



St Vincent's College
POTTS POINT

SPORTS HANDBOOK



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PREFACE

This Sports Handbook includes different procedures and information that frame the Sports Program of St Vincent's 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 the St Vincent's College website and in the relevant Sports information notes.

An active and extensive co-curricular sports program is a feature of Catholic and Independent schools. At St Vincent's 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;

- Promoting a healthy lifestyle;
- Building the self-esteem and self-confidence of young women;
- Reducing physical and psychological problems through encouraging participation in sport;
- Encouraging personal responsibility and team building; and
- Creating a sense of pride and community building.

St Vincent's College Sports Program embodies a "Sport for All" philosophy that is, the encouragement of a high level of participation and the offering of a wide variety of sports for students for both competition and enjoyment.

The Sports Program has the following aims:

1. To promote the ideals of sportsmanship, self respect and College spirit
2. To encourage enjoyment and skill acquisition
3. To promote fitness and well-being
4. To foster co-operation and commitment
5. To provide healthy competition and enable students to attain their sporting potential.

We hope that students will benefit from, and contribute to, the Sports Program at St Vincent's College.

Mrs Anne Fry
Principal

Ms Jacinta Jacobs
Sports Co-ordinator

STAFF CONTACTS

Please be aware that staff are subject to change throughout the year.

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Sports Co-ordinator

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Head of Water Polo:	Ms. Stephanie El Safty	0419 950164
Head of Touch:	Ms. Elyse Hermanis	0434610870
Head of Tennis:	Ms. Therese Taylor	0408711881
Head of Hockey:	Ms. Laura Wiggins	0418329929
Head of Basketball:	Ms. Kat McGrath	0411 697195
Head of Netball:	Ms. Kat McGrath	0411 697195
Head of Football:	Ms. Vanessa Brown	0404 777518
Head of Volleyball:	Ms. Kat McGrath	0411 697195
Head of Swimming, Athletics, Cross Country:	Ms. Jacinta Jacobs	0418 416663

Mrs Belinda Peoples

Sports Administrator

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www.stvincents.nsw.edu.au

Front Office: 9368 1611

Sports Department: 9368 1611 Ext 217

Boarding House: 9356 4329

Uniform Shop: 9331 1693

(Wednesday 12.30pm - 5pm and Friday 8am - 1.15pm)

Front Office Fax: 9356 2118



ST VINCENT'S COLLEGE CODE OF CONDUCT

For Players

1. Play for fun, to improve your skills and feel good.
2. Applaud all good play, whether by your team or by your opponent.
3. Treat all players as you would like to be treated.
4. Accept winning or losing graciously. Be modest in success and appreciate the opponent's fine performance, even though you are defeated.
5. Work equally hard for yourself and your team.
6. Co-operate with your coach, team-mates and opponents; without them you do not have a game.
7. Play a game because you enjoy it, not because you earn a reward or someone else wants you to play.
8. Once you commit yourself to a team for a season, honour that commitment.
9. Play by the rules, never argue with an umpire or official or other players. Let your coach ask the necessary questions.
10. **Foul language and physical violence is unacceptable** and students who are involved in this sort of behaviour will find themselves band from playing sport for the College.
11. Take pride in yourself, team and College.
12. Be punctual to games. Players should be at the venue **half an hour before the game** to allow enough time for you and your team to warm up correctly. If you are sick and cannot make it to training or a game you must contact the coach in charge or the Sports Co-ordinator.
13. Always be dressed in the correct uniform. At training sessions you are to wear your PE uniform and at matches, the specific uniform which is required by that particular sport. Safety equipment is also required at times, for example, mouth guards and shin pads.
14. Players must always help with equipment, whether it is setting the equipment out or putting it away.
15. Equipment must be looked after and cared for by the whole team.
16. To give information to the students, the Sport Department uses the website and Sports notice boards. Messages are read out at House meetings and are also given at College assemblies and conveyed through the Admin notices and College bulletin. Students must always listen carefully for announcements at Admin and regularly visit the Sports notice boards and College website.
17. To make getting to venues easier it is a good idea for team mates to share phone numbers and establish car-pools.

