

St. John's School Mairangi Bay



School Sport Programme

| |
|-----------------|
| Contents |
|-----------------|

| | |
|---|----|
| Introduction | 4 |
| St. John's Codes of Sporting Practice | 5 |
| Children | 5 |
| Coaches | 5 |
| Parents | 5 |
| Parental involvement..... | 6 |
| Parent Co-ordinators | 6 |
| Coaches | 6 |
| Managers..... | 6 |
| Sport League Participation | 7 |
| Enrolment | 7 |
| Fees | 7 |
| Communication..... | 7 |
| Practices..... | 7 |
| Uniform | 8 |
| Sport League Opportunities | 9 |
| Basketball | 9 |
| Year 1 and 2 FUNdamental League..... | 9 |
| Year 3 -6 | 9 |
| Flippaball | 10 |
| Year 1 and 2 'Newbies' League | 10 |
| Year 3-6 | 10 |
| Hockey..... | 11 |
| Netball | 12 |
| Junior Competition..... | 12 |
| Year 1 | 12 |
| Year 2 | 12 |
| Year 3 and Year 4 | 12 |
| Senior Competition | 13 |
| Year 5 | 13 |
| Year 6 | 13 |
| Touch..... | 14 |
| Schoolwide Sport | 15 |
| Swimming Sports..... | 15 |
| Athletics Sports..... | 15 |

| | |
|-------------------------------------|----|
| Representative opportunities..... | 16 |
| Interschool Athletics..... | 16 |
| Interschool Basketball..... | 16 |
| Interschool Cross Country | 16 |
| Interschool Netball..... | 16 |
| Interschool Rugby..... | 16 |
| Interschool Soccer..... | 16 |
| Interschool Swimming..... | 16 |
| Sporting Achievement..... | 17 |
| Player of the Day | 17 |
| Interhouse Sport Competitions | 17 |
| Nicola Jack Memorial Cup | 17 |
| Interhouse Athletics Trophy | 17 |
| Interhouse Soccer Trophy..... | 17 |
| Senior Netball Trophies | 17 |
| The Dorrington Trophy | 17 |
| The Hardy Cup..... | 18 |
| The Morgan Trophy..... | 18 |
| Sport Photos | 19 |

Introduction

Children at St. John's School have the opportunity to participate and compete in a range of sports. These are outlined in this booklet as are the organisational procedures for each. Also included are the school's Codes of Sporting Practice for children, coaches and parents.

A feature of our sports programme is the involvement of parents, staff and friends of the school who are the code co-ordinators, coaches and managers. The commitment of these people helps the school promote sport and meet the needs of all the children.

Miss Binns is our School Sports Co-ordinator and is responsible for the promotion and organisation of sport within the school.

A School Sports Assistant, Jo Ramsay, is employed for a small number of hours each week to support the school Sports Co-ordinator through the organisation of uniforms and equipment for the school sports teams and sports days.

In addition, each main sport has a parent co-ordinator.

Currently these are;
Junior Netball- Jo Redfern-Hardisty
Senior Netball- Shayne Wong Woo
Hockey- Jo Cammell
Basketball- Katrina Little
Flippaball- Sara Prendergast
Touch- Andrea Landon

Sport supports the New Zealand Health and Physical Education Curriculum through the promotion of physical activity with the goal of promoting hauora- a state of well being of the body and mind, essential to keeping healthy and happy.
We thank all who assist in our Sport Programme and wish everyone involved a successful and happy year of sport.

St. John's Codes of Sporting Practice

As in all things, our goal is for every child to aspire to be the best they can be in whatever sports they wish to be involved in.

Every person linked to St. John's, players and supporters, are expected to follow the principles of Fair Play. This is reinforced through the School's Code of Behaviour and the Codes of Sporting Practice which promote a respect for all and fair play.

Children

The school is a signatory to the Fair Play Sport Charter of New Zealand.

