



# St Aloysius College

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## Secondary Sport Handbook



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# General Information

St Aloysius College offers a variety of ways for students to be active. Students develop their talents and take on new challenges through participation in activities.

There are plenty of opportunities to join sporting teams: Tennis, Lacrosse, Soccer, Netball, Volleyball, Basketball, Badminton, Touch Football, AFL Football, Indoor Volleyball, Water Polo, Swimming and Athletics are offered. Teams play after school and on weekends. 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 both 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 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 all draws will be accessible via the Secondary Sport SEQTA Portal.**

## Sport Contacts

### **Secondary Sport Coordinator**

Ms Meg Henderson

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

### **Primary Sport Coordinator**

Ms Zoe Duffy

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

### **Physical Education Coordinator**

Ms Nicole Wedding

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

# 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, text message 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/Guardians

- 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 – do not 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.

# Secondary Sport Inclement Weather Policy

The Secondary Sport Coordinator will communicate with students/coaches/parents/umpires informing them of all cancellations. If you have not received notification from the Secondary Sport Coordinator about cancellations, then all games will proceed. Do not assume games will be cancelled unless you receive notification from the Secondary Sport Coordinator.

## SACSSGSA Weather Policies

If the temperature for the forthcoming SATURDAY is forecast at 38°C on the Bureau of Meteorology's website at 8:00am on the Friday, all secondary sport will be cancelled. For extreme circumstances where the forecast changes after 8:00am on the Friday to be above 38°C, an email and text message will be sent to school Sport Coordinators informing them of the cancellation of ALL sport for the following morning. For MIDWEEK sport, if the temperature for the programmed day is forecast at 38°C on the Bureau of Meteorology's website at 3:00pm the day before, ALL Sport will be cancelled.

If the forecast temperature is less than 38°C but conditions are considered as extreme, the SACSSGSA Executive Officer in consultation with the Executive Committee will inform Sport Coordinators of each school by text message, the SACSSGSA website or email if sport is to be cancelled.

## Other Cancellations Due to Hot Weather

St Aloysius College may elect to cancel fixtures where the forecast temperatures are lower than those stated above, where local conditions are more severe and pose an increased risk for student participation.

## Inclement Weather Cancellation Procedures

The SA Catholic Girls Executive Officer in consultation with the Executive Committee may issue a blanket cancellation where weather conditions across the metropolitan area are considered to be so extreme as to warrant such a cancellation.

In case of inclement weather an activity may need to be suspended due to hail, lightning, rain etc. The decision to suspend a game can be made by the Executive Officer, referee, venue coordinator and/or by coaches.

It is recognised that local conditions (hail, lightning, rain etc.) are likely to have a greater impact and so host schools will have the discretion to cancel fixtures.

Payment

# Clipboard

1. Once you have received an invite email to the St Aloysius College Clipboard Portal, you will be prompted to start by logging in for the first time and setting a password.
2. After you have set up your password, you can log into the School portal using your email address and password. This portal link can also be accessed on your SEQTA Engage welcome page.
3. After you have successfully logged in, you will now be able to view the Portal and navigate to 'Activity Selection' to nominate your daughter for the sports available to her depending on her year level.
4. Once nominated, your child will be placed in a team and in the weeks that follow you will be sent information via Clipboard/email regarding team, uniform required, training time and game schedule.
5. It is highly recommended that parents add the Clipboard Portal to their mobile phone home screen and enable push notifications, information about how to go about this will be distributed via email.
6. Clipboard allows parents to notify if their child is unable to attend a particular training or a game which helps with organisation for both coaches and the coordinator

**NOTE:** Access to Clipboard will be granted a week prior to the beginning of the school year

[CLICK HERE TO SEE THE GUIDE FOR ADDING CLIPBOARD TO YOUR PHONE](#)

# Terms 1 & 4 Sport

# Terms 1 & 4 Sport Overview

The following sports are available to Secondary students during Terms 1 and 4:

Sport	Year Level Offered	Day Played	Cost Per Term	Venue
Basketball	Years 7-12	*Saturday mornings	\$60	Various venues across Adelaide
Dance	Year 7-12	Lunchtime training	\$50	SAC
Fitness	Years 7-12	Lunchtime training	\$50	SAC
Indoor Volleyball	Years 7-12	*Saturday mornings	\$60	Various venues across Adelaide
Tennis	Years 7-12	*Saturday mornings	\$60	Various venues across Adelaide
Touch Football	Years 7-12	*Saturday mornings	\$60	Various venues across Adelaide
Water Polo	Years 7-12	Thursday afternoons	\$60	Various metropolitan pools

\* Students can only nominate for one Saturday sport each term.

# Terms 1 & 4

## Uniforms & Equipment

### **Basketball**

#### **Competition**

SAC Basketball jersey and shorts (to be purchased from SAC Uniform Shop)

#### **Training**

Full SAC Physical Education uniform

### **Dance & Fitness**

#### **Training**

Full SAC Physical Education uniform

### **Indoor Volleyball**

#### **Competition**

SAC universal numbered singlet (to be purchased from the SAC Uniform Shop)

#### **Training**

Full SAC Physical Education uniform

### **Tennis**

#### **Competition and Training**

Full SAC Physical Education uniform

SAC performance cap (to be purchased from the SAC Uniform Shop)

### **Touch Football**

#### **Competition**

SAC universal numbered singlet (to be purchased from the SAC Uniform Shop)

#### **Training**

Full SAC Physical Education uniform

### **Water Polo**

#### **Competition**

SAC Water Polo or swimming bathers (to be purchased from SAC Uniform Shop)

#### **Training**

Full piece bathers

### **Knockout and Interschool Teams**

#### **Competition**

Students will be provided with uniforms, which must be returned at the completion of the competition. This excludes students selected in the Interschool Swimming Team who must purchase the SAC swimming bathers from the SAC Uniform Shop for competition.

The SAC Water Polo bathers may also be worn for swim meets. Alternative bathers may be permitted following negotiation with Ms Henderson prior to competition dates.

# Basketball

## Terms 1 & 4 - Years 7-12

### 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. The teams will be made up of seven or more players.

### Cost

\$60 per term

### Dates & Times

- Saturday mornings, Term 1 Week 3 to Week 10
- Saturday mornings, Term 4 Week 1 to Week 6 (Juniors) Week 1 to Week 5 (Seniors)
- Games finish 45 minutes after the allocated start time.

### Venue

This competition will be held at a variety of venues across Adelaide depending on the allocated host school.

### Transport

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

### Training

Training sessions are compulsory and all students will need to commit to one training session per week when the sport begins. Training times and days will be decided upon team formation and coach availability.

# Dance

## Terms 1 & 4 - Years 7-12

### General Information

Dance is an exciting activity program designed to introduce students to basic moves in an effort to eventually create routines. A range of dance styles will be explored including hip-hop, contemporary, lyrical, jazz and tap. Students can expect a good aerobic workout and increases in strength, flexibility and coordination. Students may also have the opportunity to perform throughout the year.

### Teams

The number of students interested will determine if the dance group proceeds.

### Cost

\$50 per term

### Dates & Times

- Lunchtime training 1pm-1:35pm once a week.
- Training day will be decided upon instructor availability.

### Venue

Training will take place at SAC.

### Transport

N/A

# Fitness

## Terms 1 & 4 - Years 7-12

### General Information

Fitness group will be used as an opportunity to increase students' physical fitness through group training. A qualified fitness instructor will lead the group once a week, targeting a range of fitness components and using a variety of training techniques. Students can expect to improve their aerobic fitness, muscular strength, muscular endurance and muscular power through fun group sessions.

### Teams

The number of students interested will determine if the fitness group goes ahead.

### Cost

\$50 per term

### Dates & Times

Lunchtime training 1pm-1:35pm once a week.  
Training day will be decided upon trainers availability.

### Venue

Training will take place in the SAC gym.

