



Arndell

Anglican College



Junior School Sport Booklet 2023

We are delighted to provide this Junior Sport Booklet to our school community.

Junior School Sport involves many different events students have the opportunity to be involved in. Arndell carnivals, HICES/HZSA & CIS Carnivals, Gala Days, Stage 2 & 3 Afternoon Sport and Sporting schools clinics.

If you have any questions or require information, please email sport@arndell.nsw.edu.au

Kind regards

A handwritten signature in black ink, appearing to read 'Peter Gordon'.

MR PETER GORDON

Head of Sport/PDHPE

MRS SUSAN LANGFORD

Junior School Head of Sport



General Information

CARNIVALS

Arndell Junior School runs Carnivals in Swimming, Cross Country and Athletics. Students in Years 3-6 compete in these carnivals with the emphasis on skill development, participation, building resilience, strengthening house spirit and enjoyment. All students from years 3-6 will be attending this event. Students in year 2 are invited to attend. However, due to WHS regulations, any Year 2 students wishing to compete are required to send through confirmation of their sporting squad attendance.

Students will have the opportunity to qualify for Hills Zone Sports Association events (HZSA) for ages 8-13 years. Students will be required to be registered for their nominated events through forms posted to college communication (seesaw, Junior School Sports Scene or emails).

WEEKLY CLASS SPORT

Sport for Kindergarten to Year 6 students occurs on various days throughout the week in their timetabled class sessions. All students come to school wearing their Arndell sport uniform and participate in their sports program throughout the day. Students are required to bring their hats, a water bottle and any medication needed (eg Asthma puffer).

Students will have the opportunity to participate in Sporting Schools clinics for various sports during class sessions throughout the year. These are subject to scheduling and availability from providers.

Kindergarten – Year 6

All K-4 students participate in a weekly sports program on a chosen day throughout the week. This is a school-based program run by their classroom teacher. All K-4 students are involved in a class PE lesson for 50 minutes once a week with our Junior School Physical Education (PE) specialist teachers.

As part of the sports program, all K-2 students participate in a Swim and Survive program run by Coulter Swim School held in November.

SEMESTER SPORT- HILLS ZONE SPORTS ASSOCIATION (HZSA)

STAGE 2 SPORT (Year 3-4) Students

All Year 3-4 students participate in the weekly school sports program each **Friday period 5 & 6**. Students have the option to trial for HZSA sport, interschool sports program where they travel to various venues for their fixtures. Alternatively, students remain at school and participate in House Cup, a round robin tournament to earn House points each week. This program is supported by our secondary college students.

- Semester 1- Stage 2 Girls Basketball/Boys Football
- Semester 2- Stage 2 Girls Netball/Boys Basketball

STAGE 3 SPORT (Year 5-6) Students

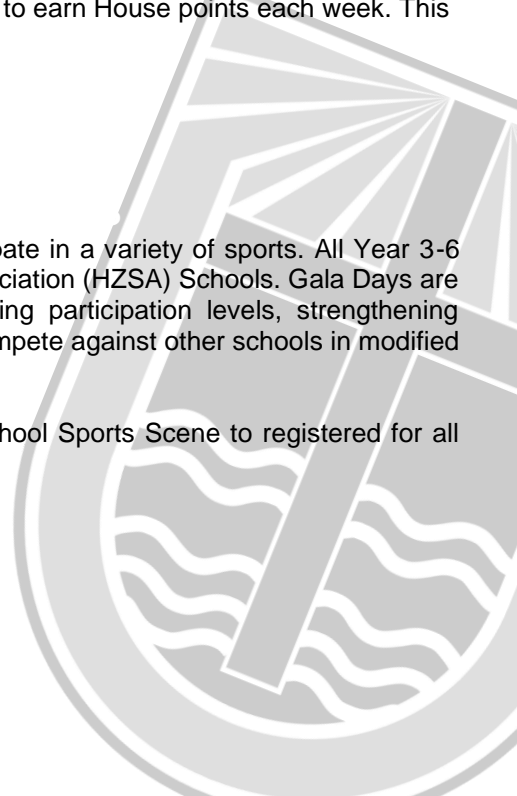
All Year 5-6 students participate in the weekly school sports program each **Wednesday period 5 & 6**. Students have the option to trial for HZSA sport, interschool sports program where they travel to various venues for their fixtures. Alternatively, students remain at school and participate in House Cup, a round robin tournament to earn House points each week. This program is supported by our secondary college students.

