



Representative Sports

2025 HANDBOOK

Nowra Anglican College's Sports Handbook

Foreword

At Nowra Anglican College, participation in sport is an important part of a holistic education. This Sports Handbook aims to draw together, for parents and students, the different policies, procedures and information that frame the Sports Program at Nowra Anglican College.

College staff strive to provide students with an exceptional school sporting experience that allows students of all abilities, access to participate and excel in sport. The NAC Sports Program offers students the opportunity to participate in a range of individual and team sports and provides pathways to representative selection, with the objective of being recognised as the premier school sporting program in the region through engagement, culture and performance.

All students participate in PDHPE every week, while students in Years 7 to 10 also participate in weekly timetabled sport. Students in Years 11 and 12 also have the option to opt-in to weekly sport or gym sessions.

All students are encouraged to contribute to the wider sporting program at Nowra Anglican College and it is an expectation that each student in the Senior School and Stage 3 in the Junior School is involved in at least one sport each year.

Mr Keiran Wallace	Mr Alex Mackay	Mr Phil Stubbs
Head of Sport and Head of Sports Academy	Sports Coordinator	Junior School Sports Coordinator

Our Vision

To be a community of learners living and serving in Christ's world.

Our Mission Statement

To provide a high quality Christian education within a welcoming community where all individuals are valued and belong. As a community of learners we strive for excellence, unlocking the potential of each individual, developing confident, active learners who improve their world.

Our Values

Respect, Compassion, Wisdom

Our School Motto

In the light of the Cross

"We are a respectful community grounded in Christ's compassion, learning to live with wisdom"

Ethos of the Nowra Anglican College Sports Program

"It takes a whole village to raise a child"

The wellbeing of all students is central to the mission of Nowra Anglican College (NAC). Research shows that students who are happy and well connected at school are more successful and find schooling more purposeful. At NAC, students are provided with opportunities which proactively promote relationships, community connection and personal development. The focus in all areas of Nowra Anglican College is the development of the whole child. This involves the nurturing of their physical, social, emotional, intellectual and spiritual development.

Our Sports Program is a vital cog in this process and contributes significantly to student life in the College. Participation in sport helps our students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills. In alignment with our Building Learning Power approach, the Sports Program is vital in developing powerful learners by:

- Fostering participation, personal excellence, and the development of the whole person.
- Strengthening school spirit, building community, promoting fair play, participation, skill development, resilience, teamwork, service and leadership.
- Promoting a healthy lifestyle.
- Building the self-esteem and self-confidence of students.
- Encouraging personal responsibility and collaboration

Through participation in sport, it is hoped that our students will develop habits which will lead to better and healthier lives. Whilst winning is not an end in itself, we believe that in striving for excellence, the efforts of our students in their participation in sport will help them to succeed throughout their lives.

"For in Him we live and move and have our being" Acts 17:28a

The Nowra Anglican College Sports Academy

The College has identified a need for, and implemented, a Sports Academy to further assist students in planning, preparing and training for the requirements of representative sport. The NAC Sports Academy is a multi-faceted sporting program available to students in Years 7 to 12, with the overall goal of inspiring young athletes to pursue excellence in their sports, while maintaining their academic pursuits.

Nowra Anglican College has a strong history of excellence in sport. The Sports Academy aims to provide extra support for our aspiring and elite athletes and provide a platform for all students, helping them improve and pursue excellence in their sport, no matter their ability or representative level. The Sports Academy promotes a holistic approach to sport, fitness, health and wellbeing in our College community. The Sports Academy has been implemented for our students to develop their sporting talent, while building confidence, communication and leadership skills.

We are developing partnerships with community organisations, sporting clubs and professional franchises including, but not limited to; the NSW Waratahs, Netball AU, Cricket NSW and Western Sydney Wanderers to expose our students to state of the art training facilities, strength and conditioning programs and nutritional information to ensure that our athletes have access to the most up-to-date training methods in their chosen sport.

