



**HANDBOOK**

# Representative Sports

# Nowra Anglican College's Sports Handbook

## Introduction

Sport is an important part of a holistic education. It fosters teamwork, builds relationships, boosts confidence, improves alertness and the ability to concentrate on mental tasks, as well as improves and maintains good health.

Nowra Anglican College's diversified sporting program offers students the opportunity to participate in a range of individual and team sports and provides pathways to representative selection. We encourage all students to participate in the sports program and are proud of our students' sporting achievements.

All students take part in weekly sport lessons at Nowra Anglican College. Each year Swimming, Cross Country and Athletics Carnivals are held. The College also competes in friendly matches against other local independent schools.

Nowra Anglican College is committed to providing sporting and physical activity opportunities for our students and has facilitated a number of international sporting tours.

## Representative Sport

The College is a member of SASSA (Southern Anglican Schools Sports Association) and is therefore a part of the Association of Independent Co-Educational Schools (AICES) and NSW Combined Independent Schools (CIS) pathway through to NSW All Schools and National All Schools competitions. Please note, AICES events are developed for Senior School students (our Junior School students do not participate in AICES sporting events). Also, some sports bypass the SASSA and AICES levels and advance to CIS or NSW All Schools competitions.

Students have the opportunity to represent the College in AFL, Athletics, Basketball, Cricket, Cross Country, Diving, Football, Golf, Gymnastics, Hockey, Netball, Rugby League, Rugby Union, Softball, Swimming, Tennis, Triathlon, Touch Football, Volleyball and Water Polo.

For more information regarding representative sport:

Association of Independent Co-Educational Schools (AICES)

[www.aices.com.au](http://www.aices.com.au)

NSW Combined Independent Schools (NSW CIS)

[www.revolutionise.com.au/nswcis/home](http://www.revolutionise.com.au/nswcis/home)

## Representative Sport Pathway

NAC	Students participate in a variety of sport/physical activity at the College. Some students are selected to represent the College
SASSA	We are a member of the Southern Anglican Sports Association, and students are selected to compete against other SASSA schools
AICES	Senior School students are selected to participate in the Association of Independent Co-Educational Schools competition
NSW CIS	Junior School and Senior School students are selected to participate in the NSW Combined Independent Schools competition
NSW All Schools	The NSW All Schools provides opportunities for students from the Catholic, Government and Independent schooling systems
National All Schools	Students are selected to represent NSW and compete against other Australian states

## Sporting Calendar

In order to assist parents with their planning, key dates have been included in a Sporting Calendar developed by the Sports Department. Please contact the College if you would like a copy or further information. There is a continual review of the co-curricular Sports Program at the College. At times there are situations beyond our control that require changes to the dates, and parents will be notified of changes as necessary.

## **Overview of Planned Sporting Events:**

### **Term 1**

Junior School Swimming Carnival  
Senior School Swimming Carnival  
SASSA Combined Swimming Carnival  
CIS Swimming Carnival Primary  
AICES Senior Swimming Carnival  
SASSA Primary Soccer  
SASSA Netball Primary and Secondary  
Senior School Cross Country Carnival  
CIS Junior Soccer  
Junior School Cross Country Carnival  
AICES Touch Football  
AICES Open Basketball

### **Term 2**

CIS Swimming Carnival Senior School  
AICES 15s Girls Soccer  
AICES 16s Boys Soccer  
AICES Open Soccer  
CIS Junior Netball  
SASSA Cross Country  
AICES Cross Country  
CIS Cross Country Junior and Senior School  
Junior School Athletics Carnival  
Senior School Athletics Carnival  
SASSA Surfing  
AICES Rugby Camp

### **Term 3**

SASSA Junior Athletics Carnival  
SASSA Senior Athletics Carnival  
AICES Senior Athletics Carnival  
CIS Junior Athletics Carnival  
CIS Senior Athletics Carnival  
NAC Senior School Sports Assembly

### **Term 4**

SASSA Basketball  
AICES 15s Basketball  
SASSA Volleyball  
SASSA Touch Football

## NAC Senior School Sports Assembly

Nowra Anglican College's Senior School Sports Assembly acknowledges student effort and performance for sporting endeavours and achievements. Family members and friends are welcome to attend this event.

Students will be presented with Best and Fairest and Most Improved awards. Age Champion medallions will be presented for Swimming, Cross Country and Athletics, and overall sporting awards will be presented for Sportsman/Sportswoman of the Year, Team of the Year, Swimmer of the Year, Basketballer of the Year etc.

Students who have received accolades for their efforts at higher levels (AICES and NSW CIS) will also be presented with awards. Any NAC student who has represented Australia will be inducted into the College's Hall of Fame.