- Semester 1- Girls Touch Football/Boys.
- Semester 2- Girls Basketball/Boys Touch Football

Gala Days (One off event)

Gala Days are aimed at providing students with an opportunity to try and participate in a variety of sports. All Year 3-6 students participate in one Gala Day per year against other Hills Zone Sports Association (HZSA) Schools. Gala Days are non-competitive with the emphasis on learning new sports and skills, increasing participation levels, strengthening teamwork and building resilience. The aim of the event is to enable students to compete against other schools in modified games that suit their skill level. The days will include 3 different sports.

Expression of interest form will be advertised through seesaw and the Junior School Sports Scene to be registered for all college, HZSA and CIS trials.



HZSA/CIS NOMINATIONS AND SELECTION TRIALS

It is highly recommended that students interested in trialing for sports at this level are currently play representative sport or an elite level. Students in Years 3-6 have the opportunity of nominating their expression of interest to register for individual and team trials. When your child is nominating, your child has to demonstrate that they play the chosen sport at a high level. Evidence of performance may be required to justify nomination.

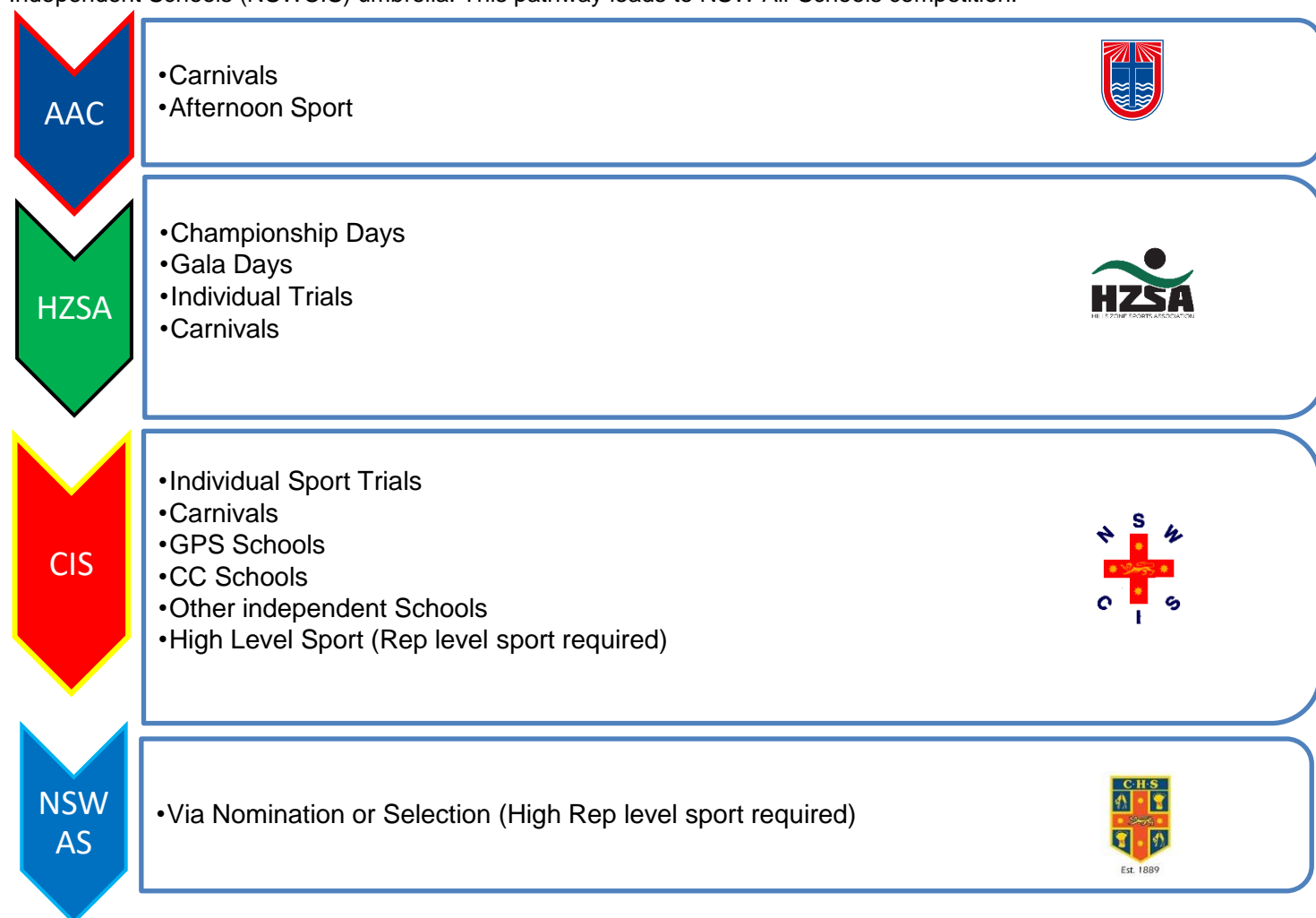
The trial process varies between sports. Some are individual nominations which require parent transport during school time as well as after school trial session. Other events require a college team to attend a gala day, where students are selected from to then qualify for CIS (Catholic Independent School) trials and teams. Please see the HZSA website for further information <https://hzsa.com.au/>. Students cannot be accepted after nomination closing dates. This is governed by the sporting associations outside the college.

