

# PRIMARY SPORT HANDBOOK

## **Primary Sport Coordinator**

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# General Information

St Aloysius College offers a variety of ways to be active. Students develop their talents and take on new challenges by participating in activities.

There are plenty of opportunities to join sporting teams: Tennis, Lacrosse, Netball, Volleyball, Beach Volleyball, Basketball, Badminton, Touch Football, AFL Football, Indoor Volleyball, Water Polo, Swimming Athletics and are offered. Teams play after school and on weekends. Reception to Year 3 students can choose to participate in the after school Come 'n' Try program. The running of any particular sport is subject to sufficient student nominations and adequate staff/coach availability.

There are also opportunities to represent St Aloysius College in knockout competitions and interschool events at local and interstate levels. All students compete in the annual St Aloysius College Athletics and Swimming Carnivals which are highlights of the school year.

Students who nominate to participate in sport are expected to be committed to their chosen sport for the season and to fully adhere to the St Aloysius College Sport Policy.

**All sport information will be communicated via student email and the school website. Students will receive information packs after online nomination/payment has been received and consent forms returned.**

## Sport Contacts

[sport@sac.sa.edu.au](mailto:sport@sac.sa.edu.au)

### Primary Sport Coordinator

Ms Melissa Potter

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### Secondary Sport Coordinator

Ms Zoe Duffy

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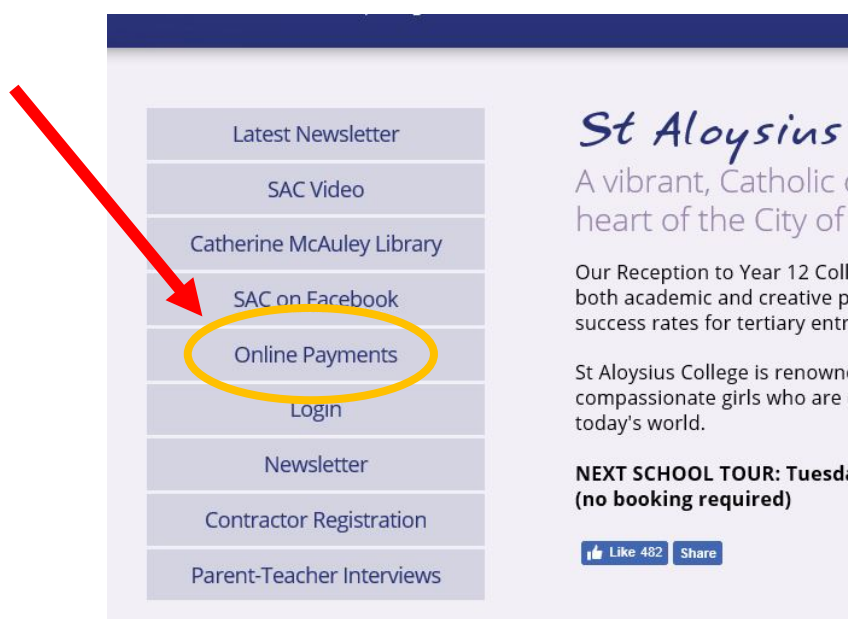
### Physical Education Coordinator

Ms Nicole Wedding

[nwedding@sac.sa.edu.au](mailto:nwedding@sac.sa.edu.au)

# Online Nomination & Payment Procedure

1. Please visit St Aloysius College website [www.sac.sa.edu.au](http://www.sac.sa.edu.au), select the **Online Payments** button on the homepage and then follow the prompts.



2. Once payment has been made you will be sent a receipt via email which you should retain for your records. Once your child's nomination has been accepted, she will receive a permission form which she must return in order to confirm her participation in sport.

Term	Nominations Open	Nominations Close	Withdrawal Date with Refund
<b>1</b>	Monday, Week 7, Term 4 (current school year)	Monday, Week 2, Term 1 (new school year)	Friday, Week 3, Term 1
<b>2/3</b>	Monday, Week 5, Term 1	Friday, Week 6, Term 1	Friday, Week 9, Term 1
<b>4</b>	Monday, Week 3, Term 3	Friday, Week 4, Term 3	Friday, Week 8, Term 3

