



Arndell

Anglican College



Semester 1 2023

Secondary School Sport

Welcome back! We are looking forward to another great year for our sport program. Contained in this booklet is Semester 1 Sport information, uniform requirements and FAQ's. Draws will be posted weekly in the Sport Scene or can be found on the HZSA website. We trust you find this booklet helpful.

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

Kind regards

MR PETER GORDON

Head of Sport/PDHPE

COMMUNICATION

The main avenue for information dissemination is via the Sport Scene and emails distributed by the 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.

It is necessary for students to check emails daily for nomination dates, confirmations and last minute changes. It is a student's responsibility to check emails. All associations have strict cut offs that are always adhered to and it is the individual student's responsibility to seek information and to make application for sport opportunities they are interested in pursuing.



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 - Ma

TRANSPORT EXPECTATIONS AND STUDENT COLLECTION

Mini Bus or Company Bus Transport will be provided for all Afternoon Sport. Students and parents will be notified via email.

For events that require parent collection due to buses arriving after school hours or venue pick up, please be aware that students are expected to be picked up at the designated time on the permission note for their sport found via the app or the portal. Staff are required to, as part of their duty of care, to remain with students until they are collected. Please be mindful that staff have families and personal commitments at nights and so wish to leave promptly on their return back to the college.

In regards to a sport where the collection is outside of school hours, Parents are welcome to collect students from the sporting venue but we do ask that you notify the staff member so they are aware. Due to the use of charter buses, staff and students may be required to leave before your child is picked up, in which case the student will be

asked to get on the bus and return with the team as we cannot hold up a commercial charter bus waiting for a parent to arrive.

HZSA AFTERNOON SPORTS

The table below details what sports are available, the age divisions, where the sport is played and at what time for Semester 1, 2023.



HZSA Sports Semester One | 2023

Sports Information			
Sport	Years	Venue	Day/Time
BOYS SPORTS			
Basketball - Boys	7 & 8	Home & Away	Tuesday 4pm & (4.45pm if required)
Basketball - Boys	9 & 10	Home & Away	Thursday 4pm
Basketball - Boys	11 & 12	Home & Away	Thursday 4.45pm
Football - Boys	7	Valentine Park, Hills Grammar & School Venues	Thursday 4pm
Football - Boys	8 & 9	Valentine Park, Hills Grammar & School Venues	Wednesday 4pm
Football - Boys	10, 11 & 12	Valentine Park, Hills Grammar & School Venues	Monday 4pm
GIRLS SPORTS			
Futsal - Girls	7, 8 & 9	The Centre, Dural and School Venues	Tuesday 4pm
Futsal - Girls	10, 11 & 12	The Centre, Dural and School Venues	Tuesday 4.45pm
Netball - Girls	7	Kellyville Netball Courts	Monday 4pm
Netball - Girls	8 & 9	Kellyville Netball Courts	Monday 4pm
Netball - Girls	10, 11 & 12	Kellyville Netball Courts	Monday 4.45pm

AFTERNOON SPORT NOMINATION AND SIGN-UP PROCESS

In Secondary School the sporting avenues increase greatly for students. While there is certainly a higher level of competitiveness and greater attention on winning in Secondary school, the focus on fair play, enjoyment and teamwork are very much paramount to that context.

Wherever possible we seek to have all students involved in the Sports Program if they desire. Unfortunately, due to lack of interest for a team or HZSA (Zone governing body) restrictions, it means that some teams may not run or that trials are required for some teams meaning that students may miss out. Students are notified of status in the sign up process so that they are aware of entries and likely trials.

It is essential that students are certain that they can commit to the team for the entire season. Entries to HZSA competitions are based on sign ups and therefore having to withdraw a team just before or at the start of a competition impacts heavily on the HZSA administrator, other schools and can have impact on other students who have signed up for that particular team.

The Process is as follows:

Step 1) Sign Up with parent consent

Step 2) Team is entered into HZSA competition (based on commitments)

Step 3) Final trials for teams occur if more players have signed up than required for a complete team with reserves.

NB# *This means that even though you have signed up you may not be selected for the team.*

Step 4) Attend training and meetings and compete in HZSA Afternoon Sport

SPORT / TRAINING EXPECTATIONS

The sport program offered at Arndell is broad and exciting and 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.