### Transport

N/A

# Indoor Volleyball

## Terms 1 & 4 - Years 7-12

### 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. The teams will be made up of eight or more players.

### Cost

\$60 per term

### Dates & Times

- Saturday mornings, Term 1 Week 3 to Week 10.
- Saturday mornings, Term 4 Week 1 to Week 6 (Juniors) Week 1 to Week 5 (Seniors).
- Games finish 45 minutes after the allocated start time.

### Venue

This competition will be held at a variety of venues across Adelaide depending on the allocated host school.

### Transport

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

### Training

Training sessions are compulsory and all students will need to commit to one training session per week when the sport begins. Training times and days will be decided upon team formation and coach availability.

# Tennis

## Terms 1 & 4 - Years 7-12

### 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. The teams will be made up of four or more players.

### Cost

\$60 per term

### Dates & Times

- Saturday mornings, Term 1 Week 3 to Week 10.
- Saturday mornings, Term 4 Week 1 to Week 6 (Juniors) Week 1 to Week 5 (Seniors).
- Games finish 1-1.5 hours after the allocated start time.

### Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

### Transport

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

### Training

Training sessions are compulsory and all students will need to commit to one training per week when the sport begins.

Training will take place on a weekday morning from 7:30am at the Carriageway Courts located on Hutt Rd, Adelaide. Training days will be decided upon team formation and coach availability.

Students will be provided with transport to school on the morning of tennis training.

# Touch Football

## Terms 1 & 4 - Years 7-12

### 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. The teams will be made up of eight or more players.

### Cost

\$60 per term

### Dates & Times

- Saturday mornings, Term 1 Week 3 to Week 10.
- Saturday mornings, Term 4 Week 1 to Week 6 (Juniors) Week 1 to Week 5 (Seniors).
- Games finish 45 minutes after the allocated start time.

### Venue

This competition will most likely be held at Park 17 in the South Parklands (between Fullarton Road and Glen Osmond Road, Adelaide).

### Transport

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

### Training

Training sessions are compulsory, and all students will need to commit to one training per week when the sport begins.

Training will take place on a weekday morning from 7:30am at the SAC Parklands located at Adelaide City Juniors Football Club, Unley Rd. Training days will be decided upon team formation and coach availability.

# Water Polo

## Terms 1 & 4 - Years 7-12

### 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. The teams will be made up of eight or more players.

### Cost

\$60 per term

### Dates & Times

- Thursday afternoons, Term 1 Week 3 to Week 10.
- Thursday afternoons, Term 4 Week 1 to Week 6 (Juniors) Week 1 to Week 5 (Seniors).
- Games finish 30 minutes after the allocated start time.

### Venue

This competition could be held at any of the following venues: Adelaide Aquatic Centre, Payneham Pool, Pembroke College or the State Aquatic Centre.

### Transport

Parents/Guardians are responsible for transporting students to and from the venue every Thursday afternoon.

Students will only be provided with transport when games are scheduled for either a 4:00pm or 4:30pm start. In such cases students will travel via a school or hired bus accompanied by a teacher.

Parents/Guardians will need to collect their children from the venue at the conclusion of the games.

### Training

Training sessions are compulsory, and all students will need to commit to one training per week when the sport begins. Training will take place on a weekday from 7:30am-8:30am in the SAC pool. The training day will be decided upon team formation and coach availability.

Terms 2 & 3 Sport

# Terms 2 & 3 Sport Overview

The following sports are available to Secondary students during Terms 2 and 3:

Sport	Year Level Offered	Day Played	Cost	Venue
Australian Rules Football 9-a-side or 16-a-Side (dependent on nominations)	Years 7-12	Wednesday afternoons	\$100	Various venues across Adelaide
Badminton	Years 7-12	*Saturday mornings	\$120	Various venues across Adelaide
Dance	Years 7-12	Lunchtime training	\$100	SAC
Fitness	Years 7-12	Lunchtime training	\$100	SAC
Netball	Years 7-12	*Saturday mornings	\$120	Various venues across Adelaide
Soccer	Years 7-12	*Saturday mornings	\$120	Various venues across Adelaide

**\* Students can only nominate for one Saturday sport each term.**

# Terms 2 & 3 Sport Uniforms & Equipment

## 9-A-Side & 16-A-Side Australia Rules Football

### Competition

SAC universal numbered singlet (to be purchased from the SAC Uniform Shop)

Black long socks (to be purchased by the player separately)

Mouth guard (to be purchased by the player separately)

Football boots (optional)

### Training

Full SAC Physical Education uniform.

