

SPORT

@CLAREMONT

CLAREMONT COLLEGE 2018



INSPIRED
FOR LIFE



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SPORT @CLAREMONT

CLAREMONT COLLEGE RECOGNISES THE IMPORTANT CONTRIBUTION THAT SPORT AND AN ACTIVE LIFESTYLE PLAY IN A CHILD'S EDUCATION, GROWTH AND DEVELOPMENT AS WELL AS PROVIDING ESSENTIAL FOUNDATIONS FOR A HEALTHY AND SUCCESSFUL LIFE. OUR MISSION STATEMENT HIGHLIGHTS THIS AS AN INTEGRAL PART OF THE HOLISTIC EDUCATION THAT IS OFFERED AT CLAREMONT COLLEGE:

**CLAREMONT COLLEGE
A CARING CHRISTIAN ENVIRONMENT
IN WHICH EACH CHILD CAN DEVELOP
ACADEMICALLY, PHYSICALLY,
EMOTIONALLY, SOCIALLY AND
SPIRITUALLY.**



INVOLVEMENT IN A COMPREHENSIVE SPORTS PROGRAM CONTRIBUTES TO A CHILD'S SUCCESS AT SCHOOL AND SPECIFICALLY BENEFITS HIS OR HER ACADEMIC DEVELOPMENT AND LEARNING.

Our Sport and Physical Education programs contribute towards the following 'Core Value' statements of Claremont College;

- Engaging learning through quality teaching across the curriculum with innovation and creativity
- Building a place of excellence with firm academic foundations
- Growing and affirming the character, leadership and a sense of purpose for each individual child
- Providing a nurturing school community through care and respect for self, others and the environment
- Honouring the rich history and heritage of Claremont College

Some specific goals of Claremont College Sports Programs aim to:

- Foster and develop character, resilience, social relationships, team and school spirit
- Develop skills and competence, fitness, confidence, awareness of personal strengths and passions through involvement in a wide variety of individual and team sports and activities
- Develop swimming skills and water confidence for all students
- Provide representative opportunities for students with particular strengths and abilities
- Foster and develop attitudes and interests that will encourage students to value and maintain a long-term commitment to an active and healthy lifestyle
- Promote the local community sporting clubs as the pathway for participation in individual and team sport on a weekend or before/after school (Claremont College does not offer a Saturday Sports Program)

CURRICULUM

Sport and Physical Education form a part of the Personal Development, Health and Physical Education (PDHPE) programs at Claremont College that follow the NSW Education Standards Authority (NESA) outcomes. Our programs focus on encouraging students to make informed decisions related to health and physical activity. They aim to develop positive attitudes toward adopting a healthy lifestyle and include participation in regular and varied physical education and sporting experiences. These programs also include the systematic and explicit teaching of leadership, personal and social skills to give students a basis for resilience and the resourceful management of their own lives.

"MENTE ANIMOQUE AGAMUS"

LET US WORK WITH HEART AND SOUL

Our School Motto (created between 1896-1898) which can be found on the School Crest (created early 1900's), sums up the spirit of sport at Claremont College. The crest along with our school colours of green, white and gold are worn with pride at all school and representative sporting events.

A RICH HISTORY OF SPORTING INVOLVEMENT AND HEALTHY COMPETITION

Since 1882, Claremont College has had a rich history of sports competition both as part of daily school life and against other schools. From the very beginning of our history when the school was a secondary girls boarding school, sports and 'physical culture' were emphasised. "It is compulsory for each pupil to play at least one game of tennis and three exercises daily" (1900). Claremont College has had a fascinating history of sports education including at the time of WW1, "training for perfect womanhood ...a miniature Rifle Club where the pupils are taught to use the rifle with care and precision" (1915), as well as tennis and swimming in the 1920's.



Barrackers at Claremont Sports (1925)



Some of the Resident Pupils taking their "morning dip" at the Ladies' Baths, Coogee - early 1900's



Tildesley Competition Winners, Elsie Carver and Minnie Arthur (1920's)

OUR HOUSES



HYLAND

Hyland house was named after Miss Janet Hyland, the founding Principal of the school.



STOREY

Storey house was named after Lady Storey who was the founding President of the Parents and Friends Association in 1931.



