Northern Beaches Christian School is committed to a total Christian Education package. We believe that sport is a vital part of a balanced educational program and provides wonderful opportunities for character development.
Introduction

Northern Beaches Christian School is committed to a total Christian Education package in which sport has its own role to play. The School believes that the sporting program within a balanced educational program is a vital part of NBCS. Sport provides students with a wide range of experiences and opportunities.

The Staff at NBCS hope that sport at the school will offer constructive and positive pathways where the willingness to be involved is just as important as the final results. Sportsmanship is a top priority and something taught, modelled and expected at every level. At the same time, NBCS is striving for excellence and would like to see every student maximise their physical potential across a range of different sports.

This handbook has been designed to assist parents and students in understanding the extent of the sports program and the opportunities that it offers. The school’s standards and obligations with respect to our sporting commitments are also outlined in this handbook.

Aims and Objectives

As a school, our aim is to provide a comprehensive, structured and balanced program of sporting activities that provides students with regular, constructive and enjoyable sporting opportunities.

In doing so we are hoping to foster and develop the following:

- Character, social relationships and sportsmanship that embodies the Christian ethos of NBCS.
- The acquisition of skills and physical abilities that enhance personal and team performance.
- A sense of team and school spirit.
- Attitudes and interests that will see students maintain a long term commitment to an active lifestyle.
- The development of expertise that allows students to pursue representative sporting commitments.

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Who does Sport when?

K-2 Students

- All K-2 students are involved in a class/grade PE (Sport) Lesson for 60 minutes once a week at a time designated by the class teacher.
- As part of the program, K-2 participate in a 20 minute fitness lesson every Monday, Wednesday and Friday morning.
- Yr 2 students participate in the annual Primary Swimming and Athletics Carnival. Whilst K-1 are not part of the larger carnivals, K-1 participate in their own Athletics Carnival at an alternate date.
- All K-2 participate in the Primary Cross Country Carnival

Years 3-6 Students

- All Yr 3-6 students participate in the weekly School Sports Program each Friday. Yr 3-4 are involved in Learning Session 2 from 10:20-11:30 and Yr 5-6 in Learning Session 3 from 11:50-1:10. Students who go to PISA (see information below) participate for the whole two periods due to travel time.
- As well as this, students from Yr 3-6 participate in a class/grade practical PE lesson once a week at a time designated by the class teacher.

What happens during timetabled sport?

During this time, students can be selected in the PISA (Peninsular Interschool Sports Association) teams discussed below, or take part in the recreational sports program that the school offers. The nature of these sports is less competitive which allows all students involved to feel comfortable. The variety of sports offered each term is affected by the season and availability of facilities. Students can undertake a variety of sports that are listed on the following page.

PISA trials generally take place on the last Friday of each preceding term. After PISA trials have been completed, students are given the opportunity to select the sport they wish to be involved in for the term. Some sports incur an additional cost which will be outlined in the information letter that is sent home. For all students, this selection process is done at school in Week 1 or 2 of the term, during class time.

Students should be aware that they cannot always be guaranteed their first choice as positions are limited. To assist with this, class preference alters each term. Sports requiring an additional cost will require a permission note to be filled out (sent home after sport choices have been completed) and are billed to a student’s school fees account.

Sports offered

The following options are available during different Terms across the year: Aerobics, AFL, Athletics, Basketball, Cricket, Dance, European Handball, Flippa Ball, Golf, Gymnastics, Hockey, Kayaking, Mini Olympics, Netball, Newcombe Ball, Oz tag, Slider Hockey, Soccer, Softball, Surf awareness, Swimming, Tabloids, Tag games, T-Ball, Tennis coaching, Touch Football, and Ultimate Frisbee.

PISA

NBCS is a member of the Peninsula Interschool Sports Association (PISA). There are 6 independent schools involved in this competition at present: Oxford Falls Grammar School, St Lukes Grammar School, Covenant Christian School, Pittwater House School, John Colet School and Northern Beaches Christian School.

