

**SACRED HEART
COLLEGE
Lower Hutt**



**2018
SPORTS
INFORMATION BOOKLET**

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

**Summer, Winter and Netball Registration Forms and Payment returned to the College Office by
Wednesday 31 January 2018.**

- 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 and we have adult supervision.

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
- Checking with coach/manager at practice
- College Sport Wellington web site www.collegesport.org.nz or download their new free APP
- Sacred Heart College web site 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 REGISTRATION FORMS
ARE DUE IN BY**

Wednesday 31 January 2018

**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 (All Y9s must wear the new red style shirt)
- Black shorts
- White ankle socks
- Netball Dress (Year 9s)
- Black Skort (Yr 10's) and Red skirt (all others) - used for Netball

All items of the above sports uniform (except Yr 9 netball dresses) are available from the uniform shop.

Uniforms are provided for some teams, see information under each individual code. Yr 9 netball dresses will be available for purchase in February.

SPORTS JACKET/ HOODIE: The SHC sports jacket or new School Hoodie, along with black tracksuit pants is COMPULSORY for ALL Senior 1st teams and 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

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 **Thursday 15 February 2018**.

Uniform: SHC PE uniform when the girls compete in the Girls Zone and Regional Athletics Meetings, Plain Black PE shorts/skins

Competitions:

SHC Full School Athletics	Thursday 15 February
Girls Zone Athletics Champs	Thursday 8 March
CSW Regional Athletics Champs	Thursday 15 March
NISS Athletics Champs Cooks Gardens, Wanganui	Friday 6 – Sun 8 April
NZSS Athletics Champs Logan Park, Dunedin	Friday 30 Nov – Sunday 2 December

Cost: **Entry fees and travel**

CRICKET

Trainings: TBC

Uniform: 1st XI - Cricket Shirt and pants provided by the school,
Other teams – SHC PE uniform

Venue: Various grounds in the Hutt Valley and Wellington Region

Season: Term 1 - played Thursday's at 4:00pm

Transport: Students to make own arrangements.

Competition: Wellington and Hutt Valley Secondary Schools Competition

NZCT Girls Tournament: 21 – 23 March 2018

Registration Fee: **\$30**

Fees may be subject to change once competition entry fees have been received in 2018.

TENNIS

As we will not have any tennis courts available in 2018 we will not be entering teams into the CSW competition. Any girls who are at the appropriate level may enter the following championship events

Competition:	CSW Open Individual Championships Renouf Centre, Wellington	Wednesday 28 February
	CSW Junior Individual Championships Renouf Centre, Wellington	Wednesday 21 November

Registration Fee: **Entry Fees Apply**

TOUCH

Trainings: TBC once coaches have been appointed

Venue: Fraser Park - Games start 4:00pm and 5:00pm

Season: Played on a Tuesday
Seniors - Term 1 13, 20 and 27 February
Juniors - Terms 1 and 4 6, 13 and 20 March

This is a 3 week competition with 2 games being played per night.

Uniform: School PE shirt, black shorts (some teams may be issued singlets)

Transport: Students to make own arrangements

Competition: CSW Qualifying Tournament, Fraser Park, Wednesday 21 February
CSW Junior Tournament, Fraser Park, Thursday 15 November

Registration Fee: **\$20 per term (juniors re-enter in term 4)**

Fees may be subject to change once competition entry fees have been received in 2018

VOLLEYBALL

- Trainings:** **Juniors** –Tuesday after school (dependant on coach availability)
 Seniors – Tuesday and Thursday
- Uniform:** SHC PE shirt, black shorts
- Venue:** Various colleges around the Hutt Valley and Wellington Region and/or ASB Sports Centre, Kilbirnie
- Competitions:** CSW Secondary Competition - Terms 1 and 4
 Seniors - Friday evenings from 4:00pm
 Juniors - Wednesday 4:00pm or 5:30pm
- CSW Senior Tournament Friday 2 – Sat 3 March
 ASB Centre, Kilbirnie
- CSW Junior Tournament Friday 9 – Sat 10 November
 ASB Centre, Kilbirnie
- NZSS Champs Sunday 18 – Friday 23 March
 Palmerston North
- Registration Fee:** **\$50 (NB: Tournament costs are additional to the registration fee)**

Fees may be subject to change once competition entry fees have been received in 2018.

