



# Belrose Public School

## SPORT AND FITNESS POLICY

### ***Rationale:***

**Belrose Public School has a long and proud tradition in both competitive and non-competitive sporting activities. Sport is an integral part of our school curriculum and we strive to achieve the best possible outcomes for our students. We recognise both the short and long term benefits that are provided through sport and will seek to provide opportunities for all students to participate in meaningful sporting activities. Sport is provided on a class, stage and whole school basis. School representative teams play in the Warringah Zone PSSA competition and individual students may represent the school at Zone, Area, State and/or National level in various sports.**

### ***Non Competitive Gala Days & Skills Sessions:***

From time to time the school may enter teams in gala days and/or organise sporting associations to conduct skills sessions at our school or a venue outside of the school. Entry for participation will usually be open to all students in the target group. The staff member coordinating the event will be responsible for selecting the teams or students that participate.

If there are a limited number of places, then available places will be filled on a first come basis until all positions are filled.

### ***Competitive Gala Days & Knockout Competitions:***

The Sport and Fitness Committee member responsible for gala days and knockouts will ensure relevant staff members receive information about upcoming competitive gala days and knockout competitions, linked to sports they coordinate.

To minimise disruption to classes and other school activities, we will enter teams in selected gala days and/or knockout competitions in one school year.

When making potential decisions regarding entry in competitive gala days and knockout competitions, the school recognises that such competitions are for students who are talented in sport and will therefore only enter teams that show a high level of skill and/or potential.

Students will be selected as per age group specified by the coordinating body. The Sport and Fitness Committee may elect to enter an existing team (e.g. a cricket/T-ball/softball/football/AFL team) that plays in the relevant weekly PSSA competition, in which case no trials need be conducted. If a team does not exist then the Sport and Fitness Committee will use their professional judgement and expertise to select a team by taking into account factors such as previous or external participation and/or proficiency in that particular sport. Alternatively the Committee may choose to conduct trials to select the required team/s.

### ***PSSA Sport:***

PSSA sport is for primary students only. The Warringah Zone PSSA determines the sports offered and the age/grade requirements for teams. The Sport and Fitness Committee recognises that the Belrose Public School community believes that the PSSA competitions exist primarily for students that display a high level of skill and/or potential in those particular sports, and teams selected must reflect this belief.

If more students indicate an interest in a team than there are positions, trials will be held. The school will always endeavour to hold at least two trials at which more than one teacher is present for at least part of each trial, before selecting a team.

When selecting students during trials, consideration will be given to those who best meet the selection criteria for each particular sport. This means that teams must be selected on merit with no special consideration given to age or grade level. Qualities common among selection criteria include:

- Behaviour
- Ability and strong skill level
- Sportsmanship
- Cooperation and attitude
- Commitment to training sessions
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The selection criteria does not give any consideration to past representation or external participation.

For students to be considered for selection they must be present for at least one trial.

Senior teams will be made up of students from Year 6 unless there are not enough Year 6 students to fill the team at trials. Year 5 students attending trials who display advanced skill and ability beyond other Year 5 peers may be selected to fill teams. Year 6 students have preference for senior teams.

Junior teams may consist of students from Years 3, 4 or 5 however, at Belrose only students from Years 4 and 5 may participate unless there are not enough students from Years 4 and 5 to fill teams.

Students in Junior and Senior teams must fulfil their obligations to their team for the entire season, or be faced with exclusion from the team. All PSSA students and their parents must sign a Warringah Zone PSSA Player/Spectator Code of Conduct.

**The team coach/coaches will have the final decision on team selection.**

### ***Warringah PSSA Zone Trials:***

The Sport and Fitness Committee member responsible for PSSA and Zone trials will nominate students to represent Belrose Public School at Zone trials. Most Area participants will be selected from Zone trials. As the level of skill required to represent our school at Zone or Area is very high, the coordinator may elect not to nominate students for trials. Generally students nominated will be those who can demonstrate an outstanding level of ability in a particular sport. As per Warringah Zone PSSA guidelines, it is preferred that no more than two students be nominated by any school unless exceptional ability can be proven.

### ***Warringah Zone PSSA Carnivals: (Swimming, Cross Country and Athletics)***

Students are encouraged to compete in our annual school swimming; Cross Country and Athletics Carnivals however, should only participate in events in which they are willing to compete in at the Zone Carnival. This is to help ensure that we are able to field our strongest possible team at Zone Carnivals.

