

Unley High School Sport - Girls



NOMINATION FORM ATTACHED – PLEASE RETURN TO STUDENT SERVICES WITH PAYMENT BY FRIDAY 9th MARCH

Unley High School is proud to have a rich history of participation and achievement with its sporting program. Many of our coaches are old scholars. School Sport reinforces important values to our students such as discipline, time management, teamwork, communication, commitment, inclusion, effort and perseverance.

Various team sports are played on a weekly basis, both during the week after school and on Saturday mornings. Students need to nominate to play the sports they are interested in as teams are entered into competitions based on player numbers. Nomination forms are available to students early in each sport season of which there are three - term 1/2, term 2/3 and term 3/4.

The sports on offer are entirely dependant on the various sports associations that Unley High School is affiliated with and the competitions they run. Currently we are associated with Southern Zone Sport, Sport Association for Adelaide Schools (SAAS) and The Catholic School Girls Sports Association (SACSSGA) and Volleyball SA.

****Email will be the primary form of communication throughout the sports year****

Rowing is offered year-round and students interested in rowing need to contact JOSHUA WHITWELL (details below).

Southern Zone Sport is played MID WEEK after school from 3.30pm – 4.30pm. These sports are open to any level of player with a focus on participation and fun. Generally there are NO training sessions for these sports so players only have games played at both home and away venues. Unley High School provides hired transport to take teams to and from away venues. For away games players are given permission to leave their final lesson at 2.50pm in order to get changed and be out the front of the school to leave at 3pm. Teams will be returned back to Unley High School by 5pm where they are dismissed. Home game dismissal time is 4.30pm. This competition offers the following sports:

Term 1 / 2 (and again in term 3/4): Indoor Soccer, volleyball, tennis, and basketball

Term 2 / 3: soccer, mixed table tennis, netball and volleyball

The Sport Association for Adelaide Schools (SAAS) is the private boys and co-ed school's competition which also includes public schools, Unley High, Adelaide High, Marryatville High, Glenunga and Norwood Morialta. Sports in this competition are played on SATURDAY MORNINGS at both home and away venues and families are responsible for getting their children to the matches. There are usually training sessions during the week for these sports. Current sports on offer for girls - only MIXED BADMINTON in terms 1 and 4.

The Catholic School Girls Sports Association (SACSSGA) is the private Catholic girls schools competition which also includes public schools Unley High, Marryatville and Norwood Morialta. This is a SATURDAY MORNING competition that is generally a higher level than Southern Zone. with families responsible for getting their daughter to matches. There may be training sessions during the week for these sports depending on the coach and ground/gym availability. Current sports on offer are:

Term 1 and 4: Touch and basketball

Term 2 / 3: Badminton and netball

Volleyball SA runs the Junior League competition on Friday evenings during terms 2 and 3 at various venues.

Life Be In It runs the Summer League on Friday evenings during terms 4 and following term 1 at Unley High School.

Uniforms - School PE Uniform are to be worn for: Badminton, Touch, Softball, Indoor Soccer, Tennis, Volleyball, and Soccer. Basketballers and Netballers need to pay a deposit to loan a school Guernsey/shirt for the season. Loaned uniforms MUST be returned at the end of the season in order to receive a refund of this deposit. Friday league volleyball requires a uniform to be purchased.

Hot weather policy

Saturday morning sport: When the estimated temperature is forecast at 38 degrees or more in the previous morning's "Advertiser Newspaper" all Saturday morning matches are cancelled. Families advised on Friday afternoons.

Mid-week sports: When the temperature hits 36 degrees during the day mid-week games are cancelled. Rain may also cause cancellations. Students will be advised either prior to or on the day.

SPORTS COORDINATOR: Tim Shortt, ph: 0458 166 072, email: tim.shortt@uhs.sa.edu.au

ROWING COORDINATOR: Joshua Whitwell, ph: 0401 121 217, email: joshua.whitwell@uhs.sa.edu.au

VOLLEYBALL ENQUIRIES: Tim Shortt or Hannah Potter in the Life Be In It gym

SPORTING EVENTS: CODE OF BEHAVIOUR

1. Players'/Students' Behaviour

Players will observe the following code of behaviour:

- Students should play in a positive and sporting-like manner
- The welfare and development of the team should be of utmost importance
- Attend all training sessions and matches OR notify team coach of unavoidable absence
- Politeness and courtesy should be extended to the opposition, their supporters, the umpires and other officials
- Intentional violence, verbal provocation, and retaliation to acts of physical or verbal provocation are unacceptable
- Umpires' decisions must not be contested or responded to negatively
- Offensive language, whether directed at an umpire, another player, a spectator, or oneself, is unacceptable

Consequences for breaches of this code may include temporary suspension from the game at the time by the coach or sports coordinator. Suspension from future games or for the season, depending upon the circumstances surrounding a particular incident, will be decided by the Admin team.

2. Coaches/Managers

Coaches and/or Team Managers

- The school encourages and seeks parent involvement as Coaches and/or Team Managers in school sporting activities who will be supported by the school
- Coaches and Team Managers will be required to exercise an appropriate duty of care for all students under their supervision and possess a sufficient and appropriate level of skill and knowledge to assist the development of the team and its individual members in the respective sport
- Coaches will:
 - Coach the team in a manner which promotes the team members' adherence to the players' code of behaviour
 - Ensure that all team members are given a reasonable opportunity to participate and develop their skills
 - Treat each team member fairly, praise in public, provide constructive criticism where necessary
 - Extend politeness and courtesy to the opposition, their supporters, the umpire and fellow supporters
 - Ensure that equipment and playing fields meet minimum levels of safety
 - Accept all decisions of umpires on the field as being fair and called to the best of their ability
 - Withhold criticism of the opposition by word or gesture.
- Coaches and/or Team Managers will ensure that the team is suitably organised, that it is able to start and finish on time, that necessary equipment is provided for the team and returned in the same state it was received
- The school will coordinate the transport arrangements for mid-week games. Students will travel by hire bus, taxi or the Coach/Team Manager's private car. Written permission from parents will be obtained for each of these situations before the season begins. Parents are responsible for the transportation of their own children from school after matches, and to sport events held on weekends.

Consequences for breaches of this code may include removal/suspension from coaching/manager duties for a number of games or the remainder of the season.

3. Spectators - spectators who are associated with an Unley High School team are expected to:

- Set a positive example for team players by applauding good play from both sides
- Extend politeness and courtesy to the opposition team, their supporters and the umpires
- Refrain from verbal abuse or remarks which belittle players or umpires
- Refrain from giving advice to Coaches, Umpires or to players during games.