

Extra-Curricular Sport Handbook

Find Your Remarkable



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Vision

All students have an opportunity to regularly participate in quality extra curricular 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 extra 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. When you nominate, please ensure you are able to commit to all trainings and competition (within reason).

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

Session Times

Girls Healthy Habits with Hannah Guy: 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 Year 7 - 12 | Thursday | 3.30pm - 4.30pm | Trainings only |

Growing Strong with Brodie May: All Terms

Growing Strong will be run by Old Scholar, Brodie May, who has a passion for fitness and overall wellbeing, especially human movement.

Brodie is currently studying Exercise Physiology at Flinders University and has a Cert I in Strength and Conditioning. He knows first-hand the challenge of balancing training with study, having begun his journey in Year 10. Along the way, he has learnt how exercise and research can work productively together instead of against each other. As a coach, he aims to boost performance, not only in athletic ability, but also in mental toughness so that students can cope with the increasing stress that comes with Senior School.

Growing Strong aims to support boys in Years 8 to 12 in achieving their fitness, sporting and academic goals by having a balanced approach and being educated through the process.

The program will offer strength and conditioning workouts to help build overall strength and fitness, whilst promoting healthy fitness practises that reduce stress in a fun and safe way. It will also include wellness, recovery, nutrition, and body image topics to help build self-empowerment and confidence.

The sessions will run twice a week, with the option to attend one or both.

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time |
|-------------------------------|---------------------------------|------------------------------------|---------------------------|
| Growing Strong Year 8 - 12 | Monday Thursday | 3.30pm - 4.30pm 3.30pm - 4.30pm | Trainings only |

Mountain Biking Team

The Woodcroft Mountain Biking Team is a performance based squad. Students need to have their own good quality mountain bike that has functioning brakes (preferably hydraulic disc type) and functioning gears. Bikes need to be kept in good working order.

There will be a selection process and students usually meet at 7.00am at Majors Road to ride the trails of the O'Halloran Hill section of the new Glenthorne National Park. The style of riding is cross-country, this means there is an endurance focus, not a technical downhill, or 'gravity' focus.

Training dates will focus on preparing for the State Schools Competition. The date for this event varies each year. Training session days and times to be confirmed once event date has been scheduled.

Session Times

Girls Sport: Terms 1 and 4

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time | |
|--|---|-----------|---------------------------|------------------|
| | Volleyball IGSSA Year 6 - 12 | Wednesday | 3.30pm - 4.30pm | Saturday |
| Cricket IGSSA Year 7 - 12 | Friday | Lunchtime | Friday | 4.00pm - 6.00pm |
| Drive Tennis Year 8 - 12 | | | Saturday | 8.00am - 12.00pm |

Elite Saturday morning Drive Tennis competition, please email sport@woodcroft.sa.edu.au for further information.

Girls Sport: Terms 2 and 3

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time | |
|---|---------------------------------|------------------------------------|------------------------------------|--------------------------------------|
| | Badminton Year 6 - 12 | Monday or Thursday (TBC) | 3.30pm - 4.30pm 3.30pm - 4.30pm | Saturday Saturday |
| Netball SUNA Year 7 | Tuesday | 1.05pm - 1.45pm | Tuesday | 4.00pm - 6.00pm |
| Netball IGSSA Middle Senior Year 7 - 12 | Wednesday Wednesday | 3.30pm - 4.30pm 3.30pm - 4.30pm | Saturday Saturday | 8.00am - 11.00am 8.00am - 11.00am |
| Soccer Middle Year 7 - 12 | Monday | 3.30pm - 4.30pm | Wednesday | 4.00pm - 6.00pm |
| Football IGSSA Middle Senior Year 7 - 12 | Tuesday | 3.30pm - 4.30pm | Friday | 4.00pm - 6.00pm |

Session Times

Boys Sport: Terms 1 and 4

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time | |
|--|----------------------------------|------------------------------------|------------------------------------|------------------------------------|
| | Badminton Year 6 - 12 | Monday or Thursday (TBC) | 3.30pm - 4.30pm 3.30pm - 4.30pm | Saturday Saturday |
| Cricket Year 7 - 12 | Thursday | 3.30pm - 4.30pm | Saturday | 8.00am - 12.00pm |
| Volleyball Year 6 - 12 | Tuesday Tuesday | 3.30pm - 4.30pm 3.30pm - 4.30pm | Friday Friday | 4.00pm - 6.00pm 4.00pm - 6.00pm |
| Football Pre-Season Training Year 7 - 12 | Term 1 Only Two days per week | 3.30pm - 4.30pm | N/A | N/A |
| Drive Tennis Middle Senior Year 8 - 12 | | | Saturday | 8.00am - 12.00pm |

Elite Saturday morning Drive Tennis competition, please email sport@woodcroft.sa.edu.au for further information.