WEARNE

Wearne house was named after two sisters who were joint Principals and owners of Claremont (1909) at the time of great expansion in the early 1900's.



AUSTIN

Until 1977 Claremont only had 3 Houses. Austin house was named after the Austin family who were closely associated with the school for over 40 years. Austin House began to commemorate Judy Austin who sadly died of cancer in 1977, not long after she graduated from Claremont.

OUTSTANDING ACHIEVEMENT IN SPORT

At the end of the year, at our Annual Speech Day and Prize Giving Ceremony and during our Speech Day Preview, Sports Awards are presented to acknowledge and recognise the successes and achievements of our students, particularly success at elite levels. Champion Houses are also recognised at this event. Awards include:

- 100m Freestyle (Swimming) Champion;
- School Swimming Champion;
- Champion Swimming House;
- 100m Sprint Champion;
- School Athletics Champion;
- Champion Athletics House;
- Champion Cross Country House;
- Infants Sports Champion (125th Anniversary Award);
- 'Best All Round Sporting Achievement' for an individual student;
- 'Sporting Spirit Award' for an individual student;
- 'Sporting Spirit Award' for a House;
- The Centenary Shield For House Competition; and
- State and National Representation.

Throughout the year, most teams and individual sporting achievements are recognised during our weekly assembly and/or in the Weekly Newsletter.



WHEN IS SPORT?

PHYSICAL EDUCATION (PE) LESSONS

Each week, all students (K to 6) participate in a 40 minute PE lesson taught by our specialist PE teacher, at school. These lessons include skill development and modified games such as basketball, soccer, T Ball, AFL, netball, rugby league, dodgeball, European handball, frisbee, cricket, volleyball and hockey. Infants students are taught explicit hand-eye coordination, bat and ball skills (related to the above games), as well as movement and gross motor skills.

INFANTS SPORT AT GRANT RESERVE

Every Wednesday, the Infants classes (K-2) participate in a series of sports sessions at Grant Reserve in Coogee. The students experience a variety of games and fitness activities including relay, parachute and ball games, T Ball, hockey, athletics, cross country, soccer, league and AFL. All students wear their Sports Uniform to and from school on a Wednesday.

PRIMARY SPORT

Every Wednesday, the Primary classes (3-6) attend a variety of sports lessons at a number of external venues such as UNSW, Allsorts Alexandria, Grant Reserve or local tennis courts.



SWIMMING LESSONS

Claremont College prioritises the acquisition of each child's swimming skills, water awareness and water confidence. The Swimming Program is held at the UNSW Pool or Coogee Diggers Fitness Centre.

- **Kindergarten and Year 1:** Intensive 8 day aquatic awareness program in Term 4.
- **Year 2:** 1 hour lesson every Wednesday morning in Term 1.
- **Year 3 and 4:** 1 hour stroke correction and water safety lessons every Wednesday in Term 1.
- **Year 5:** 1 hour Water Polo lessons every Wednesday in Term 2.
- **Year 6:** 1 hour Life Saving skills lessons every Wednesday in Term 2.

Participation in these swimming programs is compulsory.

SCHOOL CARNIVALS

Our three major school carnivals are held in the first three terms of the school year. These House competitions are exciting events and highlights of the school calendar. Students compete for the House Points Trophy, as well as for their Age Championship and representation in the respective Claremont teams at inter-school (IPSHA) competitions.

- **Annual Swimming Carnival:** For Years 2 to 6, at the Des Renford Aquatic Centre, Maroubra, in Term 1.
- **Annual Athletics Carnival:** For all students, Kindergarten to Year 6, at the E.S. Marks Athletics Field, Kensington, in Term 2.
- **Annual Cross Country Carnival:** For all students, Kindergarten to Year 6, at Centennial Park, in Term 3 or 4.



IPSHA SPORTS PATHWAYS

Claremont College is a member of IPSHA (Independent Primary Schools Heads of Australia). Students may be selected to represent our school to compete in the three inter-school IPSHA carnivals.

- IPSHA Swimming Championships.
- IPSHA Cross Country Championships.
- IPSHA Athletics Championships.