During Fridays of Term 1, 2 and 3, organised competitions are run amongst member schools, giving students the opportunity to be involved in inter-school competitive sport. Students travel to a designated venue for the term via the school buses. Matches are carried out from 11:30am-12:30pm. Sports that are involved in the competition are listed below.

In order to participate in the PISA competition, students must first be selected in an NBCS representative team. Unfortunately due to the nature of the competition, NBCS can only enter one team per age group (Juniors: Years 3-4, Seniors: Years 5-6). Students not successful in making these teams can choose from the recreational sports listed above, which vary each term.

Students who are successful in making the school PISA teams are expected to train. Training sessions take place on Friday mornings during competition from 7:30am-8:30am using the NBCS school oval. In the event of wet weather or training cancellation, please contact the School Primary Sports Mobile Phone (0434 319 236).

<table>
<thead>
<tr>
<th>Term</th>
<th>Boys</th>
<th>Girls</th>
<th>Mixed</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jnr T-ball</td>
<td>Jnr T-ball</td>
<td>Snr Cricket</td>
<td>Snr Softball</td>
</tr>
<tr>
<td>2</td>
<td>Soccer</td>
<td>Netball</td>
<td></td>
<td>Abbot Road, Curl Curl</td>
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<tr>
<td>3</td>
<td>Rugby League</td>
<td>Soccer</td>
<td>AFL Snr only</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Swimming and water sports programs, no PISA</td>
<td></td>
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</tbody>
</table>
Houses for School Competitions

NBCS allocates students (with their family members) into 1 of 4 ‘Houses’. These Houses compete against each other at NBCS Swimming, Cross Country and Athletics Carnivals, as well as in general class representation throughout the year. Each House is vying for Premier Swimming, Premier Athletics, Premier Cross Country and Champion House.

The four Houses are:

- Macquarie (Yellow)
- Chisholm (Green)
- Bennelong (Red)
- Phillip (Blue)

House Captains

Each of the four Houses is run by House Captains. 2014 house captains were chosen at the end of 2013. In 2014 there will again be a selection process for House Captains with the goal of giving students who are serious about leadership an opportunity to gain skills in this area. Yr 5 Students will be able to apply at the end of the year for 2015 positions. Year 5 students who have an interest in sport and leadership are encouraged to consider applying for this role, and should see the Head of Primary Sport for more information.

Carnivals

NBCS runs School Carnivals in Swimming, Cross Country, and Athletics. Please see the Sports Calendar for specific dates.

The Primary Swimming Carnival is held at Ryde Aquatic Centre, usually during Week 4 of Term 1. The Primary Cross Country Carnival is held throughout the school’s surrounding bush environment around the end of Term 1. The Primary Athletics Carnival is held at the Sydney Academy of Sport, Narrabeen during Term 2.

Elite Level Competition

NBCS is a member of the Christian Schools Sports Association (CSSA). This is a State Association which encompasses over 80 Christian Schools. Students who are placed in the first two of a Swimming or Athletics Carnival event will represent NBCS at Zone Carnivals. These involve 7 other CSSA schools in the Northern Metropolitan Zone. First or second place at a Zone Carnival qualifies the student to compete at the CSSA State Carnival. If students place in the first four of their Cross Country event at the school they will represent NBCS at the CSSA State Cross Country Carnival.

In addition to Swimming, Athletics and Cross Country Carnivals, the CSSA also stages many Zone and State Gala Days and competitions for other sports. NBCS enters teams in these competitions for sports such as soccer, netball, basketball, touch football, softball, cricket and gymnastics.

