



# Brescia House

SCHOOL

## POLICY DOCUMENT

### **SPORTS POLICY**

Brescia House School believes:

- In creating a Christian atmosphere, in which principles of truth, love, justice and reverence become the criteria in life's decisions.
- In working to achieve academic excellence and the development of the whole woman in all facets of her potential.
- In high standards of behaviour and discipline and in the importance of the individual and in her creative self-expression.
- In the dignity of all person's and in respecting the rights of others.
- In an open environment where all persons of our richly diverse society may grow in mutual understanding and acceptance.

Driven by the school's mission statement, the main purpose of sport at Brescia House School is to provide each individual pupil with the knowledge and experience to want to be FIT FOR LIFE. Throughout the school the focus will be on providing opportunities for participation, enjoyment and achievement.

Sport can be divided into three areas: Physical Education (including Life Orientation), competitive sport and social sport is also offered in the High School. The Sports Department, headed by the Sports Co-ordinator, is responsible for the organisation and implementation of all three areas of sport. Physical Education is a curricular activity while competitive and social sports are co-curricular activities.

All pupils are required to participate in Physical Education lessons and they are expected to adhere to the co-curricular requirements below.

### **CO-CURRICULAR POLICY**

- ❖ An outline of the proposed co-curricular programme for the following term will be made available at the end of each term. Sports activities will commence in the first week of term (unless otherwise indicated) and pupils are expected to inform the sports staff of their choice of activities for that particular term.
- ❖ Every pupil, up until the end of Grade 9, is required to participate in two co-curricular activities. One must be a sport
- ❖ FET pupils (Grade 10 – 12) who are not in a team do not have a compulsory sport afternoon. However, they are encouraged to participate in social, grade and house sport.
- ❖ A pupil who has a demanding commitment to an out-of-school activity, e.g. horse riding, gymnastics may submit a written application, from a parent or coach, to have this counted as one of her co-curricular activities. Where permission is granted, she may be required to represent the school in her chosen discipline and permission will be valid for that calendar year only.

- ❖ As soon as the pupil has recorded her choice of activities for a particular term, she is expected to regard the activities as a commitment for the whole season/term and to honour these commitments as an extension of the school day. Parents and public are not invited to attend these activities.
- ❖ Once a pupil has been selected into a team she is required to attend all practices and matches/meetings/galas. If an individual pupil has a **valid reason** for being unable to participate in a session she must personally submit a written letter, from her parent or guardian, to the coach/teacher in charge of her sport. Failure to follow this instruction will result in her suspension from the sport concerned, and further disciplinary action will be taken where deemed necessary by the sports staff.
- ❖ Pupils who are involved in any area of the sports programme are expected to follow the requirements of the school and the sports department regarding uniform, attendance, participation, behaviour and departure from the activity/property.
- ❖ All sports facilities, sporting equipment and school property must be treated with the greatest respect at all times. The swimming pool area is to be treated with extreme caution at all times. No pupil may enter the pool area if a member of **staff** is not in direct attendance and has not given specific permission.
- ❖ There are a variety of activities to choose from in the school programme and pupils must be realistic when choosing activities and making commitments. They must ensure that they have a balanced lifestyle to prevent unnecessary stress.
- ❖ Awards will be made at the conclusion of each season in accordance with the Sports Awards Policy.

## **REQUIREMENTS OF THE SPORTS DEPARTMENT**

### 1. **REQUIREMENTS FOR PHYSICAL EDUCATION/LIFE ORIENTATION:**

- 1.1 Physical Education/Life Orientation uniform:
  - Bottle green skorts
  - White collared, capped-sleeved golf-type shirt, with school badge
  - Predominantly white sports shoes
  - Short white socks
  - Green and White swimming costume, towel and House-coloured cap
  - Optional items:
    - black board shorts (High School only)
    - school shorts
    - green/white school peak cap
    - regulation tracksuit (winter only)
  - Required equipment (classes will be advised)
    - Tennis racquet
    - Hockey stick
- 1.2 Pupils must wear the school sports uniform correctly at all times.
- 1.3 All pupils must attend Physical Education/Life Orientation lessons as per the school timetable.
- 1.4 Punctuality is expected for all lessons.
- 1.5 Any pupil who is unable to participate in a Physical Education / Life Orientation lesson must provide a letter, written by a parent or guardian, for the sports teacher at the beginning of the lesson. The letter must stipulate an adequate reason for the pupil's inability to participate in the lesson.
- 1.6 If a pupil is unable to participate in Physical Education/Life Orientation for an extended period of time (i.e. more than one week) she is required to submit a medical certificate to the Sports Co-ordinator, via her Physical Education/ sports teacher.

- 1.7 The highest standards of behaviour, manners and sportsmanship are expected at all times.
- 1.8 The Physical Education teacher will ensure that pupils are dismissed in good time at the end of a lesson. It is the responsibility of each individual to be punctual for the lesson/activity following their Physical Education / Life Orientation lesson.

