

Sports Booklet 2019



At Seatoun School we pride ourselves on our sporting success. This is 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. It aims to help you to make sporting decisions as well as keeping you informed of up and coming events.

We hope you find it useful.

The P.E Committee

What will you find in this booklet?

- Major School Events
 - After School Sports
 - Teachers Role in Sports
 - Parent Coaches Information
- Attendance at Practices and Games
 - Transportation of children
 - Uniform and Equipment
 - Guidelines for Coaches
- Eastern Zone Sports Events 2019
 - SPORTS CALENDAR 2019

Major School Events

School Athletics Day

Seniors (Yr 3-8):	<i>Date:</i>	11th March
	<i>Postponement Date:</i>	14th March
Juniors: (Yr 0-3):	<i>Date:</i>	26th March
	<i>Postponement Date:</i>	27th March

Eastern Zone Athletics Qualifications

After a successful trial in 2017, a competitive Athletics Trial Day will be held in Term 4 (**22nd October, pp 24th October**) to determine entries for the Eastern Zone event.

Clothing: Appropriate footwear and clothing must be worn

Venue: Seatoun School

NB: students must be present on the day of our school trials to qualify.

School Cross Country

Junior/Seniors	<i>Date:</i>	14th May
	<i>Postponement Date:</i>	16th May

Eastern Zone Cross Country Qualifications:

The top **6** runners from years 4-8 will be chosen

Clothing: Appropriate footwear is vital

Venue: Seatoun School

School Swimming Sports

Seniors (Yr 3-8)	<i>Date:</i>	6th Aug
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Eastern Zone Swimming Qualifications:

Children will be chosen during the school swimming sports based on their placing. The top 2 for each event per year group and gender qualify. The top 4 in the 25m freestyle qualify for the team relay per year group and gender.

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

Venue: Kilbirnie Aquatic Centre

After School Sports

Netball Yr 5 - 8

Season: Term 2 and Term 3
Practice times: To be confirmed
Parent coaches: Still required
Teacher in charge: Marie Dacombe-Bird
Email: marie.dacombe-bird@seatoun.school.nz,
Cost: \$70 per player
(This cost includes netball uniform rental for the season)

Fun Ferns Yr 1- 4

Season: Term 1 & 4
Practice times: To be confirmed
Parent coaches: Still required
Teacher in charge: Marie Dacombe-Bird
Email: marie.dacombe-bird@seatoun.school.nz,
Cost: \$28 per player

Mini Ball Yr 3 - 6

Season: Term 2 and Term 3 (12 week competition)
Practice times: To be confirmed by coaches
Teacher in charge: Jemma Rapson
Email: jemma.rapson@seatoun.school.nz
Cost: \$60 per player

Basketball Yr 7 - 8

Season: Term 2 and Term 3 (12 week competition)
Practice times: To be confirmed by coaches
Teacher in charge: Jemma Rapson
Email: jemma.rapson@seatoun.school.nz
Cost: \$60

Touch Rugby Yr 5 - 8

Season: Term 1 and Term 4
Practice times: Lunchtimes
Teachers in charge: Sam Broadmore, Charles Daily, Catherine Hardy,
Rachael Laming
Email: sam.broadmore@seatoun.school.nz,
Cost: \$20 per person depending on team size

Waterpolo Yr 7 - 8

Season: Term 1 and Term 4
Venue: Wellington Regional Aquatic Centre, Kilbirnie
Practice times: Term 1 Tuesday 7am - 8am
Term 4 Sunday TBC
Teacher in Charge: Marie Dacombe-Bird, Jemma Rapson
Email: marie.dacombe-bird@seatoun.school.nz,
jemma.rapson@seatoun.school.nz
Cost: \$40 per player + \$3.70 pool entry for each game/training

Mini Polo Yr 5-6

Season: Term 1 and Term 4
Venue: Wellington Regional Aquatic Centre, Kilbirnie
Practice times: Wednesday 7:15am - 8am
Teacher in Charge: Marie Dacombe-Bird, Jemma Rapson
Email: marie.dacombe-bird@seatoun.school.nz,
jemma.rapson@seatoun.school.nz
Cost: \$40 per player + \$3.70 pool entry for each game/training

Guidelines for parents

(when children are involved in after school sport at Seatoun School)

Teacher's Role

Overseeing teachers will provide the initial information about which after school sports are available and send a Signmee notice for expression of interest. They collate the information, create teams and then help the coach with the coordination of the sport. Teachers will provide 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 or manage, 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 be fair to 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. They should be encouraged to abide by the School Rules and Values.