Years 5 and 6 students are also given the opportunity to trial for a variety of IPSHA teams, that may include basketball, tennis, netball, softball, cricket, AFL, hockey, snow-skiing, soccer, rugby union and touch football. To be eligible, generally students must be able to provide evidence of success in their local sports club as a representative team member and/or references must be provided. Success at these carnivals or trials can lead to representation at the sporting pathways of IPSHA, CIS (Combined Independent Schools), NSWPSA (State) and at the National level.



CLAREMONT TEAMS AND GALA DAYS

Primary students are given the opportunity to represent Claremont College by participating and competing in a variety of sporting Gala Day competitions. Interested students trial and train before or after school in preparation for these one day events that are usually held on a week day during school hours. Some of the aims of these events are to develop the students' skills, knowledge and experience in team sports, to provide opportunities to represent the school, and to promote our local community sporting club involvement.

- **AFL Gala Day**
- **Futsal (Indoor Soccer) Gala Day**
- **Netball Gala Day**
- **Rugby Gala Day**
- **Basketball Gala Day**
- **League Tag Gala Day**
- **Cricket Gala Day**





DANCE AT CLAREMONT COLLEGE

Dance is a strand of the NSW Board of Studies PDHPE Curriculum. Our students are given the opportunity to participate in a variety of dance lessons, production and co-curricular activities. Every second year the students perform a dance, in year groups, at our school concert.

In addition to this, our Infants students (K-2) participate in Dance lessons in their PE lessons.

JOGGING CLUB

Primary students are given the opportunity to be selected in the Jogging Club in preparation for the IPSHA Cross Country Carnival in Term 1 and our School Cross Country Carnival in Term 3. Led by our enthusiastic teachers and parents, the children work on their fitness by jogging the foreshore paths of Coogee Beach before school.



OUTDOOR EDUCATION

Each year our primary students attend overnight outdoor education camps where they participate in additional sports and physical development activities that complement the Sports Programs. These include:

- **Year 3 Camp to Winmalee:** swimming, nature trails, hiking, bush games.
- **Year 4 Camp to Galston:** BMX riding, raft making, archery, hiking, swimming.
- **Year 5 Camp to Stanwell Tops:** high and low ropes course, swimming, outdoor games, orienteering.
- **Year 6 Camp to Lake Macquarie:** archery, fishing, bivouac, outdoor games, canoeing, sailing, abseiling.

EXTRA CURRICULAR SPORTS LESSONS

Primary students are offered a variety of skill based morning or lunchtime lessons to develop their fitness and skills in a particular sport. These are run by staff, qualified instructors or development officers, generally before school (starting at 7:45am) and at an additional cost to parents. Usually a minimum of 20 students must enrol. For students attending Grant Reserve, the school bus will transport them back to school at 8:40am.

Activities include:

- | | |
|-----------------------------|-----------------------|
| → Cross Fit Training | → Basketball |
| → Soccer/Futsal | → Tennis |
| → AFL | → Martial Arts |
| → Netball | → Gymnastics |

SPORTS ANNOUNCEMENTS AND PHOTOGRAPHS

Sports news and announcements, results and reminders are published in the weekly newsletter. When we are advised, students who have success in any sporting arena outside of school are also acknowledged. This electronic form of communication can be accessed through the School website or the Claremont College App. Copies of permission notes and registration for all activities can also be accessed via the parent portal. Sports photos are published in the newsletter, displayed on notice boards around the school and found on the Gallery section of the school website.

PARENT HELP IS ALWAYS NEEDED AND APPRECIATED

Parents with knowledge, time and experience are encouraged to help staff as a team coach or a team manager for a Carnival or Gala Day. Parents must have a "Working with Children Check" number in order to assist at any sport or school event, according to the Anglican Schools Corporation policy. Please contact the office if you are able to assist.

SPORTS UNIFORM REQUIREMENTS

For every sports activity and in each of the practical lessons, students are required to wear the following:

BOYS

- **Green shorts**
- **Green sports shirt** – short sleeve
- **Plain white foldover socks** (not ankle socks)
- **Predominately white sports shoes**
- **Tracksuit** – worn for warmth in summer and winter as needed
- **Polo style shirt** in house colour (only worn for carnivals)
- **Claremont swimming costume** (School uniform shop)
- **House swimming cap** (School uniform shop)