## 2. REQUIREMENTS FOR SOCIAL SPORT (High School):

- 2.1 Uniform requirements are the same as for Physical Education.
- 2.2 If the season does not last for the full duration of the term then the pupil will be required to select a new social sport once the initial season has been completed (e.g. swimming and netball)
- 2.3 Pupils must be punctual for each session of their social sport, and remain until dismissed by the teacher in charge.
- 2.4 If an individual pupil has a **valid reason** for being unable to participate in a session she must personally submit a written letter, from her parent or guardian, to the teacher in charge. Failure to follow this instruction will result in disciplinary action in terms of the school's code of conduct.
- 2.5 Pupils are expected to participate fully in the social sport of their choice. A negative attitude or disruptive approach will not be tolerated.
- 2.6 The highest standards of behaviour, manners and sportsmanship are expected at all times.
- 2.7 Pupils may leave the school property in sports uniform only once they have participated in a co-curricular sports activity. Full sports uniform, worn correctly with a blazer, may be worn in public.

## 3. REQUIREMENTS FOR COMPETITIVE SPORT:

- 3.1 Sports-specific competitive uniform to be clarified with teacher i.c. sport, if necessary
  - Green/white school peak cap
  - Bottle green skorts
  - White collared, **capped-sleeved**, golf-type shirt, with school badge. (Bottle green coloured for HS first team)
  - Predominantly white sports shoes (white-soled shoes ONLY for Squash)/ hockey boots/soccer boots/athletics spikes
  - Short white socks
  - Bottle green team hockey socks (white turn-over for HS Second team; hooped for HS First team)
  - White HS first team sweatshirt (during relevant season only)
  - Regulation tracksuit
  - Bottle green costume with grey and white stripes at sides (Inter-High team only)
  - School towel and cap
  - Sport-specific equipment: Tennis/Squash racquet, Hockey stick.
- 3.2 Pupils must wear the school uniform correctly at all times. Blazers must be worn to all away matches.
- 3.3 If a Grade 8 or 9 pupil attends team trials but she is not selected into the squad she will be required to fulfill her co-curricular requirements by selecting a social sport activity and recording her choice with the relevant teacher.
- 3.4 **Once a pupil has been selected into a team she is required to attend all practices and fixtures. She is expected to stay until the entire fixture has been completed and for home fixtures, ensure that the opposition has been provided with refreshments. She is expected to act as a hostess and assist staff and parents wherever possible. At away fixtures, she is expected to stay until the entire fixture has been completed and she has been provided with refreshments by the hosts. In both cases, good manners are expected and she should greet and thank the hosts and her coach/teacher before leaving.**

- 3.5 If a pupil qualifies for / is selected to attend provincial trials she is required to regard her initial participation as a full commitment, regardless of the team for which she is selected. In exceptional circumstances, she may withdraw from this commitment only after consultation with the teacher in charge of her sport, Sports Co-ordinator and Principal/Headmistress.
- 3.6 If a pupil is unable to participate in a practice or match, she must see her coach personally (or the teacher in charge of her sport if the coach is not present – see point 9.3 below) in order to discuss her situation. At the coach's/teacher's discretion, she may be excused from attending training although it may be in the interests of the team for the pupil to still be required to attend the practice session or match/meeting. It is critical that a pupil who has influenza does not participate in a practice or match – it is each individual pupil's responsibility to communicate effectively with her coach. Medical, or any other, appointments should **not** be made on practice or match/meeting days.
- 3.7 If a pupil is present at school and does not communicate her inability to participate in a practice or fixture to the relevant teacher/coach she will be punished according to the school's Code of Conduct, at the discretion of the coach. If a pupil is absent from school on a match/meeting day it would be in the interests of the team for her parent or guardian to inform the relevant teacher/coach as early as possible in the day. In the case of absence from school the pupil may not participate in a practice/match/meeting on the same afternoon.
- 3.8 The highest standards of behaviour, manners and sportsmanship are expected at all times.
- 3.9 A pupil who accepts the position of team captain is expected to fulfill all of the requirements of the position to the best of her ability. Captains will be elected and hold their position at the discretion of the coach/educator.
- 3.10 Pupils may leave the school property in sports uniform only once they have participated in a co-curricular sports activity. Full sports uniform, worn correctly with a blazer, may be worn in public.
- 3.11 **At the end of an away fixture (i.e. when the entire event has been concluded), a pupil may leave the venue directly with her parent or guardian provided she has informed the relevant coach/teacher. No pupil will be left unattended at a venue if a parent/guardian has not yet arrived and the school transport is ready to leave.**
- 3.12 Team practices and training are to be regarded as part of the school day and spectators are not welcome to attend these sessions. Appropriate parental support at matches/meetings is encouraged and appreciated.
- 3.13 Parental queries, comments or complaints should be addressed to the teacher/coach concerned at an appropriate time. If a satisfactory response is not obtained, the parent should then approach the Sports Co-ordinator. The professional integrity of the staff should be respected at all times.
- 3.14 In addition, pupils are required to follow the sport-specific requirements detailed below:
- Athletics:** Athletics takes place in the third term. Girls who wish to participate must be actively involved in all training sessions, all inter-school meetings and the inter-house meeting.
- Diving:** Diving takes place in the first and third terms. Voluntary training sessions may be offered through the second term, when numbers permit. Divers are required to participate in all training sessions, all inter-school meetings and the inter-house competition. The inter-high team will form part of the school's Aquatics Team.
- Equestrian:** We have two teams: PS and HS. Each team is managed by an appointed Chef d'Equip (parent of team member). Riders are required to participate in all inter-school competitions as well as in the Gauteng schools' finals, should they qualify.
- Hockey:** There will be two teams per age group (U10 – HS Open). The HS Open First and Second teams will consist of the strongest possible combination of players in Grades 8 - 12. Girls who wish to play hockey are required to be actively involved in all practice sessions, all league