NBCS is also a member of Combined Independent Schools (CIS). This organisation allows students to be selected in State and National sporting teams. Students who achieve high placings at a CSSA State Carnival go on to compete at CIS level. NBCS students are also able to trial for CIS teams in sports that do not have state carnivals due to the nature of the sport. Any student who is particularly gifted in sport has every opportunity to achieve at the highest level. If students are interested in attending these trials they should speak to the Primary Head of Sport. CSSA and CIS Teams are generally selected from students who are in at least Year 5 and are playing at an elite representative level outside of school. (Some examples of sports are: rugby union, tennis, cricket, diving, gymnastics, equestrian, softball, soccer, netball and many more.)
Term 4 Swimming Program

Instead of the routine Friday sport, Term 4 focuses on various water sports and safety in these areas.

Learn To Swim Program

Kindergarten, Yr 1, Yr 2, Yr 3 and Yr 5 participate in the Learn to Swim Program at Terrey Hills Pool. This is a 6 week program catering for students at various ability levels, teaching swimming and survival techniques. On Tuesdays from Week 2 to Week 7 of Term 4, Students participate in 45 minute lessons with trained professionals. The time slot for each grade depends on pool staff availability. There is no extra cost for these lessons, they are already included in your school fees.

Introductory Kayaking Program

In Term 4, Yr 4 participate in a 6 week kayaking program. This goes from Weeks 2-7. The program teaches children safety and technique in individual and pair kayaks, as well as Stand Up Paddleboards. This will be at an additional cost to parents - approximately $100 paid in Term 4.

Surf Awareness Program

Yr 6 students participate in a 6 week Surf Awareness Program in Term 4 during sport time. This takes place on Fridays from Week 2 to Week 7. Students are taught beach and surf safety whilst participating in various surfing, paddleboard and beach activities. This will be at an additional cost to parents - approximately $100 paid in Term 4.

Extra-curricular Sporting Involvement

Equestrian

Students who own their own horse have the opportunity to be part of the NBCS Representative Equestrian Team. Equestrian Competitions run throughout the year. Students can nominate to be involved in whichever competitions they choose. These dressage and equestrian competitions are held on weekends. If interested, you can fill out an equestrian form which puts you on the team email ‘mailout’ list. Any relevant information will be sent to you. Please see the Head of Primary Sport for an information form.

Sports Clinics

Various sports clinics will be out on throughout the year, either before or after school. If you are keen to register interest for a clinic for a specific sport, please email the Head of Primary Sport.

Basketball

NBCS has a number of basketball teams registered in the MWBA Basketball Competition which takes place after school during the week (various afternoons depending which age group and division teams are involved in). Students can nominate to enter a team, or get involved in an already existing team which has space for new players. Teams are required to provide a manager and coach for themselves.

Taekwondo

If you are interested in receiving information for taekwondo, please email the Head of Primary Sport. It is an external event and is managed by each parent.

Snow Skiing

An extra-curricular NBCS snow skiing team enters the Northern NSW Interschool Snow Skiing Championships in the July school holidays. This team is run and managed by interested parents. If you would like to register your interest, please email the Head of Primary Sport.
Achievement

At the end of the school year, a Primary Sports Awards Assembly will be held to acknowledge and recognise all the successes and achievements of our students throughout the year. Students who achieve Age Champions in Swimming, Cross Country and Athletics or success at elite levels are recognised at this event. As well as this, any major team successes and highlights will be viewed. Throughout the year, most teams or sporting individuals will be recognised at weekly Primary Assemblies.

Major Awards

At the end of year celebrations, five major awards will be presented:

- **Junior Sportsman of the Year (Yr 3-4 male)** for overall sporting achievement and sportsmanship
- **Junior Sportswoman of the Year (Yr 3-4 female)** for overall sporting achievement and sportsmanship
- **Senior Sportsman of the Year (Yr 5-6 male)** for overall sporting achievement and sportsmanship
- **Senior Sportswoman of the Year (Yr 5-6 female)** for overall sporting achievement and sportsmanship
- **NBCS Best and Fairest Award** for the student who has represented the school displaying the code of conduct, sportsmanship and ethics of Northern Beaches Christian School

NBCS Sport Code of Conduct

During 2014 all NBCS students will take part in some type of sport. NBCS believes that all students should act with a high level of sportsmanship at all times while on and off the sporting field.