Furthermore, the College is continuing to explore avenues to enhance the quality of training equipment accessible to our athletes and increase the development of our coaching staff. Through targeted funding and Sporting Schools Grants, we have, and continue to, upgrade specific training equipment and facilities for our athletes thereby improving their capacity to optimise performance. This includes strength and conditioning equipment, courts and ovals and general playing equipment. We also place emphasis on developing coaches internally through coaching courses and professional development opportunities. This improves the sporting experience for our staff and students and fosters a greater rapport between our coaches and athletes.

Nowra Anglican College is committed to providing sporting experiences to all students regardless of their athletic ability. For this reason, we have created a development tour which is run on a three-year cyclical basis primarily to New Zealand. The objectives of the tour are to enhance training and playing opportunities, but more importantly immerse our students into a foreign culture and build partnerships between the College and other likeminded global institutions. Currently, the tour predominantly focuses on Rugby Union and Netball. However, as the Academy grows more sports will be invited to partake in this wonderful experience.

In addition, it is a core belief of the College that sport and academics are interconnected. Thus, the Sports Academy has, and continues to, foster connections between tertiary educational institutions, such as the University of Wollongong. Some of the goals of this partnership are to advise students

about:

- Sporting pathways into university or TAFE,
- The range of scholarships available to our athletes and
- suitable careers associated with their identified sport.

It is our hope that by enhancing these connections, the College is providing the best opportunities for all of our students to pursue their sporting endeavours.

Representative Sport

Our diversified Sports Program offers students the opportunity to participate in a range of individual and team sports and provides pathways to representative selection.

The College is a member of the Southern Anglican Schools Sports Association (SASSA) and therefore follows 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. Students have the opportunity to represent the College in sports such as: AFL, Athletics, Baseball, Basketball, Cricket, Cross Country, Diving, Football, Golf, Gymnastics, Hockey, Netball, Rugby League, Rugby Union, Softball, Swimming, Tennis, Triathlon, Touch Football, Volleyball and Water Polo.

Representative Sport Pathway

NAC	Students participate in a wide variety of sport/physical activities at the College. All students are encouraged to attend selection trials to represent the College
SASSA	We are a member of the Southern Anglican Schools Sports Association, and students are selected to represent SASSA in a wide variety of sports
AICES	Senior School students are selected to participate in the Association of Independent Co-Educational Schools (AICES) competitions
NSW CIS	Junior School and Senior School students are selected to participate in the NSW Combined Independent Schools competitions (NSW CIS)
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

Please note: Junior School students do not have the AICES level in their representative pathway.

Further information regarding AICES and NSW CIS sports can be found at the following websites:

Association of Independent Co-Educational Schools (AICES)

www.aices.com.au

NSW Combined Independent Schools (NSW CIS)

www.revolutionise.com.au/nswcis/home

There are a number of sports that have different arrangements for representation. Some sports will bypass the SASSA and AICES levels and go straight to NSW CIS or All Schools competitions. These include selections for sports such as AFL, Gymnastics, Cricket and Triathlon. Please contact the sports coordinators for further information regarding these specific sports.

Students also represent the College in local and knock-out competitions such as the Bill Turner Cup in Football, the Wiburd Shield in Cricket, Illawarra Rugby carnivals, the Sydney Anglican Schools Corporation Netball Cup, Shoalhaven Basketball Gala Days and friendly games against local schools.

Students may also participate in competitions organised by other sporting associations. The College has a strong tradition of participation, for example, in the Berry Equestrian Championships, the NSW Snow Sports at Thredbo and Mountain Biking competitions at Mt Stromlow.

Sporting Calendar

In order to assist parents with their planning, key dates have been included in a yearly 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.