- matches and inter-grade/house matches, as well as any tournaments relevant to her age-group. Shin guards are a requirement and a professionally made gum guard is strongly recommended.
- Netball:** There will be at least two teams per age group. The HS Open First and Second teams will consist of the strongest possible combination of players in Grades 8 - 12. Girls who wish to play netball are required to be actively involved in all practice sessions, all league matches and inter-grade/house matches, as well as any tournaments relevant to her age-group.
- Soccer:** Mainly offered on a social basis, teams will be determined by the numbers available and the opportunities available within each season, e.g. St Peter's Festival in July.
- Squash (HS):** All Squash players are required to supply their own racquet and to wear white-soled takkies. They must attend all of the practices, matches and tournaments relevant to their age-group. Protective eyewear is strongly recommended.
- Swimming:** There are three teams in the Primary School and one team in the High School. Swimmers are required to be actively involved in all training sessions and galas. Girls who train out of school will be required to meet the following criteria:  
 Participate in one training session per week;  
 Participate in all time trials (advised in advance);  
 Participate in all inter-school galas and the inter-house gala.
- Tennis:** The inter-high team will form part of the school's Aquatics Team. The number of teams will be determined by the number of players each season. Team players will be allocated to a squad: Junior, Senior or Super at the discretion of the Head Coach and teacher i.c. tennis. Girls who attend regular weekly coaching with an outside coach will not be required to attend both morning practice sessions.

#### 4. AWARDS:

- 4.1 Sports award nominations will be determined by a committee made up of the Sports Co-ordinator, sports staff and any additional staff members in charge of the respective sports. Award nominations, with relevant motivations, are to be prepared, by the educator in charge of the relevant sport, in advance and presented to the Sports Awards committee meeting in writing.
- 4.2 In HS, the nominations will be decided in terms of a points-based system. They will be presented to a School Awards Committee made up of the Headmistress and the heads' of all the disciplines that make awards during the school year. All awards are made at the discretion of the School Awards Committee.
- 4.3 Documents, discussions and decisions relevant to these meetings are to be regarded as confidential.
- 4.4 The maximum award, in each Grade, is given for outstanding achievement in an established sport. The sport must form part of the school's regular extra-mural programme and the pupil's attendance, participation and performance in practices/training and in competition must be excellent. Provincial representation is also a consideration.
- 4.5 The maximum award per Phase/Grade will be as follows:
- |                    |  |
|--------------------|--|
| Foundation Phase   | School certificate                       |
| Intermediate Phase | School certificate                       |
| Senior Phase       | Merit certificate                        |
| FET Phase:         |  |
| Grade 10           | Half-Colours - certificate and scroll    |
| Grade 11           | Colours – certificate and quadrant badge |



- 6.4.6 The result of each fixture must be communicated to the Sports Committee.
- 6.4.7 In the event of a dispute, the captain is the ONLY member of the team who may address the issue with the relevant member of staff/official. An appropriate manner must be adopted.
- 6.4.8 Team equipment must be returned at the end of the season in the same state as at the beginning of the season.
- 6.4.9 Queries or problems should be addressed to the coach or teacher responsible for the sport concerned. If the problem persists, the Sports Co-ordinator should be consulted.

### **SPORTS STAFF 2009**

Sports Co-ordinator	Miss Mary Parr	0117067404 / <a href="mailto:mparr@brescia.co.za">mparr@brescia.co.za</a> TIC HS Diving, Equestrian, Soccer, Squash
Head of PS Sport	Miss Tracey Wood	0117069045 / <a href="mailto:twood@brescia.co.za">twood@brescia.co.za</a> TIC PS Athletics, Diving, Equestrian, Netball, Swimming
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Sports staff	Miss Carla Botha	0117069045 / <a href="mailto:cbotha@brescia.co.za">cbotha@brescia.co.za</a> TIC Conditioning, PS Hockey and HS Swimming
Sports staff	Miss Erika Venter	0117069045 / <a href="mailto:eventer@brescia.co.za">eventer@brescia.co.za</a> TIC HS Hockey and PS/HS Tennis