***Any change to the above dates will be notified to students.***



# St Aloysius College Sport Policy

1. All players are required to attend all meetings, training sessions and games.
2. If a player will be absent from a game or training a parent/guardian (not the player) must notify the appropriate Sport Coordinator via email, sms or phone call at the earliest possible time, preferably at least one day prior to the game or training session.
3. If a student is absent from a training session or game and has not provided sufficient notification via the one of the above methods she will receive a warning. If this happens a second time the Behaviour Management Policy will be applied (refer SAC Student Diary).
4. Students are required to be at all games at least 15 minutes prior to the starting time.
5. Students are required to wear the full correct Physical Education uniform to, from and during sport, including training sessions.
6. Students and parents must follow the St Aloysius College Sport - Code of Conduct for all SAC sporting events.
7. Transport and supervision:
  - Parents/Guardians are responsible for transport of their child to and from the sport venue. SAC staff or coaches will be supervising from 10 minutes prior to the game and until 10 minutes after its conclusion. Parents/Guardians are expected to be punctual and considerate of supervising staff.
  - Parents/Guardians have provided contact phone numbers and emergency contact details to the school. Please ensure that these remain up-to-date so that parents/guardians/emergency contacts can be contacted quickly in an emergency.
  - Parents/Guardians must collect their child/children from sport. Any other arrangements for the collection of children from sport must be notified in writing.

# Sport Code of Conduct

*All players, teachers, coaches and spectators are required to follow the codes of behavior outlined below:*

## **FOR PLAYERS**

- Be a good sport.
- Play for enjoyment.
- Work hard for your team as well as yourself.
- Treat all team members and opponents as you enjoy being treated yourself.
- Play by the rules.
- Cooperate with team and game officials.
- Control your behaviour on and off the field.
- Learn to value honest effort, skilled performance and improvement.

## **FOR COACHES**

- Set a good example for your players.
- Encourage and create opportunities.
- Teach a wide range of team skills.
- Ensure that the sport is appropriate for the age group and the skill development level of the players involved.
- Teach your players to be friendly towards officials and opponents.
- Give all interested students a chance to participate in training and in games.
- Remove from the field of play any of your players whose behaviour is not acceptable.
- Keep your own knowledge of coaching and the developments of the game up to date.

## **FOR PARENTS**

- Encourage participation by your children.
- Provide a model of good sporting spirit for your child to copy.
- Be courteous in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.

## **FOR SPECTATORS**

- Demonstrate appropriate social behaviour.
- Remember children play for enjoyment - don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.

# Primary Sport Inclement Weather Policy

St Aloysius College affirms its commitment to child safety and its duty of care to students, staff and other community members and we encourage SunSmart behaviours. In Term 1 and Term 4, hats are to be worn as well as sunscreen during outdoor activities.

Inclement weather is defined as hot, wet, harsh, severe or stormy weather.

## **HOT WEATHER POLICY**

When the predicted maximum temperature in that morning's issue of The Advertiser newspaper is **35°C or above**:

- all training is cancelled, whether held outdoors or indoors, including in the SAC gym
- all Primary sport games are cancelled including indoor sports and water sports

Even if the forecast is below 35°C, it is important that students, staff, parents, coaches and managers are conscious of the health of participants and that adequate fluid intake occurs before and during training sessions and games.

## **WET WEATHER, STORMS AND OTHER INCLEMENT WEATHER**

Whenever weather conditions pose a risk to player safety, staff and coaches must err on the side of caution and halt training or games.

## **PROCEDURE WHEN SPORT OR TRAINING IS CANCELLED**

- Primary sport and training sessions, except indoor swimming and indoor pool activities, are automatically cancelled if the forecast maximum temperature in The Advertiser is 35°C or above
- If training sessions or games need to be cancelled, students will receive an email to their SAC email address. The Primary Sports Coordinator will also endeavour to notify all students via a message to the class. Students will be asked to contact their parent/guardian and they can go to the Physical Education Office to make this phone call.
- Do not assume that training sessions or games will be cancelled (eg - due to rain) without official notification from the school, unless they are automatically cancelled under the Hot Weather Policy.



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# TERM 1 SPORT

# Term 1

## SPORT OVERVIEW

The following sports are available to Primary students during Term 1:

Sport	Year Level Offered	Day Played	Cost	Venue
Come 'n' Try Basketball	Year 2 & 3*	Tuesday afternoons	\$25	SAC gym Weeks 2-5
Come 'n' Try Cricket	Year 1	Wednesday afternoons	\$30	SAC gym Weeks 2-5
Basketball	Years 4-6	Wednesday afternoons	\$20	Wayville Stadium
Lacrosse	Years 3-6	Lunchtimes	\$30	SAC gym
Water Polo	Years 5 & 6	Tuesday afternoons	\$40	SAC pool

**Reception students** have the opportunity to participate in the Come 'n' Try program in Terms 2, 3 and 4. Please note that **mid-year Reception students** are unable to participate in the Come 'n' Try Program in Term 3. They will have the opportunity to enrol in the Reception Come 'n' Try Program in Term 4.

