



EXTRA CURRICULAR SPORT HANDBOOK

2020



CRICOS NO: 01645K

*Woodcroft College is vibrant, innovative and inclusive.
It seeks to provide an excellent all-round education
in a Christian environment.*

School Philosophy

Woodcroft College is future-oriented, equipping students with the knowledge, attitudes and skills they need to gain worthwhile employment, be responsible global citizens, and model their lives on Christian values and beliefs.

The curriculum is diverse and broadly based.

It is centred on the intellectual, physical, emotional and spiritual needs of students.

It encourages them to:

- Pursue academic excellence, yet caters for individual differences in learning styles and abilities.
- Strive in all areas of human endeavour from the subject-based disciplines to the arts, outdoor education, sports and leisure-time activities.
- Become confident, active, resilient, self-reliant and successful lifelong learners.
- Grow in faith through Religious and Values Education, corporate worship, and service to others in school, local community and international projects.

The curriculum, co-curriculum and pastoral care program have a global perspective, preparing students for citizenship in a democratic, multicultural society.

They are encouraged to:

- Be themselves, showing tolerance and respect for the rights of others.
- Appreciate social, religious and cultural differences.
- Grow in self-respect, taking responsibility for their own actions and conduct.
- Become leaders, experienced in decision-making.



Table of Contents

Vision	4
Philosophy.....	4
Sports.....	5
Online Nominations	5
Session Times.....	6
Practice	9
Uniform Expectations.....	9
Costs.....	9
Travel	9
Inclement Weather Policy.....	10
Parent Help	11
Skoolbag Application	12



Vision

All students have an opportunity to regularly participate in quality sporting activities that are well organised, low cost, commensurate with their ability level, provide them with social interaction opportunities and above all, enjoyable.

Philosophy

The aim of the Woodcroft College co-curricular program is to encourage all students to develop their interests and talents to the fullest. The College seeks to offer the broadest range of activities possible. All students will have the opportunity and are encouraged to take up activities that challenge, interest and excite them during their time at Woodcroft College. This experience can be rewarding and is an opportunity for students to develop new friendships, healthy attitudes and promote lifelong learning benefits.

Sport is an integral part of the total educational program and can enhance curriculum learning outcomes for students. Woodcroft College will endeavour to form links within the sporting community to provide a range of quality sporting opportunities for all students.

These activities provide participants with educational outcomes that include:

- Fun and enjoyment
- Increased participation levels
- Opportunity for elite competition
- Quality coaching
- Development of skills/ teamwork and self esteem
- Improved physical skills and academic outcomes
- A structured, safe and caring environment
- Duty of care through qualified teacher supervision
- Positive sporting attitudes
- Exposure to sporting pathways and possible vocational opportunities
- Broader educational, social and cultural learning
- Greater individual performance and self confidence
- Challenges for improvement
- Self-management and problem solving skills
- Access to other peer groups and positive role models
- Exposure to quality facilities
- Increased knowledge and appreciation of sport
- Improved interpersonal skills
- Interaction with peers and adults in a social environment
- Opportunities for achievement of personal goals
- New friendship opportunities
- Links to other curriculum areas.

(Source: School Sport Australia)

We encourage excellence through high quality tuition and coaching.

Participation in the Extra Curricular Program also plays a valuable pastoral role, developing positive relationships between students, staff and parents.

Sports

Summer Sports are played during Terms 1 and 4 while Winter Sports in Terms 2 and 3.

Ideally, sport is played within the Sport Association for Adelaide Schools (SAAS) for boys and the Independent Girls Schools Sport Association (IGSSA) for girls.

We also have a few sporting sides represented in the local area competitions where suitable.

Students are offered the opportunity to participate in Knockout state wide competitions for the School Sports South Australia (SSSA).

Students may be selected to play in regional and State SSSA teams.

For primary students up to Year 7 there are opportunities to take part in sports run by the South Australian Primary School Sports Amateur Sports Association (SAPSASA).

Online Nominations

All nomination forms will be emailed to parents when nominations are open. By submitting a nomination, the student is committing to playing for the season as per the information outlined in the Handbook.

Some sports may require team trials depending on the number of nominations recieved.