For more information regarding AICES and NSW CIS sporting dates please refer to the following:

Association of Independent Co-Educational Schools (AICES)

www.aices.com.au

NSW Combined Independent Schools (NSW CIS)

www.revolutionise.com.au/nswcis/home

Equestrian

Individuals place their own entries into competitions but compete for the NAC team overall.

Uniform requirements for individuals representing the NAC team at equestrian events:

- Cream jodhpurs
- White, collared shirt
- School tie (boys)
- NAC woolen jumper
- Blue saddle cloth with white and/or red piping which includes the NAC logo sewn on the rear (available to borrow from the College or is available from the school uniform shop)
- Browbands for horses/ponies - blue, white, and red.

A NAC Equestrian Facebook group has been created to assist Equestrian team members with communication about team Equestrian events. You can request to join this group on Facebook. The College also has an email contact group in Edumate that may from time to time receive notifications about events. If you would like to be included in this group, please email office@nac.nsw.edu.au.

NAC Senior School Sports Assembly

Nowra Anglican College's Senior School Sports Assembly acknowledges student effort and performance for sporting endeavours and achievements.

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 represented NAC each year of their attendance in the College will be presented with Contribution to Sport awards.

Students who have received accolades for their efforts at higher levels (AICES and NSW CIS) will also be presented with awards. At this assembly, students who have represented NSW or Australia will be inducted into the College's Hall of Fame.

All family members and friends are welcome to attend this event.

Codes of Conduct

In addition to the Student Code of Behaviour, codes of sporting conduct have been developed in conjunction with the “Play by the Rules” national program which is designed to make sport safe, fair and inclusive. Positive attitudes and conduct make sport enjoyable for everyone.

Players’ Code of Conduct

- At all times play within the rules of the game
- Abide by the decision of the officials. Never argue with an official
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not permitted in any sport
- Work equally hard for yourself and for your team. Your team will benefit and so will you
- Be punctual to training and all matches
- Be a good sport. Applaud all good plays, whether they be by your team, opponent, or the other team
- Treat all players as they would like to be treated. Players must not interfere with, bully or take unfair advantage of another player
- Thank the opposition and officials at the end of the game
- Cooperate with your coach, teammates and opponents. Without them, there would be no competition
- Players are expected to be modest in success and generous in defeat
- Players are to wear the appropriate College uniform/sports uniform and footwear to and from the event and during competition
- Do not partake in the drinking of alcohol or taking of other drugs whilst representing the College
- All grounds must be kept clean – litter must be placed in the bins provided
- If there is an issue of concern, raise it in a professional way with your coach or captain after the game

Coaches’ and Managers’ Code of Conduct

- Place the safety and welfare of the participants above all else
- Help each person to reach their potential. Respect the talent, developmental stage and goals of each person, and encourage them with positive and constructive feedback
- Treat each person as an individual
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality, or religion
- Recognise that games and competition are for enjoyment and satisfaction comes from doing one’s best
- Act within the rules and spirit of your sport
- Promote fair play over winning at any cost
- Respect the decisions of officials, coaches, and administrators
- Develop within your players respect for the judgement of all officials
- Show respect and courtesy to all involved with the sport
- Coaching from the sidelines should be restrained. Coaches are not to encroach on the field of play except to assist an injured student or if called in by an official
- Obtain appropriate qualifications and keep up-to-date with the latest coaching practices and the principles of growth and development of participants

- Be aware of and support the sport's injury management plans and return to play guidelines
- Ensure decisions and actions contribute to a harassment-free environment
- Uphold the College's Child Protection policy including ensuring that any physical contact with another person is appropriate to the situation and necessary for the person's skill development
- Never advocate or condone the use of illicit drugs or other banned performance-enhancing substances or methods
- Any conduct of players or spectators in contravention of the code of conduct is to be reported to the Head of Sport or Head of Senior School as appropriate

Spectators' Code of Behaviour

Parents can help create a positive sporting environment and reduce sport rage by being good role models. Children and young people play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals

- Applaud good performance and efforts from each team. Congratulate all participants upon their performance regardless of the game's outcome
- Respect the officials' decisions
- Never ridicule or scold a child for making a mistake during a competition
- Barracking is expected to be positive and enthusiastic and never directed toward the opposition
- Show respect for your team's opponents. Without them, there would be no game
- Encourage players to follow the rules and the officials' decisions
- Condemn the use of violence in any form, be it by spectators, coaches, officials, or players
- Understand, uphold and support our College's Code of Conduct for Parents/Carers/Visitors
- Complaints concerning the conduct of games should not be made during or after the game. They should be referred to the Head of Senior School or Head of Junior School

The following are examples of poor sportsmanship:

- Barracking during an attempt at goal
- Attempting to influence a referee's decision
- Applauding a player's dismissal from the game
- Booing
- Whistling
- Disagreeing with the decision of an official
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches, or officials, comments should not interfere with the running of the game
- Under no circumstances should parents contact other schools directly
- Smoking, drinking alcoholic beverages, and the taking of non-prescribed drugs is strictly forbidden at College sanctioned sporting events
- Students in attendance at games where Nowra Anglican College is represented are considered representatives of our school community and therefore will be required to abide by the College's Codes of Behaviour
- All grounds must be kept clean – litter must be placed in the bins provided.

Representation Policy

To represent Nowra Anglican College at any level of school sport or other activity is a privilege.

The purposes of this policy are to ensure:

- The behaviour of students selected as representatives of Nowra Anglican College is of a high standard
- Staff assisting/supervising school representatives will have a set of procedures consistent with the ethos of the College's Behaviour Management Policy
- Students are aware of the College's expectations concerning their behaviour while representing the school in sport and other activities
- It is important that staff assisting/supervising representatives ensure this policy is discussed with and understood by all students participating in the representative sport or co-curricular activity.

EXPECTATIONS PRIOR TO REPRESENTING NOWRA ANGLICAN COLLEGE IN A SPORTING EVENT

The behaviour exhibited within the College community prior to representation should clearly signify the student's capacity to represent Nowra Anglican College in a wider context to an acceptable standard.

- Students must uphold the wearing of the school uniform on all occasions as outlined in the College Diary. Failure to demonstrate these capacities may lead to the withdrawal of the student from representative situations.
- Students must have completed classwork and assessment tasks and failure to have completed schoolwork to a satisfactory standard may result in exclusion from representation in sports and other activities.
- Students who receive three or more application grades on their previous semester's report of "E" may jeopardise their eligibility to represent the College in co-curricular activities. This will be at the discretion of the Deputy Principal.
- Students who are on a behaviour monitoring card of Level 3 may jeopardise their eligibility to represent the College in co-curricular activities. This will be at the discretion of the Year Coordinator in conjunction with the Deputy Principal and Head of Senior School.
- Students who are on a behaviour monitoring card of Level 4 will not be eligible to represent the College in co-curricular activities.
- All students representing Nowra Anglican College are required to travel as a team when bus transport is provided.
- Full College sports uniform (or formal uniform) must be worn when travelling and representing the College.

Should a student choose not to follow the expectations mentioned above:

- Minor indiscretions will be addressed by the staff member in charge of the sport and may require the intervention of The Head of Sport or Sports Coordinators.
- Major indiscretions will be referred immediately to The Deputy Principal and The Head of Sport
- Depending on the seriousness of the misbehaviour/breach of expectations, the College may decide further action should be taken regarding the matter. This could involve suspension from

further sporting representation, including representation in other sports.

- The student must earn back his/her privilege to represent the College and this must be done at the discretion of the Principal/ Deputy Principal and the Head of Sport.

Attendance/Participation at Sporting Carnivals

Nowra Anglican College's annual carnivals for Swimming, Athletics and Cross Country for Junior and Senior Schools 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 Schools take the lead in this and model good behaviour, attitude and participation.

