



EXTRACURRICULAR SPORT HANDBOOK

Find Your Remarkable



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VISION

All students have an opportunity to regularly participate in quality extracurricular 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 extracurricular 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 extracurricular 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 6 there are opportunities to take part in sports run by the South Australian Primary School Sports Amateur Sports Association (SAPSASA).

WELLBEING PROGRAM

Regular physical activity is proven to help prevent and can improve mental health, quality of life and wellbeing.

Exercise improves mental health by reducing anxiety, depression, and negative mood by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal. Research shows that people who exercise regularly have better mental health and emotional wellbeing.

Wellbeing programs offered Term 1 to 4

Healthy Habits – females only

Growing Strong – males only

Yoga – mixed (limited spaces)

Pilates - mixed (limited spaces)

Run Club - mixed

Girls Healthy Habits: All Terms

Healthy Habits is an after school health and fitness program for girls in Year 7 to Year 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.

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

Year Levels	Practice Sessions Day & Time		Competition Day & Time
Years 7 - 12	Monday 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 Year 8 to Year 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.

Year Levels	Practice Sessions Day & Time		Competition Day & Time
Years 8 - 12	Monday Wednesday	3.30pm - 4.30pm	Trainings only

WELLBEING PROGRAM

Yoga

According to the National Institute of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, and quality sleep.

In addition to this, yoga also offers the following physical benefits:

- increased flexibility and strength
- improved posture
- healthy joints
- reduced blood pressure

Year Levels	Day & Time	
Year 7 - 12	Wednesday	3.30pm - 4.45pm

**Capped at 20 students*

Pilates (Ready Set Flow)

We invite students to embrace the opportunity to move with purpose and enhance their body-mind connection through a series of Pilates inspired exercises. These sessions will aim to improve strength and flexibility; boost mental focus and clarity; improve posture; and enhance overall physical and mental wellbeing. The sessions are designed for all individuals, regardless of experience and fitness level.

Year Levels	Day & Time	
Year 9 - 12	Tuesday	3.30pm - 4.30pm

**Capped at 20 students*

Run Club

All ages and abilities welcome.

We meet at the gym 7.30am sharp for warm up then out for a social run taking in the local trails like the “Bridge trail” and the “Goat track”.

Distances vary for abilities from 2km to 5km. Can either challenge yourself, get a bit of extra fitness or just roll the legs over in a friendly fun environment. Then back to the gym for warm down stretch by 8.15am.

Year Levels	Day & Time	
Year 7 - 12	Friday	7.30am - 8.30am

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 recieved.



MOUNTAIN BIKING

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.

For further information and nominations, please contact the sport office at sport@woodcroft.sa.edu.au.



SURF CLUB

The Woodcroft College Surf Club was established in 1995 by Mr Fox, Mr Pope joined in 1998 and has been the longest-serving member until his retirement in 2023. Mr Fox will now run this program once again.

We are pleased to offer Term 1 and 4 surfing going forward. Sessions are held at South Port Beach, Port Noarlunga.

To register please email sport@woodcroft.sa.edu.au

Year Levels	Day & Time	
Year 7 - 12	Thursday	4.15pm to 5.45pm

**Spots are limited*

PEDAL PRIX

At Woodcroft College, we are proud to offer a Pedal Prix Program that is been running for 20 years and is a program that is community-focused and student-led, fostering teamwork, fitness, and inclusion for all participants.

Whether you're an experienced athlete or just starting out, the Pedal Prix Team provides an exciting and supportive environment for everyone.

Key Features of our Pedal Prix Program

Community focused and run

- Our program brings together students, parents, teachers and local sponsors to create a thriving and inclusive community that encourages collaboration and support.

Student teamwork

- Pedal Prix is all about working together. Students collaborate in teams to develop strategies, build stamina, and race to achieve their best in a supportive and team-oriented atmosphere.

Four races across the year

- Students participate in four thrilling races, giving them a chance to compete, learn, and grow both as an individual and as a team.