Session Times

GIRLS HEALTHY HABITS - All Terms

Healthy Habits is an after school health and fitness program for girls in years 8-12. Sessions run twice a week, with the option to attend one or both of the days. The program involves a variety of workouts that are fun, safe and age appropriate. Sessions also include discussions around food and nutrition, body image, social media, self confidence and empowerment.

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time
Healthy Habits with Hannah Guy Middle Senior	Monday Thursday	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Trainings only

GIRLS SPORT – Terms 1 and 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Basketball Morphett Vale Stadium Year 6/7/8 only	Term 1 & 4 Monday	Lunchtime	Monday	3:50 pm - 6:00 pm
Hip Hop All Ages	Term 1 - 3 TBC	3:30 pm - 5:00 pm	Competitions in June/July and Aug/Sept	
Volleyball Middle Senior	Wednesday Wednesday	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Saturday Saturday	8:00 am - 11:00 am 8:00 am - 11:00 am
Drive Tennis Middle Senior	Thursday	7:00 am - 8:30 am	Saturday	8:00 am - 12:00 pm
Cricket IGSSA	Friday	Lunchtime	Friday	4:00 pm - 6:00 pm

GIRLS SPORT – Terms 2 and 3

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Badminton Middle Senior	Monday or Thursday (TBC)	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Saturday Saturday	7:45 am - 11:00 am 7:45 am - 11:00 am
Netball SUNA Year 6/7	Tuesday	1:05 pm - 1:45 pm	Tuesday	4:00 pm - 6:00 pm
Netball IGSSA Middle Senior	Wednesday Wednesday	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Saturday Saturday	8:00 am - 11:00 am 8:00 am - 11:00 am
Soccer Middle	Monday	3:30 pm - 4:30 pm	Wednesday	4:00 pm - 6:00 pm
Football IGSSA Middle Senior	Tuesday	3:30 pm - 4:30 pm	Friday	4:00 pm - 6:00 pm

BOYS SPORT – Terms 1 and 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Badminton Middle Senior	Monday or Thursday (TBC)	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Saturday Saturday	9:00 am - 11:00 am 9:00 am - 11:00 am
Cricket Middle	Thursday	3:30 pm - 4:30 pm	Saturday	8:00 am - 12:00 pm
Volleyball Middle Senior	Tuesday Tuesday	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Friday Friday	4:00 pm - 6:00 pm 4:00 pm - 6:00 pm
Drive Tennis Middle Senior	Thursday	7:00 am - 8:30 am	Saturday	8:00 am - 12:00 pm
Football Pre-Season Training	Two days per week TBC	3:30 pm - 4:30pm	N/A	N/A

BOYS SPORT – Terms 2 and 3

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Basketball Middle Senior	Tuesday Tuesday	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Saturday Saturday	9:00 am - 11:00 am 9:00 am - 11:00 am
Football Middle	Tuesday	3:30 pm - 4:30 pm	Saturday	8:00 am - 11:00 am
Soccer Middle Senior	Thursday Thursday	3:30 pm - 4:30 pm 3:30 pm - 4:30 pm	Saturday Saturday	8:00 am - 11:00 am
Table Tennis Middle Senior	Monday	3:30 pm - 4:30 pm	Friday	4:00 pm - 6:00 pm
Football Year 6/7 SANFL Panther League Year 8/9 SSSA Southern Zone			Saturday Wednesday	8:00 am - 11:00 am 4:00 pm - 6:00 pm

MIXED - Terms 1 and 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time
Surfing Middle Senior	Wednesday	From 4:00 pm	Trainings only Limited Spots available
Badminton	Monday or Thursday (TBC)	3.30 pm - 4.30 pm	Saturday 8.00 am - 11.00 am

MIXED - Terms 2 and 3

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time
Pedal Prix	Wednesday	3.30 pm - 4.30 pm	Sunday 14 June Sunday 26 June Saturday 12 and Sunday 13 September

Practice

Sports practices are held after school (3:30 pm – 4:30 pm approximately), at lunch once, or twice per week. Students are expected to attend all scheduled practices. If a student is unable to attend a practice for any valid reason, he or she is expected to make contact with the coach and Head of Sports explaining their absence. This can be done via email or via telephone.

Parents are asked to arrange any external appointments at times that avoid designated practices.

Uniform Expectations

Dress code for practices

All students are to be dressed in clothing/shoes appropriate to the sport. Woodcroft College hats are encouraged to be worn in Terms 1 and 4 for outside activity.

