

Sport at Seatoun School

At Seatoun School we pride ourselves on our sporting successes. This has been achieved through parents, teachers and children encouraging students to take part in our extensive sporting culture. This booklet is designed to give you a general overview of sport at Seatoun School, to help you to make decisions for you and your child and to inform you of what lies ahead.

We hope you find it useful.

The P.E Committee

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Major School Events

School Athletics Day

Seniors:	Date:	15 th March
	Postponement Date:	17 th March
Juniors:	Date:	22 nd March
	Postponement Date:	24 March

Eastern Zone Athletics Qualifications

Lunchtime trials will be held in Term 4 to determine entries for the Eastern Zone event.

- **Clothing:** Appropriate footwear must be worn
- **Venue:** Seatoun School
- There will be no retrials for students.

School Cross Country

Date: th May

Postponement Date: th May

EZ (Eastern Zone) Qualifications: The top 5 runners from years 4-8 will be chosen

Clothing: Appropriate footwear is vital e.g., Runners not cross-trainers

Venue: Seatoun School

School Swimming Sports

Date: 30th June

Eastern Zone Qualifications: Children will be chosen during the school swimming sports based on their placing. However, the relay teams will be chosen based on the best club swimmers, regardless of their place in the 25m freestyle.

Clothing: Togs, Towels, goggles, swim-cap (if needed)

Venue: Kilbirnie Aquatic Centre

After School Sports

Netball

Season: Term 2 and Term 3

Practice times: To be confirmed

Parent coaches: Still required

Teacher in charge: Hannah Abrams hannah.abrams@seatoun.school.nz

Cost: \$35 per player (We apologise for the increase in cost from last year. This coincides with the increase made by Motu Kairangi).

Fun Ferns

Season: Term 2

Practice times: To be confirmed

Parent coaches: still required

Teacher in charge: Louise Noble

Email: louise.noble@seatoun.school.nz

Cost: \$35 per player

Touch Rugby

Season Starts: Term 1 and Term 4
Practice times: Lunchtimes
Teacher in charge: Sam Broadmore and Aaron Wright
Email: sam.broadmore@seatoun.school.nz,
aaron.wright@seatoun.school.nz,
Cost: \$22 per person

Mini Ball

Season Starts: Term 2 and Term 3
Practice times: To be confirmed
Teacher in charge: Jemma Rapson
Email: jemma.rapson@seatoun.school.nz
Cost: To be confirmed

Waterpolo

Season starts: Term 1 and Term 4
Venue: Wellington Regional Aquatic Centre, Kilbirnie
Practice times: TBC

Teacher in Charge: Aaron Wright and Jemma Rapson
Email: aaron.wright@seatoun.school.nz,
jemma.rapson@seatoun.school.nz
Cost: \$40 per player, plus pool fees at each session

Flippaball Y5-6

Season: Term 1 and Term 4
Venue: Wellington Regional Aquatic Centre, Kilbirnie
Practice times: TBC

Teacher in Charge: Aaron Wright and Jemma Rapson
Email: aaron.wright@seatoun.school.nz,
jemma.rapson@seatoun.school.nz
Cost: \$40 per player, plus pool fees at each session

Guidelines for parents with children involved in after school sport at Seatoun School

Teacher's Role

Overseeing teachers provide the initial information about which after school sports are available and send notices home to the families of children who have shown an interest in becoming involved. They collate the information and then help the coach with the co-ordination of the sport, providing the coach with encouragement and support as necessary.

Parent Coaches

The onus is on the parents to coach and manage the teams. The coach should liaise with the teacher overseeing the sport prior to the season and during the season as necessary. (A separate set of guidelines has been written for coaches.)

In the unfortunate situation of no parents offering to coach, either the sport does not happen or a teacher may offer to provide some practice sessions. In this situation a weekly parent roster would be organised for supervision of the children at the game and the teacher would attend games when possible.

Etiquette at games and practices

Please remember that parents need to set an example for children to follow and provide positive encouragement.

Please respect the coach and referee, including the decisions that they make. They will be trying to do their best and trying to be fair for everybody.

Please enable the coach to coach the children prior, during, at the interval and straight after the game.

Please remember that parents as well as children are representing Seatoun School.

Please abide by and encourage the children to abide by the School Rules and Values.

School Values

Respect

Compassion

Perseverance

Giving

Honesty

Responsibility

Pride

Information

When your child shows an interest in a sport the notice that comes home has a reply slip, please ensure that all medical information necessary is included so that coaches are aware of possible occurrences and can be more prepared to cope. Please include home phone numbers and emergency phone numbers so coaches can ring when necessary and be able to contact parents in the case of an emergency.