Participation in College events such as these carnivals, is taken into consideration when determining leadership positions and service awards.

Higher Representation at SASSA Carnivals

Representation of the College is an honour and Year 11 and 12 students are encouraged to participate in sport. The three major representative sporting carnivals are the SASSA Swimming, Athletics and Cross-Country carnivals. One of the aims of the College is to enter full teams in all events at these three major carnivals.

Nowra Anglican College is in a fortunate position in that Collegians can attend the Swimming and Cross Country carnivals and then return to school. This allows our students to minimise the amount of time missed from class. Collegians are encouraged to represent the College, particularly in these three sports.

In addition, members of the elective Year 9 PASS classes are often required to attend the SASSA Swimming, Cross Country and Athletics carnivals to either compete, officiate or to assist the staff and the team manager. Students are required to wear their full sports uniform, including appropriate hat when acting in this capacity.

Higher Representation Expectations

Often students are selected to represent the College at higher levels such as representation of SASSA, the Association of Independent Co-educational Schools (AICES), NSW Combined Independent Schools (CIS) and NSW All Schools.

Students who are selected for higher representation duties, and commit to these teams, must turn up to the necessary training and to the events unless there are extenuating circumstances.

Students who achieve higher representation but do not comply with the expectations mentioned above may receive disciplinary consequences at a school level via the Deputy Principals or Principal.

Student Code of Conduct for Tours

The fundamental expectation governing student conduct on tour is that each student should behave in a manner that upholds the College's values of respect, compassion and wisdom. Students are expected to uphold the College's Codes of Behaviour as outlined in the Representation Policy, the Player Code of Conduct and Student Code of Behaviour - Senior School.

Tour Prerequisite Conditions:

- Students must have an attendance rate of at least 90% unless there are extenuating circumstances
- School fees are up-to-date
- Student behaviour must be of an exemplary standard
- Students must adhere to the Student Code of Behaviour at all times, prior to and during the tour.
- Students will be removed from the tour if their behaviour is not in keeping with the standard of behaviour expected of a student at Nowra Anglican College
- Students must uphold the wearing of the school uniform on all occasions as outlined in the School Diary
- Students who are on a Level 2 or 3 behaviour monitoring card will need to justify why they should be included on the tour
- Students who are on a Level 4 behaviour monitoring card will be excluded from the tour
- If a student is removed from the tour as a result of misbehaviour, monies paid for the tour will be forfeited unless the student is replaced by another student

While on tour, students are expected to be courteous, punctual and obedient to instructions given by their instructors and are expected to attend all classes and planned activities. Students must inform staff of all movements with a safety requirement of at least three in a group is expected for all activities.

In all circumstances, the touring staff will meet behaviour that is not in accord with Nowra Anglican College's expectations with appropriate disciplinary action.

Students will endeavour to communicate any difficulty of a personal, financial or social nature to one of the supervising teachers so that the harmony of the group can be safeguarded at all times.

The following are some examples of unacceptable behaviour:

- Bad language, abusive speech
- Consumption of alcohol
- Smoking cigarettes or using illegal or other substances
- Harassing or bullying behaviour including teasing

- Sexual harassment
- Racism in any form including negative comments
- Fighting, whether verbal or physical
- Purchase and use of fireworks and replica guns
- Behaviour that is dangerous to themselves or others
- Breaking the law of the country
- Dressing inappropriately (bare midriffs, miniskirts, shoestring straps visible underwear)
- There will be no boys in girls' rooms & no girls in boys' rooms at any time

In serious circumstances whilst on tour, student's parents will be contacted and students dealt with by the College on their return. For behaviour that is deemed serious, students will return home at the cost of the family.

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 function in children and adolescents may be affected 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 is vital to understand the importance of managing concussions in our children's lives. A concussion 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.

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 further information about how to identify and manage a concussion, www.concussioninsport.gov.au/parents_and_teachers. This information forms 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](#).