Note: HZSA/CIS trials incur a trial levy which varies between sports.



INDIVIDUAL REPRESENTATIVE PATHWAYS | AAC > HZSA > AICES > CIS > ALL SCHOOLS > NATIONALS

Arndell Anglican College is part of the Hills Zone Sports Association, (HZSA) which is our zone level. HZSA is part of the Association of Independent Co-Educational Schools (AICES) (regional level). AICES is under the New South Wales Combined Independent Schools (NSWCIS) umbrella. This pathway leads to NSW All-Schools competition.



SPORTS INFORMATION NOTES

The Sport Information notes will be emailed out to families prior to the sport event/s commencing. For further Arndell Anglican College Sports Information, please contact the Junior School Head of Sport, Mrs Susan Langford susan.langford@arndell.nsw.edu.au or email sport@arndell.nsw.edu.au.

UNIFORM

Netball – Arndell netball dress, white socks, athletic shoes.
Football – Arndell football jersey, Arndell PE shorts, white socks, football boots, shin pads.
Touch Football – Arndell touch football jersey, Arndell PE shorts, white socks, athletic shoes.
AFL – Arndell jersey, Arndell PE shorts, white socks, athletic shoes.
House Cup- House polo and Arndell PE shorts, white socks, athletic shoes.

PLAYER EXPECTATIONS

The Sports program offered at Arndell encourages each student to develop a full range of personal, interpersonal and team skills. The program challenges each student to respect themselves and to respect others.

This commitment requires students to:

- Display positive and encouraging attitudes towards own team members and the opposition
- Use positive, encouraging language only
- Wear the correct sports or team uniform when representing the School
- Compete according to the rules
- Respect and abide by all decisions of teachers and officials without argument or insolence
- Thank the opposing teams and thank all officials at the end of the match
- Hand sanitize or wash hands

WET WEATHER

In the event of wet weather, the Arndell Sport will notify students and families of the cancellation of fixtures. Parents will also be notified via text or email message generated by the school communication system.