Attendance of practices and games

Children are expected to attend practices and be on time. (Children cannot expect to have equal game time if they do not attend practices.) Children are expected to be at the game venue before their game time so they can get ready and hear the advice from the coach. Unless otherwise specified by the coach, 15 minutes prior is a good idea. If your child is unable to attend a practice or game please advise the coach as soon as possible.

Playing for Seatoun School

We would expect that if the school was offering a particular sport that the child would play for a Seatoun School team. However if you do choose to play for a club or join another school team, it is advised that you notify the Teacher in Charge of that sport before the teams are put together.

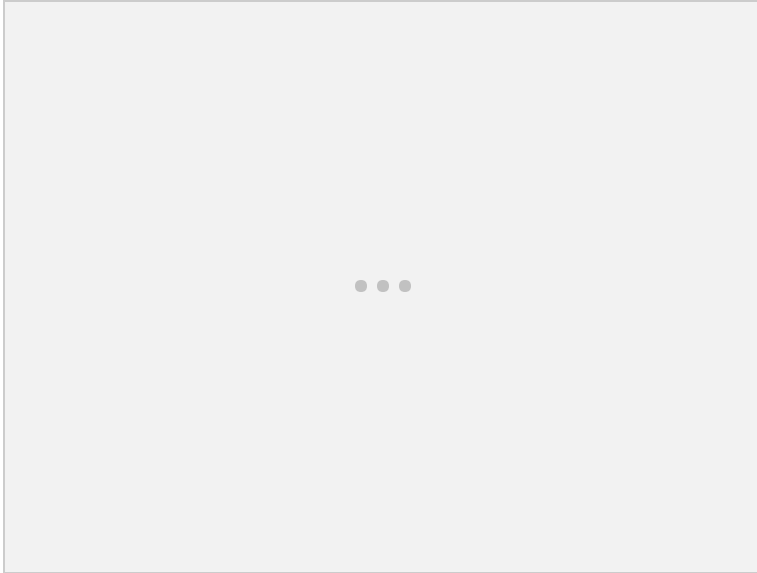
Transportation of children

Parents need to ensure that their child is at the practices and games. Parents need to be at the practice or game venue by the stated finish time ready to collect their child. Some parents choose to car pool. If your child is to go home with anybody else please send a note to the coach stating who is picking the child up. Coaches should not be expected to be a babysitting or transportation service.

Uniform and equipment

All children involved with after school sports games need to have a school t-shirt. These can be purchased through the office. Children must have their own water bottle and must not share with other people. Children must have necessary medical equipment with them at practices and games (eg. Asthma inhaler) and the coach must know where they keep it. Other clothing and equipment necessary will be specified. Some sports may require children to have a change of clothing available to go home in.

If you have queries, first speak to the coach if necessary. The teacher overseeing the sport is the next person to make contact with.



Guidelines for Coaches

- Refer to the School Rules and Guidelines for expectations and discipline.
 - Expecting children to stop, look and listen to you (self control and respect).
 - Expect children to do what you ask them straight away (respect).
 - Expect children to be at practices.
 - Expect children to be at the game so many minutes prior to starting.
- Prepare notices. See sheet on preparing a notice. Ask the teacher overseer to check prior to photocopying.
- Ensure that parents receive ample notice of game times. League information can be faxed to the school office on 388 9380 but must be labelled clearly with the name of the teacher overseeing the sport.
- Keep a list of children's phone numbers and their medical needs, to enable contact with caregivers if necessary. Take whatever medical precautions are necessary. For asthmatics - know which bag is theirs and where their inhaler is kept in it. Take a first aid kit to games or know where one can be accessed from.
- Start and finish practises on time.
- If there are any discipline issues speak to the teacher overseeing the sport.

- Please observe hall protocol.
 - No food or drink in hall
 - No marking shoes
 - Put equipment away
 - No children allowed in PE store room
 - Shut all windows and doors
 - Turn lights off

- Keep children in your care 'under control'. This includes staying in the appropriate area. The school is locked at 3:15 pm and any door unlocked or opened will not be checked again. (This has been a particular issue in the corridor outside the office, heading down towards the technology room).

- Look after equipment. There are specific ways that the netball poles and basketball goals are moved and set in place. Ask the teacher overseeing your sport to show you these. Also ask the teacher to show you where to get the key for the PE storeroom and hall lights.

- The medical room is in the office area. Ask the teacher overseeing your sport to show you where things are. If a medical need arises while in school grounds you can request teacher assistance (try the staffroom or closest teacher).