Students who break an existing school record are acknowledged at the Stage 2 Presentation Day and/or the Stage 3 Presentation Night. This ensures that students who display outstanding ability are rewarded but helps maintain a fun atmosphere at school carnivals.

At the conclusion of school carnivals the Carnival Coordinator will select a team to represent Belrose Public School students at Zone level (based on times and results).

Age Groups: (Based on the age students are turning that year)

Juniors – 8, 9 and 10 year olds

11's – 11 year olds

Seniors – 12 and 13 year olds

Teams consist of: (NOTE: Current at time of typing)

### Swimming:

50m Freestyle = First three competitors

200m Individual Medley, 100m Freestyle, 50m Breaststroke, 50m Backstroke and 50m Butterfly = First two competitors

Relays = four fastest competitors in age category

### Cross Country:

Age events = First six competitors

### Athletics:

100m = First three competitors

200m and 800m = First two competitors

Field Events = First two competitors

Relays = four fastest competitors in age category

Students must compete in all events in which they are selected. If a student opts to withdraw from an event for which they have qualified then the school reserves the right to withdraw the student from the carnival.

If a student is absent from the school carnival or suffers illness or injury during the school carnival, and wishes to be included in the team to compete at the Warringah PSSA Zone Carnival then they may apply for a Special Entry. Such applications must be in writing and will be considered by a panel which will consist of the Sport and Fitness Committee and the Principal. To be successful, an application will have to show that the student has exceptional ability in that particular sport and an acceptable reason for not attending the carnival such as representing the school/Zone/Area/State at another school based activity. This is consistent with usual practice at Zone, Area, State and National level. The application will then be sent to the next level for consideration by the organiser.

### ***School Swimming Squad:***

Training is provided for the school swimming squad in Term 4 and again in Term 1 of the following year. The aim of the squad is to provide skill acquisition and fitness for students who are likely to represent Belrose at the Zone Swimming Carnival. Therefore, the school swimming squad will be selected in Term 4 and places will be offered to students in Years 2-5 who represented the school in that year's Zone Swimming Carnival. The school swimming squad should not exceed 30 students.

### ***Behaviour, Player Code of Conduct and Dress Code:***

All students who attend Belrose Public School are expected to display a high standard of behaviour at all times.

Students selected in sporting teams who fail to adhere to school rules and receive referrals and / or detentions for inappropriate behaviour will be withdrawn from the team for that Friday. Parents will not necessarily be notified of this decision.

Students who continually disregard school rules will be withdrawn from the team and sent to home sport for the remainder of the competition.

When chosen to represent the school at PSSA, Zone, Area, State, National, at Gala Days or any other external sporting event, students are expected to behave in an exemplary manner at school and both on and off the sports field. This includes wearing full school sports uniform.

Full school sports uniform includes wearing a school hat and necessary safety equipment for specific sports (i.e. helmet, shin pads, mouth guard etc.) Studs are only to be worn while playing sport. They must be removed upon return to school. The same applies to shin pads and other safety gear.

Students and parents are expected to sign a Warringah Zone PSSA Player/Spectator Code of Conduct prior to attending PSSA sport, Gala Days (competitive and non-competitive), Zone Carnivals and any other external sporting event. It is expected that students uphold the Player Code of Conduct at all times, which

they must agree to and sign. Failure to do so will result in possible exclusion from current and future sporting activities.

### ***Sport Awards:***

At Belrose Public School we believe that it is important to reward excellence and as such we acknowledge students who demonstrate outstanding ability and sportsmanship by distributing a number of awards.

The following awards will be presented at Monday Assemblies throughout the year:

- PSSA Sport Best and Fairest and Coach's Awards
- School and Zone Swimming, Cross Country and Athletics Carnival ribbons (if not presented at the carnivals themselves)

PSSA Sport Award winners are determined by the PSSA Sport Coaches and all decisions are final. Award winners should demonstrate one or more of the following:

- Outstanding ability
- Outstanding attitude, sportsmanship, teamwork and/or other desirable behaviour
- Improved skill and performance throughout the season

Parents will be notified if their child is to receive an award/ribbon prior to the assembly at which the award/ribbon will be presented.