We, at our school, agree that when playing sport we will:

- enjoy ourselves
- play within the rules
- respect the referees and umpires
- respect the opposition and their supporters
- be gracious winners and dignified losers
- play hard but fair

Coaches

- Remember that children participate for pleasure and winning is only part of the fun.
- Create opportunities for the children to learn appropriate sports behaviour as well as basic skills.
- Use modified sports as appropriate to age and ability
- Keep up to date with coaching practices.
- Help the children understand that playing by the rules is their responsibility and they must follow the rules of the Fair Play Sports Charter.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Relate to officials in a courteous and polite way.
- Implement relevant sport safety policies and practices for your team.
- Listen to your players and ensure that the time they spend with you is a positive experience.

Parents

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or not winning.

- Respect officials' decisions and encourage children to do likewise.
- Show appreciation for volunteers, coaches, officials and administrators.
- Applaud good performance and efforts from all individuals and teams. Congratulate participants, regardless of the games' outcome.
- Support involvement in modified rules games and other junior development programmes.

Parental involvement

In all the sports our children participate in we require the assistance of parents to co-ordinate, coach, umpire and manage the teams. Experience is definitely not necessary as primary school sport is a learning experience for everyone, including players, coaches and umpires. Many of the leagues provide training sessions in coaching and umpiring and are highly recommended. Adult umpires are also highly sought after.

If there is insufficient parental help, teams without personnel will be unable to enter.

Parent Co-ordinators

1. To co-ordinate the sport in respect of:
 - organising teams
 - ensuring each team has a Coach and Manager
 - administering the weekly draw
 - liaising with Sport Administrators
 - sport uniform and equipment allocation and end of season collection
 - arranging replacements for players if team managers and coaches run out of options
2. To provide team lists (children, coaches and managers) to the School Sport Co-ordinator
3. To liaise in all matters concerning the sport with the School Sport Co-ordinator including written communications and organisational complaints, advising the School Sport Co-ordinator of any issues arising.
4. To communicate the School's Codes of Sporting Practice to all Coaches, Managers and parent supporters as necessary.
5. To set up coaching opportunities for Coaches.

Coaches

1. Follow the school's Codes of Sporting Practice
2. Organise and run team practices
3. To provide support and guidance during games
4. To award Player of the Day
5. To inform Parent Co-ordinator of any issues with organisation
6. To inform School Co-ordinator of any issue with behaviour of children or parents

Managers

1. Follow the school's Codes of Sporting Practice
2. Assist the coach in organising team practices
3. Communicate information to team members

Sport League Participation

Many sporting leagues are organised through outside clubs and organisations including, but not limited to Athletics, Badminton, Cheerleading, Cricket, Cycling, Dancing, fishing, Futsal/Indoor Soccer, Golf, Gymnastics/ Rhythmic Gymnastics, Martial Arts, Pilates, Ripra Rugby, Rugby, Rugby League, Running, Skiing, Soccer, Squash, Surf Lifesaving, Surfing, Swimming, T-ball (modified Softball), Table Tennis, Tennis, and Trampolining.

There are a number of opportunities for children to take part in regular team sports through the school.

These include;

- Basketball
- Flippaball (modified waterpolo)
- Hockey
- Netball
- Touch

Enrolment

Letters for enrolment are sent home with the children.

Fees are charged to cover the cost of participation in sport teams. These are to be paid prior to the commencement of the season.

Forms and fees must be handed in to the office by the due date or the child will not be given a place in a team.

Communication

To ensure that all relevant parties are kept well informed, all written correspondence to the children and/or their parents is to be passed through the School Sport Co-ordinator. This is to be done prior to copying and distribution. Ideally an electronic copy is sent where possible to allow for any alterations if needed.

The School Sports Co-ordinator will file one copy in the Correspondence folder in the office area and one copy in their file for the specific code.

Practices

All children are expected to attend scheduled practices, normally once a week. The times for these are set by the coach, in consultation with the parents where possible. Unexplained absences from practices may result in the child being taken off the team.

Children may wear their PE uniform for practices with the exception of Soccer and Rugby where a change of clothes is worn due to the state of the field.

Coaches need to book a space and time for team practices through the office.