## Conduct and Behaviour

Positive attitudes and conduct make sport enjoyable for everyone. Players can help promote positive sporting environments by:

### Being a good sport

- Play with respect, integrity and fairness
- Be modest in victory and gracious in defeat
- If you win, don't rub it in
- If you lose, don't make excuses
- Control your temper
- Don't use bad language or make derogatory remarks.

### Respect your opponent

- Treat your opponent the way you would like to be treated
- Thank the opposition at the end of the game

### Respect officials

- Accept and respect the official's decision
- Thank the official at the end of the game
- If you have an issue, raise it in a professional way with your coach or captain after the game

Parents can help create a positive sporting environment and reduce sport rage by being good role models.

### **Encourage fair play**

- Cheer and acknowledge good plays by both teams
- Thank the official, coach and other team after the game

### **Respect officials, coaches and opponents**

- Accept decisions by officials – they are human and can make mistakes
- Deal with issues in a controlled and professional manner after the game

### **Keep your emotions in check**

- Be enthusiastic, but don't scream instructions from the sideline
- Don't get into shouting matches with anyone
- Never use bad language or harass others

### **Uphold the College's Code of Conduct**

- Understand, uphold and support our College's Code of Conduct for Parents/Carers/Visitors

### **Help kids enjoy sport**

- Emphasise trying hard and having fun, not only winning
- Never ridicule or yell at a child for making a mistake

## **Expectations of Sporting Representatives**

To represent Nowra Anglican College at any level of school sport or other activity is a privilege. It is imperative that the behaviour of students selected as representatives of Nowra Anglican College is of a high standard at all times.

To represent Nowra Anglican College in sport/physical activity:

- The student's behaviour exhibited within the College community prior to representation and during representation must be of exemplary standard
- Students must wear full school uniform on all occasions as outlined in the College Handbook. Failure to demonstrate this commitment may lead to the withdrawal of the student from representative situations
- Students must complete all classwork and assessment tasks. Failure to complete schoolwork to a satisfactory standard may result in exclusion from representing the College

- Students who receive three or more application grades on their previous semester's report of D or E may jeopardise their eligibility to represent the College in co-curricular activities. This will be at the discretion of the Deputy Principal
- Students that are on a Behaviour Monitoring Card of Level 3 may jeopardise their eligibility to represent the College in co-curricular activities, and students that are on a Behaviour Monitoring Card of Level 4 will not be eligible to represent the College in co-curricular activities
- All students representing the College are required to travel as a team when bus transport is provided, attend all training and planned activities and inform staff of all movements when on tour

## Concussion Policy

Concussion is a type of brain injury caused by a blow to the head or anywhere on the body, which transmits a force to the head. Most commonly, it causes temporary impairment and the symptoms may develop over the hours or days following the injury. This means that it may be difficult to determine, by either staff, parents or medical practitioners, immediately after the injury whether a person is concussed. Cognitive functions in children and adolescents may be affected for up to two months following concussion.

Concussion occurs most often in sports which involve body contact, collision or high speed. In most cases a person will recover from concussion without intervention, provided they have an adequate period of rest in order to recover.

It's vital to understand the importance of managing concussions in our children's lives. A concussion, though considered mild, is a traumatic brain injury that requires prompt attention. Ignoring or mishandling it can lead to prolonged recovery, increased vulnerability to further injuries, and even permanent brain damage. Recognising symptoms, seeking immediate medical attention, and following proper recovery protocols are crucial to safeguarding our students' long-term health and wellbeing. Prioritising their brain health shows our commitment to their overall development and happiness.

The College takes the health and wellbeing of our students very seriously. Our staff have undertaken training to develop skills in identifying and managing potential concussions and it is important that we work together with families to ensure that students receive the best care possible.

The Australian Sports Commission has some great information about how we can identify and manage a concussion, [www.concussioninsport.gov.au/parents\\_and\\_teachers](http://www.concussioninsport.gov.au/parents_and_teachers). This information formed part of Nowra Anglican College's staff training. We encourage you, our parents and carers, to read through this information as well.

Nowra Anglican College has developed a Concussion Policy. Please click the following link to view: [Concussion Policy](#).

## **Attendance/Participation at Sporting Carnivals**

Nowra Anglican College's annual carnivals for Swimming, Athletics and Cross Country for Junior and Senior School are major events in the school calendar. Participation is key to the success of our carnivals, and all students are expected to attend and take part. It is particularly important that our most senior students in both the Junior and Senior School take the lead in this and model good behaviour, attitude and participation.