

SYDNEY GRAMMAR SCHOOL



SPORTS HANDBOOK

Edgecliff Preparatory School
2019



EDGECLIFF SPORTS HANDBOOK

Introduction

Sports are an integral part of the educational experience both physically and pastorally at Edgecliff Prep. Participation in sport is about inclusiveness as well as achievement. Above all we want the boys to have a love of sport which will go with them beyond their primary years.

We hope that all boys take their sports seriously, with an aim of reaching their potential, particularly through the inter-school competitions, which boys are involved in each Saturday. In addition, we hope that all boys will enjoy the camaraderie generated through the House Sports programme, where a mixture of strong competition and opportunities for fun and games are provided.

In 2018 we enjoyed an exciting expansion of the sports programme. From Term 1, Years One and Two boys participated in Thursday afternoon sport from 2.30–3.30 pm. The sports were based on the seasonal sports offered in the Primary years. These included, cricket in Term 1, football in Term 2, rugby in Term 3 and basketball in Term 4. In addition, an optional Ball and Boy session on Tuesday mornings from 7.45–8.30 am was available. Kindergarten boys joined the programme in Term 3. Due to the overwhelming success of this initiative, we will continue the Infants Sports programme in 2019.

Our extensive Sports programme is delivered by dedicated staff members and external professionals, all of whom are highly qualified and provide depth and variety to the boys' sporting experience. Having teaching staff as coaches helps them develop a better understanding of the boys and stronger relationships ensue, again contributing to the pastoral benefits of our sporting programme.

Parental support and participation is also very important to the boys' development of a love of sport and we look forward to seeing all parents at matches and School sporting events.

Stuart Ferguson
Sportsmaster and Director of Pastoral Care



EDGECLIFF SPORTS HANDBOOK

Aims of the Sports Programme

Developing a Love of Sport

Evidence suggests that physically active children are more likely to mature into physically active adults. It is widely recognised that the earlier children start developing sports skills, the more enjoyment and success they will have. Sport offers children the opportunity to challenge themselves, to set goals and to experience the satisfaction of accomplishment. At Edgecliff Prep we encourage each boy to reach for his own personal best while developing a true spirit of sportsmanship and learning to celebrate the achievements of others.

Physical Benefits

The physical benefits of sports include improved coordination and balance, healthy growth of bones and reduced risk of obesity. Sporting activity also helps children to relax, to sleep well and to experience a sense of mental and physical well-being.

Educational Benefits

The School recognises that sport is an important part of a liberal education. Sport also offers great learning experiences. Team sports rely on cooperation, trust and sharing. Furthermore, playing any sport requires strategy, problem-solving, responding to unforeseen events, and the learning of complex systems of rules. It also engenders respect for those rules and for the umpires and coaches who enforce them.

Pastoral Benefits

Sport is more than just a physical outlet and a means of competition. It provides an avenue for friendships and a chance to build relationships with peers, not only within the class group but in the wider school community. It also builds resilience and teaches boys how to be gracious when they win and generous when they lose. The rules and practice of sport encourage boys to be respectful of their position, their teammates, their opponents and their coaches.

In conjunction to the sports offered, the Pastoral Care structure at Edgecliff includes age appropriate content from the Personal Development and Health (PDH) syllabus.

Effective Communication and Leadership are core elements of the PDH syllabus. Sport provides a valuable structure in which to learn how to communicate effectively and, in the senior years, how to be an exemplary leader.



EDGECLIFF SPORTS HANDBOOK

Overview of the Sports Programme

All boys participate in sport from Kindergarten and they can choose which sport they wish to represent the School in each season from Year 3.

Sports Offered

Summer sports are basketball and cricket.

Winter sports are football (soccer) and rugby.

Year 5 and 6 boys have the opportunity to take up fencing in Terms 2 and 3.

At the Infants level, the sports programme is focussed on developing skills in the sports the boys will play in the Primary years.

When the students reach Year 3, they start to compete in inter-school competitions.

Matches

Cricket, basketball, football and rugby take place on Saturday mornings (see pages 6 & 7).

House Matches

At the end of the sporting season boys in Years 3-6 compete for their house in their chosen sport in an inter-house competition.