- Give children a fair amount of playing time. (If they didn't practise, is it fair that they play an equal time as those who did turn up for a practice?)

- If a child discloses any 'Keeping Ourselves Safe' information, tell them that you will help them by telling the teacher overseeing the sport and they will take appropriate actions from there.

- If a child has had a serious injury, work with the teacher in charge and maybe request to see a Doctor's note or parental note regarding being ok to play again.

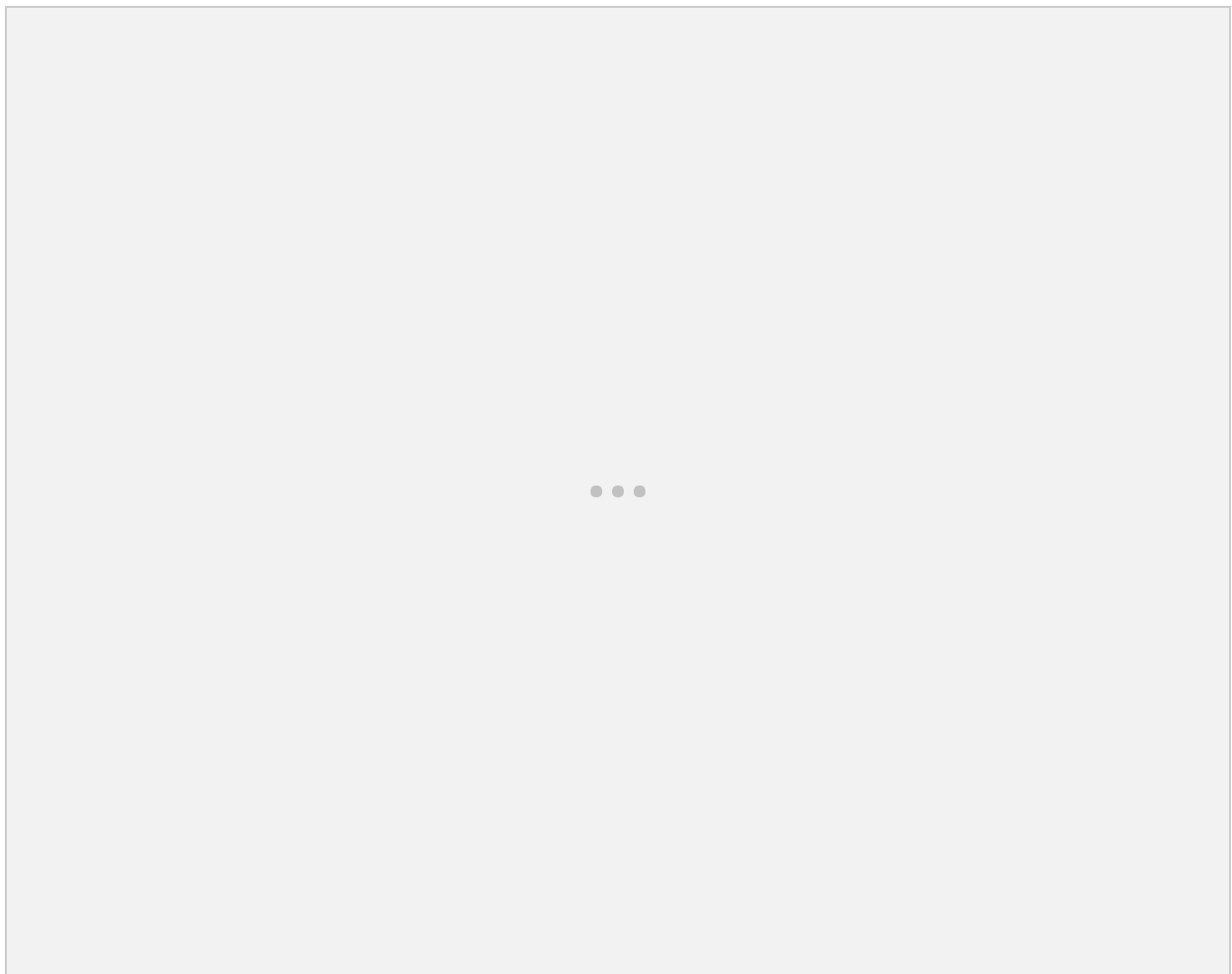
- **Always help the children warm up and warm down before and after practices and games.**

- Children want and need to succeed so give positive experiences and praise them when they do well. This doesn't have to mean they have to win the game, but that they have improved in some area. Help children to work out what their next goal is, so they can tell that they are improving and succeeding.