The intention of the NBCS Sport Code of Conduct is to provide practical guidelines to reinforce the positive elements of student participation in sport. All students who represent the school in any sport are required to fulfil all aspects of the NBCS Sport Code of Conduct. Please read the following information carefully as any breaches of the Sport Code of Conduct could jeopardise future sporting participation. Ultimate discretion will remain with NBCS staff with regard to the selection of students into sporting teams.
Expectations for Students Representing NBCS in Sport

The following is a list of expectations for students representing NBCS in sport:

- Play for enjoyment and with the ultimate goal of bringing glory to God in the way we conduct ourselves on the sporting field.
- Always play by the rules and respect and abide by the official’s decisions regardless of what you think.
- Work hard for your team as well as yourself, acknowledging that the team is more important than any one individual.
- Full NBCS Sports uniform or team uniforms will be worn for all sporting events.
- It is expected that all NBCS students will give their best effort. Any incidents of deliberate violence will carry consequences.
- Treat all team mates and opponents as you would like to be treated.
- Control your behaviour on and off the field: demonstrate appropriate social behaviour by not using foul language, harassing players, teachers, coaches or officials.
- Players should not react with violence to any physical or verbal sledging.
- Players should never argue with an umpire/referee (whether adult or student) to contest a decision. Any negative response towards an umpire’s ruling is unacceptable. (A Captain - only - may ask a referee to clarify a ruling in the event of uncertainty.)
- Respect the Captain’s position in the team.
- Applaud good performance from each team, congratulating all participants upon their performance, regardless of the game’s outcome. Never ridicule a player for making a mistake.
- Cooperate with your teacher, coach, officials, team mates and opponents.
- Unfair or illegal tactics to gain an advantage should never be used.
- Complete and return permission notes and any money by the due date.
- Take responsibility in catching up on any class work missed while representing the school.
- Ensure that behaviour and overall performance in the classroom context is of a high standard. Students who lack discipline will be reviewed before representing NBCS on the sporting field.
- Arrive at the venue, or at school for the bus, on time for the sporting event.

Sport & PDHPE Uniform Requirements

For every sport activity and each of the practical lessons that students participate in they will be required to wear the NBCS sports uniform. Students are required to wear the school bucket/broad rimmed hat at all outdoor activities. If students are representing the school in sport, an NBCS Sports Representative baseball cap may also be purchased. School sports shoes must be at least 90% white with white laces, and may not be skate/volleys/canvas shoes.

Extra Representative Sport Uniform Requirements

Swimming - Students are to wear the NBCS Swimming Costume. NBCS sport shorts may be worn in addition to the school swimming costume for boys. However, for students wanting to perform at their best this is not recommended.

Athletics/Cross Country - All students representing NBCS in Cross Country or Athletics are required to wear the NBCS Athletics/Cross Country Singlet that is sold from the uniform shop. Students may keep this singlet for future years of representation.

Rugby League/Rugby Union - Students representing NBCS in Rugby League or Rugby Union are required to purchase the NBCS Football Socks and Football Shorts from the uniform shop. All students will be provided with a football jersey at each game they play.

Soccer - Students representing NBCS in Soccer are required to purchase the NBCS Soccer Socks, and Soccer Shorts from the uniform shop. All students will be provided with a soccer jersey at each game they play.