Equipment for practices can be taken from the PE shed. The key is kept in the school staffroom. It is the responsibility of the coach to ensure that all equipment is returned and the PE shed locked.

If assistance of the caretaker is needed in the setting up of grounds, eg. netball posts, soccer goals etc. this must be communicated through the School Sport Co-ordinator.

To ensure that all children are able to eat their lunch and prepare for the school afternoon, lunchtime practices do not start until after 12:40pm. The children are required to eat lunch and then may get changed on the 12:40pm bell. All practices must stop on the 1:20pm bell to allow the children to get changed and prepare for the afternoon.

After school practices may start after 2:55pm. This allows the children time to be released from class and get changed.

Children do not get changed for practices during class time.

Uniform

Children representing St. John's in sport are required to wear a uniform. Usually this consists of either the school PE uniform or, if specific to the code eg. Rugby, is provided for the child. Children must ensure that, by the very nature of uniform, they wear it correctly in accordance with instructions from the School Sport Co-ordinator. Care is to be taken with the uniform, ensuring that it remains in good condition and that it is returned to school on request. Children may be required to purchase items to supplement the uniform.

| |
|-----------------------------------|
| Sport League Opportunities |
|-----------------------------------|

Basketball

| | |
|-----------------------|---|
| Year Level | Years 1-6 |
| Term | Terms 1-4 The competition is run over two terms, Terms 1-2 and Terms 3-4 |
| Club/ Organisation | Junior Breakers www.juniorbreakers.co.nz |
| Venue | Breakers Training Centre Atlas Pl, Mairangi Bay |
| Schedule | Year 1-2 Monday afternoons Year 3-4 Wednesday or Friday afternoons Year 5-6 Tuesday or Thursday afternoons. As it is played inside there are no cancellations due to the weather. |
| Fees | Approx \$80 per season (two terms) |
| Enrolment | End of term prior to competition, except Term 1 where it is the beginning of term. Children may join a team at the beginning of each season. However priority for places will be given to those children currently playing. Historically we have always been oversubscribed as we are limited in the places we can offer. While we endeavour to meet the demand, we can not guarantee every child a place in a team. |
| Uniform and Equipment | Children are required to provide: <ul style="list-style-type: none"> • School PE uniform • White sports socks • Sports shoes with non-marking soles |

Year 1 and 2 FUNdamental League

FUNdamental League is a development programme. The first part of the session consists of a 10 minute warmup lead by a Breakers coach to develop the basic skills (dribbling, passing, shooting). After that, two 15 minute halves are played. Each team has four players on the court at any time and the games are refereed by Breakers staff. The children play with a smaller ball size and a hoop set at 8ft. If needed, the referee will make modifications during the game to ensure a fun and fair game.

Year 3 -6

The first part of the session consists of a 10 minute warmup lead by a Breakers coach. After that, two 15 minute running clock halves are played. Each team has five players on the court at any time and the games are refereed by Breakers staff.

Flippaball

| | |
|-----------------------|---|
| Year Level | Years 1-6 |
| Term | Terms 1-4 |
| Club/ Organisation | New Zealand Waterpolo www.sportsground.co.nz/northharbourleague |
| Venue | Millennium Institute of Sport and Health Antares Ave Mairangi Bay |
| Schedule | Sunday afternoon from 2:00pm – 5:30pm (Y1-2) Sunday afternoon from 1:00 – 7:30pm (Y3-6) |
| Fees | Approx \$56 per term |
| Enrolment | End of term prior to competition, except Term 1 where it is the beginning of term |
| Uniform and Equipment | Children are required to provide swimming togs (no goggles) Flippaball caps are provided by NZWP |

Year 1 and 2 'Newbies' League

Run much the same as the Year 3-6 league but all games are held at the National Aquatic Centre. This means that the children are able to touch the bottom of the pool which helps them gain confidence and pick up the game easier before moving to the bigger pool.