## Badminton

### Competition and Training

Badminton racket

Full SAC Physical Education uniform

## Dance & Fitness

### Training

Full SAC Physical Education uniform

## Netball

### Competition

SAC Netball dress (to be purchased from SAC Uniform Shop)

### Training

Full SAC Physical Education uniform

## Soccer

SAC universal numbered T-shirt (to be purchased from the SAC Uniform Shop)

Black long socks & shin guards (to be purchased by the player separately)

# 9-A-Side / 16-A-Side Football

## Years 7-12

### 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. The Junior 9-A-Side teams (Years 7-9) will be made up of twelve or more players and the Open 16-A-Side teams (Year 9-12) will be made up of 19 or more players.

### Cost

\$100

### Dates & Times

Middle 9-A-Side competition

Wednesday or Friday afternoons, Term 2 Week 4 to Week 9.

Wednesday or Friday afternoons, Term 3 Week 1 to Week 4.

Games finish 45 minutes after the allocated start time.

### Open 16-A-Side Competition

Wednesday or Monday afternoons, Term 2 Week 4 to Week 9.

Wednesday or Monday afternoons, Term 3 Week 1 to Week 4.

Games finish 1 hour after the allocated start time.

### Venue

TBC

### Transport

TBC - Dependent upon location and start time of games.

### Training

Training sessions are compulsory, and all students will need to commit to one training per week when the sport begins. Training will take place on a weekday morning, lunchtime or evening at the SAC Parklands located at Adelaide City Juniors Football Club, Unley Rd. The training day and time will be decided upon team formation and coach availability.

# Badminton

## Terms 2 & 3 - Years 7-12

### 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. The teams will be made up of four or more players.

### Cost

\$120

### Dates & Times

Saturday mornings, Term 2 Week 1 to Term 3 Week 5.  
Games finish 50 minutes after the allocated start time.

### Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

### Transport

Parents/Guardians are responsible for transporting their children to and from the allocated venue every Saturday morning.

### Training

Training sessions are compulsory, and all students will need to commit to one training per week when the sport begins. Training will take place on a weekday morning, lunchtime or evening. The training day and time will be decided upon team formation and coach availability.

# Dance

## Terms 2 & 3 - Years 7-12

### General Information

Dance is an exciting activity program designed to introduce students to basic moves in an effort to eventually create routines. A range of dance styles will be explored including hip-hop, contemporary, lyrical, jazz and tap. Students can expect a good aerobic workout and increases in strength, flexibility and coordination. Students may also have the opportunity to perform throughout the year.

### Teams

The number of students interested will determine if the dance group proceeds.

### Cost

\$50 per term

### Dates & Times

Lunchtime training 1pm-1:35pm once a week.  
Training day will be decided upon instructor availability.

### Venue

Training will take place at SAC.

### Transport

N/A

# Fitness

## Terms 2 & 3 - Years 7-12

### General Information

Fitness group will be used as an opportunity to increase students' physical fitness through group training. A qualified fitness instructor will lead the group once a week, targeting a range of fitness components and using a variety of training techniques. Students can expect to improve their aerobic fitness, muscular strength, muscular endurance and muscular power through fun group sessions.

### Teams

The number of students interested will determine if the fitness group goes ahead.

### Cost

\$50 per term

### Dates & Times

Lunchtime training 1pm-1:35pm once a week.  
Training day will be decided upon trainers availability.

### Venue

Training will take place in the SAC gym.