ST VINCENT'S COLLEGE CODE OF CONDUCT

For Parents and Spectators

The Inter-School Sporting Competitions are regarded as an important part of our students' physical and social development. Attendance at matches by parents is welcomed and encouraged but only on the condition that the guidelines below are observed. All sports have been organised for maximum participation and enjoyment and your co-operation is appreciated. Composition of teams follow a number of criteria and is solely up to the Sports Co-ordinator and the Head Coach in charge of that sport.

Intervention of parents is not permitted at anytime.

1. All Parents must have signed the Code of Conduct, however if any friends or relatives attend matches, parents are requested to make them aware of the College's code of conduct.
2. Applaud good performance and efforts by your team and opponents. Congratulate both teams on their performance and efforts regardless of the games' outcome.
3. Respect the official's decision, regardless of your opinion. Sometimes (like anyone) an umpire's decision may be wrong. Accept this as part of the game and encourage players to participate as good sports.
4. Do not approach an official or convenor with your concerns, please go through your coach or the Head Coach in charge of that sport.
5. Do not ridicule a player for a mistake, encouragement will prove more valuable feedback.
6. Support efforts to remove foul language and harassment of players, coaches or officials. Condemn the use of any form of violence or unsportsmanlike behaviour.
7. Avoid the use of derogatory language based on gender.
8. Respect the wishes of the Conveners at any venue in relation to parking, designated spectator areas, no dogs and any other requirements, which may be specific to the venue.
9. Understand the rules of the game and the modifications of the rules necessary for the standard of development. Do not refer to such modifications as gender based. Rules modifications are based on physical development.
10. Courtesy should be shown towards staff members.
11. Visitors should leave a school or other sporting venue tidy and rubbish free
12. Support the team by helping with duties at the game, which are usually scoring (or umpiring in cricket).
13. Please support other parents/guardians by sharing the work-load and offering to take turns in car pools especially for boarders.

SPORTS OFFERED AT ST VINCENT'S COLLEGE

All sports are offered to all girls in Years 7-12.

IGSSA Saturday Sport

- TERM 1 Tennis
- TERM 2 Cross-Country, Basketball, and Football
- TERM 3 Athletics (Friday nights), Netball, and Hockey
- TERM 4 Water Polo

Other Saturday Sport

- TERM 1 ESTA Touch, Invitational Water Polo
- TERM 2 SEHA Hockey
- TERM 3 FIVE-A-SIDE Football
- TERM 4 ESTA Touch, Santa Sabina Invitational Basketball and Volleyball



Other Sports – Midweek or Weekend Competitions

- TERM 1 IGSSA Swimming (one day carnival), IGSSA Tildesley Tennis (two day tournament)
- TERM 2 St Catherine's Invitational Netball
- TERM 3 IGSSA Athletics Carnival (Friday night carnivals & one day carnival)
- TERM 4 Invitational Futsal (Friday nights)

Extra Sporting Options

- TERM 1 Fitness, Swimming Training
- TERM 2 Fitness
- TERM 3 Fitness
- TERM 4 Swimming Training



Interhouse Sports

- TERM 1 Swimming Carnival (all day)
- TERM 2 Athletics Carnival (all day)
- TERM 3 Futsal
- TERM 4 Basketball

SPORTS FEES

The following fees are an estimation of the cost to play the various sports offered at the College. The costs include registration fees, venue hire, coaching, equipment and travel expenses. These costs are only an estimate and are subject to change which will vary sports fees.

