training programme. A lunchtime running group may be organised.	
<b>Uniforms:</b>	SHC athletic singlet (provided) and black PE shorts	
<b>Competitions:</b>	The Cross Country and Road Race programmes include races for individuals and teams at local events (see below)	
<b>Programme:</b>	CSW Cross Country Champs Harcourt Park, Upper Hutt CSW Road Race Champs Trentham	Wednesday 31 May Wednesday 16 August
<b>Cost:</b>	<b>Transport and entry fee costs (per event)</b>	

## FOOTBALL

<b>Trainings:</b>	TBC once coaches have been appointed
<b>Uniform:</b>	1 <sup>st</sup> XI - Football shirts, white shorts and red socks (shirts provided) Other teams to wear SHC PE uniform
<b>Venue:</b>	Various grounds throughout the Hutt Valley and Wellington Region
<b>Season:</b>	Terms 2 and 3
<b>Transport:</b>	Students to arrange own transport.
<b>Competitions:</b>	CSW Competition – Tuesday or Wednesday afternoon/evening depending on grade  Annual exchange with Sacred Heart College New Plymouth TBC  NZSS Winter Tournament: Sunday 3 – Friday 8 September
<b>Registration Fee</b>	<b>\$70 (NB: Tournament costs are additional to the registration fee).</b>

**Fees may be subject to change once competition entry fees have been received in 2017.**

## HOCKEY

<b>Trainings:</b>	TBC once coaches have been appointed
<b>Uniform:</b>	1 <sup>st</sup> XI – Dress (provided), red socks + black socks (as alternate strip) 2 <sup>nd</sup> XI – SHC PE uniform and red socks
<b>All Require:</b>	Red socks (purchased from the uniform shop) / shin pads/ mouth guards / hockey stick.
<b>Venues:</b>	Fraser Park – Lower Hutt, Elsdon Hockey Turf – Porirua National Hockey Stadium – Wellington Kapiti Turf – Paraparaumu Clareville – Wairarapa
<b>Season:</b>	Terms 2 and 3
<b>Transport:</b>	Students are responsible for providing own transport.
<b>Competitions:</b>	1 <sup>st</sup> XI – Friday evenings 2 <sup>nd</sup> XI - Evenings TBC (dependant on grade)
	Te Toa Tournament (1 <sup>st</sup> XI)                      Queens Birthday – New Plymouth
	NZSS Winter Tournament                      Sunday 3 – Friday 8 September
<b>Registration Fee:</b>	<b>\$160 (NB: Tournament costs are additional to the registration fee).</b>

## NETBALL

- Trainings:** At least 1 per week – may be before school, lunch hour or after school, depending on court availability and coach's preference.
- Uniform:** Senior A and B - dresses provided  
**All other teams** - SHC PE shirt, white socks, black netball knickers, black skirt (available from uniform shop in 2017)
- Competitions:** Senior A – Monday evening at St Oran's College
- All other teams – Saturdays - Hutt Valley Secondary School Netball Competition to be played at Sacred Heart College Courts and at Taita College Courts
- |                                                                    |                                               |
|--------------------------------------------------------------------|-----------------------------------------------|
| CSW Premier Tournament (Senior A)<br>ASB Sports Centre, Kilbirnie  | Thursday, 18 May                              |
| CSW Junior A Tournament (Year 10A)<br>ASB Sports Centre, Kilbirnie | Thursday, 10 August                           |
| Mission Cup (Senior A)                                             | Queen's Birthday<br>Friday 2 – Monday, 5 June |
| LNISS Netball Tournament<br>(Snr A Team) – New Plymouth            | Sunday, 3 – Friday,<br>8 September            |
- Season:** Terms 2 and 3  
Finals Day Saturday 26 August  
RSSL Finals – ASB Centre Monday 28 August
- Trials:** Trials will be held during Term 1. Details and information will be posted on school website and on daily notices in mid-February.
- Registration Fee:** Senior A Team: \$130.00  
All other Teams: \$ 85.00 (weekly umpire fee additional)

**(Tournament costs are additional to the registration fee).**

**Fees may be subject to change once competition entry fees have been received in 2017.**



## TABLE TENNIS

<b>Uniform:</b>	PE shirt, black shorts, suitable sports shoes, table tennis bat required	
<b>Venue:</b>	Empire Stadium – Petone	
<b>Season:</b>	Terms 2 and 3 Wednesday afternoon 4:00pm	
<b>Transport:</b>	Students to make own transport arrangements.	
<b>Competition:</b>	CSW Open Individual Championships – Empire Stadium – Petone	Friday 4 August
	CSW Teams Championships – Empire Stadium – Petone	Friday 11 August
<b>Registration Fee:</b>	<b>\$25</b>	

## WATERPOLO

<b>Trainings:</b>	Naenae Pool – Sunday 10:00 am -11:00 am	
<b>Uniform:</b>	Togs and SHC tracksuit	
<b>Season:</b>	Terms 2 and 3– Seniors and Juniors	
<b>Competitions:</b>	Hutt Water Polo Competition's Wednesday at Naenae Pool	
<b>Registration Fee:</b>	<b>\$85 (Additional fees will apply if a team is entered into a Term 1 or 4 competition).</b>	

**Fees may be subject to change once competition entry fees have been received in 2017.**



# VOLUNTEER REGISTRATION OF INTEREST SUMMER AND WINTER SPORTS

Participation in sport at Sacred Heart College involves up to 60% of our students. It is our policy that all teams have at least a Coach or Manager.

The success of our sports programme depends on the help of our parent, student and community volunteers whose help we value highly.

All of the below roles (Coach, Manager or Official) have detailed descriptions at the front of this booklet which outlines what the specific responsibilities would be. You do not have to be an expert in the specific sporting code to help out.

If you are able to assist in one of these roles, please fill in the below:

**NAME:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_

**MOBILE PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**SPORT(S):** \_\_\_\_\_

**ROLE** (✓ please tick the box):

- Coach**
- Manager**
- Umpire / Referee**
- Transport**
- Sponsorship**

**PLEASE HAND THIS BACK IN WITH YOUR DAUGHTER'S SPORTS REGISTRATION FORM—  
Thank you.**