Carnivals

The School holds carnivals in athletics, swimming and cross-country. These carnivals give the students a chance to compete against their classmates and to progress to Invitational and IPSHA Carnivals if they meet selection requirements (page 9).

Swimming and cross country carnivals take place in Term 1. The athletics carnival is in Term 3.

Physical Education (PE)

The PE programme is focussed on skill development and is based on the New South Wales Personal Development, Health and Physical Education (PDHPE) syllabus. Each boy enjoys a one hour PE lesson per week.

Fitness Club

The Fitness Club provides an opportunity for boys to improve and maintain their fitness.

During the sessions the boys participate in circuit training, plyometrics, strength, sprint and endurance training as well as cardio boxing classes. These activities improve concentration in class and enhance self-esteem. This also decreases the chances of developing diabetes and heart conditions later in life.

The Club is held four mornings a week from 8.00 am to 8.30 am, with boys being rewarded for their attendance. Boys receive gold medals if they attend 100 or more sessions, silver for more than 75 and bronze for more than 50. Approximately 110 boys gain a medal each year. They certainly earn these rewards as the sessions are quite intense.

The Infants boys also attend their own Fitness Club on Monday and Friday mornings.



EDGECLIFF SPORTS HANDBOOK

School Sports Facilities

All seasonal sport training sessions, PE lessons, Fitness Club and Ball and Boy classes take place at the Weigall Sports Grounds which are adjacent to the School.

When sports such as swimming are held off site, boys will be transported to those locations by buses departing from the School.

School Sports Trainings

Before School				
Monday	Tuesday	Wednesday	Thursday	Friday
Primary Ball & Boy 7.30 – 8.30	Infants Ball & Boy 7.45 – 8.30	Primary Fitness Club 8.00 – 8.30	Primary Fitness Club 8.00 – 8.30	Primary Fitness Club 8.00 – 8.30
Infants Fitness Club 8.30 -8.50	Primary Fitness Club 8.00 – 8.30			Tennis Lessons (Optional) 7.30 – 8.30
				Infants Fitness Club 8.30 - 8.50

During School				
Monday	Tuesday	Wednesday	Thursday	Friday
Primary Sport 2.15 – 3.20	Nil	Nil	Primary Sport 1.15 – 2.45	Nil

After School				
Monday	Tuesday	Wednesday	Thursday	Friday
Nil	Nil	Nil	Infants Sport 2.30 – 3.30	Tennis Lessons (Optional) 3.15 – 4.15



EDGECLIFF SPORTS HANDBOOK

Inter-school Sports – General Information

Matches

Matches take place Saturday mornings starting at 7.30am and finishing by 12 noon.

Season Fixture List

The Fixture List is distributed in the first week of term and is also available on the website:

<https://www.sydgram.nsw.edu.au/2018/edgecliff/current-families/sports/sport-fixtures>

Fixtures can also be located on the School App. Parents are encouraged to download the App either through the App Store, if using an Apple iPhone or through Google Play, if using an Android. Simply search 'Sydney Grammar School' to locate the App.

Occasionally, amendments are made to the fixtures and these changes are communicated through the website, the School App and team sheets which are distributed to boys each Friday prior to Saturday matches.

Team Coaches

- Select the teams.
- Uphold the school rules during sport
- Produce and distribute team lists before Saturday matches
- Act as First Aid representatives at matches
- Take responsibility for sporting equipment.

Transport

- Parents organise transport to matches on Saturday mornings.
- Parents also organise transport for Invitational, IPSHA, and CIS Carnivals.

Attendance and Punctuality (students)

- All boys are informed beforehand where their team is playing and at what time.
- Boys have an obligation to report to the Coach no later than 20 minutes before the start of the match for the scheduled warm up.
- **We urge all families to make a concerted effort to be on time for Saturday sport out of respect for coaches, boys and the opposition.**

Absences

- Requests for Saturday leave must be addressed in writing to the Headmaster no later than the Monday of the week preceding the game.
- If your son has an illness or injury and cannot attend matches on Saturday, please call Mr Ferguson on 0499 515 993 and he will inform the relevant coach.