All items are to be purchased from the NBCS Uniform Shop. Orders can be placed with the School Office if you are not able to get to the Uniform Shop in person.
## Term 1
- **Friday 7th February**
  - Term 1 PISA Trials
- **Tuesday 18th February**
  - Primary (Year 2-6) Swimming Carnival (Ryde Aquatic Centre)
- **Friday 21st February**
  - K-6 AFL Clinics Start
- **Monday 24th February**
  - CIS Primary Tennis Trials
- **Friday 28th February**
  - CIS Primary Basketball Trials
- **Tuesday 4th March**
  - Primary Zone Swimming Carnival (Warringah Aquatic Centre)
- **Monday 10th March**
  - CSSA Primary State Swimming Carnival (Blacktown Aquatic Centre)
- **Mon 10th March (TBC)**
  - CIS Primary Cricket Trials
- **Friday 14th March**
  - CIS Primary AFL Trials
- **Monday 17th March**
  - CSSA Primary Girls Netball Trials for CIS (at NBCS)
- **Monday 24th March**
  - CIS Primary Girls Soccer Trials
- **Wednesday 26th March**
  - CIS Primary Swimming & Diving Carnival (Homebush)
- **Thursday 27th March**
  - CIS Primary Softball Trials
- **Friday 4th April**
  - CIS Primary Boys Soccer Championships
- **Tuesday 8th April**
  - Primary Cross Country Carnival (NBCS)
- **Wed 9th - Thurs 10th April**
  - NSWPSA Primary Swimming
- **Friday 11th April**
  - Term 2 PISA Trials TBC

## Term 2
- **Tuesday 29th April**
  - Primary Athletics Carnival (Narrabeen)
- **Friday 2nd May**
  - Term 2 PISA Trials (Part 2)
- **Monday 5th May**
  - CSSA Primary Girls Soccer Gala Day (Jamison Park, Penrith)
- **Thursday 8th May**
  - CIS Primary Girls Hockey Trials
- **Friday 9th May**
  - CIS Primary Girls Netball Championships
- **Thursday 15th May**
  - Stage 1 Athletics Carnival
- **Monday 19th May**
  - Zone Metropolitan Cup: Soccer
- **Wednesday 28th May**
  - CIS Primary Touch Football Trials
- **Friday 30th May**
  - CSSA State Cross Country (Sydney International Equestrian Centre)
- **Mon 2nd & Tues 3rd June**
  - CIS Primary Rugby Union Trials
- **Thursday 12th June**
  - CIS Cross Country (Eastern Creek)
- **Friday 13th June**
  - Rugby Trials (Lunch)
- **Wednesday 18th June**
  - CSSA State Gymnastics (Level 1 Only)
- **Friday 27th June**
  - Term 3 PISA Trials TBC

## Term 3
- **Friday 18th July**
  - NSW All Schools & PSSA X-Country Championships
- **Friday 25th July**
  - Term 3 PISA Trials (Part 2)
- **Monday 4th August**
  - Primary Zone Athletics Carnival (Narrabeen)
- **Monday 4th August**
  - Yr 5/6 Rugby Union Commences (after school)
- **Wednesday 6th August**
  - Yr 3/4 Rugby Union (Penrith)
- **Thursday 18th August**
  - Primary Metro Cup State Championships: Netball & Soccer (Penrith)
- **Thursday 21st August**
  - CSSA Primary State Athletics (Blacktown)
- **Tuesday 2nd September**
  - CSSA Primary Mixed Oz Tag Gala Day
- **Monday 8th September**
  - CSSA State Golf Championships
- **Wednesday 10th September**
  - CIS Primary Athletics Carnival (Homebush)

## Term 4
- **Throughout Term 4 (dates vary)**
  - Primary Cricket Knockout Competition
- **Tuesdays Weeks 2-7**
  - Swim School Program (Kindy, 1, 2, 3, 5)
- **Fridays Weeks 2-7**
  - Kayaking Introduction Program (Year 4)
- **Wed 15th - Thurs 16th October**
  - NSWPSA Athletics (Homebush)
- **Monday 20th October**
  - CSSA Golf Competition TBC
- **Tuesday 21st October**
  - CSSA Primary Girls Softball Gala Day
- **Monday 27th October**
  - Primary CSSA Tennis Gala Day