GIRLS

- **Green shorts**
- **Green sports shirt** – short sleeve
- **Plain white foldover socks** (not ankle socks)
- **Predominately white sports shoes**
- **Tracksuit** – worn for warmth in summer and winter as needed
- **Bottle green coloured ribbons**, clips or headbands (School uniform shop)
- **Polo style shirt** in house colour (only worn for carnivals)
- **Claremont swimming costume** (School uniform shop)
- **House swimming cap** (School uniform shop)

- **Infants Sport:** Full school sports uniform to be worn to/from school on a Wednesday.
- **Primary Sport:** Full school sports uniform to be worn to/from school on a Wednesday.
- **PE Lessons:** Full sports uniform to be worn to/from school on PE days.
- **Swimming Lessons:** All students must wear Claremont College swimwear and bring towel, goggles and other necessary items in a Claremont College swim bag. These compulsory uniform items can be purchased at the Uniform Shop.
- **Competitions and Gala Days:** Full school sports uniform, including specific representative items as outlined in the permission note. Students are not permitted to wear additional items or other variations without the permission of Head of Sport and/or Principal (See 'Code of Behaviour' Guidelines).
- **Personal protective items and equipment:** From time to time, students will be required to wear other items. Parents are advised by the school of these prior to the event.

SUN PROTECTION

Claremont College is a 'SunSmart School', an initiative of the Cancer Council of NSW. We promote a positive and proactive message regarding skin protection. The students wear the school sunhat whenever outside, in the playground, for sport, outdoor activities and on excursions. This includes a '**No hat, No play**' rule. In addition to this, students are encouraged to use the available areas of shade for outside play. Parents are asked to support this important safety consideration by ensuring that their child applies sunscreen before school every day.



CODE OF BEHAVIOUR FOR SCHOOL SPORT

All students, their parents and coaches are expected to fulfil all aspects of this code of fair play and responsible behaviour, when representing Claremont College at all sporting events. The intention of this document is provide practical guidelines to reinforce the positive elements of student representation in sport, and to uphold the fine traditions and reputation of Claremont College. Breaches of the Code of Conduct may jeopardise future sporting participation for students, and may result in parents being prohibited as spectators. Ultimately the discretion remains with Claremont College staff regarding the selection of students into sporting teams.

PLAYERS' CODE OF BEHAVIOUR

- Wear the Claremont College sports uniform with pride. There will be no variation of the sports uniform, unless allowed by Head of Sport and/or Principal.
- Play by the rules.
- Never argue with an official.
- Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not permitted in any sport.
- Control your temper. Never get involved in a physical fight during a game or after a game.
- Be a good sport. Applaud all good plays, whether they are by your team or the other team.
- Work equally hard for yourself and for your team.
- Display modesty in victory and graciousness in defeat. Do not brag or scream out of control when you win and do not sulk or cry when you lose.
- Treat all players as you would like to be treated. Do not interfere with, intimidate or take unfair advantage of another player.
- Co-operate with your coach, teammates and opponents.
- Thank the opposition and officials at the end of a game.
- Enjoy your sport.

SPECTATORS' CODE OF BEHAVIOUR

- Applaud good performances 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.

- Use positive comments that are motivational and encourage continued effort.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opponents.
- Encourage players to follow the rules and the officials' decisions.
- Demonstrate exemplary social behaviour by not using inappropriate language, harassing players, coaches or officials.
- Comments should not interfere with the running of the game.
- Complaints concerning the conduct of a game should be directed to the Claremont College teacher in charge on the day of the competition.
- Under no circumstances should parents contact another school or official directly.
- Focus on the efforts and performance of the children rather than the result.

COACHES' CODE OF CONDUCT

- Children should be encouraged to play hard and win fairly.
- Teach your players that rules of the sport are mutual agreements, which no one should evade or break.
- Children should participate for fun and enjoyment and winning is only part of their motivation.
- Never ridicule or yell at the children for making mistakes or losing a game.
- Coaching during games should not interfere with the control by the referee or umpire, nor should it be offensive to opponents.
- Complaints concerning the conduct of a game should be directed to the Claremont teacher in charge on the day of the competition.
- Under no circumstances should coaches contact another school directly.
- Develop team respect for the ability of the opponents as well as for the judgment of officials and opposing coaches. Do not put down others and/or their decision in front of the children.
- Make it a positive experience for the children, providing consistent opportunities for all players to participate in the game fairly and equally.

This document is also published on the Claremont College website



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