\* Year 3 students must participate in Come 'n' Try Basketball in Term 1 to be able to nominate to play Basketball in the Term 2/3 competition.

# Term 1 Sport UNIFORMS

## **Come 'n' Try**

Full SAC Physical Education uniform

## **Basketball**

Basketball Universal Top (*to be purchased from SAC Uniform Shop*)

SAC PE SHORTS

## **Lacrosse**

Full SAC Physical Education uniform

## **Water Polo**

One-piece bathers

Swimming cap (*optional*)

# Come 'n' Try Basketball – Term 1

## Years 2 & 3

### **GENERAL INFORMATION**

In the first two weeks of the program, the students will be exposed to the skills and introduced to game play for Basketball. In the two weeks following, students will participate in mini games. Here they will learn the basic skills of the sport as well as be exposed to playing modified games in a less competitive environment. The mini games also provide a good introduction to some of the competitive sports offered for Years 4-6 students at St Aloysius College.

This program provides a good introduction to some of the competitive sports offered for Years 3-6 students at St Aloysius College.

The SAC Sports Leaders will coach, umpire and support the girls in this program.

### **COST**

\$25

### **DATES**

Weeks 2-5 Tuesday

### **TIMES**

3:30pm-4:15pm

### **VENUE**

SAC gym

### **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of each session.

# Come 'n' Try Cricket – Term 1 Year 1

## **GENERAL INFORMATION**

Cricket is a program developed to provide children aged 5 to 10 years with the best possible learning and playing introduction to modified cricket in a fun and safe environment.

Cricket incorporates skill activities, minor games and modified games.

## **COST**

\$30

## **DATES**

Weeks 2-5 on Wednesday after school

## **TIMES**

3:30pm-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the sessions.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

# Basketball – Term 1

## Years 4-6

### **TEAMS**

The number of students interested as well as the number of coaches available will determine how many teams SAC will nominate for the competition. There is a Year 4/5 division and a Year 6 division. The teams will be made up of seven or more players.

### **COST**

- \$20
- ( \$6 entrance fee will be charged)
- Universal SAC Top to be purchased

### **DATES**

The competition is played on Wednesday afternoons, commencing Week 4 and concluding Week 10.

### **TIMES**

Game times vary between 3:50pm, 4:35pm and 5:15pm.

### **VENUE**

Wayville Sport Centre  
142 Rose Terrace, Wayville

### **TRAINING**

Training sessions will be decided upon selection of team and coach availability. All training sessions will be held at SAC and are compulsory. Students are required to commit to one training session per week. Usually training will be held at a lunchtime or before school.

### **TRANSPORT**

Parents/Guardians are responsible for transporting students to and from the Wayville Sport Centre.

# Lacrosse – Term 1

## Years 3-6

### **GENERAL INFORMATION**

Years 3-6 students are provided the opportunity to participate in Lacrosse clinics. The clinics will provide students the opportunity to learn and develop Lacrosse skills and aims to prepare students for participation in the 2017 Term 2/3 competition, which will be held on Saturday mornings. It is anticipated that students who participate in these clinics will show a high level of interest to play Lacrosse for the school during the winter season.

### **COST**

\$30

### **DATES**

The clinics are held lunchtimes, commencing Week 4 and concluding Week 8.

### **TIMES**

1pm-1:40pm (school lunchtime)

### **VENUE**

SAC gym

# Water Polo – Term 1

## Years 5 & 6

### **GENERAL INFORMATION**

Years 5 and 6 students are provided the opportunity to participate in Water Polo clinics. The aim of these clinics is to adequately prepare students for the introduction of competitive Water Polo in the Secondary year levels.

### **COST**

\$40

### **DATES**

The clinics are held on Tuesday afternoons, commencing Week 3 and concluding on Tuesday in Week 8.