Boys Sport: Terms 2 and 3

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time | |
|--|----------------------------------|------------------------------------|---------------------------|------------------|
| | Basketball Year 7 - 12 | Tuesday | 3.30pm - 4.30pm | Saturday |
| Soccer Middle Senior Year 7 - 12 | Thursday Thursday | 3.30pm - 4.30pm 3.30pm - 4.30pm | Saturday Saturday | 8.00am - 11.00am |
| Table Tennis Year 6 - 12 | Monday | 3.30pm - 4.30pm | Friday | 4.00pm - 6.00pm |
| Football Year 7 - 12 SSSA Southern Zone | Monday | 3.30pm - 4.45 pm | Wednesday | 4.00pm - 6.00pm |

Session Times

Mixed: Terms 1 and 4

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time | |
|---|---|-----------------|---------------------------|---|
| | Surfing Middle Senior Year 7 - 12 | Wednesday | From 4.00pm | Trainings only Limited Spots available |
| Badminton Year 6 - 12 | Monday or Thursday (TBC) | 3.30pm - 4.30pm | Saturday | 8.00am - 11.00am |
| Running Club Training Only Year 7 - 12 | Friday | 7.30am | N/A | |
| Cheer Training Only Year 7 - 12 | Wednesday | 3.30pm - 5.00pm | N/A | |

Mixed: Terms 2 and 3

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time | |
|------------------------------|--|--|---|--------|
| | Running Club Training Only Year 7 - 12 | Friday | 7.30am | N/A |
| SAAS Cross Country | | | Wednesday | 4.30pm |
| | 5 Race meets across Term 2. | | | |
| | The school with the most points at the end of the 5 race meets wins the age Category Shield. | | | |
| | | SAAS Shield – Senior Boys SAAS Shield – Middle Boys SAAS Shield – Primary Boys | SAAS Shield – Senior Girls SAAS Shield – Middle Girls SAAS Shield – Primary Girls | |

Session Times

Mixed: Terms 1 to 3

| Proposed Teams | Practice Sessions Day & Time | | Competition Day & Time |
|-------------------------------|---|-----------------|---------------------------|
| Cheer Year 7 - 12 | Wednesday | 3.30pm - 5.00pm | Competitions TBA |
| Hip Hop Year 7 - 12 | Term 1 - 3 Monday | 3.30pm - 4.30pm | Competitions TBA |
| Pedal Prix | Thursday Mechanical Session: 7.30pm Tuesday Fitness Session: 3.30pm - 4.30pm | | Races TBA |

Practice

Sports practices are held after school (3.30pm – 4.30pm 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 Ben Ryan, Co-Curricular Sports Administrator 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.

Cheer and Hip Hop cost is \$120.00 (includes competition entry fee and custom uniform fee).

Pedal Prix cost is \$160 for new members (includes riding top) or \$120 for previous riders.

Growing Strong with Brodie May is \$50 per term.

Travel

Extra curricular sport during school time will be arranged by Director of Sport, 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 38°C 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 38°C 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 36°C or more in The Advertiser all sport for that day will be cancelled.

If the forecast temperature is less than 36°C 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.

Inclement Weather Policy

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 8.00am 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 38°C or above at 12.00pm 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 36°C at 9.00am 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.

Inclement Weather Policy

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.

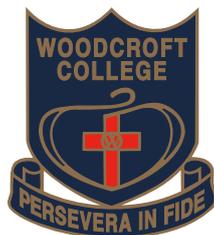
The following guidelines should be considered and followed:

- 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, Director of Sport by email, lawson_k@woodcroft.sa.edu.au.



WOODCROFT COLLEGE

An Independent Coeducational Anglican ELC - Year 12 School

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