

Sport and Physical Activity Athlete Handbook



Kia ora, parents and student athletes,

Linwood College prides itself on delivering a fun, safe environment for students to participate and succeed in a range of co-curriculum endeavours.

Tuesday is our cities sports day for intermediate students (year 7 and 8), and students are expected to play a sport each term if physically able. For our students year 9 and above sport is played either Monday (Volleyball only, Tuesday if Monday is a day off), Wednesday, or in the weekend (Rugby Union only), with Wednesday being the dominant sporting day for high school athletes. It is expected that each student is involved in at least one co-curriculum activity (sport, culture, music etc.) each term. This is because we recognise the positive role that co-curricular involvement plays in student's development and education journey. The aim of this booklet is to provide parents/caregivers and students information regarding to our expectations of students, some of the costs involved and time commitments. It is anticipated that student athletes compete in their chosen sporting field for school and not a club if the school offers the code, and is able to support the student to a high standard.

We have strong ambitions in health, physical education and co-curricular sports and are driving a pride culture through our sport so expect the highest levels of dedication and application from our students.

A few rules that apply to our athletes:

1. You fill out a registration if required for your code.
2. You pay before you are able to play.
3. You are obligated to turn up to training otherwise you will not play (if you cannot make a training you should get in touch with someone from your coaching team).
4. You are still dedicated to your school work, this means not over committing to co-curricular activities and managing time.
5. Think about elite level athletes and teams and hold yourselves to their standards.
6. Players must have an attendance over 80% to represent the school in any sport. Student athletes need to have over 80% attendance the week of their game and every school week if they desire to go to a tournament.
7. You return your permission slip to play to Mr McIntosh.

Remember that it is a privilege to be able represent Linwood College with pride.

Code of Conduct

- Play for enjoyment.
- Play hard but fair.
- Play by the laws of the game.
- Be committed to your team. Attend all practices and matches.
- Never argue with the referee. Control your temper at all times.
- Work equally hard for yourself and your team.
- Be a good sport.
- Applaud all good play whether by your team or your opponent.
- The goals of the game are to have fun, improve skills and feel good.

Coach Code of Conduct

- Positively reinforce the actions of players.
- Lead by example.
- Be honest with yourself and players.
- Create an enjoyable environment in which to play the game.
- Develop team respect for referees.
- Give all players the opportunity to participate in the game
- Insist on fair play and discipline.
- Be reasonable on the demand on players' time, energy, enthusiasm.
- Encourage sportsmanship.

Spectator / Parent Code of Conduct

- Applaud the performance of both teams.
- Be positive with the referee.
- Acknowledge the efforts of the referee.
- Let players play their game, not your game.
- Praise efforts, not results.
- Set an example for the players.

Ramifications (end result)

In cases where the Code of Conduct is deemed to have been breached, action will be taken which is consistent with the severity of the offence. Such action may include, but is not limited to:

- The player/student official will receive a sport detention
- The player/student official/parent will receive an official warning (verbal or written)
- The player/student official/parent will be stood down from school sport for a specified period of time (or a specified number of games).
- The player/student official/parent will be excluded from all College activities for a specified period of time.

Those parties involved in the discipline process may include:

- The Team Coach
- The Teacher-in-Charge of Sport
- The Sports Director
- The Assistant Principal Pastoral Care
- The Principal / Board of Trustee member

Uniform

Linwood College is a uniform school and expects all students to wear the appropriate uniform with pride. We keep our uniform requirements for sporting endeavours simple and they are listed below.

Fair Play

We expect our students to:

- Have fun
- Play within the rules
- Respect all officials
- Respect our opponents
- Be gracious in victory and defeat
- Play hard and fair

Supporters are also encouraged to come along to games and support both teams in the competition.

Costs

The activities offered by Linwood College have inbuilt costs, and therefore fees are charged to play sport and participate in co-curricular activities. Fees vary from activity to activity, year to year, but we aim to create an itinerary so that parents/caregivers can see what fees are contributing to. Fees are set with a view to projected costs. In all cases special events such as tournaments and games outside of the scheduled draw for a code will incur further costs. The fees given in this booklet should be regarded as a guide only.

Where the cost is \$35 this has been discounted by the school from \$75 and will last until the start of the season.

Summer Sport and Physical Activity

Intermediates (Year 7-8) have a choice of:

- Cricket
- Touch Rugby
- Softball
- Volleyball

These are held at Hagley Park South from 1.45pm Tuesdays. We travel as a school in buses which leave the school at 1.00pm and return at 2.45pm. These sports are supervised by their homeroom/mentor teachers and other volunteers. Students who are not competing in weekly competition will be participating in teacher led physical activity games at school.