COMMUNICATION

The main avenue for information dissemination is via the Sport Scene and emails distributed by the Head of Sport & Junior School Head of Sport. The Sport Scene contains information regarding weekly draws, student achievement and up and coming important dates. Any details have that changed, cancelled or postponed game will be notified by SMS and email.

Parents are encouraged to share their student achievements to be broadcast.

Further information regarding representative sport can be found on <https://hzsa.com.au/> and <https://www.cis.nsw.edu.au/>.



PERMISSIONS | ARNDELL APP

All events including Carnivals and Representative sport require parent permission. Arndell Anglican College has an App that can be downloaded from the App Store, there is also the Parent Portal. Parents/Carers are asked to grant permission via the App or the Portal so their child is able to attend the event. On the App and the Portal, Event Information Notes are in PDF form which by clicking gives all information about the up and coming event. Please note: Once you grant permission for your child to attend or not attend you are unable to go back into the app and change permissions. If you need to change permissions, please email sport@arndell.nsw.edu.au



Arndell Parent App
user manual - v1 - Mε

FEEDBACK & REVIEW

The College is always seeking to provide our children with the best opportunities by streamlining processes so they are as efficient as possible. In this, both active staff monitoring and parental feedback is encouraged as we aim to share a positive partnership in the continuing development of the Arndell School Sports Program. The opportunity to hear constructive feedback regarding events, carnivals and other sport related events is therefore welcomed. Emailing the Head of Sport at sport@arndell.nsw.edu.au, is the best way to communicate your feedback. Please be aware that due to association structures which are out of our control, some feedback or ideas may not be feasible to modify or eliminate.

While the Sport Program aims to run to a high organisational standard, our philosophy of open and active monitoring means that staff are more than happy to be made aware of any concerns, should they arise. A polite email outlining the situation is the best way to communicate such a concern. Every attempt will be made to positively monitor a concern as soon as possible. Please be mindful staff always have the best interests of both parents and students at heart, and if cause for concern arises, considerate understanding best allows for an effective resolution.

CODE OF CONDUCT FOR STUDENTS & PARENTS

STUDENTS

Students are expected to commit to their sporting teams and turn up to all games, team meetings and training sessions. Teams are entered to HZSA based on student commitments and therefore fellow students are reliant on this.

At sporting carnivals, training sessions or other sporting competitions, whether competing, supervising, coaching or spectating, students must:

- Display positive and encouraging attitudes towards own team members and the opposition
- Use positive, encouraging language only
- Wear the correct sports or team uniform when representing the College
- Compete according to the rules
- Respect and abide by all decisions of teachers and officials without argument or insolence
- Seek clarification on any ruling only through the captain and in a respectful manner
- Shake hands with opposing teams and thank all officials at the end of the match

PARENT INVOLVEMENT & CODE OF CONDUCT

Parents can be involved in a number of different ways that work in with their own family commitments. Avenues to assist include: Helping out at carnivals, refereeing games (qualifications required) & being a spectator and encouraging their child's involvement in the College Sport program. Other ways parents can be involved is through sponsorship of equipment or sporting uniforms. Parents are expected to support their child's extracurricular endeavors by providing the necessary equipment and accompanying or facilitating their child's attendance at scheduled events for example: Gala Days, Carnivals and other sporting events and training sessions.

With College endorsed sporting events, parents and other spectators are expected to:

- Participate positively and demonstrate an attitude of encouragement towards official's staff, other parents, their own child, other students and competitors, valuing effort and enjoyment above victory
- Support all decisions made (parents are not entitled to criticize or seek clarification on the ruling of officials)
- Communicate with staff appropriately, whether in person, telephone or email, in a way that is polite and respectful. We always have student's best interests at heart and desire to work with the school community to resolve any issues that may arise