Year 3-6

Flippa Ball is a modified version of Water Polo. Teams are limited to 10 players. Each team must have 6 field players and 1 goalie in the pool at one time. The game is usually played in the shallow end of the pool (approximately 1.3 metres) allowing most players to stand on the bottom of the pool. Players are permitted to walk along the bottom if they do not have the ball. If in possession of the ball, the player must swim or pass. Players must pass with only one hand. The game consists of two halves of 10 minutes duration.

Hockey

| | |
|-----------------------|---|
| Year Level | Years 3-6 Winter competition Years 1-6 Summer competition |
| Term | Terms 2-3 Winter competition Term 4 Summer Hockey |
| Club/ Organisation | North Harbour Hockey www.sportsground.co.nz/harbourhockey |
| Venue | North Harbour Hockey Stadium 60 Paul Matthews Drive Albany |
| Schedule | Monday afternoon |
| Fees | Term 2 and 3 approx \$100 Term 4 approx \$20 |
| Enrolment | End of term prior to competition |
| Uniform and Equipment | Children are required to provide: <ul style="list-style-type: none"> • School PE uniform and sports shoes • Navy Hockey socks (purchased from Just Hockey) • Shin pads and mouth guard • Hockey stick and ball Children will be provided with: <ul style="list-style-type: none"> • School polar fleece for Winter competition |

Six-aside hockey played across a $\frac{1}{4}$ turf is for less experienced players. Six-aside hockey played across a $\frac{1}{2}$ turf is designed for more experienced players and uses goal circles and penalty corners and is considered a stepping stone to the 11 aside game played at Intermediate School. Each game consists of two halves of 15 minutes duration.

Netball

There are two Netball leagues that run concurrently. Kidzplay Netball for Years 1-4 and Netball North Harbour for Years 5 and 6. In Term 4 the Year 4 girls have the opportunity to play in either/both leagues.

Junior Competition

| | |
|-----------------------|--|
| Year Level | Years 1-4 girls |
| Term | Terms 2-3 Winter competition Term 4 Summer competition |
| Club/ Organisation | Kidzplay Netball www.kidzplaynetball.co.nz |
| Venue | Pinehurst School Bush Road Albany |
| Schedule | Saturday morning from 8:45am until mid afternoon There are no cancellations due to weather |
| Fees | Term 2 and 3 approx \$50 Term 4 approx \$20 |
| Enrolment | End of term prior to competition |
| Uniform and Equipment | Children are required to provide: <ul style="list-style-type: none"> • White sports socks • Sports shoes • Navy 'netball' knickers • School top, part of School PE uniform Children will be provided with: <ul style="list-style-type: none"> • School Netball skirt • School polar fleece |
| Trials | All Year 4 children will be required to attend netball trials to determine the teams for the season. |

The Kidzplay League is an opportunity for Junior girls to learn ball skills, fair play and to enjoy playing in a team sport.

Year 1

Children play a non-competitive 6-a-side version of netball. They have two centres, two attackers and two defenders. They play on a $\frac{3}{4}$ size netball court, with a size 4 netball ball and shoot at 1.8m (6ft) goal posts. The game is 20 min long.

Year 2

Children play on a full size court, with size 4 netball and shoot at 2.3m (7ft 6in) goals. These children are placed into the traditional positions of netball but the main emphasis is on the understanding of passing the ball down the court towards their goal and then shooting a goal. The game is 30 min long.

Year 3 and Year 4

Children play on a full size court with size 4 netball and shoot at 2.6m (8ft 6in) goal posts. The players quickly develop their skills and understanding of netball. The game is 30 min long.