School Values

*Respect	* Compassion	*Perseverance	* Giving
*Empathy	*Honesty	* Pride	* Responsibility

Information

Please ensure that all medical information necessary is included on the Signmee notice so that coaches and teachers are aware of possible occurrences and can be prepared. Please include home phone numbers and emergency phone numbers so coaches can ring when necessary and can contact parents in the case of an emergency.

Attendance of practices and games

Children are expected to attend practices and be on time to games. (Children cannot expect to have equal game time if they do not attend practices.) It is important to arrive on time as this gives the coach a chance to offer advice. 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 also need to be at the practice or game venue by the stated finish time ready to collect their child. Some parents choose to carpool. 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 Seatoun School t-shirt. These can be purchased through the office. 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. Your own drink bottle is recommended.

Sport and Technology

The use of technology such as Ipads or phones has become a part of our school life over the last few years, however it is important that we respect how and when it is used. Seatoun School does not allow children who are part of a school team the use of technology such as Ipads or phones during training or games.

If Technology is to be bought to a training or games it must remain in the students bag at all times.

If you have queries or concerns, try speaking to the coach first. 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.
- Ensure that parents are kept informed about game times and practices. This can be done through email or texting.
- Start and finish practises on time.
- If there are any discipline issues speak to the teacher overseeing the sport.
- Keep children in your care 'under control'. This includes staying in the appropriate area.
- Look after equipment. There are specific ways that the netball poles and basketball goals are moved and set in place. Ask a teacher if you need to access the PE Storeroom inside the hall.
- The medical room is in the office area. 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, including all abilities. (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.
- Ensure children have time to Warm-Up and Warm-Down.
- 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. A big focus for Seatoun School is that all members of the team include each other and show **Team Spirit**.

Thank you for coaching one of our Seatoun School Sports Teams!

Eastern Zones Events 2019

These are Inter-school 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.

Payments can be made online through a link on the signmee notice or paid directly to the school office.

Football/Futsal

Year 5 - 6	<i>Date:</i> 27 March
Year 7 - 8	<i>Date:</i> 03 April
Venue:	ASB Centre
Teacher in charge:	Rachael Laming/Charles Daily

Netball

Year 5 - 8	<i>Date:</i> 15 May
Venue:	ASB Centre
Teacher in charge:	Jemma Rapson and Marie Dacombe-Bird

Cross Country

Year 4 - 8	<i>Date:</i> 29 May	PP: 5th June
Venue:	Hataitai Park (TBC)	
Teacher in charge:	Jemma Rapson/Rachael Laming	
Interzone	<i>Date:</i> TBC	PP:TBC
Venue:	TBC	
Regionals:	<i>Date:</i> TBC	PP:TBC
Venue:	TBC	
Inter- Regionals:	<i>Date:</i> TBC	

Miniball

Year: 5 - 6	<i>Date:</i> 4th Dec
Venue:	ASB Centre
Teacher in charge:	Jemma Rapson

Swimming

Year 4 - 8

Date: 22 Aug (TBC)

Venue:

Kilbirnie Aquatic Centre

Teacher in charge:

Jemma Rapson/Rachael Laming

Interzone:

Date: TBC

Venue:

Kilbirnie Aquatic Centre

Floorball

Year 5 - 8

Date: 18th September

Venue:

ASB Centre

Teacher in charge:

Rachael Laming

Athletics

Year 4 - 8

Date: 6th Nov

PP: 13th Nov

Venue:

Newtown Park

Teacher in charge:

Jemma Rapson

Interzone

Date: 26th Nov

PP: 28th Nov

Venue:

Newtown Park

Regionals:

Date: 3rd Dec

PP: 4 Dec

Venue:

Newtown Park