In term 4 Year 8 students have the opportunity to compete at a year 9/junior level in Wednesday sport

Trainings for summer sport for high school student athletes start first and second week of Term 1, and students can choose between:

Athletics

Teacher in Charge: TBC

Terms: Students that qualify for Canterbury Champs

Current Teams: Individuals (Ngarama O'Keefe, First in Hammer Throw, Second in Shot Put and Third in Discus at South Island Tournament)

Trainings: TBC through athletic clubs

Training Venue: TBC

Coaches: Vincent Lasei

Cost: TBC

Equipment and Uniform: Supplied

Cricket

Teacher in Charge:

Terms: 1 & 4

Current Teams: Junior Cricket Year 9+10

Trainings: Friday Lunches – Further trainings possible at Lancaster Park Woolston Cricket Club

Training Venue: School Field

Coaches: Ben McCord (Canterbury Knights Cricket team member)

Cost: \$35

Equipment and Uniform: "Whites", and you can bring your own bat if you wish

Traditional game: Aranui held week 8 Term 1

Futsal

Teacher in Charge: Mr Mario Williams

Terms: 1 & 4

Current Teams: Senior Boys A, Senior Boys B, Junior Boys A, Junior Boys B, Senior Girls

Trainings:

Senior Boys Monday 4.30pm - 5.30pm and tournament prep, Gym 2

All Junior Boys (Years 9-10) Friday 3.00pm - 4.30pm, Gym 2

Senior Girls Monday 3.15pm - 4.30pm, Gym 1

Training Venue: Gym 1 and 2

Equipment and Uniform: Shin pads

Coaches: Mr Mario Williams, Mr Strahan McIntosh, more to be confirmed

Cost: \$35

Equipment and Uniform: Football shoes and shin guards – must be worn at all times

Tournaments: NZ Nationals

Softball

Teacher in Charge: TBC

Terms: 1 & 4

Current Teams: Junior Boys

Trainings: TBC

Training Venue: Linwood College Field

Coaches: TBC

Cost: \$35

Equipment and Uniform: Glove some can be provided

Summer Hockey

Teacher in Charge: Mrs Seonaia Zeltzer

Terms: 1 & 4

Current Teams: Senior Mixed, Junior Mixed

Trainings: Monday 3.15-4.30pm

Training Venue: TBC

Coaches: Mrs Seonia Zelter,

Cost: \$35

Equipment and Uniform: Hockey stick or one will be provided

Touch Rugby

Teacher in Charge: Mr Strahan McIntosh

Terms: 1 & 4

Current Teams: Senior Boys, Junior Boys, Junior Girls

Trainings: Tuesday 3.15-4.30pm

Training Venue: Linwood College Field

Coaches: Mr Strahan McIntosh, Senior Students, others to be confirmed

Cost: \$35

Equipment and Uniform: Touch shoes

Volleyball

Teacher in Charge: TBC

Terms: 1 & 4

Current Teams: Senior Boys, Junior Boys,

Trainings: Senior Boys Thursday 4.30pm - 5.30pm, Gym 2

Senior Girls Tuesday/Friday 7.00am - 8.15am, Gym 2

Junior Girls Thursday 3.15pm - 4.15pm, Gym 2

Junior Boys Tuesday 3.15pm - 4.30pm Gym 2

Training Venue: Linwood College Gym

Coaches: Mr Hannibal Ikahihifo, Vincent Lasei

Cost: \$35

Equipment and Uniform: Knee pads

Tournaments: NZ Nationals

Winter Sport and Physical Activity

Again, Intermediates (Year 7-8) have a choice of:

- Hockey
- Netball
- Rugby Union
- Football

Students who are not competing in weekly competition will be participating in teacher led physical activity games at school.

High school student athletes can choose between:

Badminton

Teacher in Charge: Mr Tim Hayward

Terms: 1+2

Current Teams: Teams available for any level of skill

Trainings: Tuesday all year levels 3.00pm – 4.00pm

Training Venue: Gym 2

Coaches: Mr Tim Hayward

Cost: \$35

Equipment and Uniform: You're welcome to use your own racquet otherwise one will be provided. Tops will be provided, black P.E shorts to be worn.

Basketball

Teacher in Charge: Miss Rosanna Katene

Terms: 1+2+3

Current Teams: Year 9 Boys, Intermediate Boys, Senior Boys, Year 9 Girls, Intermediate Girls, Senior Girls

Trainings: Year 9 Boys Wednesday 2.30pm – 4.00pm, Gym 1

Intermediate Boys Monday 4.00pm – 6.00pm, Gym 2

Senior Boys Wednesday 2.30pm – 5.30pm, another TBC and tournament prep, Gym 2

Year 9 Girls Tuesday 4.00pm – 5.30pm, Gym 1

Intermediate Girls Monday 4.00pm – 6.00pm, Gym 2

Senior Girls Thursday 3pm-6pm another TBC and tournament prep, Gym 2

Training Venue: Gyms 1 or 2

Coaches: Miss Rosanna Katene, Miss Melissa Young, Clayton Amer, Tama Wihongi, more to be confirmed.

Cost: \$35

Equipment and Uniform: Uniform and equipment provided, sports shoes/basketball shoes must be worn.

Tournaments: South Island

Cue Sports – Pool/Snooker

Teacher in Charge: Mr Allan Parris

Terms: Pool Term 1 and 4 Snooker 2 and 3

Current Teams: Any individual of any skill can compete

Trainings: TBC

Training Venue: TBC

Coaches: Mr Allan Parris

Cost: \$35

Equipment and Uniform: You're welcome to provide your own cue, if not one will be provided for you.