Race 1: Victoria Park - race where the professional race at the all Adelaide 500.

Race 2 & 3: The Bend (Tailem Bend) - race where all things on wheel race. Stay the night and enjoy all the Bend has to offer.

Race 4: Where the whole year comes together. A 24-hour race, two day festival of Pedal Prix at Murray Bridge.

Fitness program

- To prepare for these exciting races, we offer a comprehensive program that runs weekly, helping students build endurance and strength.

Supported by School, Sponsors and Parents

- Our program is a true team effort with essential support from the school and local businesses and the dedication of our parents.

Inclusive to all fitness levels

- Whether you are a seasoned cyclist or new to racing, the Pedal Prix team is open to students of all fitness levels. Everyone is welcome.





PEDAL PRIX

Program Duration

Runs for three terms

- The program spans across three school terms, ensuring plenty of time for practice, preparation, and fun.

Weekly training

- To keep students in top form we hold weekly training sessions that focus on skill development, fitness, and team bonding.

Fun and Enjoyment

Above all, Pedal Prix is about having fun. It is an exciting way to stay active, make new friends and enjoy the thrill of racing.

Join the Woodcroft College Pedal Prix Team today and be part of an unforgettable experience.

For more information, please contact the Director of Sport, Kirsten Lawson at sport@woodcroft.sa.edu.au.

WEEKLY SPORT

Girls Sport: Terms 1 and 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Cricket IGSSA Year 7 - 12	Friday	Lunchtime	Friday	4.00pm - 6.00pm
Volleyball IGSSA Year 6 - 12	Wednesday	3.30pm - 4.30pm	Saturday	8.00am - 11.00am

Girls Sport: Terms 2 and 3

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Badminton IGSSA Year 6 - 12	Monday or Thursday (TBC)	3.30pm - 4.30pm	Saturday	7.45am - 11.00am
Football SACSSGSA Year 7 - 12	Tuesday	3.30pm - 4.30pm	Friday	4.00pm - 6.00pm
Netball IGSSA Year 7 - 12	Wednesday	3.30pm - 4.30pm	Saturday	8.00am - 11.00am
Soccer IGSSA Year 7 - 12	Monday	3.30pm - 4.30pm	Wednesday	4.00pm - 6.00pm

WEEKLY SPORT

Boys Sport: Terms 1 and 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Cricket SAAS Year 7 - 12	Thursday	3.30pm - 4.30pm	Saturday	8.00am - 12.00pm
Volleyball SAAS Year 6 - 12	Tuesday	3.30pm - 4.30pm	Friday	4.00pm - 6.00pm

Boys Sport: Terms 2 and 3

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Football Southern Zone SSSA Year 7 - 12	Monday	3.30pm - 4.45 pm	Wednesday	4.00pm - 6.00pm
Indoor Cricket Action Indoor Sports Morphett Vale 14 and Under 6-a-side			Thursday	4.30pm - 6.00pm
Soccer SAAS	Thursday	3.30pm - 4.30pm	Saturday	8.00am - 11.00am

Mixed: Terms 1 and 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Badminton SAAS Year 6 - 12	Monday or Thursday (TBC)	3.30pm - 4.30pm	Saturday	8.00am - 11.00am
Tennis SAAS Year 8 -12			Saturday 8.30am - 12.00pm	

*All experience welcome for SAAS Tennis.
Elite Saturday morning Drive Tennis Competition, experience required.*

WEEKLY SPORT

Mixed: Terms 2 and 3

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time	
Basketball SAAS Year 7 - 12	Tuesday	3.30pm - 4.30pm	Saturday	9.00am - 11.00am
Cross Country SAAS			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 – Senior Girls	
	SAAS Shield – Middle Boys		SAAS Shield – Middle Girls	
	SAAS Shield – Primary Boys		SAAS Shield – Primary Girls	
Table Tennis SAAS Year 6 - 12	Monday	3.30pm - 4.30pm	Friday	4.00pm - 6.00pm

Mixed: Terms 1 to 3

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

Mixed: Terms 1 to 4

Proposed Teams	Practice Sessions Day & Time		Competition Day & Time
Cheer Year 7 - 12	Wednesday	3.30pm - 5.00pm	Competitions 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

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

For the weekly sports competitions, where possible PE uniform can be worn for matches.

