

## **St Aloysius College**

# **PRIMARY SPORT HANDBOOK**

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# Contents

General Information .....	3
Online Nomination & Payment Procedure .....	4
SAC Sport Policy .....	5
SAC Sport Code of Conduct.....	6
Primary Sport Inclement Weather Policy .....	7
<b>TERM 1 SPORT</b>	
Term 1 Sport Overview .....	9
Term 1 Sport Uniforms.....	10
Come 'n' Try - Basketball (Years 2 & 3).....	11
Come 'n' Try – NetSetGo (Year 1) .....	12
Basketball (Years 4-6).....	13
Beach Volleyball (Years 4-6).....	14
Lacrosse (Years 4-6) .....	15
Water Polo (Years 5 & 6).....	16
<b>TERM 2 SPORT</b>	
Term 2 Sport Overview .....	18
Term 2 Sport Uniforms.....	19
Come 'n' Try Gymnastics (Reception).....	20
Come 'n' Try Netball (Years 2 & 3).....	21
Come 'n' Try Zumba (Year 1).....	22
Basketball (Years 4-6).....	23
Lacrosse (Years 4-6) .....	24
Netball (Years 4-6).....	25
AeroSchools (Years 4-6).....	26
<b>TERM 3 SPORT</b>	
Term 3 Sport Overview .....	28
Term 3 Sport Uniforms.....	29
Come 'n' Try – Lacrosse (Years 2 & 3).....	30
Come 'n' Try – Dance (Reception) .....	31
Come 'n' Try – Mini Tennis (Year 1).....	32
<b>TERM 4 SPORT</b>	
Term 4 Sport Overview .....	34
Term 4 Sport Uniforms.....	35
Come 'n' Try – Gymnastics (new Receptions).....	36
Basketball (Years 3-6).....	37
Beach Volleyball (Years 4-6).....	38
Lacrosse (Years 3-6) .....	39
Water Polo (Years 5 & 6).....	40
AeroSchools (Year 4-6).....	41
<b>SAPSASA &amp; SACPSSA SPORT</b>	
SAPSASA & SACPSSA Sport Overview (year 4-7).....	43

# 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:

All Enquires:

Email

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

### Primary Sport Coordinator

Ms Melissa Potter

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

### Secondary Sport Coordinator

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# Online Nomination & Payment Procedure

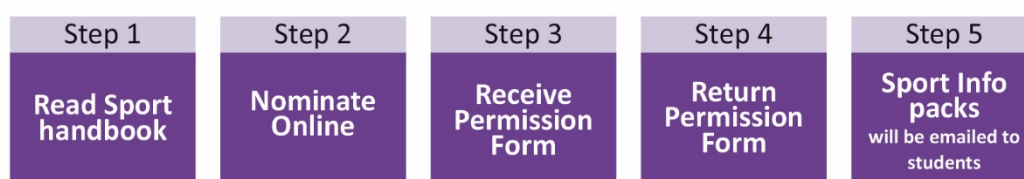
*Link available on the school website.  
Select the **Online Payments** tab from the homepage.*

1. Go to the following site to complete the online nomination and payment for sport at St Aloysius College: <https://saca.formstack.com/forms/sport>  
**Note:** Primary students may nominate for an unrestricted number of sports.
2. Carefully read all the information outlined at the beginning of the site page.
3. Fill in the **Student Name** and select their **Home Room Class** and **year level**. Sport nomination options will appear based on the year level selected.
4. Select the sport or sports in which the student wishes to play.
5. Enter your credit card details and check the authorisation of credit card use box.
6. Enter and confirm the **parent/guardian email address** and **phone number**.
7. Complete the **CAPTCHA code (see below)** at the bottom of the site page. You can select a new code or to hear the code using these buttons.