Football

Teacher in Charge: Mr Mario Williams

Terms: 2 & 3

Current Teams: Junior Boys, Senior Boys

Trainings: Junior Boys Monday 3.00pm – 4.00pm

Senior Boys Monday/Thursday 3.00 – 4pm and tournament prep

Training Venue: Edmonds Park

Coaches: Mr Mario Williams, more to be confirmed

Cost: \$35

Equipment and Uniform: Football Boots

Tournaments: South Island Satellite Tournament

Hockey

Teacher in Charge: Mrs Seonaia Zeltzer

Terms: 2 & 3

Current Teams:

Trainings: Mixed

Training Venue: TBC

Coaches: Mrs Seonaia Zelter

Cost: \$35

Equipment and Uniform: Hockey stick or one will be provided

Ki-O-Rahi

Teacher in Charge: Mrs Natasha Powell

Terms: 1+3

Current Teams: Tournament A and B team **(Current Canterbury Champions)**

Trainings: TBC as preparation for tournament commences

Training Venue: Gym 2/field

Coaches: Senior Students

Cost: N/A

Equipment and Uniform: Supplied

Netball

Teacher in Charge: Miss Courtney Flay

Terms: 2 & 3

Current Teams: Year 9, Year 10, Year 11, Seniors

Trainings: Year 9 Monday 3.00pm – 4.00pm

Year 10 Thursday Monday 3.00 – 4pm

Year 11 Mondays 3.00pm-4.00pm another TBC

Seniors Thursdays 3.00pm – 4.30pm

Training Venue: Gym 1 and 2 and courts may replace gym trainings depending on availability

Coaches: Miss Courtney Flay, Charlotte Brown, others TBC

Cost: \$35

Equipment and Uniform: Dresses supplied, need own sports shoes

Parkour

Teacher in Charge: TBC

Terms: All year round

Current Teams: Available to anyone of any ability

Trainings: Tuesday 3.00pm – 4.00pm

Training Venue: Gym 1

Coaches: TBC

Cost: \$10

Equipment and Uniform: Supplied

Robotics

Teacher in Charge: Mrs Diane Atkins

Terms: All year around

Meetings: TBC day and time

Meeting Venue: W18

Cost: TBC

Rugby

Teacher in Charge: Mr Strahan McIntosh

Terms: 2 & 3

Current Teams: Mens Year 9+10 Wednesday Afternoon Team, Womens Wednesday Team, Mens U16 team, Mens U18 team

Trainings: start week 1st Tuesday of February for all teams

Mens Year 9+10 Tuesday/Thursdays 3.00pm – 5.00pm

Mens U16 team Tuesday/Thursdays 3.00pm – 5.00pm

Mens U18 team Tuesday/Thursdays 4.00pm – 6.00pm

Womens Monday/Friday 3.00pm – 5.00pm

Training Venue: School Feild

Coaches: Mr Robbie Timo, Mr Hannibal Ikahihifo, Mr Strahan McIntosh, Kayla Goldsmith, more to be confirmed

Cost: No Charge

Equipment and Uniform: All uniform supplied by the Linwood College Rugby Football Club, we are also able to subsidise boots. Mouthgaurds come free from the Canterbury Rugby Union

Contacts

Senior Leadership Member – Co-curricular Mrs Sharon Thrupp

Email: tp@linwoodcollege.school.nz

Sports and EOTC Co-ordinator Mr John Strong

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HOD Arts Mrs Emily Whiteman

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Duke of Edinburgh's Hillary Award Mr Chris Allan

Email: Joshuafoundation.clear.net.nz

Sports Coordinator Mr Strahan McIntosh:

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Linwood College Sport: Team expectations

Absences

- Player attendance and absences are recorded on a roll.
- Late to training will incur a team penalty to be decided in conjunction with the team.
- Not training but informing a coach of the reason why should result in the player not starting but being involved in the game and getting at least half a game.
- Unexplained absences on a training day = no play on game day + a form of team penalty.
- Unexplained absence on a game day= a form of team penalty.
- All players in your team must get a least half a game if they turn up training. (This applies to all teams apart from Top Senior Team if another variation is agreed upon with athletes).

School attendance and behaviour

- In order for student athletes to play sport their attendance must be over 80%. Furthermore in order for players to go to tournament they must have an 80% attendance from the beginning of the school year until the tournament leaves. If attendance isn't met the player is not allowed to attend the tournament.
- Class teachers are able to comment on in class behaviour of their student athletes. All inappropriate behaviour will be reported to the coach and the individual in question will receive a penalty. This could occur with no warning. The highest penalty will be expulsion from the team and for generally poor behaviour limited game time. Teachers will endeavour to communicate the outcome in conjunction with the coach to parents.

Gear

- Correct gear is to be worn to training (e.g change of top or clothes that is not school uniform- PE top is acceptable, hair tied up etc.).
Individuals will get 1 warning to improve, if not, a form of individual penalty is give (e.g. sitting out of ½ a game), this is to be decided in conjunction with the team.