### **TIMES**

3:30pm-4:30pm

### **VENUE**

SAC pool

### **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the clinics.





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# TERM 2 SPORT

MERCY

# Term 2

## SPORT OVERVIEW

The following sports are available to Primary students during Term 2:

Sport	Year Level Offered	Day Played	Cost	Venue
<b>Come 'n' Try Fundamental Sport Skills</b>	Reception	Tuesday afternoons	\$30	SAC gym Weeks 6-9
<b>Come 'n' Try Netball</b>	Years 2 & 3	Tuesday afternoons	\$25	SAC gym Weeks 2-5
<b>Come 'n' Try Fundamental Sports Skills</b>	Year 1	Wednesday afternoons	\$30	SAC gym
<b>Soccer Clinics</b>	Year 2-3	Thursday	\$90	Parklands Weeks 2 to 9
<b>Basketball</b>	Years 3*-6	Wednesday afternoons <i>Must be played in both Term 2 &amp; Term 3</i>	\$100	Wayville Stadium
<b>AFL Football</b>	Years 2-7	Tuesday afternoons <i>Must be played in both Term 2 &amp; Term 3</i>	\$100	South Parklands
<b>Lacrosse</b>	Years 3-6	Saturday mornings <i>Must be played in both Term 2 &amp; Term 3</i>	<b>Under 11s</b> \$100 (playing only) \$140 (playing & stick purchase) <b>Under 13s</b> \$100 (playing only) \$160 (playing & equipment purchase)	<b>Under 11s</b> Rotational venues: Gepps Cross North Adelaide Payneham  <b>Under 13s</b> TBC
<b>Netball</b>	Years 3-6	Thursday afternoons <i>Must be played in both Term 2 &amp; Term 3</i>	\$100	Priceline Stadium (formerly Netball SA Stadium)

\*Year 3 students must have participated in Come 'n' Try Basketball in Term 1 to be able to play Basketball in the Term 2/3 competition.

# Term 2 Sport UNIFORMS

## **Come 'n' Try**

Full SAC Physical Education uniform

## **Soccer Clinics**

Full SAC Physical Education uniform

## **Basketball**

SAC Universal Singlet (*to be purchased from the SAC Uniform Shop*)  
**SAC Sport Shorts**

## **Lacrosse**

SAC Lacrosse singlet (*to be purchased from SAC Uniform Shop*)  
Mouth guards are optional for Under 11s.  
Goggles and a mouth guard are compulsory for Under 13s.

## **AFL Football**

**Black shorts, black socks, mouth guard to be purchased.**  
SAC guernsey supplied by the school.

## **Netball**

Full SAC Physical Education uniform

# Come 'n' Try Fundamental Sport Skills – Term 2 Reception

## **GENERAL INFORMATION**

The Fundamental Sport Skill program for Reception students is designed for fun and to developed skills that focus on different sports. Over the four week program students will be introduced Soccer, Cricket, Basketball and AFL.

## **COST**

\$30

## **DATES**

Weeks 6-9 on Tuesdays after school

## **TIMES**

3:30pm-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of each session.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

# Come 'n' Try Netball – Term 2

## Years 2 & 3

### **GENERAL INFORMATION**

In the first two weeks of the program students will be exposed to the skills and introduced to game play for Netball. In the two weeks following, students will participate in mini games. Here they will learn the basic skills of the sport as well as being exposed to playing modified games in a less competitive environment. The program also provides a good introduction to some of the competitive sports offered for Years 4-6 students at St Aloysius College.

The St Aloysius Sports Leaders will coach, umpire and support the students in this program.

### **COST**

\$25

### **DATES**

Week 2-5 of each term, Tuesday

### **TIMES**

3:30pm-4:15pm

### **VENUE**

SAC gym

### **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of each session.

# Come 'n' Try Fundamental Sports Skills – Term 2 Year 1

## **GENERAL INFORMATION**

The Fundamental Sport Skill program for Reception students is designed for fun and to developed skills that focus on different sports. Over the four week program students will be introduced Rugby, T-Ball and Hockey

## **COST**

\$30

## **DATES**

Weeks 2-5 on Wednesday after school

## **TIMES**

3:30pm-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the sessions.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

# Basketball – Terms 2 & 3

## Years 3-6

### **TEAMS**

The number of students interested as well as the number of coaches available will determine how many teams SAC will nominate for the competition. There is a Year 4/5 division and a Year 6/7 division. The teams will be made up of seven or more players. Students who nominate must commit to playing during both Term 2 and Term 3 as it is a combined season.