Dress code for matches

It is important that all students who represent Woodcroft College are correctly dressed for the sport that they are playing.

ALL students will need the appropriate College shirt, the College sports top, College track pants, school hat and sports shoes.

Pants worn under sports skirts must be navy, full sport briefs. School sports socks must be worn.

These uniforms items are available to purchase at the Uniform Shop.

Costs

Weekly sport for Terms 1, 2 and 3 is \$50.00.

Weekly sport for Term 4 is \$40.00.

SSSA Sport (1-day knockout competitions) is approximately \$15.00.

Pedal Prix cost is \$130 for new members (includes riding top) or \$120 for previous riders.

Travel

Extra curricular sport during school time will be arranged by Head of Sports, Kirsten Lawson, including booking the College bus.

No student is permitted to travel with a student driver unless written parental permission is provided.

Parents are to provide transport to and from match venues as outlined on the consent forms.

Inclement Weather Policy

SAAS (BOYS SPORT) HOT WEATHER BLANKET CANCELLATION PROCEDURES

Boys Saturday Sport

If the temperature for the forthcoming Saturday is forecast at 38C in The Advertiser on Friday, all Saturday sport with the possible exception of the First XI Cricket, will be cancelled.

If the forecast temperature is less than 38C but conditions are considered as extreme, the SAAS Sporting Administrator in consultation with The Chair of Executive and Coordinators will inform both Coordinators and Principals of schools by email if sport is to be cancelled.

This should occur as soon as possible on Friday morning prior to the Saturday's games.

Coordinators will then be expected to communicate with students/coaches/parents informing them of the situation.

First XI Cricket will be cancelled after an assessment of local conditions when either one or both coaches (or other senior school officials) decides that the match should be cancelled. Playing conditions will be varied in hot weather to allow for extra drinks and variations to playing time.

Mid-week Sport

If the temperature (for the following day) is forecast to be 36C or more in The Advertiser all sport for that day will be cancelled.

If the forecast temperature is less than 36C but conditions are considered as extreme, the SAAS Sporting Administrator in consultation with the Chair of Executive and Coordinators will inform both Coordinators and the Principals of Schools by email if sport is to be cancelled.

Other Cancellations Due to Hot Weather

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

Cancellations Due to Other Weather Conditions

The SAAS Sporting Administrator in consultation with the Chair of the Executive may issue a blanket cancellation where weather conditions across the metropolitan area are considered to be so extreme as to warrant such a cancellation.

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

Where such cancellations are made it is the responsibility of the host school to inform all visiting schools and to contact radio station Mix 102.3 so that cancellations can be announced in the 8:00 am news bulletin.

Heavy Rain/ Hail/ Wind Gusts

Heavy rain or hail is unlikely to present as a significant personal injury risk to participants. However, heavy rain or hail may leave a playing surface dangerous and therefore unplayable. As is the case with lightning/ thunderstorms, it is not possible to have in place a policy that can be applied to all venues on a particular day.

The following guidelines should be as followed:

- In the event of heavy rain or hail, if the conditions such as the safety of the playing surface or player welfare are deemed unsafe by either team coach (or referee) then play should initially be suspended
- If the conditions improve i.e. rain stops or eases to what is considered a safe level by coaches/ referees and the playing surface can be cleared or has drained sufficiently to enable play to re commence, games should then be completed
- This may also require a modification of existing rules regarding the duration of the game

IGSSA (GIRLS SPORT) EXTREME WEATHER GUIDELINES

Hot Weather – Saturday Morning Sport

If the weather is predicted to be 38C or above at 12:00 pm on Friday on the Bureau of Meteorology website, Saturday morning sport will be cancelled.

Hot Weather – Mid Week Sport

If the weather is predicted to be 36C at 9:00 am on the Bureau of Meteorology website, that afternoon's sport will be cancelled.

Inclement Weather

In the event that mid-week matches are cancelled due to weather or any other unforeseen reason (such as playing surface deemed unsafe) the decision to cancel will be made by the Director of Sports of the host school who should advise the opposing school(s) as early as possible.

Lightning or Thunderstorms

Due to the inability to accurately forecast electrical storms and the likelihood of very localised weather patterns it is not possible or practical to create a policy that can be applied to all venues on any particular day.