***Thank you for coaching one of our School Sports
Teams.***

We hope that you find these Guidelines useful.

If you have any queries speak to the teacher in charge of the sport you are coaching. If you need further assistance or have ideas for what else to include in these guidelines please speak to the teacher in charge of sport.



Eastern Zones Events 2016

These are interschool events that take place during the term. Each school in the Eastern zone region of Wellington usually select their best players to take part. Any student from Y4-8 is eligible to try out for the teams. These events are run during school time.

Please note that the cost for travel for these events varies depending on the location of venue and the number of students involved. Once a price has been set based on your child's expected involvement, refunds are unable to be given if he/she is unable to attend the event.

Rippa Rugby

Year 5 - 8

Date: **TBC**

Venue:

Evans Bay Park and Kilbirnie Park

Teacher in charge:

& Aaron Wright

Football

Year 4 - 6

Date: **23 March**

Year 7 - 8

Date: **30 March**

Venue:

Miramar Park

Teacher in charge:

TBC

Netball

Year 4 - 8

Date: **18 May**

Venue:

ASB Centre

Teacher in charge:

Hannah Abrams & jemma Rapson

Cross Country

Year 4 - 8

Date: **01 June**

PP 3 June

Venue:

Macalister Park

Teacher in charge:

Aaron Wright

Interzone

Date:

Regionals:

Date:

Inter- Regionals:

Date:

Tackle Rugby

Year 5 - 8

Date: To be confirmed

Venue:

To be confirmed

Teacher in charge: Sam Broadmore & Aaron Wright

Swimming

Year 4 - 8

Date: 26 August

Venue:

Kilbirnie Aquatic Centre

Teacher in charge:

Aaron Wright

Interzone:

Date: **TBC**

Athletics

Year 4 - 8

Date: 9 November

PP 16 November

Venue:

To be confirmed

Teacher in charge:

Aaron Wright

Interzone

Date:

Regionals:

Date:

School Values

Respect

- Yourself
- Your opposition
- Your coaches
- Your team

Responsibility

- Take responsibility for your actions on the field and don't blame others.

Perseverance

- Never give up!

Positivity

- Be positive about the game and your teammates, even if things are not going your way.

Giving

- Play fairly and involve other children who are learning the game, or are not as good as you.

Honesty

- Be honest, and help the officials to keep the game honest and fun.

Compassion

- Help other players if they are hurt or upset.
- Forgive others if they make a mistake because nobody makes mistakes on purpose.



SPORTS CALENDAR 2016

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9	10	11	12 <i>Aquatics</i> Y3-4	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 <i>Aquatics</i> Y5-6	3 <i>Aquatics</i> Y7-8	4 <i>Aquatics</i> Y3-4	5 <i>School</i> <i>Athletics</i> Year 3-8	6	7	8
9 <i>Aquatics</i> Y5-6	10 <i>Aquatics</i> Y7-8	11 <i>Aquatics</i> Y3-4	12 <i>School</i> <i>Athletics</i> Year 3-8 <i>PP</i>	13	14	15
16 <i>Aquatics</i> Y5-6	17 <i>Aquatics</i> Y7-8 <i>School</i> <i>Athletics</i> Year 1-2	18 <i>Aquatics</i> Y3-4 <i>School</i> <i>Athletics</i> Year 1-2 <i>PP</i>	19	20	21	22
23 <i>Aquatics</i> Y5-6	24 <i>Aquatics</i> Y7-8	25 <i>Aquatics</i> Y3-4	26	27	28	29
30 <i>Aquatics</i> Y5-6	31 <i>Aquatics</i> Y7-8					

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <i>Aquatics</i> <i>Y3-4</i>	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13 <i>EZ Netball</i>	14	15	16	17
18	19	20	21	22	23	24
25	26	27 <i>EZ X-Country</i>	28	29	30	31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3 <i>EZ X-Country PP</i>	4	5	6	7
8	9	10	11	12	13	14
15	16 <i>IZ X-Country</i>	17	18 <i>IZ X-Country PP</i>	19	20	21
22	23	24 <i>EZ Football</i>	25	26	27	28
29	30 <i>School Swimming Year 3-8 Regional X-Country</i>					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13 <i>EZ Swimming</i>	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11 <i>EZ Athletics</i>	12	13	14	15
16	17 <i>IZ Athletics</i>	18 <i>EZ Athletics PP</i>	19 <i>IZ Athletics PP</i>	20	21	22
23	24	25	26	27	28	29
30						

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 <i>Regional Athletics</i>	2	3 <i>Regional Athletics PP</i>	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			