Senior Competition

| | |
|-----------------------|---|
| Year Level | Years 5-6 Winter competition Years 4-6 Summer competition |
| Term | Terms 2-3 Winter competition Term 4 Summer competition |
| Club/ Organisation | Netball North Harbour www.netballnorthharbour.co.nz |
| Venue | AMI Netball Centre Northcote Rd Northcote |
| Schedule | Year 5 and 6 Wednesday afternoon from 3:45pm - 6:00pm Depending on numbers a mixed Year 5/6 team may be entered |
| Fees | Term 2 and 3 approx \$80 Term 4 approx \$25 |
| Enrolment | End of term prior to competition |
| Uniform and Equipment | Children are required to provide: <ul style="list-style-type: none"> • White sports socks • Sports shoes • Navy 'netball' knickers Children will be provided with: <ul style="list-style-type: none"> • School Netball uniform consisting of Navy and Sky blue netball dress • School polar fleece |
| Trials | All children will be required to attend netball trials to determine the teams for the season. |

Year 5

Children play on a full size court with size 4 netball and shoot at 2.6m (8ft 6in) goal posts. The players rotate every quarter and change positions. The game is played in four quarters of 10 minutes. There is a 2 minute half time at the end of the second quarter.

Year 6

Children play on a full size court with size 5 netball and shoot at 2.6m (8ft 6in) goal posts. The players rotate every quarter and change positions. The game is played in four quarters of ten minutes. and will have a 1/2/1 minute interval at breaks.

Touch

| | |
|-----------------------|--|
| Year Level | Years 1-6 |
| Term | Term 4 |
| Club/ Organisation | Local Touch www.localtouch.co.nz |
| Venue | Marist Rugby grounds Albany |
| Schedule | Monday afternoons |
| Fees | Approx \$45 per term |
| Enrolment | End of Term 3 |
| Uniform and Equipment | Children are required to wear their school PE gear and sports shoes. You are unable to play in bare feet. Touch, rugby or soccer boots are fine as long as they have moulded sprigs, no metal. |

Competitive Touch is a game derived from rugby league where players do not tackle each other in the traditional, highly physical way, but instead touch their opponents using their hands on any part of the body, clothing, or the ball. It has a number of differences from the traditional game. The benefits of Touch include the requirement for very little equipment and its ease of learning

Schoolwide Sport

Swimming Sports

There is a schoolwide Swimming Sports Day in Term 1. This takes place in the school pool. It is usually around Week 6 and goes from 9:15am to approx 12:15pm. The date is published in the newsletter at the beginning of the year.

Children from all year levels participate.

5 and 6 year olds enter either the Walking and Kickboard races or the Kickboard and Freestyle races. They may also enter a Backstroke kicking race.

From the age of 7 children select, in consultation with their teachers, which races they enter; Medley, Freestyle, Backstroke, Breast stroke, Kickboard and Walking.

The day finishes with mixed house relays from the Middle and the Senior teams.

Athletics Sports

There is a schoolwide Athletics Sports Day in Term 4. For this day the children walk with their teachers to the Millennium Institute of Sport and Health. It is usually around Week 6 and goes from 9:20am to approx 2:15pm. The date is published in the newsletter at the beginning of the term.

Children from all year levels participate.

Children are participating the entire day, moving around in their age groups. They all participate in High Jump, Long Jump, Sprinting, Shot-put and Quoit Sling (modified Discus throwing).

The day finishes with house relays from the Middle and the Senior teams.

Representative opportunities

Throughout the year, teams are selected to represent the School in a variety of sports.

Interschool Athletics

A team represents St. John's at the Mid Bays Cluster Athletics held in Term 4 at the Millennium Institute of Sport and Health. It is open to children 8 years and older. We compete against four other schools. Children are selected based on their results at the school Athletics Sports Day. If the school Athletics Day is cancelled due to weather, the team will be selected by the School Sport Co-ordinator, in consultation with class teachers. The team consists of the top six boys and top six girls at each year level.

Interschool Basketball

Our top Year 6 Basketball team represent St. John's at the Mid Bays Cluster Basketball Tournament held in Term 2. We compete against four other schools. If there is no team or there are multiple Year 6 teams in the same grade, a team will be selected by the School Sport Co-ordinator.

Interschool Cross Country

A team of runners from Year 5 and 6 represent St. John's at the Mid Bays Cluster Cross Country held in Term 3 at Sunnynook Park. We compete against four other schools. Children volunteer to trial for Cross Country. They undergo training runs and then compete at a school level to gain a place in the team. The team consists of the top six boys and top six girls at each year level.