EDGECLIFF SPORTS HANDBOOK

Coaching

Primary

- PE Lessons – Run internally through the PE Master, Mr Egger.
- Fitness Club (Tuesday–Friday mornings) – Run internally through the PE Master, with the assistance of Edgecliff staff.
- Ball and Boy (Monday mornings) – Run by College Street coaches.
- Afternoon Sport (Mondays and Thursdays) – Teams are coached by Edgecliff staff and assisted by College Street and external coaches.

Infants

- PE Lessons – Run internally through the PE Master, Mr Egger.
- Fitness Club (Monday and Wednesday mornings) – Run internally through the PE Master, with the assistance of Infants staff.
- Ball and Boy (Tuesday mornings) – Run by Infants staff and College Street coaches.
- Afternoon Sport (Thursdays) – Run by Infants staff and College Street coaches.

Saturday Sports Teams

- Boys are selected to represent the school in the core seasonal sports based on their performance during trials.
- Summer sports, played in Terms 1 and 4, have trials in the first two weeks of Term 1.
- Winter sport trials are in the last week of Term 1 and first week of Term 2.
- Once selected, boys remain in the team for the duration of the season.
- Based on performance during Saturday sport Inter-school competitions, coaches and the Sportsmaster will select boys to trial for IPSHA and CIS teams.

Awards

Sports prizes are awarded to two boys from every team in the School. These prizes are selected by the coach and an emphasis is placed on the following criteria;

- Effort at training
- Punctuality
- Sportsmanship
- Attitude and conduct
- Contributions to games

Prizes are not handed out to simply the best players on the team.



EDGECLIFF SPORTS HANDBOOK

Representative Selection

IPSHA

IPSHA is the sporting association through which Edgecliff Prep competes against other Independent Preparatory Schools. The School participates in annual competitions held by IPSHA in basketball, football, cricket and rugby.

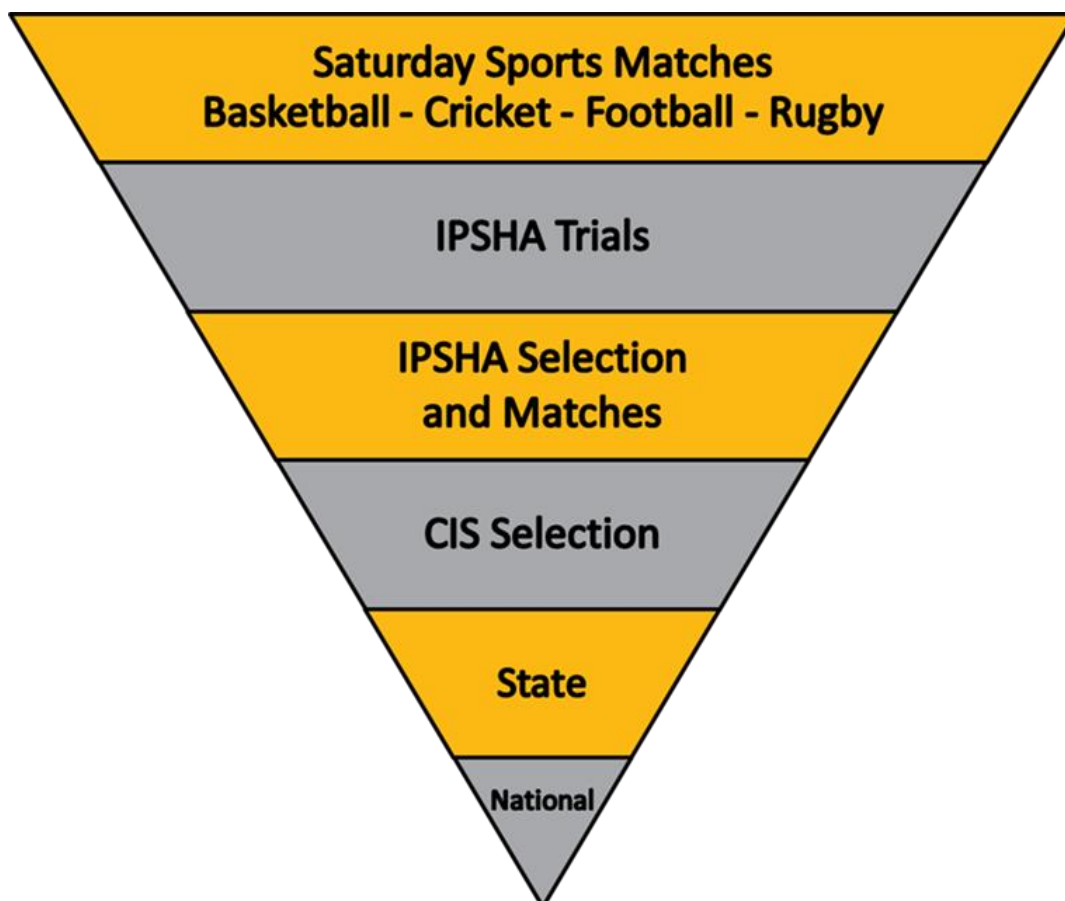
Boys who trial for selection in an IPSHA team are selected by coaches and the Sportsmaster. Selections are based, not only on the sporting form of the boy and their success at the School level, but also on the level at which they will be required to play in IPSHA trials.

