



SPORT Newsletter

FROM THE SPORTSMASTER

Dear Parents,

I have compiled this newsletter setting out some important information about the arrangements for sport at School in the hope it might be useful for you. This document is available on the School website at www.sydgram.nsw.edu.au/CollegeSt/sports, where you can also find:

- the sports calendar
- training arrangements, coaches and uniform requirements
- weekly fixtures
- training cancellations or changes, Saturday cancellations and wet weather announcements
- holiday training and camps
- sports results
- maps showing the location of playing fields
- criteria for sports awards
- a link to the AAGPS website.

SCHOOL POLICY ON PLAYING SPORT

One of the most important aspects of sport at Grammar is that it offers all boys an opportunity to get to know each other - not to mention boys from other schools - in a social context beyond the classroom. Some of our sportsmen are outstandingly talented, while others gain a great deal of simple pleasure from being able to get some exercise.

When it comes to considering involvement with sport outside school, in clubs for example, we expect all boys whatever their talents to treat their School team obligations as the priority. If there is a clash between School and club commitments, the School must come first. Where a boy has shown talent in a particular sport, we will not permit him to drop it and take a less demanding option simply to facilitate playing for an outside club. We expect our top sportsmen to play in our top teams.

TEAM SELECTION

Before the start of each season, trials are held to determine the allocation of boys to teams. There may be subsequent movement of boys in an effort to grade correctly. Boys must check the sport noticeboard each week for lists which are posted by Friday recess, to see which teams they are in for Saturday games.

COMMITMENT TO SPORT FOR THE WHOLE SEASON

Once selected in a team, a boy is committed for the whole season. For summer, this means Term IV and Term I and for winter, Terms II and III. This policy ensures player numbers in particular sports are maintained and that the School can meet its commitment to other schools. The number of teams Grammar fields in each sport is determined at the start of each season based on the number of boys who register an intention to play. Boys who perform well at the School Athletics and Swimming Carnivals are expected to represent the School.

TERM I 2010 TRAINING

Training for U16 and Open teams will resume on Thursday 28th January 2010.

Forms I, II and III train on Monday and Wednesday afternoons. Forms IV, V and VI train on Tuesday and Thursday afternoons.

FORM I TRIALS SATURDAY 30TH JANUARY 2010

Form I boys must attend trials on the first Saturday of Term I 2010 in their selected sport as follows:

Sport	Venue	Time
Cricket	Weigall	8.00am-10.00am
Basketball	College Street	8.00am-10.00am
Tennis	Weigall	8.30am-11.00am

Other sports will begin training on Monday 1st February.

EXEMPTION FROM TRAINING/SATURDAY SPORT

A general exemption from sport training or games may be granted in certain cases for the following reasons:

Medical: A doctor's certificate is required stating the reason and the length of time for which exemption is sought. Medical appointments should be scheduled on non-training days.

Religious: A letter from the parent or guardian is required stating the reason and the approximate duration of the exemption. Exemption from sport to attend a friend's Bar Mitzvah or other such religious ceremonies will not be granted.

Travel: Consideration will be given if excessive travelling is required.

Requests for leave from sport should be made in writing to the Sportsmaster (please include your son's full name, tutorial, sport and team details). Except in unusual circumstances, no request concerning Saturday sport will be considered after lunchtime on the Wednesday prior to the game. It should not be assumed that permission will be granted.

WHO TO CONTACT IF YOU CANNOT MAKE A GAME

If on a Saturday, there is an emergency or illness and a boy is unable to play

- please call the coach (number is distributed by the coach to the boys)
- or if the coach is not contactable then call the appropriate mobile number below:

Basketball	0417 960 814	Rugby	0438 440 883
Cricket	0408 348 344	Football	0428 244 403
Tennis	0438 686 436	Cross Country	0438 686 436
Rowing	0407 907 390	Swimming	0428 244 403
Basketball Referees	0419 494 030	Athletics	0413 900 740

SPECTATORS

Boys are encouraged to stay and watch our 1st and 2nd teams play in the GPS competition. In winter, attendance at one game is compulsory. Details will be published in the diary and on the sport calendar as they become available.

TRAINING DURING EXAMINATIONS

Training during the examinations is restricted. Extra days off without permission must not be taken.

MASTERS-IN-CHARGE

Summer Sport	MIC/Director	Phone	Email
Basketball	J Jackomas	9332 5832	jjj@sydgram.nsw.edu.au
Cricket	J Warr	9332 5984	jw@sydgram.nsw.edu.au
Tennis	Ms R Kandalauft	9332 5989	rmk@sydgram.nsw.edu.au
Swimming	B Marturia	9332 5928	blm@sydgram.nsw.edu.au
Rowing	M Smith	0407 907 390 0408 270 896	mjs@sydgram.nsw.edu.au
Winter Sport	MIC/Director	Phone	Email
Rugby	J Warr	9332 5984	jw@sydgram.nsw.edu.au
Football	C Davidson D Ward	9332 5814 9332 5907	ccd@sydgram.nsw.edu.au dnw@sydgram.nsw.edu.au
Cross Country	R Bartels	9332 5946	rb@sydgram.nsw.edu.au
Fencing	Ms L Liu	9332 5959	lyl@sydgram.nsw.edu.au
Volleyball	Ms T Loi	9332 5838	ttl@sydgram.nsw.edu.au
Rifles	Ms F Branch	9332 5965	fhb@sydgram.nsw.edu.au
Winter Tennis	A Bowes	9332 5985	akbb@sydgram.nsw.edu.au
Athletics	G Llewellyn	9332 5918	gdl@sydgram.nsw.edu.au

