



Arndell
Anglican College



Semester 2 2022

Secondary School Sport

We are looking forward to another great season of Semester 2 sport. Contained in this booklet is Semester 2 Sport information, uniform requirements and FAQ. Draws will be posted weekly in the Sport Scene or can be found on the HZSA website. We trust you find this booklet helpful. In order to adhere to government requirements, HZSA have a COVID-19 Safety Plans and Protocols that has been included at the end of this booklet.

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

Kind regards

MR PETER GORDON
Head of Sport/PDHPE

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@arn dell.nsw.edu.au



Arndell Parent App
 user manual - v1 - Ma



HZSA AFTERNOON SPORT | SEMESTER 2 2022

HZSA Semester 2 Afternoon Sport

Sport	Boys/Girls	Years	Venues	Match Days	Match Times
Cricket (T20/Super 8s) Edward.knowles@arn dell.nsw.edu.au	Boys	7 & 8	Home and Away	Thursday (Term 4 only)	4pm
Futsal Andrew.polkinghorne@arn dell.nsw.edu.au	Boys	7 & 8	The Centre Dural & School Venues	Tuesday	4pm & 4.45pm (if required)
Junior Touch Football Peter.gordon@arn dell.nsw.edu.au Katherine.simpson@arn dell.nsw.edu.au	Boys	7 & 8	To be confirmed	Wednesday	4pm
Senior Touch Football Peter.gordon@arn dell.nsw.edu.au	Boys	9, 10 & 11	To be confirmed	Wednesday	4.45pm
Volleyball austin.robison@arn dell.nsw.edu.au	Girls	Open	School Venues	Monday	4pm (4.45pm if required)
Basketball Hannah.binks@arn dell.nsw.edu.au	Girls	7 & 8	Home & Away	Wednesday	4pm
Basketball Sam.jackson@arn dell.nsw.edu.au	Girls	9, 10 & 11	Home & Away	Wednesday	4.45pm
Football Karen.merrick@arn dell.nsw.edu.au	Girls	7 & 8	Valentine Park & School Venues	Monday	4pm
Junior Touch Football Andrew.hutchinson@arn dell.nsw.edu.au Maddison.danckert@arn dell.nsw.edu.au	Girls	7 & 8	To be confirmed	Tuesday	4pm
Senior Touch Football Andrew.hutchinson@arn dell.nsw.edu.au	Girls	9, 10 & 11	To be confirmed	Tuesday	4.45pm

* Please note, the dates and times are subject to change due to unforeseen changes such as weather and venue change.

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.

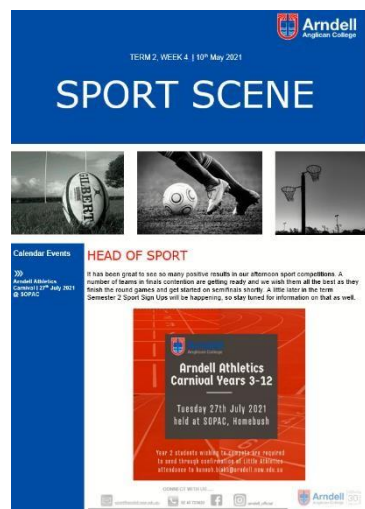
In regards to a sport where the collection is outside of school hours, Parents are welcome to collect students from the sporting venue but we do ask that you notify the staff member so they are aware. Due to the use of charter buses, staff and students may be required to leave before your child is picked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

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.



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 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@arndell.nsw.edu.au and email the coach of the team

It is an expectation that prior to a game/training that students contact coaches if they are unavailable due to illness or an unexpected reason.

UNIFORM REQUIREMENTS

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

Name	PE uniform Item Required	Cost
Basketball - Girls	Arndell Rep Singlet	\$40.00
Football - Girls	Arndell Rep Jersey & Socks	\$47.00
Indoor Cricket	Arndell Rep Jersey	\$47.00
Futsal - Boys	Arndell Rep Jersey & Socks	\$47.00
Touch - Boys	Arndell Rep Singlet	\$40.00
Touch - Girls	Arndell Rep Singlet	\$40.00
Rugby / Futsal / Football Long Socks	Arndell Rep Socks	\$21.00
Rugby Shorts	Arndell Rugby Shorts	\$35.00

PLEASE NOTE: These prices are subject to change.



INDIVIDUAL NOMINATION AND SIGN-UP PROCESS

Students wishing to participate in sports activities should make application via the Head of Sport. The Hills Zone Sports Association (HZSA) allows students to nominate for selected individual trials in specific sports areas. Nominations are required to be completed via the Head of Sport. Individual trials are usually held at U15 and Opens level.

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' trials. Younger students should be aware that they will be competing against year 11 and 12 students.

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 NSW CIS team will need to speak directly, and in person to the Head of Sport. There is an existing CIS levy for students nominating that is passed on by the College to students nominating. The levy fee is approximately \$25.00 for any trials attended at CIS Level.