CIS

As a member of IPSHA, Edgecliff Prep is affiliated with the New South Wales Combined Independent Schools Sports Council (NSWCISSC). Our boys are able to trial for CIS teams in all the sports listed above.

CIS teams compete against representative teams from the Catholic and State sectors at NSW All Schools events, from which state representative teams may be chosen to participate in sporting exchanges with teams from other states and territories.

Pathway for Representative Selection in Team Sports



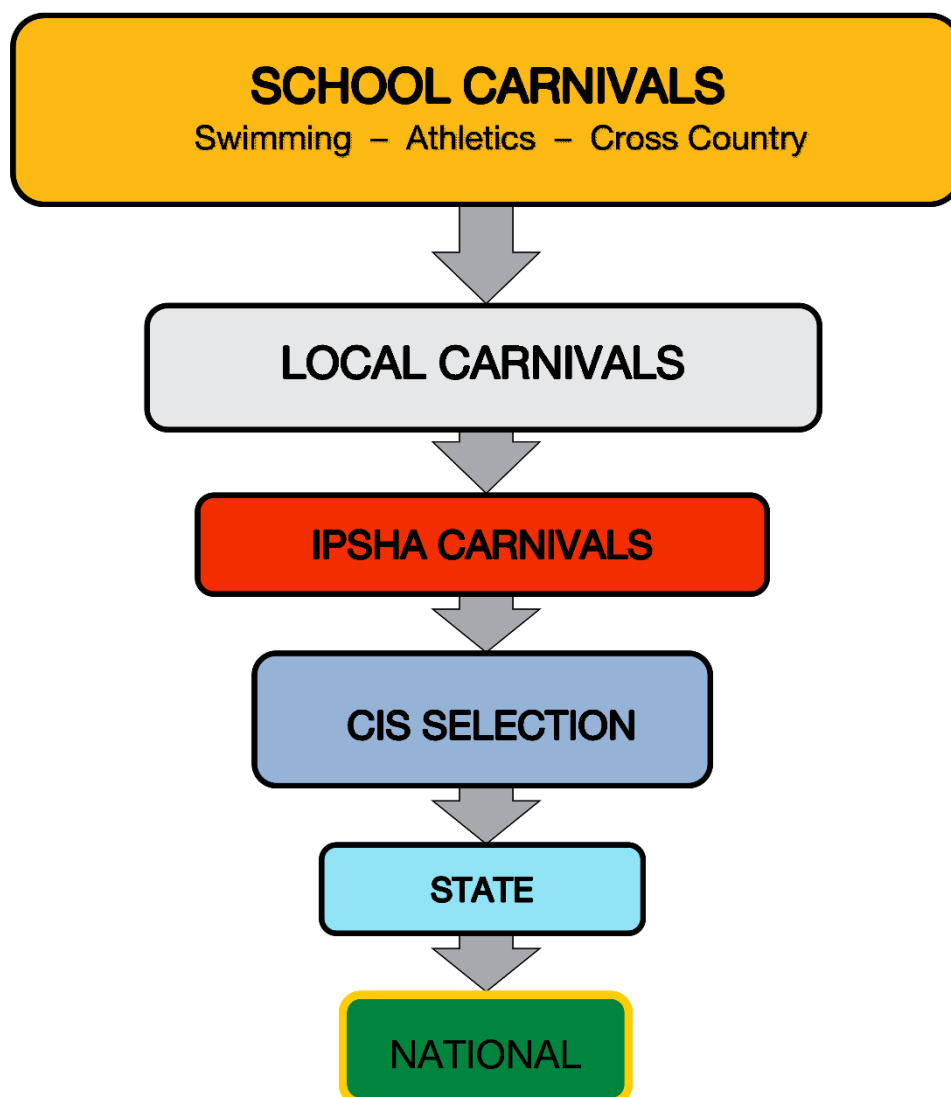


EDGECLIFF SPORTS HANDBOOK

Athletics, Swimming and Cross-Country School Representation

The athletics, swimming and cross-country teams are selected after internal carnivals. Selection is based on age champions, times achieved and times expected at the next level. Boys are selected for IPSHA Carnivals if they meet the time and distance limits set by IPSHA. At the IPSHA carnivals, boys compete for a chance to qualify for the CIS carnival.

Pathway for Representative Selection in Athletics, Cross Country and Swimming





EDGECLIFF SPORTS HANDBOOK

Important Information

School App

All fixtures, locations and cancellations of Saturday sports matches are made on the School App. All parents are required to download the School App and register. During this registration, parents need to select the sports that their boy(s) play so that they can be informed of changes to Saturday matches through push notifications.

Weather Conditions

Extreme heat/Smoke: If the temperature reaches 35 degrees Celsius at Weigall, sport will be cancelled. Furthermore, where smoke poses a risk to those suffering from asthma, sport may be cancelled. Please click the following link for more information:

<https://www.sygram.nsw.edu.au/life-at-grammar/sport#wet-weather>

Cancellations due to wet weather/flooding: We do our best to give as much notice of cancellations as possible. If cancellations are made before boys go home on Friday afternoon, they will be informed prior to departure. Otherwise, the Wet Weather Line will be updated on Saturday morning. If there is any doubt about sport being cancelled you are asked to telephone the School's Wet Weather Line after 7.00am. No recorded message means that all games are to go ahead as scheduled.

Cancellation of early games: When matches start early, the Wet Weather Line will be updated at 6.30am. A final update for the full day of fixtures will be made by 7.00 am.

