This document is provided to inform students, parents and staff of the changes to sport at Cootamundra High School for 2014 and outline sporting opportunities and requirements. The majority of this document is in reference to school sport; however it does also contain some important dates and some notes which will need to be returned to school.
1. **Rationale**

Sport as an aspect of the school curriculum is an integral part of an individual’s physical, social and mental development. Exposure to opportunities to participate in a variety of enjoyable sporting/physical activities early in a person’s life is crucial to developing healthy lifestyle practices which can be maintained and promote quality of life.

Participation, enjoyment and skill development of all students are the cornerstone of school sport. Cootamundra High School values sport as part of our school curriculum and recognises it as an important part of our culture, and opportunity for moral learning.

The purpose of changes to Cootamundra High School’s sport structure and expectation of students in 2014 is to increase the value of sport and provide students with best possible physical activity experiences.
2. **DEC and Cootamundra High School Sport Expectations**

2.1 **Department of Education & Communities expectations** (information is extracted from the Policy Standards for *Curriculum Planning and Programming, Assessing and Reporting To Parents K – 12*.)

2.1.1 BOS and DEC states government schools curriculum’s must include a minimum of 80-100 minutes per week for sport in each of the Years 7, 8, 9 and 10.

2.2 **Cootamundra High School expectations**

2.2.1 All students in Years 7 – 10 participate in their timetabled sport (unless they have been exempted by the Principal with valid reason)

2.2.2 All students display our school’s values *Respect, Responsibility and Excellence* in the nature of their participation.

3. **Sport Structures**

3.1 In 2014 Cootamundra High School has changed our school sport structure to implement a model which incorporates both a *traditional* and a *scattered* sport structure.

3.1.1 Year 7 have their sport timetabled during periods 3 and 4 on Tuesday of each week. This will follow a scattered sports model, where this group participate in sports within their own year group and will have a predetermined program for the year.

3.1.2 Year 8 have their sport timetabled during periods 3 and 4 on Friday of each week. This will follow a Scattered sports model, where this group participate in sports within their own year group and will have a predetermined program for the year. The Shine program is likely to continue during Year 8 timetabled sport, where all Year 8 girls will participate in this program. The school is investigating programs which will provide similar welfare and developmental support to Year 8 boys.

3.1.3 Year 9 and 10 have their sport timetabled during periods 3 and 4 on Wednesday of each week. This will follow a Traditional sport model where students will receive information about *Sports Choices* and they will be able to select preferences each term.
4. Aims of Sport

- To provide opportunities for, and encourage participation by all students in a variety of sporting activities.
- Provide opportunities for competition and success to be experienced by all students while participating in sport.
- Promote positive physical, mental, social and emotional development of individuals.
- Provide a positive environment which fosters skill development and learning.
- To foster individual, team, Sporting House, school and community pride and spirit.
- To develop healthy lifestyle practices which individuals will feel empowered to maintain beyond their schooling.

5. Staff Roles & Responsibilities

5.1 Sports Organiser (Mr B Gale)

5.1.1 The role of the sports organiser is to ensure organisation is in place for the successful functioning of all aspects of sport. This includes school sport, carnival organisation, and carnival representations beyond the school level, gala days, knockout competitions and representative trials. In doing this the Sports Organiser must liaise with numerous others.

5.2 Deputy Principal

5.2.1 The Deputy will support teachers, the Sports Organiser and Head Teachers in effecting the schools Welfare Policy to address and manage student behaviour which escalates to level which necessitates Deputy Principal intervention.

5.2.2 The Deputy Principal will monitor student’s attendance and identifying patterns of unjustified absences. These issues will be dealt with through consultation with student and parents, and is necessary referred to the Home School Liaison Officer.

5.2.3 For students who present with an isolated request for leave from school during their timetables sport period/s for exceptional circumstances, the Deputy will consider the merit of each request on an individual basis. They may or may not grant permission. This request must be presented to the Deputy Principal in writing from parents prior to 9:00am.
5.3 **Head Teacher**

5.3.1 Head Teachers timetabled on to sport will teach the group and provide appropriate learning experiences which develop student’s skills and provide opportunities for participation in physical activities.

5.3.2 Head Teachers will support teachers in effecting the schools Welfare Policy to address and manage student behaviour during sport. Head Teachers will work with teachers to appropriately follow up any behavioural issues.

5.4 **Sports Teachers**

5.4.1 Teachers timetabled on to sport will teach the group and provide appropriate learning experiences which develop student’s skills and provide opportunities for participation in physical activities.

5.4.2 Teacher will collect necessary sports equipment from the PE storeroom prior to the sport sessions and return equipment at the end.

5.4.3 Accurately mark Sentral rolls at the beginning (and end) of sport sessions, and follow normal school procedures when discrepancies are encountered.

5.4.4 Indicate students who are out of uniform on Sentral when marking the roll.

5.4.5 Implement effective behavioural management strategies and refer persistent misbehaviour to the relevant Head Teacher.

