

SACRED HEART
COLLEGE
Lower Hutt



2019
SPORTS
INFORMATION BOOKLET

SHC SPORTS DEPARTMENT CONTACTS

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INTRODUCTION

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. 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.

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.

We rely heavily on volunteer help from the wider community and parents to coach/manage or supervise our sports teams. Without this help we may be unable to field teams in some codes.

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.

**Summer Sports Registration Forms and Payment returned to the College Office by
Thursday 31 January 2019.**

**Winter Sports and Netball Registration Forms and Payment returned to the College Office
by
Friday 22 February 2019**

In genuine financial hardship please make arrangements with the school Business Manager, Chris Holden for regular automatic payment options.

Teams will only be entered in College Sport Wellington (CSW) competitions if there is 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 App and 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.

**Summer Sports Forms and Payment are due in by
THURSDAY 31 JANUARY 2019**

**Winter Sports Forms and Payment are due in by:
FRIDAY 22 FEBRUARY 2019**

**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.
- Netball Dress (Year 9 and 10).

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 ordering in March at the Netball trials.

SHC HOODIE/ SPORTS JACKET: The SHC School Hoodie or sports jacket, 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 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 Sports Day will be held at the **Hutt Recreation Ground** on **Wednesday 20 February 2019**.

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	Wednesday 20 February
	Girls Zone Athletics Champs	Thursday 7 March
	CSW Regional Athletics Champs	Thursday 14 March
	NISS Athletics Champs (Tauranga)	Saturday 6 – Sun 7 April
	NZSS Athletics Champs (Wellington)	Fri 6 Dec – Sun 8 Dec
Cost:	Entry fees and travel costs	

CRICKET

Trainings:	TBC
Uniform:	1 st XI - Cricket Shirt and pants provided by the school, Other teams – Own PE shorts and shirt provided by the school
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. Parent help required
Competition:	Wellington and Hutt Valley Secondary Schools Competition NZSS Girls Qualifying Tournament: 27 – 29 March 2019
Registration Fee:	\$30

Fees may be subject to change once competition entry fees have been received in 2019

FUTSAL

Trainings:	TBC
Uniform:	Senior teams - Football shirts (provided), black shorts and red socks (red socks available from the Uniform shop) Junior teams - PE uniform and red socks
Venue:	Walter Nash Stadium, Taita, Lower Hutt
Season:	Term 1 Feb - April, dates TBC Term 4 October - December, dates TBC
Transport:	Students are responsible for providing own transport.
Competitions:	Senior & Junior teams play each Fridays between 4.00 -10.00pm. CSW Regional Futsal Champs Wednesday 13 March
Registration Fee:	\$45.00 per term (Girls must re-register for Term 4)

GOLF

Trainings:	Personal training programmes within the Club structure
Uniform:	PE uniform will be sufficient for weekly games. Black dress shorts/trousers and SHC issued polo shirt for tournament play.
Venue:	Various Golf Courses in the Hutt Valley/ Wellington Region
Season:	Term 1
Transport:	Students are responsible for providing own transport.
Competitions:	The SHC team play each Monday at 4:00pm at various courses. Players will require their own golf clubs and ideally have a handicap and belong to a golf club. This is a competition and not a "learn to play" CSW Open and Team Champs Tuesday 2 April Phillips Cup Golf Finals Wednesday 10 April CSW Junior Tournament Wednesday 13 November
Registration Fee:	\$30

Fees may be subject to change once competition entry fees have been received in 2019.

SOFTBALL

Trainings:	TBC	
Uniform:	Red singlet (provided), black shorts, red socks	
Competition:	CSW Twilight Competition CSW Qualifying Tournament	TBC Monday 4 March
	NZ Sec Schools Champs Christchurch (if qualify)	Monday 25 – Friday 29 March
Registration Fee:	\$30 Experienced players only. Juniors/novice players can register in Term 4 (Tournament costs are additional to the registration fee).	

TENNIS

As we will not have any tennis courts available in 2019, we will only be entering teams who have a manager/parents who can transport girls to their games. There is no coaching available, so players need to be able to play.

Any girls who are at the appropriate level may also enter the following championship events

Competition:	CSW Open Individual Champs Renouf Centre, Wellington	Wednesday 13 March
	CSW Junior Individual Champs Renouf Centre, Wellington	Wednesday 20 November
Registration Fee:	\$30	

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 12, 19 and 26 February
Juniors - Terms 1 and 4 5, 12 and 19 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, Thursday 21 February
CSW Junior Tournament, Fraser Park, Thursday 14 November
- Registration Fee:** **\$20 per term (Juniors re-register in term 4)**

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 1 – Sat 2 March
ASB Centre, Kilbirnie
- CSW Junior Tournament Friday 8 – Sat 9 November
ASB Centre, Kilbirnie
- NZSS Champs Monday 25 – Friday 29 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 2019.

WAKA AMA

Trainings:	Personal training programmes within the Club structure	
Venue:	Wellington Harbour	
Season:	Term 1	
Uniform:	Black shorts/Skins, SHC Singlet to be provided	
Transport:	Students to make own arrangements	
Competition:	CSW Regatta	Saturday 9 March
Registration Fee:	\$30	

WATER POLO – seniors only in Term 1

Trainings:	Sundays at Naenae pool 10 – 11am	
Venue:	WRAC and Huia Pool	
Season:	Term 1 Thursdays between 7pm – 10pm	
Uniform:	Team togs will need to be purchased	
Transport:	Students to make own arrangements. Parent help will be required	
Registration Fee:	\$120	

Fees may be subject to change once competition entry fees have been received in 2019.