8. Select **pay now**.
9. 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.

Sport Terms	Nominations Open	Nominations Close	Withdrawal Date with Refund
<b>1</b>	Monday week 6, Term 4 (current school year)	Friday week 1, 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



# 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.

# St Aloysius College

## 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 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.

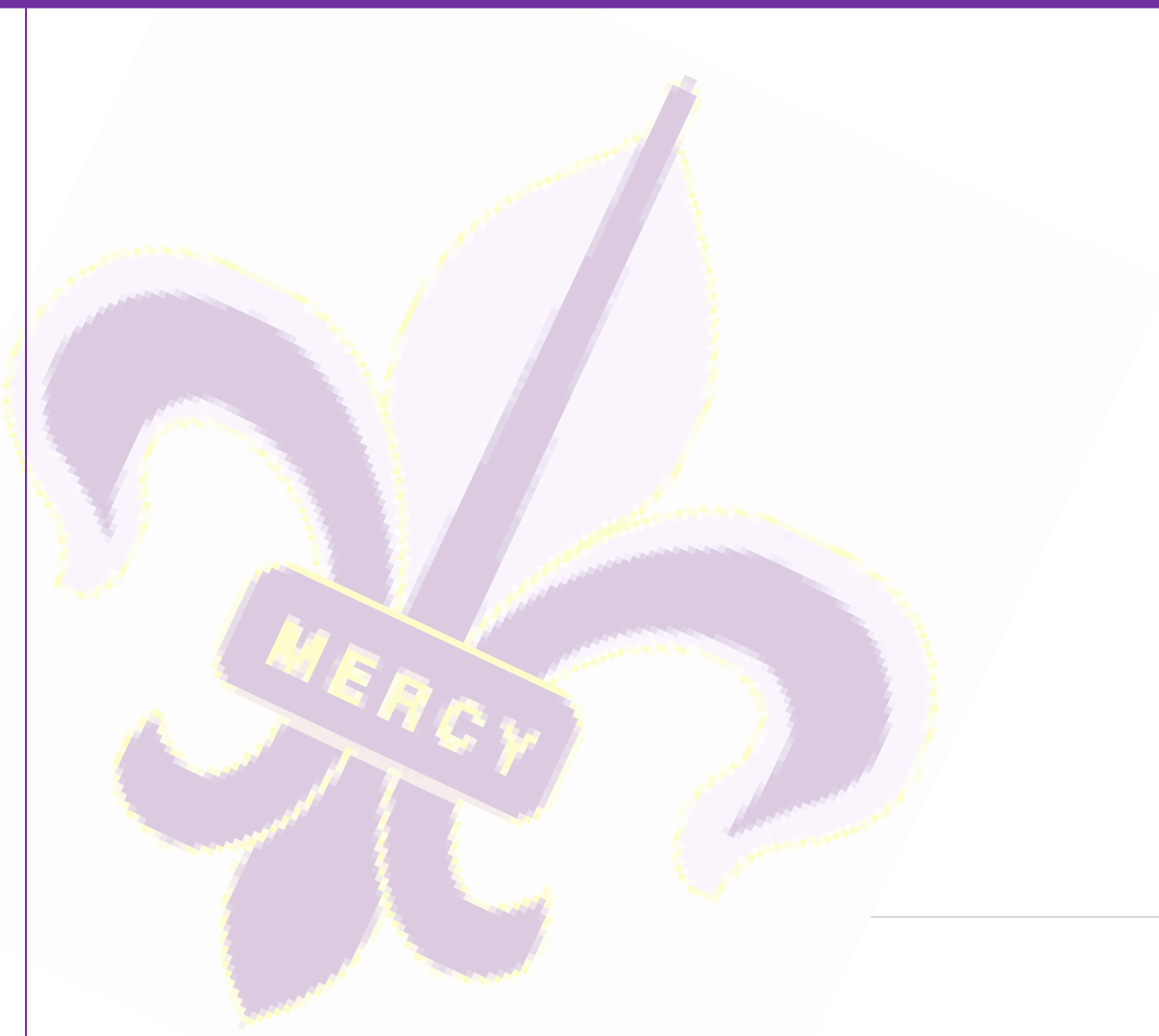
## **WET WEATHER, STORMS AND OTHER INCLEMENT WEATHER**

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.

# 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
<b>Come 'n' Try Basketball</b>	Years 2 & 3	Wednesday afternoons	\$25	SAC gym
<b>Come 'n' Try NetSetGo</b>	Year 1	Tuesday afternoons	\$25	SAC gym
<b>Basketball</b>	Years 4-6	Wednesday afternoons	\$55	Wayville Stadium
<b>Beach Volleyball</b>	Years 4-6	Thursday afternoons	\$50	City Beach Volleyball Courts
<b>Lacrosse</b>	Years 3-6	Tuesday lunchtimes	\$30	SAC gym
<b>Water Polo</b>	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 mid-year intake in Term 4.