Term 1

IGSSA Tennis	\$250
Invitational Water Polo	\$250
ESTA Touch	\$250

Term 2

EDWHA Hockey	\$250
IGSSA Soccer	\$250
IGSSA Basketball	\$250
Invitational Netball	\$225

Term 3

IGSSA Hockey	\$250
IGSSA Netball	\$250
Five-A-Side Football	\$200

Term 4

ESTA Touch	\$250
Santa Sabina Volleyball	\$250
Santa Sabina Basketball	\$250
IGSSA Water Polo	\$250
Futsal (Indoor Soccer)	\$225

Others - Depending on various costs

Tildesley Tennis	\$150 - \$200
Swimming	\$50
Athletics	\$70 - \$150
Cross Country	\$60 - \$120



HOW TO REGISTER FOR A SPORT

- At the beginning of each term you will need to register for the following term's sport. For example in Term 1 by week 4 you will need to register for Term 2 sport.
- Registrations will be entered online and submitted from the College website: [http://www.stvincents.nsw.edu.au/beyond the classroom/sport](http://www.stvincents.nsw.edu.au/beyond_the_classroom/sport)
- The due date is very strict and is placed in student diaries, advertised on the sports notice board, in Admin notices and the College bulletin.
- Both parent and child must have read the code of conduct before registering and committing themselves to a sport.
- Withdrawal after registration will cost a minimum of \$50.
- Registration may be submitted prior to 3pm on due date. At which time registration will close and students who submit their forms in late will **NOT** be accepted.
- Registration lists will then be placed up on sports notice board for students to check they have been registered. At this time students who have submitted a form online and names are not listed should query the Coach (or Sports Co-ordinator) in charge of that sport.
- Registrations will then be counted and team entries will be sent to associations. This is why there is such a strict registration date as student numbers are not allowed to change.
- Once registrations have been counted the Sports Co-ordinator will advertise the dates for trials and team selections. These dates will be advertised in Admin notices, sports notice board and in the College bulletin.
- Students are expected to turn up to these trials if they have registered for a sport. If for some reason students can not make trials parents must request leave of absence from the Sports Co-ordinator in writing.
- If on the day a student is ill and can not take part in trials the Head Coach of that particular sport must be contacted.
- If the student does not turn up to trials, the student's placement is entirely up to the Head Coach.
- Team lists will be placed on the sports notice board promptly after trials have been completed.
- **UNDER NO CIRCUMSTANCES** should a parent interfere with team selections. Team selections are based on a number of criteria and it is solely up to the Sports Co-ordinator, the Head Coach and the external selectors where a student is placed.
- Any student who has queries regarding their team selection may speak to the Head Coach of that sport or the Sport Co-ordinator to discuss their selection.



HOW TO REGISTER:

Visit www.stvincents.nsw.edu.au. click *Sport*, click *Term 1 Registrations* and after completing the registration form, press *SUBMIT*.

Forms submitted after the due date will **not** be considered as we must make plans for coaches, venues, registering with associations, equipment and competition constraints.

EXPECTATIONS

AT GAMES & TRAINING SESSIONS

- St Vincent's College recognises students have hectic schedules, however students who can not fully commit to sport trainings and games should consider whether they should participate in co-curricular sport.
- Under no circumstances will students be able to play games and not train. If students are unable to attend training with their own team then the Coach will request they train with another team.
- The students will attend all games and training sessions and will be excused only in exceptional circumstances.
- A 3 strike rule applies to students who miss training sessions.
- If a student misses 3 training sessions without a valid excuse, the student will not be able to participate in co-curricular sport again unless they are granted permission by the Sports Co-ordinator.
- A note from parent/guardian must be submitted to the Sport Co-ordinator or the Head Coach before the session missed or the day they return from being away due to illness.
- If a student is unable to make a game for family reasons such as a family wedding, parents must apply in writing a week prior to the leave and are to give it to the Sport Co-ordinator. The student will only be granted leave if there are enough team members to play the game.
- If leave is not granted and the absence still occurs then this will be counted as a strike.
- Students are expected to wear the full College sports uniform to all trainings and games. Any student seen wearing a coloured item of clothing which is not St Vincent's College uniform will not be allowed to take the court/field.
- Trainings venues depend on each sport. Trainings are held on College premises or at Rushcutters Bay Park. There are a few sports which have to travel further. (See sports for details).
- Trainings times are usually after school 3.15pm – 4.30pm and in some circumstance training is before school starting at 7.30am - 8.30am.
- Game venues depend on the sport. (See the College Website for details).
- Game times can vary each Saturday from 7.30am – 12.00pm.
- In the event of wet weather at trainings sessions, students will use 2.32 for a fitness session or class room for a whiteboard session. Training is rarely cancelled due to wet weather. All teams still meet with their Coach to talk tactics.
- In the event of wet weather for games please refer to the College website's sports page for information in regards to your sport.
- Students will be attentive and co-operative and will be ready to start at the designated time.
- Students should participate with full effort in all trainings sessions and games and should always play in a positive, friendly and professional manner.
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SELECTION POLICY