Some sports require specific uniforms for matches which are available for purchase from the Uniform Shop.

Sport	Uniform Required
Netball	College netball dress
Basketball	College basketball numbered singlet
Cricket	College white cricket top and white pants (<i>purchased from a sport shop</i>)
Soccer	College soccer numbered top & red socks
Drive Tennis	College white tennis top
Football	College football numbered guernsey & red socks
Cheer	College cheer uniform (<i>to be ordered through the Sport Office</i>)
Hip Hop	Custom uniform (<i>to be organised by Hip Hop coach</i>)

For SSSA Sport Competitions (1-day knockout competitions), if a student does not have a specific uniform item required for the event, an item can be loaned to them through the Sport Office.

For the well-being programs, PE uniform or comfortable clothing to be worn for these sessions.



COSTS

Term 1 to 3 weekly sport	\$50.00
Term 4 weekly sport	\$40.00
SSSA sport (1-day knockout competitions)	\$15.00 (<i>approx</i>)
Cheer	\$50.00 per term + \$120 uniform costs for competition
Hip Hop	\$50.00 per term + \$80 uniform costs for competition
Pedal Prix	\$50.00 per term training fee \$30.00 per race
Healthy Habits	\$50.00 per term
Growing Strong	\$50.00 per term
Yoga	\$50.00 per term
Pilates	\$50.00 per term
Run Club	\$50.00 per term
Mountain Biking	\$50.00 per term
Surf Club	\$120.00 per term

TRAVEL

Extracurricular 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

Hot Weather Temperature Monitoring Procedures: Weekday and Weekend Sport

Schools will assess the local conditions at specific venues in real time in order to action any necessary cancellations.

Fixtures will be cancelled or cease when the local temperature reaches 38°C or above for Secondary (Years 7 to Year 12) or 35°C and above for Primary. SAAS uses the Bureau of Metrology (website or app) as its sources for updated temperature information.

Schools will make every effort to maximise playing time prior to the threshold temperatures being reached, by working collaboratively and where possible, commencing the fixture at an earlier time in the day.

First XI Cricket and Drive Tennis may be cancelled on an assessment of local conditions when either one or both Director of Sport decides that the match should be cancelled. Playing conditions can be varied in hot weather to allow for extra drinks breaks and variations to playing time.

First XI Cricket games are to be given priority with early modified starting times. It is encouraged that the programmed early morning games should be given every option to play to maximise participation where possible.

On the Day of Competition

Outdoor Venues

It is the responsibility of both teams to monitor the temperature using the BOM app and suburb venue location to determine when the cut off temperature of 35°C for Primary and 38°C Secondary.

Indoor

It is the responsibility of the host school to monitor the indoor temperature. Once the cut of temperature of 35°C for Primary and 38°C Secondary is reached, then the sporting fixtures will be ended. The host school will be expected to communicate this with the teams, officials and spectators. Some venues will have a controlled indoor environments and are able to set the venue temperature, if this is not the case and a thermometer is not accessible inside the facility then the temperature measurement defers to the BOM.

Central Location

It is the responsibility of the team listed first in the fixture to monitor and inform the teams, officials and spectators once the temperature has reached the cut-off point of 35°C for Primary and 38°C Secondary.

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 extreme weather conditions (hail, lightning, rain etc) could impact upon proceeding with games.

Fixtures may also be cancelled by either participating school if deemed necessary.

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.

INCLEMENT WEATHER POLICY

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.

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.

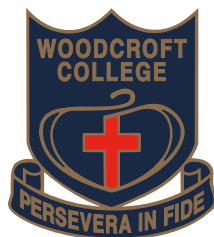
The following guidelines should be considered and followed:

- 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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