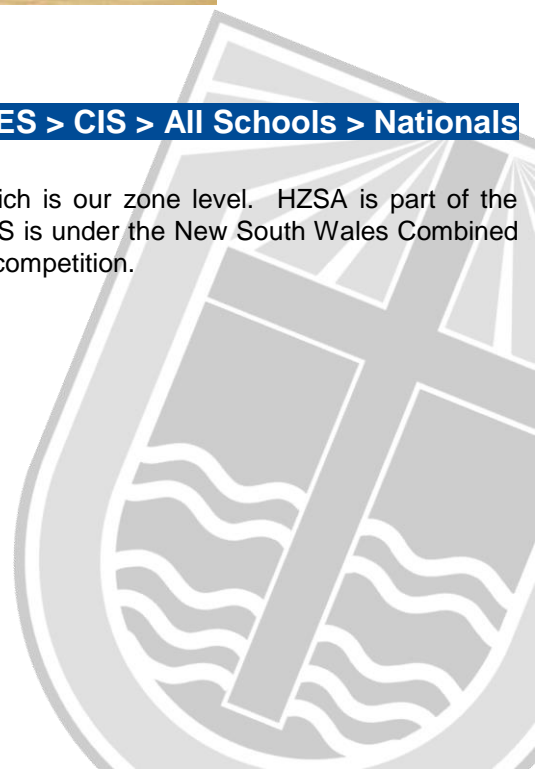
Students wishing to nominate themselves for a HZSA team need to follow the sign up process outlined in any correspondence. In general information that should be provided for ALL nominations to the Head of Sport should contain the following information:











- Name
- Date of Birth
- School Year
- Preferred Positions
- Playing History



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.

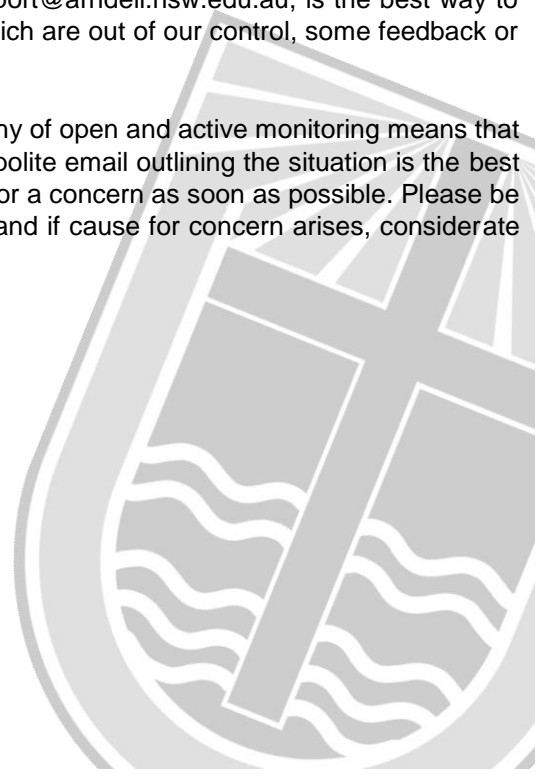


 <p>AAC</p>	<ul style="list-style-type: none"> •Carnivals •Afternoon Sport 
 <p>HZSA</p>	<ul style="list-style-type: none"> •Championship Days •Afternoon Sport •Individual Trials •Carnivals 
 <p>AICES</p>	<ul style="list-style-type: none"> •Carnivals •Individual Sport trials •School Based Teams (Rep level participation required) 
 <p>CIS</p>	<ul style="list-style-type: none"> •Individual Sport Trials •Carnivals •GPS Schools •CC Schools •Other independent Schools •High Level Sport (Rep level sport required) 
 <p>NSW AS</p>	<ul style="list-style-type: none"> •Via Nomination or Selection (High Rep level sport required) 

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. At venues 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.

Are there costs involved?

*Most AICES sports do not cost anything. At CIS the nomination fee to trial is approx. **\$26.00***

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.



HZSA COVID Guidelines for Players



Guidelines for Covid-19 Safe Return to HZSA Sport – Players

All players in HZSA Competitions need to ensure the following protocols take place at fixtures:

- All team members are encouraged to download COVIDSafe App
- Do not attend if you have any cold or flu symptoms, even if they are mild
- Communicate to parents that they should NOT attend to spectate at any venues. Some community sport venues may have a one spectator policy; however HZSA policy is no spectators across all venues.
- Contact with other players should be limited as much as possible, apart from in match play
- Maintain social distancing where possible. There should be no hi-fives or handshakes between players or officials. Team huddles should be avoided.
- Only use changerooms if absolutely necessary. Students should arrive at venues ready to play.
- Drink bottles should be named and not shared. Adequate drinking water should be brought to venues.
- Asthma inhalers should be named and not be shared
- Players should not share any food or beverages
- Leave the venue promptly at the end of fixtures

Hygiene

- Players, coaches and officials should practise good hygiene and wash hands at the start and end of fixtures. Soap and water should be used for hand washing or hand sanitiser can be utilised.
- Any players who access changerooms / bathrooms at half time must also wash hands thoroughly before returning to play
- Cover mouth and nose with tissue or sleeve with coughing or sneezing and dispose of tissue in a bin immediately
- Spitting or clearing of any nasal or respiratory secretions is not permitted and if necessary must be done into a tissue and disposed of immediately in a bin.
- Wash hands after sneezing or coughing
- Avoid touching face if hands are not clean