It is encouraged that all student in years 7-12 participates actively in the sport program here at Arndell. We would appreciate that all students understand the commitment they are making to the entire sport program at Arndell.

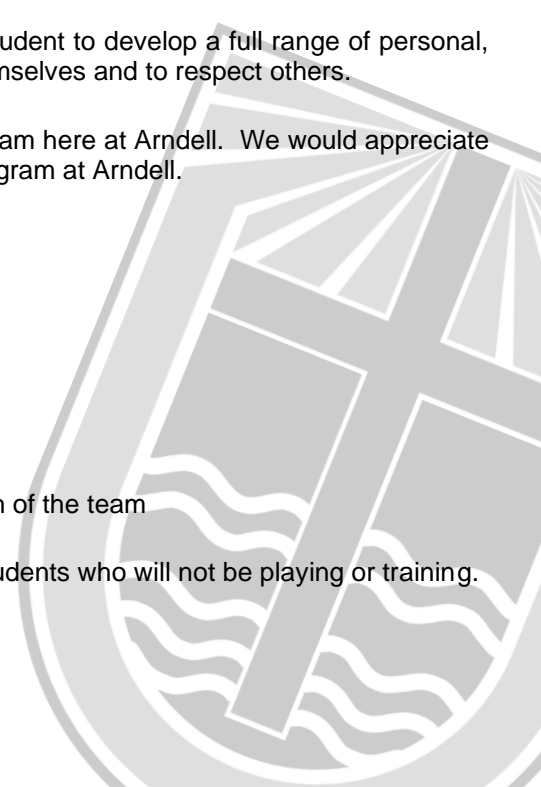
This commitment includes:

- Attendance at all training sessions except if injured or sick
- Attendance at all games, both home and away for the entire season
- Uphold the code of conduct (outlined above)

Reasons for absence from Training or a Game

- Absence / Sickness: Email sport@ardell.nsw.edu.au and email the coach of the team

It is an expectation that prior to a game/training, coaches are made aware of any students who will not be playing or training.



UNIFORM REQUIREMENTS

Visit <https://www.arndell.nsw.edu.au/content/uniform-shop> for shop location and hours

Students will require the following items for the selected Sport:

