

Sports Booklet 2022



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 2022
 - SPORTS CALENDAR 2022

Major School Events

School Athletics Fun Day

Seniors (Yr 3-8):	<i>Date:</i>	Week 9
	<i>Postponement Date:</i>	
Juniors: (Yr 0-3):	<i>Date:</i>	TBC
	<i>Postponement Date:</i>	TBC

School Competitive Athletics Trials Day

Seniors (Yr 4-8):	<i>Date:</i>	2nd Nov
(Yr 3 will do fun activities on this day)	<i>Postponement Date:</i>	4th Nov

Eastern Zone Athletics Qualifications

A competitive Athletics Trial Day will be held in Term 4 to determine entries for the Eastern Zone event. (Top 2 athletes apart from relays)

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>	17th May
	<i>Postponement Date:</i>	20th 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>	23rd August
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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 3
Practice times: To be confirmed
Parent coaches: Still required
Teacher in charge: Rameela Patel
Email: rameela.patel@seatoun.school.nz
Cost: approx \$75 per player
(This cost includes netball uniform rental for the season)

Future Ferns Yr 1- 4

Season: Term 1 & 4
Parent helpers: Mario Di Mario and Rachel Robertson
Jessica Millar and Katie Johnston,
Teacher in charge: Rameela Patel
Email: rameela.patel@seatoun.school.nz
Cost: approx \$45 per player

Mini Ball Yr 3 - 6

Season: Term 2 and 3
Practice times: To be confirmed by coaches
Teacher in charge: Rachael Laming
Email: rachael.laming@seatoun.school.nz
Cost: approx \$60 per player

Basketball Yr 7 - 8

Season: Term 2 and 3 (9 week competition?)
Practice times: To be confirmed by coaches
Teacher in charge: Rachael Laming
Email: rachael.laming@seatoun.school.nz
Cost: approx \$60

Touch Rugby Yr 3 - 8

Season: Term 1 and Term 4
Practice times: Lunchtimes
Teachers in charge: Rachael Laming
Email: rachael.laming@seatoun.school.nz
Cost: approx \$25 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 7.15am - 8am
Term 4 Tuesday 7.15am - 8am
Teacher in Charge: Rameela Patel
Email: rameela.patel@seatoun.school.nz
Cost: approx \$85

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: Rameela Patel
Email: rameela.patel@seatoun.school.nz
Cost: approx \$34

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 2022

These are Inter-school events that take place during the term. Each school in the Eastern Zone region of Wellington usually selects 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 the 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

Postponed due to Covid

Date: 27th March

Year 7 - 8

Date: 3rd April

Venue:

ASB Centre

Teacher in charge:

Rachael Laming

Netball

Year 5 - 8

Date: 18th May

Venue:

ASB Centre

Teacher in charge:

Rameela Patel

Cross Country

Year 4 - 8

Date: 1st June

PP: 8th June

Venue:

Scots College

Teacher in charge:

Rachael Laming

Interzone

Date: 14th June

PP: 16th June

Venue:

Grenada North Park

Regionals:

Date: 5th July

Venue:

Harcourt Park, Upper Hutt

Inter- Regionals:

Date: ? Sept

Venue:

Harcourt Park, Upper Hutt



Miniball

Year: 5 - 6

Venue:

Teacher in charge:

Date: 7th Dec

ASB Centre

Rachael Laming

Swimming

Year 4 - 8

Venue:

Teacher in charge:

Interzone:

Venue:

Date: 7th Sept

Kilbirnie Aquatic Centre

Rachael Laming

Date: 22rd Sept

Kilbirnie Aquatic Centre

Floorball

Year 5 - 8

Venue:

Teacher in charge:

Date: 21st Sept

ASB Centre

Rameela Patel

Athletics

Year 4 - 8

Venue:

Teacher in charge:

Interzone

Venue:

Regionals:

Venue:

Date: 9th Nov

Newtown Park

Rachael Laming

Date: 29th Nov

Newtown Park

Date: 6th Dec

Masterton

PP: 16th Nov

PP: 1st Dec

PP: 8th Dec