WET WEATHER ARRANGEMENTS

The School website is updated regularly with changes to after-school training and weekend fixtures. A message will be posted on the website by 7.15am on Saturdays (remember to refresh your browser). You may also check the wet weather number (9990 8129). No recorded message (or an old message) means that sport will go ahead as scheduled. Under no circumstances should the groundsman be contacted about cancellations.

SAFETY GLASSES

Boys who regularly wear glasses should have sport-safe glasses when playing contact sport.

MOUTH GUARDS

Mouth guards should be worn when playing any contact sport.

CRICKET HELMET POLICY

It is important that all boys obtain and bring to all games and practices their own properly fitting helmet with face guard and that it is worn when keeping wicket, fielding within 10m of the bat or batting. Close fielders will not be excused from wearing the helmet. Batsmen must wear the helmet unless explicitly excused for good reason by the coach or master-in-charge in circumstances where there is a low risk of injury. A boy's helmet must be marked clearly with his name and boys must not wear someone else's helmet. Failure to bring a helmet may lead to exclusion from activities.

SPORTSMASTER'S DETENTIONS

Boys who miss sport or training without prior exemption, or boys involved in minor misdemeanors at sport or training will be placed on report to the Sportsmaster. Serious or repeat offences will be referred to the Senior Housemaster.

VALUABLES

Boys are constantly reminded to hand valuable items to their coach or the security officer who works at Weigall Monday – Thursday afternoons. Bags containing valuables should not be left unattended in change rooms.

SPORT UNIFORM REQUIREMENTS

SGS Dress Code point 10 in the School diary states:
'At sports practices and Saturday games only official games kit may be worn. If boys travel by car to the game and leave immediately after it by car, boys need not wear School uniform but may arrive and depart in their sports kit. During Terms II and III if they remain to watch other games, or if they are travelling by public transport, boys must wear School uniform or the School tracksuit. During Terms I and IV only, boys may arrive, depart and watch games wearing cricket shirt and black SGS cricket shorts, or SGS basketball warm-up top and SGS basketball shorts, or SGS tennis shirt and white shorts, or the School tracksuit.'



At regattas, rowers may remain dressed in the School's racing uniform or other approved School rowing kit.'

No sport uniform should be purchased until a boy's position in a team is confirmed. If you need a list of uniform requirements for specific sports, please call the Sportsmaster's office ph. 9332 5832. The Grammar Shop and website also provide this information.

FIRST AID

There are first aid facilities at Weigall and in the College Street gym. If the first aid room at Weigall is locked, masters have an access key. All coaches have a first aid kit for minor injuries. If first aid is required, see the team's coach in the first instance.

PHYSIOTHERAPY

In summer a physiotherapist is in attendance in the School gym on Tuesday and Thursday afternoons and travels with the 1st and 2nd Basketball teams on Saturdays. A physiotherapist is retained by the School as an attendant at Weigall for home fixtures during winter sport. He travels with the open winter teams and coordinates the placement of other qualified physiotherapists at all home venues for Rugby and Football. Parents may, by private arrangement, make an appointment at any other time. Jarrod Scott can be contacted on 0404 808 846 for further details.

HOT WEATHER

The following information outlines the School's policy.

Training: The Sportsmaster will cancel outdoor training if the ambient temperature at 2.00pm (as measured at College Street and/or Weigall) is at 34 degrees Celsius or above and is not expected to decrease soon. If the ambient temperature reaches 34 degrees Celsius during training, it must be suspended or cancelled. If boys cannot be released they must rest (in shade wherever possible), take fluids and receive any necessary attention.

Games: Boys in the School's teams will not be permitted to play in games when the ambient temperature is at or above 34 degrees Celsius unless the coach or master-in-charge is satisfied that there is no risk of heat-related illness (such as dehydration, heat stress or heat-stroke). If the coach is not qualified to make such a judgment, play must not proceed until a qualified person has given advice that it is safe. A game may be suspended, cancelled or postponed. Coaches have been advised on how to deal with heat related illness.

GPS CODE OF BEHAVIOUR

The GPS Headmasters have produced the following guidelines to assist teachers, coaches, boys and parents:

Games in our schools are an important part of a fully balanced education for our students. The Heads are concerned to preserve

sound educational and social practices in the many inter-school games that are played and ask for the co-operation of school communities to ensure that these aims are realised.