Objective

The objective of this policy is to provide a framework and guidelines for students, coaches, officials, selectors and any other people responsible for the development and implementation of sport at St Vincent's College. This policy establishes both the basis for selection decisions and the athletes' rights and responsibilities in relation to such decisions.

Sport at St Vincent's College

St Vincents' fields teams in several sporting competitions. These competitions require the selection and grading of teams and individuals.

Teams

Where St Vincent's enters teams in association based competitions players need to be graded according to their ability level. This enables the College to ensure that they are entered into competitions with opponents of similar ability levels. Sports in which the College enters teams include:

- Basketball
- Football (Soccer)
- Futsal (Indoor Soccer)
- Hockey
- Netball
- Tennis
- Touch
- Volleyball
- Water Polo

Several factors are involved in fielding teams in these competitions and all of these factors are taken into consideration when the College enters teams. These factors include:

- The number of students who have registered to play
- The varying ages of the students
- The varying ability levels of students
- The structure of the external competition and its specific requirements.

While these teams are encouraged to do their best to win, participation in sport is the fundamental focus. Playing time is shared amongst the players in these teams.

Individual Representative Teams

St Vincent's fields representative teams in a variety of individual sports which include:

- Athletics
- Cross Country
- Swimming
- Tildesley Tennis

The primary focus for College representative teams is success. Success is measured by performance results which include team and individual standings and event results. Players in representative teams are expected to contribute to the team performance as directed by the coach or Sport Co-ordinator.

Selectors

Selectors are employed by the College to conduct grading and selection processes. Selectors often include coaches, ex-students and staff members.

- Selectors are chosen according to their participation in the chosen sport at a high level.
- Selectors base decisions on the observation of skill in accordance with chosen criteria. At no point in time should the Selector display bias when assessing player ability.
- Selectors should be respected by athletes and their parents, as being competent in making difficult, yet fair decisions.

Selection Process

The selection process can vary from sport to sport and will likely vary with respect to 'group' and 'individual' teams.

Subjective Testing

Subjective testing involves specific skill and game play assessment requiring an opinion or assessment to be made by the selector.

Subjective testing will include:

- 3-4 game specific skills (eg. In netball these may be passing, catching, and one on one defence)
- Game play assessment
- Reports from previous coaches



All students will be given the opportunity to perform the set skills for the particular sport. During this time selectors will assess the performance against set criteria and provide a ranking accordingly. The following ranking system will be used for skill based subjective assessment:

1. Excellent execution fulfilling all key components of the skill
2. Good execution fulfilling most of the key components of the skill
3. Average execution fulfilling several of the key components of the skill
4. Below average execution fulfilling some of the key components of the skill
5. Poor execution. Minimal ability to fulfil key components of the skill simulated game play.

All students will have the opportunity to play games and selectors will use their experience to assess the players' ability levels during these games. At the end of each season coaches in various sports are asked to provide a report on each player in their team. The report includes information relating to:

- Training and game attendance and punctuality
- Reliability
- Strengths
- Weaknesses
- Overall attitude

As teams are finalised selectors may use these reports in assisting to make final assessments on players.