Cancellation of games in progress: During the course of a game, if both coaches agree that conditions at the ground have made play unsafe, the game will be cancelled.

If the weather appears fine, but there is a chance the ground is wet, we recommend that parents call the Wet Weather Line to avoid unnecessary trips and disappointment.

The benefit of using the School App as a means of communication is that real time updates can be accessed through push notifications.

Wet Weather Line

02 9990 8534

Kits

Coaches will provide the necessary sporting and safety equipment for teams. Individual items may be used such as cricket bats and pads and some individual items are compulsory such as mouthguards and shin pads for football. All equipment and clothing should be clearly labelled with your son's name.



EDGECLIFF SPORTS HANDBOOK

Sun Screen and Drinks

Boys and spectators should wear hats, sunscreen and suitable clothing if there will be exposure to the sun. During School days, boys are not allowed to play if they do not have a hat.

Medications

Please be aware, all specialised medications, E.G. EpiPen and asthma puffers, must travel with boys to each game and remain the responsibility of the parent or the accompanying adult. Coaches will not have access to these medications supplied to the school.

Sport Field Locations and Maps

All maps can be found on the School's website.

<https://www.sydgram.nsw.edu.au/2018/edgecliff/current-families/sports/maps-and-field-locations>

Locations for Saturday Sports can also be found on the School App.

Complaints

Complaints concerning the conduct of the games should not be made during or after the game. Please refer complaints to the Sportsmaster. Any action will be left to their discretion. Under no circumstances should parents contact another school directly.

Rules

The School adheres to the Rules set by IPSHA which are on their website

<https://www.ipsha.org.au/state-branch/new-south-wales/ipsha-sports-parent-information-page/>

Code of Conduct at matches

- The host School (staff, children and parents) should welcome visitors.
- Always show sportsmanship and be courteous to an opposition and their spectators.
- Applaud all good plays, whether by your team, opponent or the other team.
- It is unacceptable to engage in any form of barracking.