# Term 1 Sport UNIFORMS

## **Come 'n' Try**

Full SAC Physical Education uniform

## **Basketball**

Basketball jersey

Basketball shorts

*to be purchased from SAC Uniform Shop*

## **Beach Volleyball**

Full SAC Physical Education uniform

## **Lacrosse**

Full SAC Physical Education uniform

## **Water Polo**

One-piece bathers

Swimming cap (optional)

# Come 'n' Try Term 1 – Basketball 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

Week 2-6

## 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 Term 1 – NetSetGo Year 1

## General Information

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

NetSetGo incorporates skill activities, minor games, music, dance and modified games.

## Cost

\$25

## 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 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

\$55

(No \$5 entrance fee will be charged)

### 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.

# Beach Volleyball – Term 1

## Years 4-6

### Teams

There is a Year 4/5 and a Year 6 division. 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 coached by SAC secondary students.

### Cost

\$50

### Dates

The competition is played on Thursday afternoons and commences Week 4 and concludes in Week 10.

### Times

Game times vary between 4:00pm, 4:30pm and 5:00pm.

### Venue

City Beach Volleyball Courts  
Corner Pirie Street and Frome Road, Adelaide

### Training

All training sessions are compulsory and students are required to commit to one training session per week. Training sessions will take place each Wednesday at lunchtime at SAC.

### Transport

Students will walk to the venue with supervising staff. Parents/Guardians are responsible for collecting their children at the conclusion of the games from City Beach Volleyball Courts.

# Lacrosse – Term 1

## Years 3-6

### General Information

Years 4-6 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 Tuesday lunchtimes, commencing Week 4 and concluding Week 8.

### Times

1:00pm-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.



# 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
Come 'n' Try Dance	Reception	Tuesday afternoons	\$25	SAC gym
Come 'n' Try Netball	Years 2 & 3	Wednesday afternoons	\$25	SAC gym
Come 'n' Try Zumba (Dance)	Year 1	Tuesday afternoons	\$20	SAC gym
Basketball	Years 3-6	Wednesday afternoons <i>Must be played in both Term 2 &amp; Term 3</i>	\$80	Wayville Stadium
Lacrosse	Years 3-6	Saturday mornings <i>Must be played in both Term 2 &amp; Term 3</i>	<b>Under 11s</b> \$90 (playing only) \$140 (playing & stick purchase) <b>Under 13s</b> \$90 (playing only) \$160 (playing & equipment purchase)	<b>Under 11s</b> Rotational venues: Gepps Cross North Adelaide Payneham  <b>Under 13s</b> TBC
Netball	Years 3-6	Thursday afternoons <i>Must be played in both Term 2 &amp; Term 3</i>	\$100	Priceline Stadium (formerly Netball SA Stadium)
AeroSchools	Years 4-6	Tuesday afternoons <i>Must be involved in both Term 2 &amp; Term 3</i>	\$70	SAC Auditorium

# Term 2 Sport

## UNIFORMS

### **Come 'n' Try**

Full SAC Physical Education uniform

### **Basketball**

Basketball jersey

Basketball shorts

*to be purchased from the SAC Uniform Shop -*

### **Lacrosse**

SAC Lacrosse singlet to be purchased from SAC uniform shop.

Mouth guards are optional for Under 11s.

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

### **Netball**

Full SAC Physical Education uniform

### **AeroSchools**

Full SAC Physical Education uniform

# Come 'n' Try Term 2 – Dance Reception

## General Information

The Dance program for Reception students is designed for fun on the dancefloor while learning and sharing basic moves, including Hip Hop, Disco and Freestyle. Each session includes individual and group dance activities, skills that focus on different dance genres and games. Over the four week program students will learn a choreographed routine to perform to parents/guardians at the last session.

## Cost

\$25

## Dates

Weeks 2-5 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 Term 2 – Netball 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

## 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 Term 2 – Zumba (Dance) Year 1

## General Information

Zumba classes feature kid-friendly routines based on original Zumba choreography. Instructors break down the steps, add games, activities and cultural exploration elements into the class structure. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination and cultural awareness.

## Cost

\$25

## 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 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 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 6/7 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

\$80

(No \$5 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: \$90

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

4:00-5:30pm, 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.

# **AeroSchools- Term 2 & 3**

## **Years 4-6**

### **General information**

AeroSchools is an exciting activity program designed to introduce aerobics. Students will be taught basic moves in an effort to eventually create a routine to high-energy music. Students can expect a good aerobic workout and increases in strength, flexibility and coordination.