Equality

In order to maintain equality for all players in the eyes of selectors, players are designated a number for the duration of the trials period. Players will be referred to by their number during the selection process.

Student Athlete Responsibilities

Student athletes who participate in trial and grading selections at St Vincent's have the following responsibilities:

- Submit the appropriate permission note prior to trialling
- Be present at ALL appropriate grading sessions
- Participate at ALL appropriate grading sessions to the best of their ability
- Respect the experience and expertise of the selectors engaged by the College
- Be bound by the decisions made by the selectors

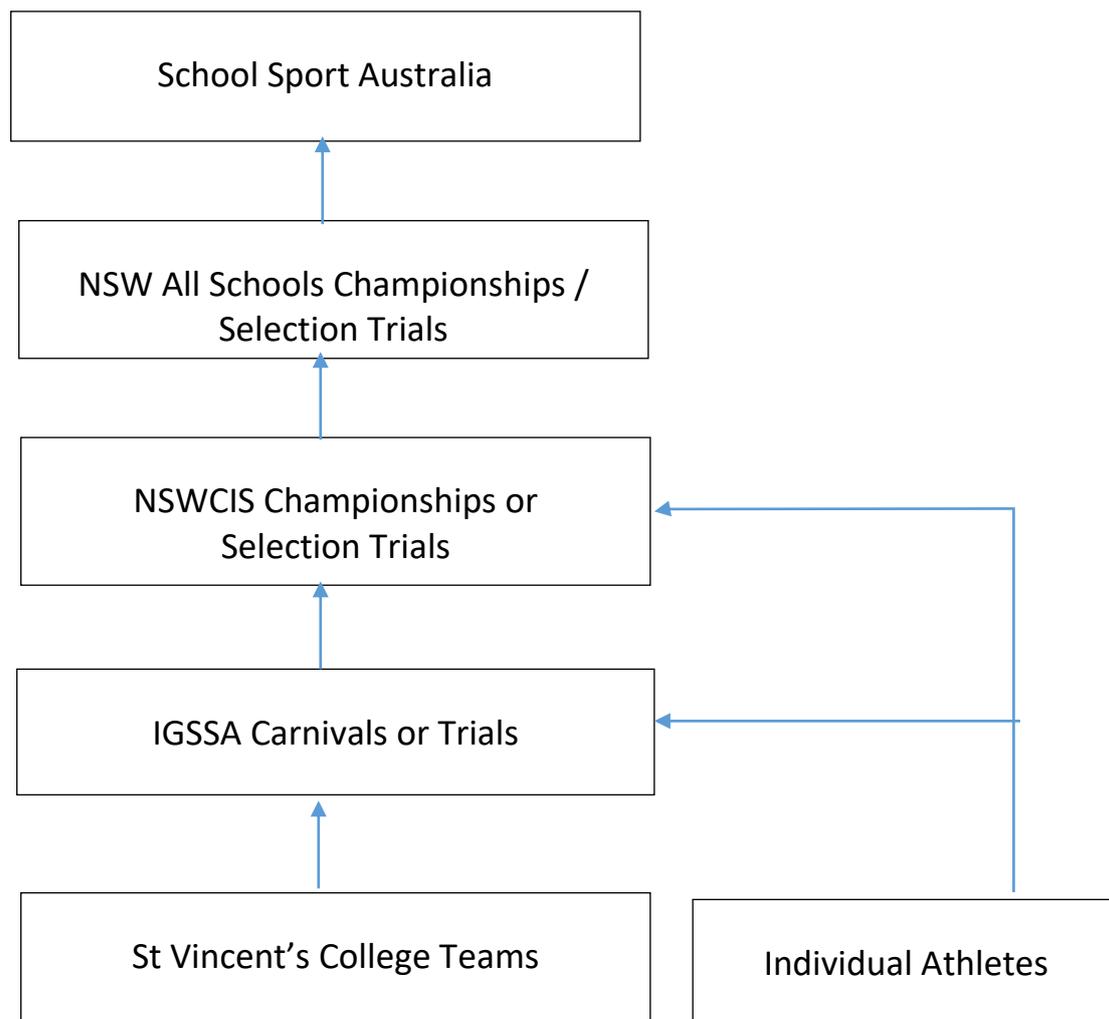
Students who are unavailable for grading sessions have no course of appeal in relation to team selection.