### **COST**

\$100

(No entrance fee will be charged)

### **DATES**

The competition is played on Wednesday afternoons, commencing Week 2, Term 2 and concludes in Week 5, Term 3.

### **TIMES**

Game times vary between 3:50pm, 4:35pm and 5:15pm.

### **VENUE**

Wayville Sport Centre  
142 Rose Terrace, Wayville

### **TRAINING**

Training times will be decided upon selection of teams and coach availability. All training sessions are compulsory and students will be required to commit to one training per week.

### **TRANSPORT**

Parents/Guardians are responsible for transporting their children to and from the Wayville Sport Centre.



# Lacrosse – Terms 2 & 3

## Years 3-6

### TEAMS

The number of students interested as well as the number of coaches available will determine how many teams SAC will nominate for the competition. Students will be in year 4/5/6 teams. Students who nominate must commit to playing both during Term 2 and Term 3 as it is a combined season.

### COST

- Playing only: \$100
- Playing and stick purchase: \$140
- SAC Lacrosse singlet to be purchased from SAC Uniform Shop

### DATES

The competition is played on Saturday mornings and commences Saturday (end of Week 1, Term 2) and concludes Saturday (end of Week 8, Term 3).

### TIMES

8:15-9:30am

### VENUES

Various metropolitan locations - rotating venues:

- East Torrens Payneham Lacrosse Club  
Patterson Reserve 1  
Turner Street, Felixstow
- North Adelaide Lacrosse Club  
Terama Street, Gepps Cross
- Wilderness Parklands  
Robe Terrace, North Adelaide

### TRAINING

Training sessions will be held on Tuesdays at lunchtime. All training sessions are compulsory and students are required to commit to one training per week.

### TRANSPORT

Parents/Guardians are responsible for transporting students to and from the allocated venue.

# Netball – Terms 2 & 3

## Years 3-6

### **TEAMS**

The number of students interested as well as the number of coaches available will determine how many teams SAC will nominate for the competition. Teams may be a combination of Year 3, Year 4, Year 3/4, Year 5, Year 5/6 and/or Year 6. The teams will be made up of nine or more players. Students who nominate must commit to playing during both Term 2 and Term 3 as it is a combined season.

### **COST**

\$100

### **DATES**

The competition is played on Thursday afternoons, commencing Week 2, Term 2 and breaks in Week 9, Term 2. The season recommences in Week 2, Term 3 and the season concludes in Week 9, Term 3.

### **TIMES**

4-5:30pm, including half-hour training previous to game.

### **VENUE**

Priceline Stadium (formerly Netball SA Stadium)  
Railway Terrace, Mile End

### **TRAINING**

Training sessions take place 30 minutes before the games each week at Priceline Stadium.

### **TRANSPORT**

Parents/Guardians are responsible for transporting their children to and from Priceline Stadium.

# AFL Football – Terms 2 & 3

## Years 2-7

### **TEAMS**

The number of students interested as well as the number of coaches available will determine how many teams SAC will nominate for the competition. Teams will be entered into a year 2/3 modified competition and year 5-7 semi modified competition.

**Students who nominate must commit to playing during both Term 2 and Term 3 as it is a combined season.**

### **COST**

\$100

### **DATES**

The competition is played on Tuesday afternoons, commencing Week 2, Term 2 and breaks in Week 9, Term 2. The season recommences in Week 2, Term 3 and the season concludes in Week 7, Term 3.

### **TIMES**

4-5pm

### **VENUE**

South Parklands

### **TRAINING**

Training sessions will take place during lunchtime.

### **TRANSPORT**

Parents/Guardians are responsible for transporting their children to and from the South Parklands.

# Soccer Clinics Year 2-3

## 8-week program

### **GENERAL INFORMATION**

Soccer clinics are run by SOCCER SA qualified coaches and are designed for development of skills that focus on encouraging girls to then participate in competitions. After the 8-week program students will be encouraged to then join a club

### **COST**

\$90

### **DATES**

Weeks 2-9 on Thursday after school

### **TIMES**

4pm to 5pm

### **VENUE**

South Parklands

### **TRANSPORT**

Parents/Guardians are responsible for transporting their children to and from the South Parklands.