Interschool Netball

Our Year 6 teams represent St. John's at the AMI Netball Field Day in Term 2 or 3. The Senior Netball teams also have the opportunity to participate in the Hibiscus Coast Netball Tournament.

Interschool Rugby

Children who play Rugby for local clubs are trialled and a Small Blacks (tackle) team is selected from Year 5 and 6 to represent St. John's at the Rugby Field Days held over three days in Terms 2 and 3.

Children who play Rugby for local clubs or play Touch for the school are trialled and Rippa Rugby teams are selected from Year 5 and 6 and from Year 3 and 4 to represent St. John's at the Rugby Field Days held over three days in Term 2 and 3.

The Year 5 and 6 Rippa Rugby team may also represent St. John's at the Rippa Rugby Tournament held in Term 3.

Interschool Soccer

A team is trialled and selected from Year 5 and 6 children who play Soccer for local clubs to represent St. John's at the Mid Bays Cluster Soccer Tournament held in Term 2. We compete against four other schools.

Interschool Swimming

The North Shore Primary Schools Interschool Swim Meet is open to children 8 years and older. Children qualify and are entered based on set times. They compete at the National Aquatics Centre in a one day meet in Term 1. This meet is open to all North Shore Primary Schools.

Sporting Achievement

We value excellence, whether it be in skill, knowledge, attitude, behaviour or service, and strive to acknowledge and celebrate all children's achievement.

Any child or team who is awarded an achievement in any sport, not only from those sports run through the school, is encouraged to go to the Principal's office after the game to share their achievement. Their name is recorded and communicated in the School Newsletter. Their achievement is also celebrated by being called up in the weekly assembly.

End of season award trophies are displayed until their return in the School Office Foyer.

Player of the Day

These awards are designed to acknowledge and celebrate the outstanding attitude and achievement of the children. Each team will be issued a Player of the Day trophy. This trophy is awarded weekly by the coach to a child who has stood out for achievement, improvement, perseverance or attitude.

Every effort should be made to ensure that each child receives this award each season. However, it is only to be given when deserved. Some children may receive more than one before a child receives one.

Interhouse Sport Competitions

Nicola Jack Memorial Cup

This is presented to the winning house in Term 1 following the School Swimming Sports. The winning house is determined by the culmination of points gained by all children, Years 1-6.

Interhouse Athletics Trophy

This is presented in Term 4 to the winning house following the School Athletics Sports. The winning house is determined by the culmination of points gained by all children, Years 1-6.

Interhouse Soccer Trophy

This is presented in Term 4 to the winning house from the Yr 5 and 6 Interhouse Soccer Tournament. This is contested over a series of lunchtimes in the latter half of Term 4.

The trophies are displayed in the trophy cabinet in the School Office Foyer.

Senior Netball Trophies

The school presents 3 Netball trophies at the end of Term 3. The recipients are able to take these home after presentation. They need to be returned at the end of the year. These are then displayed in the trophy cabinet in the School Office Foyer.

The Dorrington Trophy for Goal shooting. This is presented to the winner of the Annual Goal Shooting Competition. This competition is open to all Year 5 or 6 Winter Netball players.

The Hardy Cup for Most Promising Player is awarded to the player who is considered to be the Year 6 player who has the highest skill level and who has the potential to have a successful future in netball past St John's. Although primarily chosen on skill level, this player should also have a good attitude on/off the court and at practice to enable them to have a future at a high level.

The Morgan Trophy for Overall Contribution to Netball at St. John's is presented to a Year player who has made an outstanding contribution to netball at St. John's.

Sport Photos

The school organises a professional photographer to take formal team photos. Teams photographed include Basketball, Flippaball, Hockey, Winter Netball and the School Representative teams for Swimming, Cross Country (dependent on date of photos), Rippa Rugby, Rugby, and Soccer.

Children are photographed in the uniforms that they compete in. Coaches and Managers of the teams are welcome to be included in the photograph if they wish. These photos are available for purchase through the school office. Purchasing information comes out in the newsletter.