REPRESENTATIVE PATHWAYS

New South Wales Combined Independent Schools (NSWCIS) in conjunction with School Sport Australia provides representative pathways for elite young sportswomen to both state and national school girl programs. Team and some individual sport representative pathways are available to girls who represent the College in inter-school competition. There are also opportunities for students to trial for other sports, in which they may excel, that are not catered for at St Vincent's College.

Information regarding all of these sports can be found on the NSWCIS Website. Several sports now require students to nominate online and there are strict cut off dates for nominations.

All nominations must be approved by the Principal.



PROCEDURES FOR WET WEATHER



- In the event of wet weather at trainings sessions, students will use A13/14 for a fitness session or class room for a whiteboard session. Training is rarely cancelled due to wet weather. All teams still meet with their Coach to talk tactics.
- In the event of wet weather for games please refer to the College website's sports page for information in regards to your sport. **www.stvincents.nsw.edu.au**

IGSSA Wet Weather Information - Visit the IGSSA Website:
<http://www.ahigs.nsw.edu.au/tabid/687/Default.aspx>

- For major sporting events such as the Athletics Carnival, Swimming Carnival and IGSSA Carnivals we will use the College Twitter account to notify students as well as the website.



UNIFORM AND EQUIPMENT REQUIREMENTS



COLLEGE UNIFORM SHOP OPENING HOURS

Visit the College website
www.stvincents.nsw.edu.au

or telephone to book an
appointment.

Wednesday 12.30pm – 5pm
Friday 8.00am – 1.15pm
Tel: 9331 1693

UNIFORM FOR EACH SPORT

Athletics	SVC athletics/cross country singlet, SVC shorts or navy tights, appropriate running shoes, SVC white ankle socks, SVC tracksuit, spikes if required
Basketball	SVC basketball singlet, SVC shorts(no pockets), appropriate running shoes, SVC white ankle socks
Cross-Country	SVC athletics/cross country singlet, SVC shorts or navy tights, appropriate running shoes, SVC white ankle socks, SVC tracksuit
Fitness	SVC cut off top or polo shirt, SVC shorts or navy tights, SVC white ankle socks, appropriate running shoes
Football, Futsal	SVC polo shirt, SVC shorts (no pockets), SVC football socks, appropriate football boots, shin pads and mouth guard
Hockey	SVC polo shirt, SVC navy blue skirt, SVC hockey socks, appropriate running/hockey shoes, mouth guard, hockey stick and shin pads
Netball	SVC cut off top or polo shirt, SVC navy blue skirt, SVC white ankle socks, appropriate running shoes
Swimming	SVC swimming costume, SVC swimming cap
Tennis	SVC navy blue skirt, SVC cut off top or polo shirt, SVC white ankle socks, appropriate running shoes, a tennis racquet, SVC visa
Tildesley Tennis	SVC Cut off top, SVC navy blue skirt, SVC White ankle socks, appropriate running shoes, SVC visor, tennis racquet
Touch	SVC touch singlet, SVC shorts (no pockets), SVC white socks, appropriate running shoes
Volleyball	SVC cut off top or polo shirt, SVC shorts (no pockets), SVC white ankle socks, appropriate running shoes
Water Polo	SVC swimming costume, SVC swim cap, SVC polo shirt, SVC shorts, SVC tracksuit, mouth guard not compulsory but recommended



SINGLET

CUT OFF TOP



POLO

SHORTS



4135R01VC



7065R01VC

SKIRT

JACKET



TRACKPANTS

SPORTS AWARDS POLICY AND PROCEDURES

Rationale

St Vincent's College awards excellence and recognises the achievements of students. It serves to reinforce the positive efforts of hard-working students, motivate and inspire other students to reach for their potential as well as provide an extrinsic goal to complement the intrinsic nature of independent learning.