### Transport

N/A

# Netball

## Terms 2 & 3 - Years 7-12

### 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. The teams will be made up of nine or more players.

Students will be placed in teams based on ability, which is selected by the student via the online nomination process.

### Cost

\$120

### Dates & Times

Saturday mornings, Term 2 Week 1 to Term 3 Week 5.  
Games finish 50 minutes after the allocated start time.

\*If a nominated Year 7/8 student plays/played a higher level of club netball (Division 1 or 2), she will most likely be placed in a Junior A or B grade team for SAC. The Junior A/B grade school teams are usually allocated early time slots to allow for players to make it to their club games.

### Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

### Transport

Parents/Guardians are responsible for transporting their children to and from the allocated venue every Saturday morning.

### Training

Training sessions are compulsory, and all students will need to commit to one training per week when the sport begins. Training will take place on a weekday morning, lunchtime or evening. The training day and time will be decided upon team formation and coach availability.

# Soccer

## Terms 2 & 3 - Years 7-12

### 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. The teams will be made up of twelve or more players.

### Cost

\$120

### Dates & Times

Saturday mornings, Term 2 Week 1 to Term 3 Week 5.  
Games finish 50 minutes after the allocated start time.

### Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

### Transport

Parents/Guardians are responsible for transporting their children to and from the allocated venue every Saturday morning.

### Training

Training sessions are compulsory, and all students will need to commit to one training per week when the sport begins. Training will take place on a weekday morning or afternoon at the SAC Parklands located at Adelaide City Juniors Football Club, Unley Rd. The training day and time will be decided upon team formation and coach availability.

# Knockout & Interschool Sport

# Knockout And Interschool Sport Overview

Knockout Sport and Interschool Sport are available to students in Years 7 to 12. Trials will be held, and the best available teams will be selected to represent St Aloysius College.

Each year we aim to nominate teams for Junior and/or Open Netball, Basketball, Touch Football, Soccer, AFL Football and Volleyball. Any students selected in these teams must be committed to all trainings and games. Students selected are also encouraged to play in the extra-curricular sporting team and may have the opportunity to travel interstate to represent the college. We will also compete in the Catholic Athletics and Swimming Carnivals in Term 1.

If your daughter excels in any of the sports listed below, she is encouraged to trial in order to represent the school. Students must pay careful attention to the daily Student Bulletin and emails regarding meeting times, registration of interest and trial details.

Please contact Ms Meg Henderson for information regarding Knockout Sport, Interschool Swimming and Athletics.

Sport	Age Group	Trial Dates
AFL Football	Open: Years 8-12	End of Term 1 (to be confirmed)
Athletics	Years 7-12	Mid Term 1 or Mid Term 3 (TBA)
Basketball	Years 7-10	TBD
	Open: Years 7-12	TBD
Netball	Junior: Years 7 & 8 Middle: Years 9 & 10	TBD
	Open: Years 11 & 12	TBD
Soccer	Open Years 7-12	End of Term 1 (to be confirmed)
Swimming	Years 7-12	Early Term 2
Triathlon	Years 7-12	Early Term 1
Touch Football	Junior: Years 7 & 8 Middle: Years 9 & 10 Open: Years 11 & 12	Early Term 1
Volleyball	Years 7 - 12	Early Term 1

# St Aloysius College

## Knockout 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 then a parent/guardian (not the student) must notify the appropriate Sport Coordinator via email, text message or personal phone call at the earliest possible time, preferably at least 1-2 days 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 one of the above methods, she will receive a warning. If this happens a second time the student may be omitted from the team.
4. Students are required to wear the full correct uniform to, from and during sport, including training sessions.
5. Students are responsible for relaying all information regarding Knockout Sport to their parents/guardians and teachers.
6. In order to participate in knockout competitions students must notify their teachers prior to each round, informing them of their absence and seeking work to complete in lieu of their absence.
7. Students and parents must follow the SAC Sport Code of Conduct guidelines for all SAC sporting events.
8. Participation in knockout sport acknowledges that no player is guaranteed court time, and playing time is solely at the discretion of the coach.



St Aloysius  
College