The following guidelines should be considered and followed:

- If the weather forecast is for possible thunderstorms/ lightning remain vigilant for approaching storms and/or changing or rapidly deteriorating conditions
- If you see lightening apply the 30-30 rule, count the time from seeing lightening to when accompanying thunder clap is heard, if less than 30 seconds (storm is less than 10kms away) go immediately to a safer place. Wait 30 minutes after the last thunder clap before continuing play in an open area
- Hearing thunder means that lightning is likely to be within striking range
- In the event of thunderstorm/ lightning where player/ officials/ spectator's welfare is deemed unsafe by either team coach (or referee) play should be suspended
- If conditions improve, remember the 30-30 rule and wait 30 minutes, games may recommence. This may require some modification to the duration of game.

Parent Help

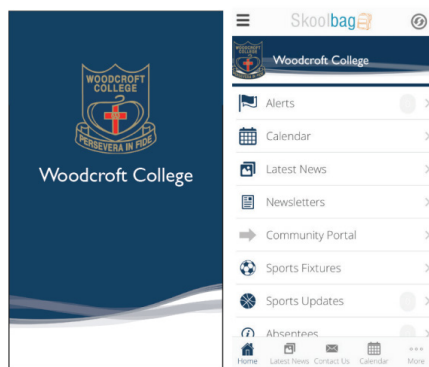
The College welcomes the assistance of parents in a range of activities.

If you have any queries or are willing to assist in a program please contact Kirsten Lawson, Head of Sport by email, lawson_k@woodcroft.sa.edu.au.

Skoolbag Application

The SkoolBag App is a valuable source of sending our Sports Updates. The Sports Updates will be used for fixture and ground updates.

PLEASE NOTE: The Skoolbag app has changed. If you have the app that looks like the image below, please delete from your device and follow the instructions below. Your profile will be carried over to the new app if you log-in using the same details.

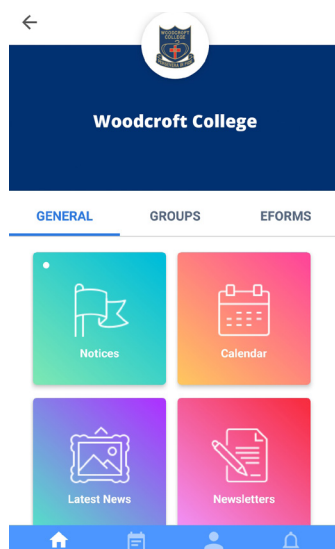


INSTRUCTIONS

To download the SkoolBag App, please visit the Google Play (Android) or App Store (Apple) and search for the SkoolBag app which should appear with the following icon: 

Once downloaded, log-in with your existing account or if you are new to SkoolBag, create a new account. Up the top, search for Woodcroft College under 'My Schools and Services'.

The app should appear as per below:



Please select 'Groups' from the top menu and under 'Add/Remove Groups' select Sport Updates and any sport(s) your child is involved in.

To ensure you receive push notifications, please navigate to your phone's app settings and ensure notifications are allowed on your device (for Android: Settings > Apps > Skoolbag > Notifications > Allowed and for Apple: Settings > Notifications > SkoolBag > Allow Notifications).

The SkoolBag app also allows you to view the Sports Fixture which appears on the College website.

Stay informed with the SkoolBag App

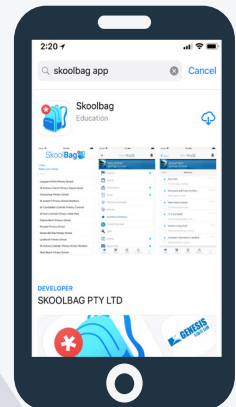


The SkoolBag app is the easiest way to stay up-to-date with school events, last minutes notices, newsletters and **all** school communications.

1

Download the app

Search for the free SkoolBag app in the Apple App or Google Play Store



2

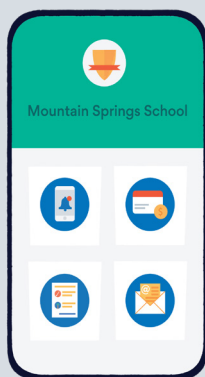
Create an account

Sign up in seconds with your email address

3

Add your school

Search for your school and add your subscription groups



SkoolBag 



WOODCROFT
COLLEGE