---

**6. Student Responsibilities**

6.1.1 Participate enthusiastically in all activities in a sportsman like manner.

6.1.2 Student must where Sports Uniform and be appropriately prepared with a hat, sunscreen and drink bottle.

6.1.3 Through positive behaviour, participation and interactions with others, demonstrate our school values; **Respect, Responsibility & Excellence**.

6.1.4 Students who have an injury or medical issue which impacts on their ability to participate need to present a written note from parents to the sports organiser before 9:00am on the day of their sport. If it is a long term condition a doctor’s certificate will need to be provided.

6.1.5 Isolated requests for leave from school during timetabled sport period/s for exceptional circumstances must be presented in writing to the Deputy Principal prior to 9:00am on the particular day.
7. Dates

13th February – School Swimming Carnival
25th March - School Athletics Carnival
15th May - School Cross Country
21st February - Zone Swimming Carnival – Tumut
9th May – Zone Athletics Carnival
30th May – Zone Cross Country
7th March - Regional Swimming Carnival - Leeton
13th June - Regional Cross Country - Gundagai
24th June - Regional Athletics Carnival - Albury
6th - 8th April - State Swimming Carnival - Homebush
18th July - State Cross Country - Eastern Creek
4th September - State Athletics Carnival - Homebush.
7th November (likely date) - Cootamundra's Annual Touch Carnival

8. Websites

For additional dates, knockout or gala day information, Riverina and State sport information, refer to the following websites.

http://southernslopes.rssazones.com/
http://www.sports.det.nsw.edu.au/

9. Year 7 2014 Sports Program

Term 1: Swimming and Athletics
Term 2: Soccer and T-Ball
Term 3: Netball and Touch
Term 4: Cricket and Lifesaving/Swimming Program

10. Year 8 2014 Sports Program

Term 1: Swimming and Athletics
Term 2: Shine and Strength programs, WXT Fitness and Soccer
Term 3: Shine and Strength programs, WXT Fitness and Basketball
Term 4: Rotation of various sports and Lifesaving/Swimming Program
11. Year 9 & 10 Term 1 Sports Choices

Please read the following sport information carefully before choosing the sport/s you would like to be involved in Term 1 2014.

At present, students will meet in the quad at the end of recess to have their roll marked and await further instructions prior to sport each Wednesday.

Students wishing to participate in sports which are held off school grounds must have the permission note ‘Permission to attend and use sporting venues outside Cootamundra High School grounds’ filled in and returned to Mr Gale (attached).

The following sports are offered to Year 9 & 10 students for Term 1 2014. Please discuss this with your child, considering costs and interests, and then fill in the return section of this sheet and return it to the box outside the PE staffroom by Thursday 6th Feb.

---

**Year 9 & 10 Term 1 Sport Choice Return Slip**

NAME: ________________

Select 3 sports as your PREFERENCES AND NUMBER THEM 1-3. Return completed sheets to the box outside the PE staff room by Thursday, 6th February.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>VENUE</th>
<th>COST</th>
<th>Preference (Number choices 1 – 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gym (a combination of structured classes and individual workout time)</td>
<td>Come Alive</td>
<td>$6 to $8 depending on student numbers</td>
<td></td>
</tr>
<tr>
<td>Multi sports</td>
<td>Stadium</td>
<td>$3</td>
<td></td>
</tr>
<tr>
<td>Lap Swimming &amp; Water Polo</td>
<td>Pool</td>
<td>$2</td>
<td></td>
</tr>
<tr>
<td>Softball</td>
<td>School</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Fitness Walking</td>
<td>School/various</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Lawn Bowls</td>
<td>Country Club</td>
<td>$1</td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td>Country Club</td>
<td>$2</td>
<td></td>
</tr>
<tr>
<td>Beach Volleyball</td>
<td>Beach Volleyball</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>Town Tennis</td>
<td>$1.00 per</td>
<td></td>
</tr>
<tr>
<td>Cricket</td>
<td>Clarke Oval</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>
12. Permission to access and use sporting venues outside the Cootamundra High School grounds.

From time to time, Cootamundra High School uses a variety of town facilities to run both its Sporting and PDHPE programs. As part of Cootamundra High School’s Sport and PDHPE Policy, parents and carers are required to provide permission for students to attend and utilise venues around the town that are not on the school’s premises.

This allows students to:

i) Walk to and from a sporting venue, oval or facility in Cootamundra under staff supervision for school sport.

ii) Walk to and from a sporting venue, oval or facility in Cootamundra under staff supervision for PDHPE lessons.

iii) Use the sporting venue, oval or facility, (including the town pool) under the supervision of a staff member/s.

This permission note once signed, is valid for the duration of the student’s time at school and does not need to be reissued every year.

If circumstances change, parents and carers are asked to contact the school so that amendments to the above mentioned can be made.

Please detach and return this note to the front office, and keep the top for your own reference.

Yours sincerely,

Mr Brendan Gale
Sport Coordinator

Mr Neil Reaper
Principal

__________________________________
Name of student: __________________________ Year: __________

__________________________________
Parent/carer name: ____________________________________________

__________________________________
Parent/carer signature: __________________________ Date: __________

Please return this note to the front office ASAP.