Basketball: Singlet

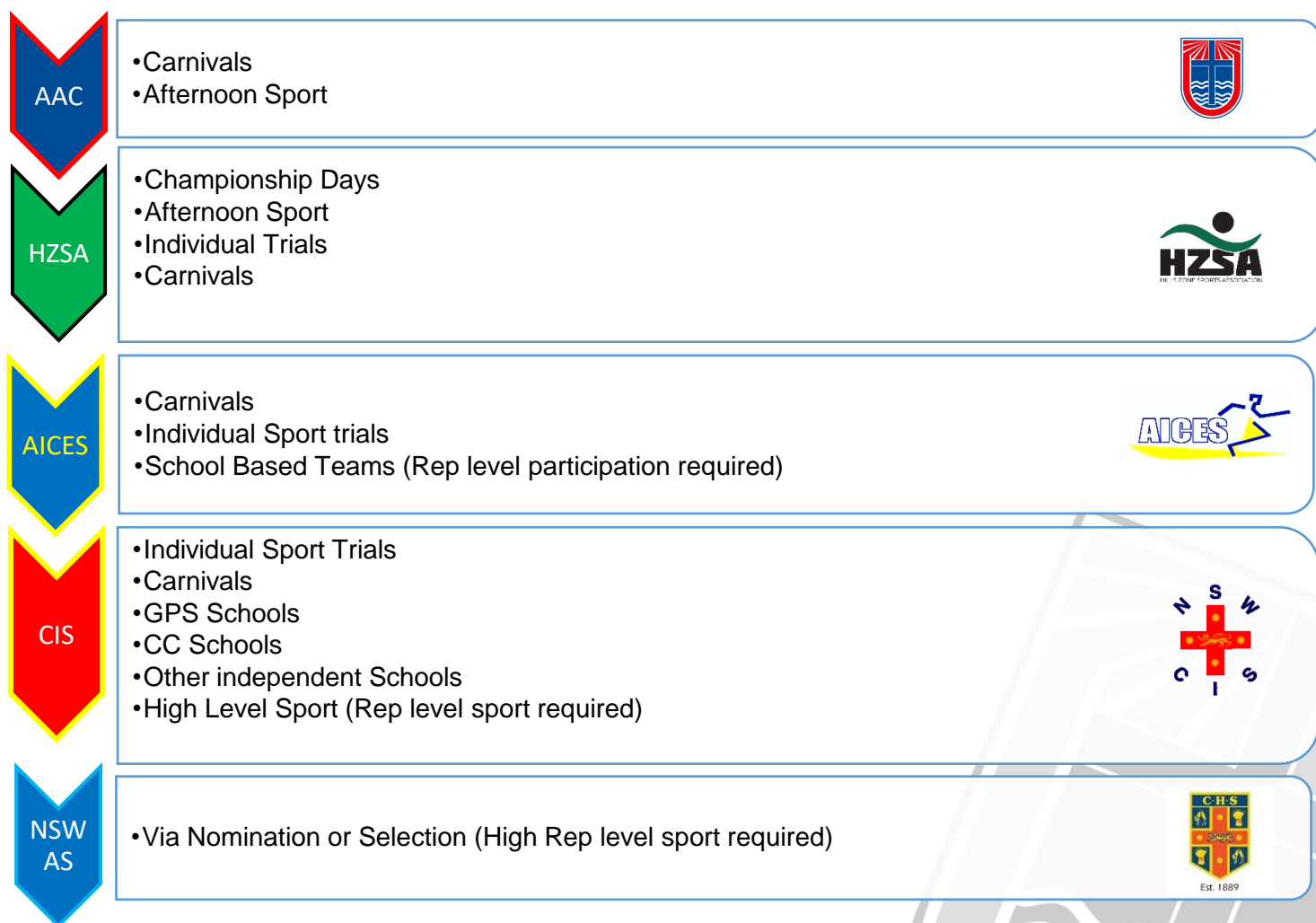
Football: Jersey and Socks

Futsal: Jersey and Socks

Netball: Netball Tunic supplied by the school and to be return at the end of the Semester, bloomers supplied by PDHPE team and billed to school account | approx.: \$25.00

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.



HZSA | AICES | CIS REPRESENTATIVE SPORT FOR INDIVIDUAL NOMINATIONS & TRIALS

The progression for our sport pathway is as follows: HZSA → AICES → CIS. As a student progresses down the pathway, the more competitive and skilful the level is. Students wishing to participate in representative trials should make application via the Head of Sport.

High level sports students may wish to nominate for trials at AICES and CIS level. AICES and CIS nominations invite students from regional areas, GPS schools, Independent Schools and Christian Schools. They are highly competitive trials and usually held as 'Open or U15's' trials.




Students must submit nomination entries to the Head of Sport. Discussion about the trial and student suitability will be based on representative history. Entry submission is not guaranteed and Arndell Anglican College will only send students who are competing at a reasonably high representative level in the nominated sport. Evidence of performance may be required to justify nomination. Students wishing to nominate for a NSWCIS team will need to speak directly, and in person to the Head of Sport.

The following applies for students wishing to nominate as an individual to trial at sports including:

AFL, Basketball, Cricket, Diving, Football, Hockey, Netball, Rugby Union, Rugby League, Softball, Tennis and Volleyball

For the sports of Swimming, Cross Country, Athletics, Touch Football students naturally progress based on their performance at the relevant carnival.

It is therefore important for students and parents to understand that not all students are able to nominate for sport trials. Please see the table below for expectations for each level:

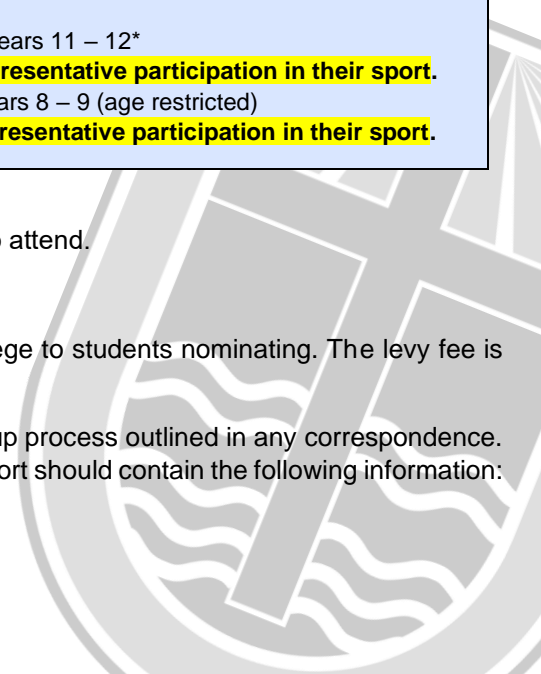
Representative Level	Expectation of Student
	<p>This level is our local zone level. While some sports are competitive, students are welcome to trial at events at this level. Therefore:</p> <ul style="list-style-type: none"> • Opens level can be attended by any students from years 9 – 12 • U15s level can be attended by any students from years 7 – 9 (age restricted) • Students should be playing the sport competitively, though not a requirement.
	<p>This is a high level of representation. Students from 72 independent schools have access to trial at these events. Therefore:</p> <ul style="list-style-type: none"> • Opens level can be attended by any students from years 10 – 12 Student must show evidence of representative participation in their sport ** • U15s level can be attended by any students from years 8 – 9 (age restricted) Student must show evidence of representative participation in their sport **
	<p>This is the highest level of representation in our pathway system. Students from all GPS, Christian and AICES schools have access to trial at these events. Therefore:</p> <ul style="list-style-type: none"> • Opens level can be attended by any students from years 11 – 12* Student must show evidence of HIGH-LEVEL representative participation in their sport. • U15s level can be attended by any students from years 8 – 9 (age restricted) Student must show evidence of HIGH LEVEL representative participation in their sport.

*If a student's is representing at state level in year 10, this would qualify a student to attend.

** Sport specific consideration is given.

There is an existing CIS levy for students nominating that is passed on by the College to students nominating. The levy fee is approximately \$26.00 for any trials attended at CIS Level.

Students wishing to nominate themselves for a HZSA team need to follow the sign-up process outlined in any correspondence. In general information that should be provided for ALL nominations to the Head of Sport should contain the following information:



Name
Date of Birth
School Year
Preferred Positions
Playing History



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 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 & 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 endeavours 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 criticise 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

SPORT FAQS

AFTERNOON SPORT QUESTIONS

Who can play afternoon sport?

Afternoon sport is for High schools students: Years 7 – 12. Divisions vary depending on the sport. It is welcome to all students, but they need to be aware that trials do occur in many sports which means they may miss out. Another avenue for sport includes the house competition (Inter-House Sports Cup).

What happens with trials for afternoon sport?

Trials only occur when absolutely required. Where possible we aim to avoid them so students do not miss out. However, unfortunately it does become necessary. Possible trials will occur in week 2-3 with those teams that require it. This will be arranged with the coaches once teams are confirmed for entry and numbers are finalised.

What Transport is provided?

The school provides minibus transport to and from the venues where possible. It is rare that this does not happen for any afternoon sport. Parents are welcome to come to games and watch and then take their child at the conclusion of the game. On the odd occasion when a clash of bookings occurs, teams and parents will be notified if this is required.

How do Training days work for teams?

Each coach will arrange with their team when a suitable time for training. Usually this will fall on the lunch time of the day the game is played, however this is not always the case. Some coaches and teams opt for either before or after school training.



REPRESENTATIVE SPORT QUESTIONS

How do Individual HZSA, AICES & CIS Trials work?

Most sports for HZSA and AICES that have the option to trial individually are either Open or U15. Students in year 7 should generally wait until year 8 at least before considering trialing though this is open to discussion depending on factors such as size of player and representative experience.

As for opens, students are welcome to trial at HZSA level without rep history, however for AICES level trialing, it will be necessary for the student to have a representative level history in order to nominate and the entry will then be considered by the Head of Sport for approval.

Most trials for AICES and CIS are full day trials. At HZSA level they are usually afterschool starting at 4 pm however, in 2020 they are experimenting with doing a couple of full day trials. These trials are usually held at either at schools or specialised sporting venues.

Are there costs involved?

*Most AICES sports do not cost anything. At CIS the nomination fee to trial is approx. **\$28.00***

Students who make HZSA, AICES or CIS teams are able to purchase gear such as jackets, polo shirts and tracksuits. Any fees incurred through HZSA / AICES / CIS will be billed to the student's term fees following the event.