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# TERM 3 SPORT

MERCY

# Term 3

## SPORT OVERVIEW

The following sports are available to Primary students during Term 3:

Sport	Year Level Offered	Day played	Cost	Venue
Come 'n' Try Lacrosse	Years 2 & 3	Tuesday afternoons	\$25	SAC gym Weeks 2 -5
Come 'n' Try Gymnastics	Reception*	Tuesday afternoons	\$40	SAC gym Weeks 6 - 9
Come 'n' Try Mini Tennis	Year 1	Wednesday afternoons	\$30	SAC gym Weeks 2 -5
Basketball	<i>Basketball must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			
AFL Football	<i>Basketball must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			
Lacrosse	<i>Lacrosse must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			
Netball	<i>Netball must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			

**\*Mid-year enrolling Reception students** are unable to participate in the Come 'n' Try Program in Term 3. They will have the opportunity to enrol in the Reception Come 'n' Try Program in Term 4.

# Term 3 Sport UNIFORMS

## **Come 'n' Try**

Full SAC Physical Education uniform

## **Basketball**

Basketball jersey and basketball shorts

Purchased from uniform shop - \$90

## **Lacrosse**

SAC Lacrosse singlet (*to be purchased from SAC Uniform Shop*)

Mouth guards are optional for Under 11s.

Goggles and a mouth guard are compulsory for Under 13s.

## **Netball**

Full SAC Physical Education uniform



# Come 'n' Try Lacrosse – Term 3

## Years 2 & 3

### **GENERAL INFORMATION**

In the first two weeks of the program, students will be exposed to the skills and introduced to game play for Lacrosse. In the two weeks following, students will participate in mini games. Here they will learn the basic skills of the sport as well as being exposed to playing modified games in a less competitive environment.

Qualified coaches from Lacrosse SA will run the program.

### **COST**

\$30

### **DATES**

Week 2-5

### **TIMES**

3:30-4:15pm

### **VENUE**

SAC gym

### **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of each session.

# Come 'n' Try Gymnastics – Term 3 Reception

## **GENERAL INFORMATION**

Gymnastics is run by TriSkills Australia and has been very popular in recent years. During the sessions, students learn the basic fundamental movement skills, locomotion movements and challenge themselves in a safe environment.

## **COST**

\$40

## **DATES**

Weeks 6-9 on Tuesdays after school

## **TIMES**

3:30-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the sessions.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

# Come 'n' Try Mini Tennis – Term 3 Year 1

## **GENERAL INFORMATION**

The Tennis Hot Shots program is made up of fun tennis activities, which support skill acquisition and movement all whilst playing the game in a meaningful way. The program facilitates active play and is suitable for children of abilities.

## **COST**

\$30

## **DATES**

Weeks 2-5 on Wednesday after school.

## **TIMES**

3:30-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of each session.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

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# TERM 4 SPORT

MERCY

# Term 4

## SPORT OVERVIEW

The following sports are available to Primary students during Term 4:

Sport	Year Level Offered	Day Played	Cost	Venue
<b>Come 'n' Try Move-it fitness</b>	Reception	Tuesday afternoons	\$35	SAC Fitness Week 2-5
<b>Come 'n' Try AFL Football</b>	Year 1	Tuesday afternoons	\$35	SAC gym Weeks 2-5
<b>Basketball Clinics</b>	Years 2-5	Wednesday afternoons	\$35	SAC Weeks 3-7
<b>Lacrosse Clinics</b>	Years 2-5	Tuesday lunchtimes	\$30	SAC gym Weeks 3-7
<b>Water Polo Clinics</b>	Years 5 & 6	Tuesday afternoons	\$40	SAC pool Weeks 3-7

## Term 4 Sport UNIFORMS

### Come 'n' Try

Full SAC Physical Education uniform

### Basketball

Full SAC Physical Education uniform

### Beach Volleyball

Full SAC Physical Education uniform

### Lacrosse

Full SAC Physical Education uniform

### Water Polo

One-piece bathers  
Swimming cap (*optional*)

# Come 'n' Try Move-it Fitness – Term 4 Reception

## **GENERAL INFORMATION**

Move –it Fitness is run by Moveit Australia and has been very popular in recent years. During the sessions, students learn the basic fundamental movement skills, locomotion movements and challenge themselves in a safe environment.

## **COST**

\$35

## **DATES**

Weeks 2-5 on Tuesdays after school.

## **TIMES**

3:30-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the sessions.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

# Come 'n' Try AFL Football – Term 4 Year 1

## **GENERAL INFORMATION**

AFL Football Clinics offer the girls the opportunity to learn the skills of AFL in a safe environment ready for participation for the following year

## **COST**

\$35

## **DATES**

Weeks 2-5 on Tuesdays after school.