Policy

The St Vincent's College Sport Department awards the following prizes and achievements:

Sport:

- Team of the Year
- Sportswoman of the Year – Junior and Senior
- The Pierre de Coubertin Award
- Athlete of the Year (for each major sport)
- Pockets (line on blazer)

Student positions of responsibility:

- Sports Captain
- Captains of Sport
- Vice-captains of Sport
- Team captains



Procedures for Selecting Award Recipients

Team of the Year

- (i) The College Team of the Year is nominated from a pool of teams that took part in various competitions throughout the current year.
- (ii) The Team of the Year is determined by the following criteria:
 - (a) Team or individual performance at sporting pursuits and competitions.
 - (b) Achievement of premiership status (team) or progression to Combined Independent Schools (CIS) level or better (individual).
 - (c) Commitment to training, meetings and other required commitments.
 - (d) Promotion of sportsmanship and fair play during and between games.
 - (e) Upholding College values on and off the sporting field.

Senior (Yr 10, 11 or 12) and Junior (Yr 7, 8 or 9) Sportswoman of the Year

- (i) Sportswoman of the Year (Junior and Senior) is selected on a points system as well as an individual student demonstrating a passion for sport and displaying good sportsmanship qualities.
- (ii) Nominations may be accepted from any member of the St Vincent's College community, however a fair points system has been devised for those students who compete in a number of sports throughout the year and girls who have been selected in representative teams.

The Pierre de Coubertin Award

- (i) The Pierre de Coubertin Award is an external award provided by the Australian Olympic Committee to all schools in Australia. It is awarded to only one student per school.
- (ii) Nominations are invited from students in Year 12 who have:
 - (a) Been enrolled in year 12 at the school and not received the Award on a previous occasion.
 - (b) Have participated actively in the school physical education program with a consistently positive attitude.
 - (c) Demonstrate the attributes consistent with the fundamental aims of the Olympic movement.
 - (d) Must have represented the school in at least one sport on the current Olympic program.
 - (e) Participated in at least two other sports (individual or team).
- (iii) The Sport Department accepts all nominations and sets a date for a Faculty discussion of the nominees.
- (iv) The Sport and PDHPE faculty members have an equal opportunity to provide input and feedback during the selection process; however, the Sports Co-ordinator retains the ability to select the final recipient of the award.
- (v) The names of the award recipients are forwarded to the Australian Olympic Committee for processing.

Athlete of the Year (for each major sport)

- (i) The Sports Co-ordinator discusses with the Head Coach of each particular sport.
- (ii) Students must represent the College as an individual athlete or in a sporting team in a manner which reflects the College values.
- (iii) Awarded to the most Outstanding Athlete in each major College Sport of the current year.
- (iv) May also be awarded to a student who is selected in the highest representative team possible providing they demonstrate the College values and good sportsmanship.
- (v) Commitment to training, meetings and other required commitments.
- (vi) Promotion of sportsmanship and fair play during and between games.
- (vii) Upholding College values on and off the sporting field.

Pockets (Line on Blazer)

In each sport or activity that the school participates in students can be awarded points towards achieving a pocket (a line of coloured stitching), for their blazers.

The following criteria is applied to the allocation of points which will accumulate towards a pocket authority. Students must attend 90% of their training sessions and games to qualify for points towards a blue pocket.