Facilities and Grounds

- The host school provides umpires and referees.
- All grounds must be kept clean.
- Litter must be placed in the receptacles provided.
- Use of Edgecliff Prep or another School's facilities must not be taken for granted.
- Facilities can only be used with permission of a staff member.
- Please be courteous to canteen and tuckshop staff at School and away matches.



EDGECLIFF SPORTS HANDBOOK

Players' Code of Behaviour

- Play by the rules and always do your best.
- Never argue with or verbally abuse an official or other players.
- Control your temper.
- Deliberately distracting or provoking an opponent is not permitted in any sport.
- Do not interfere with, bully or take unfair advantage of another player.
- Be a good sport. Applaud all good plays, whether by your team or opposition.
- Display modesty in victory and graciousness in defeat.
- Treat all players as you would like to be treated.
- Don't be provoked into poor behavior.
- There is a great difference between hard play and rough play.
- A player should never play with disregard for their opponent's safety of life or limb.
- It is unacceptable to show elation at a rule infringement by the other side.
- If a penalty is awarded applause should be reserved for successful kicking of a goal.
- Co-operate with your coach, teammates and opponents.
- Focus on your whole match, not isolated incidents of unsporting behaviour.
- If a player is sent off during the game, a one-week suspension is recommended.
- Thank the opposition and officials after each game and your coach at end of season.

Spectators' Code of Behaviour

- Children play organised sports for fun not for the entertainment of spectators.
- Congratulate all participants regardless of the game's outcome.
- Respect the officials' decision.
- Never ridicule or scold a child for making a mistake during a competition.
- Positive comments are motivational and encourage continued effort.
- Condemn violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Encourage players to follow the rules and the officials' decisions.
- Spectators should not publicly criticise referees' or umpires' decisions.
- Do not use foul language, harass players, coaches or officials.
- Comments should not interfere with the running of the game.
- Focus on the efforts and performance of the children rather than the result.
- Applaud opponents' good play and avoid jubilation at our own team's success.
- Praise is encouraged at all levels.



EDGECLIFF SPORTS HANDBOOK

Sports Uniform

PE Uniforms – Primary

Black sports shorts
House shirt
House jersey for winter
White sports shoes (no boots)
White socks
School broad-brimmed hat
Black School cap (optional)

PE Uniforms- Infants

House shirt
House Jersey for winter
School broad-brimmed hat

Sports Uniforms – Primary

Mouthguards are compulsory for rugby and optional but highly recommended for football
Shin guards are compulsory for football
School sports bags are available from the Uniform Shop

Athletics

School Athletics singlet
School Athletics shorts
White socks
Black sports shoes
Spike running shoes (optional)

Basketball

School Basketball shorts
School Basketball singlet
White sports shoes
White socks

Cricket

White shorts or long white pants
School white polo shirt or School
White long-sleeve shirt
Broad-brimmed School hat
White sports shoes
White socks

Fencing

PE uniform and School tracksuit

Football

School football shirt
School football shorts
School football socks
Boots and shin guards
Mouthguard (optional)

Rugby

School rugby jersey
Black rugby shorts
School football socks
Boots (moulded sole or metal studs)
Mouthguard

Swimming

Grammar costume (Team only)



EDGECLIFF SPORTS HANDBOOK

Sports Uniform cont.

Tracksuits

The Sydney Grammar tracksuit is compulsory if a tracksuit is worn.

Cold weather

If your son needs to wear a jumper or vest as well as the polar fleece for warmth, the jumper or vest must be worn under the polar fleece.

No hat, no play

A School broad-brimmed hat must be worn in the playground or at Weigall and during outdoor PE lessons and Sport.

The Uniform Shop

Opening Hours and Contact

The Uniform Shop is open on Monday and Wednesday from 8.00–11.00 am during term. It also is also open for new boys on their Orientation Days in Term 4. For enquiries, please call 02 9366 0140 during opening hours.

Ordering and Delivery

Completed order forms can be given to the office clearly marked *Uniform Shop*. After payments are processed, orders will be given to the boy.

Uniform Pricelist

The latest pricelist is available on the website in the Quick Links at:
<https://www.sydgram.nsw.edu.au/edgecliff>

Please label all belongings clearly.