WINTER CODES

BADMINTON

Trainings:	Lunchtime session in gym or can arrange your own team trainings	
Uniform:	SHC PE shirt and black shorts, sports shoes Students are expected to provide their own Badminton Racquets. These can be purchased from the Sports Office for \$25	
Venue:	Various venues in the Hutt Valley on a home and away basis	
Season:	Terms 2 and 3	
Transport:	Students need to make own transport arrangements.	
Competitions:	Junior (Y9 and 10) Senior (Y11, 12, 13)	Thursday 4:00 – 6:00pm Friday 4:00 – 6:00pm
	CSW Junior Champs CSW Senior Champs	Wednesday 31 July 2019 Wednesday 14 August 2019
Registration Fee:	\$30	

BASKETBALL

Trainings:	TBC once coaches have been appointed	
Uniform:	Basketball uniforms will be provided, Mouthguards (compulsory)	
Venue:	Games are played at various school gymnasiums throughout the Hutt Valley/Wellington Region OR the ASB Sports Centre, Kilbirnie (this is dependent on grade)	
Season:	Terms 2 and 3	
Transport:	Parent assistance with transport is required.	
Competitions	Senior Junior	Friday games at 6:00 or 7:30pm Tuesday games at 5:00 or 6:30pm
	Zone 3 Tournament -	Junior : Friday 30 – Tues 3 September Senior : Wed 4 – Sat 7 September
Registration Fee	\$90 (NB: Tournament costs are additional to the registration fees).	

Fees may be subject to change once competition entry fees have been received in 2019.

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 29 May
CSW Road Race Champs	Wednesday 7 August
NZSS Cross Country Champs Timaru	Saturday 15 – Sunday 16 June

Cost: **Transport and entry fee costs (per event)**

FOOTBALL

Trainings: TBC once coaches have been appointed

Uniform: 1st XI - Football shirts (provided), black shorts, red socks and shin pads (compulsory)

Other teams - Football shirts (provided), black shorts, red socks and shin pads (compulsory)

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 1 – Friday 6 September

Registration Fee **\$60** (NB: Tournament costs are additional to the registration fee).

Fees may be subject to change once competition entry fees have been received in 2019.

HOCKEY

- Trainings:** Wednesday mornings from 7 – 8 am at Fraser Park turf
- Uniform:** Hockey Dresses (provided), red socks + black socks (as alternate strip / Red socks purchased from the uniform shop)
- Equipment Required:** Shin pads and mouth guards (compulsory), own 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:** 1st XI – Thursday evenings
2nd XI – Friday evenings (dependant on grade)
- Te Toa Tournament (1st XI) Friday 31 May – Sunday 2nd June
Queens Birthday – Lower Hutt
- NZSS Winter Tournament Sunday 1 – Friday 6 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 coaches preference.

Uniform: Senior A, B and C - dresses provided
All other Senior teams - we are hopeful of being able to provide dresses for all senior teams. If not possible then SHC PE shirt, white socks, black netball knickers, red/black skirt.
Yr 9 and 10 – Netball dress to be purchased by individual players, white socks, black netball knickers.

Competitions: Senior A – Monday evenings

All other teams – Saturdays - Hutt Valley Secondary School Netball Competition to be played at Naenae College (TBC)

CSW Premier Tournament (Senior A) Thursday 16 May
ASB Sports Centre, Kilbirnie

CSW Junior A Tournament Thursday 8 August
ASB Sports Centre, Kilbirnie

Mission Cup (Senior A) Queen's Birthday (Fri 31 May – Sun 2 June)

LNISS Netball Tournament 2 – 6 September
(Snr A Team)

Season: Terms 2 and 3
Finals Day Saturday 17 August
RSSL Finals – ASB Centre Monday 26 August

TRIAL DATES:

Seniors: Sun 10 March 1.00pm – 4.00pm and Monday 11 & Fri 15 March 3.30 – 5.30pm @ SHC

Y10: Sunday 3 March 1.00 – 4.00pm and Monday 4 & Wed 6 March 3.30 – 5.30pm @ SHC

Y9: Sunday 24 March 1.00 – 4.00pm and Monday 25 & Friday 29 March 3.30 – 5.30pm @ SHC

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

Registration Fee: **Senior A Team: \$130.00 (this includes umpire fees)**
All other Teams: \$85.00 (this includes umpire fees)

(Tournament costs are additional to the registration fee).

Fees may be subject to change once competition entry fees have been received in 2019

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 (compulsory).
- 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 – Seniors: Friday 17 May
Juniors: Friday 24 May

CSW Individual Swim Champs	Thursday 4 July
CSW Huia Cup Relays	Thursday 15 August
NISS Champs (Palmerston North)	Saturday 11 May

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 2 August
	CSW Teams Championships Empire Stadium – Petone	Friday 9 August
Registration Fee:	\$25	

WATERPOLO

Trainings:	Naenae Pool – Sunday 10:00 am -11:00 am	
Uniform:	SHC Togs (available during term 1 2019) and SHC tracksuit	
Season:	Seniors: Term 1 (refer information under summer codes) Juniors: Terms 2 and 3 (Hutt competition) Juniors may also play in Term 4 depending on desire to commit to a further term	
Competitions:	Seniors: Thursdays 7- 10pm at Wellington Regional Aquatic Centre and Huia Pool Juniors: Wednesdays (Times vary) at Naenae Pool	
Registration Fee:	\$85.00 for juniors (additional fees will be required if a Junior team is entered into a Term 4 competition in Wellington).	

Fees may be subject to change once competition entry fees have been received in 2019.

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.