### **Costs**

\$70

### **Dates**

Training commences week 3, Term 2 and breaks in week 9, Term 2. It will resume in week 1, Term 3 and conclude in week 6, Term 3.

### **Venue**

SAC McAuley Auditorium

### **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.

# TERM 3 SPORT



# Term 3

## SPORT OVERVIEW

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

Sport	Year Level Offered	Day played	Cost	Venue
<b>Come 'n' Try Lacrosse</b>	Years 2 & 3	Wednesday afternoons	\$30	SAC gym
<b>Come 'n' Try Gymnastics</b>	Reception*	Tuesday afternoons	\$40	SAC gym
<b>Come 'n' Try Mini Tennis</b>	Year 1	Tuesday afternoons	\$30	SAC gym
<b>AeroSchools</b>	<i>AeroSchools must be participated in across Terms 2 and 3. Refer to Term 2 Information.</i>			
<b>Basketball</b>	<i>Basketball must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			
<b>Lacrosse</b>	<i>Indoor Soccer must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			
<b>Netball</b>	<i>Netball must be played across Terms 2 and 3. Refer to Term 2 Information.</i>			

\* Midyear enrolling Reception students are unable to participate in the Come 'n' Try Program in Term 3. Midyear Reception students 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 is compulsory for  
Under 13s.

## **Netball**

Full SAC Physical Education uniform

## **AeroSchools**

Full SAC Physical Education uniform

# Come 'n' Try Term 3 – Lacrosse 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

\$25

### 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 Term 3 – Gymnastics

## 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 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 Term 3 – Mini Tennis 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 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 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.



# TERM 4 SPORT

A stylized fleur-de-lis logo in shades of purple and blue, with a yellow dotted outline. A banner across the center contains the word 'MERCY' in yellow capital letters.

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 <i>(2019 Midyear Receptions only)</i>	Tuesday afternoons	\$35	SAC gym
<b>Basketball Clinics</b>	Years 3-6	Wednesday afternoons	\$30	SAC
<b>Beach Volleyball</b>	Years 4-6	Thursday afternoons	\$50	City Beach Volleyball Courts
<b>Lacrosse Clinics</b>	Years 3-6	Tuesday lunchtimes	\$30	SAC gym
<b>Water Polo Clinics</b>	Years 5 & 6	Tuesday afternoons	\$40	SAC pool
<b>AeroSchools</b>	Years 4-6	Tuesday afternoons	\$35	SAC Auditorium

# 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)

## **AeroSchools**

Full SAC Physical Education uniform

# Come 'n' Try Term 4- Fitness

## Reception *(2019 Midyear receptions ONLY)*

### 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.

# Basketball Clinics – Term 4

## Years 3-6

### 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

\$30

### Dates

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

### 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.

# Beach Volleyball – Term 4

## Years 4-6

### Teams

There is a Year 4/5 and a Year 6/7 division. 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 coached by SAC secondary students.

### Cost

\$50

### Dates

The competition is played on Thursday afternoons, commencing Week 2 and concluding Week 7.

### Times

Game times vary between 4:00pm, 4:30pm and 5:00pm.

### Venue

City Beach Volleyball Courts  
Corner Pirie Street and Frome Road, Adelaide

### Training

All training sessions are compulsory and students will need to commit to one training per week. Training will take place each Wednesday at lunchtime.

### Transport

All students will walk to the City Beach Volleyball Courts with supervising staff at 3:30pm (directly after school). Parents/Guardians are responsible for collecting their children at the conclusion of their games from the venue.

# Lacrosse Clinics – Term 4

## 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 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

1:00-1:40pm (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 Tuesday 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.



# AeroSchools- Term 4

## Years 4-6

### General information

AeroSchools is an exciting activity program designed to introduce Aerobics. Students will be taught a routine to high-energy music and can expect a good aerobic workout and increases in strength, flexibility and coordination. Students may have the opportunity to present their routine at the SAC Spectacular.

### Costs

\$35

### Dates

Weeks 1-6 on Tuesdays after school

### Venue

SAC McAuley Auditorium

### 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.

# SAPSASA/SACPSSA Sport

# SAPSASA & SACPSSA SPORT

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.

St Aloysius College also enters teams in numerous SACPSSA (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 1 composure training per week. Training times TBC.

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