



Te Kura o Kirikiri Tatangi
Seatoun School



Sports Booklet

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 our code of conduct and guidelines for everyone representing sport for Seatoun School.

We hope you find it useful.

The P.E Team

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Major School Events 2025

Please note these are proposed dates, occasionally due to unforeseen circumstances these dates may change.

Athletics

Seniors Fun Athletics day (Yr 3-8):

Date: Term 1 - Week 9, Tuesday 1st of April

Postponement Date: Thursday 3rd of April

Junior Athletics: (Yr 0-3)

Date: Term 1 - Week 7, Wednesday 19th of March

Postponement Date: Monday 31st of March

Eastern Zone Athletics Qualifications / School Trials Day

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

Seniors Yr 4-8 (Yr 3 will do fun activities on this day):

Date: Term 4 - Week 5 Wednesday the 5th of November

Postponement Date: Wednesday the 12th of November

Clothing: Appropriate footwear and clothing must be worn

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

Cross Country

Junior/Seniors

Date: Term 2 - Week 2, Wednesday 7th of May

Postponement Date: Thursday 8th of 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

Swimming Sports

School Swimming Sports (Yr 3-8)

Date: Term 3 - Week 2, Tuesday 22nd of July

After School Sports

Register via Hero for all after-school sports. Contact: sports@seatoun.school.nz with questions.

Netball Yr 5 - 8

Season: Term 2 and 3
Practice times: To be confirmed
Parent coaches/managers: Required - Please volunteer via Hero Notice
Cost: approx \$75 per player (This cost includes netball uniform rental for the season)

Future Ferns Yr 1- 4

Season: Term 1 & 4
Practice times: To be confirmed
Parent coaches/managers: Required - Please volunteer via Hero Notice
Cost: approx \$45 per player

Mini Ball Yr 3 - 6

Season: Term 2 and 3
Practice times: To be confirmed
Parent coaches/managers: Required - Please volunteer via Hero Notice
Cost: approx \$65 per player

Basketball Yr 7 - 8

Season: Term 2 and 3
Practice times: To be confirmed
Parent coaches/managers: Required - Please volunteer via Hero Notice
Cost: approx \$65

Touch Rugby Yr 3 - 8

Season: Term 1 and Term 4
Practice times: To be confirmed
Parent coaches/managers: Required - Please volunteer via Hero Notice
Cost: approx \$25 per person depending on team size

Water Polo Yr 7 - 8

Season: Term 1 and Term 4
Venue: Wellington Regional Aquatic Centre, Kilbirnie
Practice times: Tuesday 7.15am - 8am
Parent coaches/managers: Required - Please volunteer via Hero Notice
Cost: approx \$85

Mini Polo Yr 5-6

Season: Term 1 and Term 4
Venue: Wellington Regional Aquatic Centre, Kilbirnie
Practice times: Thursday 7:15am - 8am
Parent coaches/managers: Required - Please volunteer via Hero Notice
Approx Cost: approx \$60

Guidelines for parents

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

Teacher's Role in Sport

Overseeing teachers will provide the initial information about which after school sports are available and send a Hero notice for expression of interest. They collate the information, create teams according to those that have registered (within the deadline) on Hero.

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.

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.

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, WhatsApp or texting.
- Start and finish practises on time.
- If there are any discipline issues, speak to the teacher overseeing the sport.
- Encourage positive behaviour by your team members, 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.
- If a medical need arises while in school grounds you can firstly go to the office, where the medical room is located, secondly try the staff room or closest teacher if further assistance is needed.
- Give children a fair amount of playing time, including all abilities.
- If a child discloses any 'Keeping Ourselves Safe' information, tell them that you will help them by telling the teacher overseeing the sport. The teacher will then take appropriate actions from there.
- Ensure children have time to Warm-Up and Warm-Down.
- We expect all members of the team to be given equal playing time opportunities.

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 areas. A big focus for Seatoun School is that all members of the team include each other and show **Team Spirit**.

Code of Conduct - Expectations of Parents, Spectators and Coaches

Parent Code of Conduct

As a parent I will:

- not question or comment negatively on the referee's judgements.
- recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for my child.
- encourage my child to play within the rules and respect officials and coaches decisions.
- teach my child to respect the efforts of their opponents.
- remember that children learn best by example so I will applaud good plays/performances by both my child's team and their opponents. Any comments from the sideline need to be unbiased and positive.
- support my child's efforts and performance; (avoid pressuring my child about winning or losing, help them focus on the process of participation not the outcome i.e. 'How did you do?' Rather than: 'Did you win?').
- refrain from using bad language, harassing or ridiculing others or behaving in a threatening manner.

Spectators' Code of Conduct

As a spectator I will:

- remember that children play organised sports for their own fun.
- remember that any inappropriate behaviour reflects badly on the children, the team and Seatoun School.
- show respect for the team's opponents. Without them there would be no games.
- respect the referee's decisions and accept them.
- refrain from using bad language, harassing or ridiculing others or behaving in a threatening manner.

Coaches' Code of Conduct

As a coach I will:

- be generous with praise when it is deserved and set a good example.
- be consistent, impartial and objective when making decisions, players need a coach that they can respect.
- encourage players to be inclusive of ALL of their team members.
- ensure that the time players spend with me is a positive experience. All players are deserving of equal attention and opportunities to help them fulfil their potential.
- all players need and deserve equal playing time.
- respect the rights, dignity and worth of all people involved in the game keep in mind referees have the hardest job of anyone involved in sport.
- I will not use bad language nor will I harass players, officials, spectators or other coaches.

Seatoun School is held accountable for the behaviour of ALL children and adults related to our school teams. If you witness a breach of the code of conduct please immediately inform either the team coach or manager who will then address the situation and contact the school if necessary.

School Values

- Perseverance
- Responsibility
- Akoranga
- Manaakitanga

Medical Information and Contacts

Please ensure that all medical information necessary is included on the Hero 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. Children must have necessary medical equipment with them at practices and games (eg. Asthma inhaler) and the coach must know where they keep it.

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.

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. It is parents responsibility to organise this and inform the coach.

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.

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. 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

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 brought 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.

Eastern Zones Events 2025

These are Inter-school events that take place during the term. Each school in the Eastern Zone region of Wellington is invited to take part in these sports. Any student from Y4 - 8 is eligible to try out for the teams. These events are run during school time and Seatoun School reserves the right to decide which events we will attend or not.

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. Any charges for these events will be billed through Hero.