CROSS COUNTRY AND ROAD RACING

Trainings:	Personal training programme. A lunchtime running group may be organised.
Uniforms:	SHC athletic singlet (provided) and black PE shorts
Competitions:	The Cross Country and Road Race programmes include races for individuals and teams at local events
	CSW Cross Country Champs Wednesday 30 May
	CSW Road Race Champs Wednesday 8 August
Cost:	Transport and entry fee costs (per event)

FOOTBALL

Trainings:	TBC once coaches have been appointed
Uniform:	1 st XI - Football shirts, white shorts and red socks (shirts provided) Other teams to wear SHC PE uniform
Venue:	Various grounds throughout the Hutt Valley and Wellington Region
Season:	Terms 2 and 3
Transport:	Students to arrange own transport.
Competitions:	CSW Competition – Tuesday or Wednesday afternoon/evening depending on grade
	NZSS Winter Tournament: Sunday 2 – Friday 7 September
Registration Fee	\$70 (NB: Tournament costs are additional to the registration fee).

Fees may be subject to change once competition entry fees have been received in 2018.

HOCKEY

Trainings:	TBC once coaches have been appointed
Uniform:	Hockey Dresses (provided), red socks + black socks (as alternate strip)
Equipment Required:	Red socks (purchased from the uniform shop) / shin pads/ mouth guards / hockey stick.
Venues:	Fraser Park – Lower Hutt, Elsdon Hockey Turf – Porirua National Hockey Stadium - Wellington Kapiti Turf - Paraparaumu Clareville - Wairarapa
Season:	Terms 2 and 3
Transport:	Students are responsible for providing own transport.
Competitions:	1 st XI – Thursday evenings 2 nd XI - Evenings TBC (dependant on grade)
	Te Toa Tournament (1 st XI) Queens Birthday – Napier
	NZSS Winter Tournament Sunday 2 – Friday 7 September
Registration Fee:	\$160 (NB: Tournament costs are additional to the registration fee).

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, B and C - dresses provided
All other Senior teams - SHC PE shirt, white socks, black netball knickers, red skirt.
Yr 10 – SHC PE shirt, white socks, black netball knickers, black skorts (available from uniform shop)
Yr 9 – Netball Dress to be purchased by individual players, white socks, black netball knickers.

Competitions: Senior A – Monday evening at St Oran's College

All other teams – Saturdays - Hutt Valley Secondary School Netball Competition to be played at Taita College Courts and another venue to be confirmed.

CSW Premier Tournament (Senior A) Thursday 17 May
ASB Sports Centre, Kilbirnie

CSW Junior A Tournament Thursday 9 August
ASB Sports Centre, Kilbirnie

Mission Cup (Senior A) Queen's Birthday Friday 1 –
Sunday 3 June

LNISS Netball Tournament Sunday 2 – Friday
(Snr A Team) 7 September

Season: Terms 2 and 3
Finals Day Saturday 18 August
RSSL Finals – ASB Centre Monday 27 August

TRIAL DATES:

Seniors: Sunday 18 Feb 1.00pm – 4.00pm and Monday 19 Feb 3.30 – 5.00pm @ SHC Gymnasium

Y10: Sunday 25 February @ Walter Nash Stadium (courts 4 and 5) 1.45 – 5.45pm

Y9: Monday 26 February and Friday 2 March 3.30 – 5.30pm @ SHC Gymnasium

Further trials may be added as needed
Information will be posted on the daily notices in February.

Registration Fee: Senior A Team: \$130.00
All other Teams: \$ 85.00 (weekly umpire fee additional \$10)

(Tournament costs are additional to the registration fee).

Fees may be subject to change once competition entry fees have been received in 2018.

RUGBY

Trainings:	1 or 2 per week – TBC once coaches have been appointed
Uniform:	Rugby jerseys will be provided. Students will need to purchase red socks, black rugby shorts and a mouth guard.
Venue:	Various grounds in the Hutt Valley and Wellington Region
Season:	Terms 2 and 3
Competition:	CSW Girls competition – Thursday's 4.00pm
Registration Fee:	\$30

(Tournament costs are additional to the registration fee).

SWIMMING

School swimming sports are held at Huia Pool. From this event individual championship swimmers and the school relay teams are selected for CSW swimming competitions that follow.

Competitions: School Swimming Champs - Huia Pool	Date TBC
CSW Individual Swim Champs	Thursday 21 June
CSW Huia Cup Relays	Thursday 16 August
NI Secondary School Champs Palmerston North	Saturday 12 May
NZSS Champs – Hamilton	Friday 14 – Sun 16 September

Cost: **Transport and Entry fee costs.**

Fees may be subject to change once competition entry fees have been received in 2018.

TABLE TENNIS

Uniform:	PE shirt, black shorts, suitable sports shoes, table tennis bat required	
Venue:	Empire Stadium – Petone	
Season:	Terms 2 and 3 Wednesday afternoon 4:00pm	
Transport:	Students to make own transport arrangements.	
Competition:	CSW Open Individual Championships – Empire Stadium – Petone	Friday 3 August
	CSW Teams Championships – Empire Stadium – Petone	Friday 10 August
Registration Fee:	\$25	

WATERPOLO

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

Fees may be subject to change once competition entry fees have been received in 2018.

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**
- Sponsorship**

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