## **TIMES**

3:30-4:15pm

## **VENUE**

SAC gym

## **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the sessions.

Supervision will be provided for 10 minutes after each session. Students can attend Out of School Hours Care (OSHC) at the conclusion of each session – bookings are essential.

# Basketball Clinics – Term 4

## Years 2-5

### **GENERAL INFORMATION**

Years 3-6 students have the opportunity to participate in Basketball clinics. The clinics will provide students the opportunity to learn and develop Basketball skills and aims to prepare students for participation in the Term 1 competitive basketball competition the following year.

### **COST**

\$35

### **DATES**

The Basketball clinics are held on Wednesday afternoons, commencing Week 2 and concluding Week 5.

### **TIMES**

3:15-4:15pm

### **VENUE**

SAC gym

### **TRAINING**

No training sessions.

### **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the clinics.



# Lacrosse Clinics – Term 4

## Years 2-5

### **GENERAL INFORMATION**

Years 2-5 students are provided the opportunity to participate in Lacrosse clinics. The clinics will provide students the opportunity to learn and develop Lacrosse skills and aims to prepare students for participation in the Term 2/3 competitive Lacrosse competition the following year, which will be held on Saturday mornings.

It is anticipated that students who participate in these clinics will show a high level of interest to play Lacrosse for the school during the winter season.

### **COST**

\$30

### **DATES**

The Lacrosse clinics are held during Tuesday lunchtimes, commencing Week 3 and concluding Week 7.

### **TIMES**

1pm-1:40pm (school lunchtime)

### **VENUE**

SAC gym

### **TRAINING**

No training sessions

# Water Polo – Term 4

## Years 5 & 6

### **GENERAL INFORMATION**

Year 5 and Year 6 students have the opportunity to participate in Water Polo clinics. The aim of these clinics is to adequately prepare students for the introduction of competitive Water Polo in the Secondary year levels.

### **COST**

\$40

### **DATES**

The clinics are held on Wednesday afternoons, commencing Week 3 and concluding Week 7.

### **TIMES**

3:30-4:30pm

### **VENUE**

SAC pool

### **TRANSPORT**

Parents/Guardians are responsible for collecting their children at the conclusion of the clinics.



The background features a stylized illustration of purple leaves and a banner. The banner is a dark purple horizontal strip with the word "MERCY" written in gold, uppercase letters. The leaves are in various shades of purple and blue, some with gold outlines, and are arranged in a circular pattern around the banner.

# SAPSASA/SACPSSA SPORT

# Years 4-7 SAPSASA & SACPPSSA Sport OVERVIEW

St Aloysius College enters a wide variety of teams into District SAPSASA events as well as SAPSASA school events. St Aloysius College forms part of the East Adelaide District. The College also enters teams in numerous SACPPSSA (South Australian Catholic Primary School Sports Association) Carnivals throughout the year.

If your child excels in any of the sports listed below, she is encouraged to trial in order to represent the school. Students must read the daily Student Bulletin and check their emails regularly for trial dates and other information. If your child is successful in making the SAPSASA Netball, Basketball or Lacrosse team, she will be expected to attend one compulsory training per week. Training times to be advised.

TERM 1		
Teams	Age Group	Trials
SAPSASA Swimming	Year 4-7 <i>(specific age group information available with trial details)</i>	Beginning of Term 1
SACPPSSA Swimming	Year 3-6 <i>(specific age group information available with trial details)</i>	Beginning of Term 1
Lacrosse	Years 5-7 students	Mid Term 1
Knockout Netball <i>(to compete Terms 2/3)</i>	Year 6/7 students	End of Term 1
Knockout Soccer <i>(to compete Terms 2/3)</i>	Year 6/7 students	End of Term 1
SAPSASA Cross Country <i>(to compete Term 2)</i>	Year 4-7 <i>(specific age group information available with trial details)</i>	End of Term 1
TERMS 2/3		
Teams	Age Group	Trials
SAPSASA/SACPPSSA Athletics	Year 4-7 <i>(specific age group information available with trial details)</i>	Early Term 2
SAPSASA Basketball	Years 5-7 students	Mid Term 2
SAPSASA Football	Years 6-7 Students	Term 2
SACPPSSA Touch Football	Year 6	Term 3
TERM 4		
Teams	Age Group	Trials
SAPSASA Beach Volleyball	Years 6/7 students	No trials