Blue Line – *a line on blazer in blue stitching*

- The student must be a Swimming, Athletics, Cross Country Age Champion
- The student must be part of a premiership winning team and show commitment for the whole season
- The student must make a IGSSA Final at Swimming, Athletics Carnivals
- The student must make top 15 in a IGSSA Cross Country Event
- The student must get to the 3rd round of a Tildesley Tournament
- The student must be selected and compete in ESTA Representative Team

The following criteria will be given a Representative Pocket Authority:

Pink Line – *a line on blazer in pink stitching*

- The student must be selected and compete for an IGSSA Representative Team
- The student must make and compete for the IGSSA Representative Team in Swimming, Athletics, Cross Country

Red Line – *a line on blazer in red stitching*

- The student must be selected and compete for an NSWCIS Representative Team
- The student must make and compete for the NSWCIS Representative Team in Swimming, Athletics, Cross Country

White Line – *a line on blazer in white stitching*

- The student must be selected and play for an NSW All Schools Representative Team
- The student must make and compete for the NSW All Schools Representative Team in Swimming, Athletics or Cross Country
- Be selected and compete in a State Team

Gold Line - *a Line on blazer in gold stitching*

- The student must be selected and play for an Australian School Girls Representative Team
- The student must make and compete for the Australian Schools Representative Team in Swimming, Athletics or Cross Country
- The student must be selected and compete in an Australian Tea
-



LEADERSHIP POSITIONS

Sports Captain

- (i) The selection of the College Sports Captain follows the College procedures of selection and voting.
- (ii) Nominees for the position of College Sports Captain are accepted from students in Year 11. The term of office is Term 4 of Year 11 and Terms 1-3 of Year 12.
- (iii) The selection of College Sport Captain is independent of the PDHPE faculty. All faculty members including the Sport Co-ordinator and the Head of PDHPE Department have an equal vote for the office, the same as all other teaching staff members of the College.

Captains and Vice-Captains of Sport

- (i) Following the election of College leaders in Term 3, nominations are asked of students who wish to fill the places of Captain and/or Vice-Captain of Sport. These positions hold a term of office beginning in Term 4 and concluding in Term 3 of the following year.
- (ii) Captains of Sport are students who are responsible for the efficient administration and promotion of the sport they have nominated for
- (iii) during the period of competition. They work closely with the Head Coach of their sport during the season. The sports that are offered are
 - Athletics/Cross Country
 - Basketball
 - Hockey
 - Volleyball
 - Netball
 - Football (Soccer)
 - Futsal (Indoor Soccer)
 - Swimming
 - Tennis
 - Tildesley Tennis
 - Touch
 - Water Polo

- (iv) Traditionally, the Captain of Sport would be a student in Year 12 and the Vice-Captain would be a student in Year 10 or 11. The rationale being the mentoring of the Vice-Captain for the position of Captain by their superior as well as providing the Sport Department with an indication of the Vice-Captain's suitability for the more taxing role of Captain of the Sport for the following year.
- (v) Nominations are asked of students who wish to fill any of these positions. These are to be accompanied by a letter of application that would indicate their desire for the position and the skills and attributes that would make them a suitable person for the position. No interviews are held.
- (vi) The Sports Department accepts all nominations and sets a date for a discussion of the nominees.
- (vii) PDHPE faculty members have an equal opportunity to provide input and feedback during the selection process; however, the Sports Co-ordinator retains the ability to select the final recipient of the award.

Team Captains

- (i) Team Captains are selected for the numerous College teams that participate in the IGSSA and other weekly sporting competitions.
- (ii) Team Captains are selected prior to the commencement of each season.
- (iii) There are two possible methods of selecting a Team Captain:
 - (a) The relevant Head Coach may select the Team Captain from the members of each sporting team.
 - (b) The team may vote upon their choice of Team Captain.

The Team Captain is responsible for liaising with the other team members and the coach and the relevant Sports staff member or Co-ordinator of Sport regarding matters pertinent to the team. Typically, the Team Captain should be reliable and willing to ensure all administrative requirements of the team are met from week to week for the duration of the season.