The trend towards professionalism in school sport is to be viewed with caution. Where such an approach involves sound coaching techniques and is aimed at producing a satisfying and improved level of performance, this approach can be beneficial. However, care should be taken to exclude from our schools practices which place the pursuit of victory above those aspects of sport concerned with enjoyment, balanced development and good sportsmanship. In other words, the spirit of the amateur - in its best sense - should remain the ideal which guides these aspects of school sports. More specifically, the following points are made: -

PLAYERS

1. Play may be hard and vigorous, but deliberate violence should never be used towards opponents.
2. Verbal provocation of any sort is unacceptable.
3. Players should not react with violence to any physical or verbal provocation.
4. Use of bad language, where directed at an umpire/referee, another player or oneself, is unacceptable.
5. Players should never argue with an umpire/referee (whether boy or adult) or contest a decision. Any negative response towards an umpire's ruling is unacceptable. (A Captain – only – may ask a referee to clarify a ruling in the event of uncertainty.)
6. Immodest behaviour in victory or success and manifestation of self-disgust at an error or failure are poor sportsmanship. Gracious conduct, whatever the result of a game, is important.
7. Unfair or illegal tactics to gain an advantage should never be used.
8. Excessive or inappropriate talk should not be used on the field of play.

Players are encouraged to play in a positive and sportsmanlike manner and extend every courtesy to the opposing team. This should include pre-match courtesies, recognition of good play on the part of the opposition and extending thanks to the umpire/referee and to the opposition after the match.

SPECTATORS

1. Parents are asked to make their presence and support as positive as possible.
2. If your school is host, parents are asked to assume some responsibility for making visiting parents feel at home.
3. When visiting another school, the host school's premises and rules – in matters of parking, tidiness, etc – should be respected. Adults are asked to note that, with the exception of family picnics in some circumstances, alcohol should not be consumed at GPS matches. If in doubt about such matters,



visiting parents should check with an official of the host school.

4. Parents should never seek, during or immediately after a match, to give advice to coaches, umpires/referees or to players.
5. Barracking may be enthusiastic, should be positive rather than negative, avoiding excessive attention to the individual – even to praise him. A good example should be set by applauding skilful performance and play regardless of school.
6. Parents can assist their son's fuller education by being sensible about the number and length of his sporting commitments. While these are regulated within the school context, parents should see that other, outside sporting involvement does not interfere unduly with academic study, religious activities, cultural and social life, as well as time spent with the family. Play may be hard and vigorous, but deliberate violence should never be used towards opponents.

HOLIDAY TRIALS

Occasionally trials are held in the holidays for the 1st and 2nd teams. These dates are published in the Sports Calendar on the website.

PUPIL ACCIDENT INSURANCE

The School's has a Pupil Accident Insurance plan which provides compensation for various accidental injuries. The policy covers all boys enrolled at the School whilst they are engaged in *School Activities* and *Organised Sporting Activities*. *School Activities* include sport, camps, excursions and the like. *Organised Sporting Activities* means the time (on a 24 hours per day, 7 days per week basis) a pupil is engaged in activities organised by or under the control of an organisation that is a member of an established sporting association of which the pupil is registered and/or a paid-up participant including all associated travel to and from such activities.

The cover under the policy is designed to assist parents in the event of an accident but not to replace cover that parents would carry in the normal course of events. For example, minor amounts of \$150 to \$500 are payable for broken or fractured bones, and up to \$5,000 can be paid for non-Medicare medical expenses.

The insurance plan however does not include any expense for which a Medicare benefit is payable, including the balance payable by the insured person after deduction of any Medicare benefit or rebate (commonly known as the 'Medicare Gap'). For further information and claim forms, please contact the Bursary.

THANK YOU

The School is grateful for the valuable contributions made by various parents' associations. Funding from these associations has helped with purchase of equipment and uniforms and to subsidise tours.

SWIMMING

The School Swimming Carnival will be held on Friday 30th January 2010 from 6.30pm to 9.30pm at Cook & Philip Park. Only boys who wish to trial for the School swimming team need attend but all are welcome.

IMPORTANT DATES FOR 2010

Please note these important dates. Houses and Form I tutorials will be rostered to attend some of these fixtures. Details will also be published in the School Diary and the Newsletters.

Date	Event	Time	Venue
27 March	Rowing: Head of the River	8.00am-2.00pm	SIRC, Penrith
12 June	Long weekend - no sport		
5 June	Winter Sport v The King's School	1.00-5.00pm	Weigall - some Form I & some Houses to attend
22 June	137th SGS Athletics Championship	8.15am-3.00pm	Weigall
24 July	Winter Sport v St Ignatius' College	1.00pm-5.00pm	Weigall - some Form I & some Houses to attend
7 August	Winter Sport v The Shore School	1.00pm-5.00pm	Weigall - some Form I & some Houses to attend
18 September	114th AAGPS Athletics Championships	10.00am-4.00pm	Athletics Centre, Homebush. Compulsory attendance I-V

Mrs S. Ditmarsch