The following awards will be presented at the Stage 3 Presentation Night/Stage 2 Presentation Day:

- New School Records in Swimming and Athletics
- Age Champion Awards for Swimming, Cross Country and Athletics
- Zone, Area or State Age Champion Awards for Swimming, Cross Country and Athletics (if applicable)
- State Cups for students who represent Sydney North at a NSWPSA Carnival (if applicable)
- Belrose Public School Champion Sports boy and Sports girl Awards
- House Cup
- Warringah Zone PSSA Champion Sports boy and Sports girl Awards (if applicable)
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Age Champions in Swimming and Athletics are determined using a points system (1<sup>st</sup> = 3 points, 2<sup>nd</sup> = 2 points, 3<sup>rd</sup> = 1 point) while in Cross Country the Age Champions are the first placegetters in each event. The Belrose Public School Champion Sports boy and Sports girl Awards are awarded to the boy and girl who score the most points under the system used by the Warringah Zone PSSA to determine their Champion Sports boy and Sports girl award winners. This system awards an increasing number of points for representing the school, Zone, Area and State at sporting events throughout the year.

### **Sports Committee**

# **WARRINGAH P.S.S.A.**

**(Primary Schools Sports Association)**

## **Belrose Public School – P.S.S.A.**

Congratulations on being selected as a member of a Belrose Public School PSSA team. Students who are representing Belrose Public School are expected to maintain the highest standards of sportsmanship and behaviour. It is a great privilege to be selected to represent Belrose Public School in sport. Your responsibilities are outlined below. Students who do not comply with these standards risk being excluded from PSSA activities.

### ***Players' Code of Conduct***

As a sport representative for Belrose Public School, I agree to:

- Play for the fun of it and not just to please parents and coaches.
- Compete within the rules and always abide by the referee's or umpire's decision (*Note: PSSA rules may differ from weekend sport rules*)
- Attend all team training and preparation sessions and be punctual.
- Never argue with an official. If I disagree, I will have my captain or coach approach the official during a break or after the game.
- Control my temper. Verbal abuse of officials or other players, deliberately fouling or provoking an opponent or throwing equipment is not acceptable or permitted in any sport.
- Work equally hard for myself and my team. My team's performance will benefit and so will I.
- Be a good sport. Acknowledge all good plays whether they are by my team or the other team.
- Treat all players as I would like to be treated. I will not interfere with, bully or take unfair advantage of another player.
- Co-operate with my coach, teammates and opponents. Without them there would be no game.
- Always wear the correct uniform and bring the required equipment.
- Take responsibility for my team's equipment. Help pack up and carry the kit after training and games.
- Tell my coach if I know that I will be absent from training or a game.

**I agree to follow the Warringah Zone PSSA Players' Code of Conduct.**

**I understand that breaches of this Code of Conduct may result in my withdrawal from future school sporting events.**

**I understand that my in-school behaviour may impact on my participation as a PSSA representative.**

Student's Name: ..... Signature: ..... Date:  
*Please print*

Parent's Name: ..... Signature: ..... Date:  
*Please print*

# WARRINGAH P.S.S.A.

(Primary Schools Sports Association)

Belrose Public School – P.S.S.A.

## Parents' and Spectators' Code of Conduct

I/We agree to remember and abide by the following rules and conditions at all sporting events:

- Encourage participation by my child (don't force them).
- Remember children compete for enjoyment.
- Provide a model of good sportsmanship for my child to follow.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. I understand that without them, my child could not participate. (*Note that PSSA rules may differ from weekend sport rules*).
- Allow officials to conduct the event without interference or intimidation.
- Remember that children learn best by example. Appreciate good performance and skilful play by all participants.
- Be courteous in my communication with players, team officials, game officials and sport administrators.
- Respect the rights, dignity and worth of every person regardless of gender, ability, cultural background and religion.
- Focus on my child's efforts and performance rather than whether they win or lose.
- Encourage honest effort, skilled performance and team loyalty.
- Ensure that these messages are communicated to other adults /spectators who may attend P.S.S.A. matches to support my child.

**I understand that a breach of this Code of Conduct may result in me/us being asked to leave the event immediately and may result in a ban from attendance at future sporting events.**

Name: ..... Signature: ..... Date:  
*Please print*

Name: ..... Signature: ..... Date:  
*Please print*