



ST ANNE'S DIOCESAN COLLEGE

RULES FOR SPORT

SPORT RULES FOR ST ANNE'S DIOCESAN COLLEGE

1. PARTICIPATION

It is compulsory for each girl to participate in a minimum of at least one group activity per term. Girls have the choice of a number of different sport activities to choose from and also have the option to participate in activities from the physical wellbeing programme. If girls are involved in other group activities (eg. Choir) this must be complimented with some form of physical exercise to promote a healthy body and mind. A girl must ensure that at one of her choice of activities takes place on the campus.

2. UNIFORM

Girls must wear the correct uniforms for sport. For afternoon practices the girls must wear their House shirt or their navy blue sports shirt with their blue boxer shorts. Tracksuits are compulsory when leaving the College property to take part in a match or gala. Tommy takkies **may not** be worn with your sports uniform at practices.

No extra jewellery may be worn. One earring per ear is allowed and a chain with a cross is permissible. No belly rings or other body piercings are allowed – this is for safety reasons, especially in contact sports.

3. EQUIPMENT

Each girl is responsible for her own equipment. It is her responsibility to ensure that it is marked and looked after. Girls are required to provide their own equipment for the following activities;

Hockey - Own stick, shin pads and mouth guard.

Tennis – Racket

Squash – Squash racket, protective eye wear and non-marking squash shoes.

Soccer – Soccer boots/takkies and shin guards

4. **SWIMMING**

The pool may be used for recreational swimming if it is not being used for training or other sport. If there is no teacher present, then there must always be a minimum of three girls swimming, one of whom must be a team swimmer. Girls must leave and arrive at the pool fully clothed. Girls may not walk back to the Houses with a towel wrapped around their waist. Shoes are to be worn at all times. Slops are allowed in the afternoon. The diving boards **may not be used ever** unless a staff member present and has granted you permission. Please also stay off the lane ropes at all times! During the week, a cap must be worn by all girls using the pool, but it is not necessary to wear a cap during the weekends. Only College speedos or College team costumes may be worn. **During weekends**, bikinis and civvies costumes are allowed.

5. **SATURDAY MATCHES**

No girl may leave a Saturday match before 10:00am. If a match is completed early girls must support the College until 10:00am. Remember if girls weren't playing sport they would be in class until 10:00am.

6. **TEAM SELECTION**

The best team will be chosen to represent the College at 1st team level. Girls from Form 2 are only eligible for activities such as Tennis or Squash. Special consideration will be given to younger players, taking into account their level of physical ability, maturity and the sport concerned. We do

look closely at each individual and always try to do what is best for girls as young sportswomen.

7. ILLNESS AND ABSENCE FROM SPORT

If a girl has been in the San during the morning, she may not play sport that afternoon. If a girl is absent from school on the Friday before a Saturday match, she **may not play** on that Saturday.

Any girls who are off sport for any particular reason must let the sports staff member know that she will not be attending the practice session (The San will provide off-sport notes). You **must** excuse yourselves from sport or you will be marked absent on the register.

8. HOSTING OF EVENTS

It is the responsibility of all St Anne's girls to be polite and friendly to the visiting teams. Visitors must be taken to tea after a match and looked after until they depart.

9. USE OF BAD LANGUAGE

No bad language will be tolerated at any time on or off the sports field. A girl found guilty of this will be dealt with severely. We value good sportsmanship, in the true sense of the word.

Should girls have any concerns or queries regarding any of the above, please feel free to consult any of the sports staff.

IMPORTANT TIPS FROM THE SPORTS DEPARTMENT

- 1. Always read the Daily Notice**, which is sent to every House at break-time and is also put up on various notice boards around the College. The Sports Department often uses the Daily Notice if staff need to see any pupils or to convey information about afternoon matches and itineraries. If you are called to see one of the sports staff on the Daily Notice and fail to do so, you will be put on sports punishment, so it is very important to read this every day – make it part of your routine!
- 2. Check your e-mails**, as sports staff will use this form of communication!
- 3. Notices** about all sports fixtures, teams, times, dates are sent via mail at the start of every week and also posted on the D6 communicator. Make it part of your routine to check your mail after break every day so that you don't miss out on the latest information.
- 4. If you are chosen to represent St Anne's** in any sports team, you are expected to play for that team – injury or illness will be your only excuse for not playing - (going out to tea for your birthday, or missing a lift club home does not count!). If you are unable to play because you are injured or ill, it is your responsibility to let your Coach or the staff member in charge of the sport (Mr Nero, Mrs Randall, Mrs Zuma, Mrs Jenkins, Mr Wessels, Mrs Sileno or Mr Jones) know. Do not wait until the last minute, but tell the staff member as soon as possible so that the problem can be rectified early. It is not up to you to find a replacement, although the Coach will let you know who can replace you.

- 5. Transport times:** If you are playing an away match, you will be notified accordingly. It will also be indicated either in the weekly schedule or via the Daily Notice. If the list says your bus leaves at 14:15, please be ready and waiting outside the foyer at 14.05 at the latest (i.e. at least 10 minutes before the time of departure). It is important that you adhere to these times. If St Anne's is late is then means we arrive late at our host school, which is impolite and disrespectful to our opponents. You will be required to return on the bus after your match, unless you have given clear notification to the teacher in charge prior to departure.
- 6. Dress:** Please always make sure you know what you should be dressed in and look neat and tidy at all times. Remember if you are a squash player, it is compulsory to wear protective eyewear - you must have your own squash glasses.
- 7. Sports Practice Sessions:** You are expected to attend every practice session if you have put your name down for that sport. You may not arrive only when you feel like it! Should some of your sports clash, you must speak to the Coaches and a plan will be made whereby you may miss certain practices. Should a plan not be possible, you will have to make a choice as to which sport you enjoy the most. If you are off sport, please bring a note from the San to your Coach. A friend may only do this for you if you are actually admitted to the San or you can't walk! Especially in the cases of outside Coaches, it is very rude to just "not pitch" – in all likelihood you will be charged for your lesson whether you are there or not, unless a note is provided, in which case the lesson will be made up at some other time. If you do not arrive at practice and you have not excused yourself, disciplinary measures will be taken – this is considered bunking. You must take responsibility for managing your time and think ahead!

- 8. Outside Sports:** Please be aware that your parents are paying extra for these sports – do not waste their money by not attending.

If, for example, you sign up for Golf and find that you don't actually have time to play, please tell the staff member in charge immediately. If you only speak up right at the end of the term, you will be charged for that term. In the same manner if, for some reason, your Coach does not arrive for your lesson, please speak to Mr. Nero the next day so that the matter can be rectified.

- 9. Unhappiness in Sport:** if for any reason you are unhappy about any sport you are involved in, your fellow players or your Coach, please come and speak to any of the Sports Staff about it – our office is always open to pupils. If you would rather speak to a pupil, you will need to either speak to the Captain of the sport or, in the case of outside sports, the Liaison Officer for that sport. If you are unhappy about any aspect of your sport, please talk to somebody about it. We are here to help you.

- 10. READ THE DAILY NOTICE AND CHECK YOUR E-MAILS EVERY DAY**

<u>SPORT</u>	<u>IN CHARGE</u>	<u>TERM</u>	<u>STATUS</u>
ACTION NETBALL	MRS ZUMA	1	GROUP
ATHLETICS	MR NERO	1, 3, 4	GROUP
BASKETBALL	MRS ZUMA	3	GROUP
CANOEING	MRS SILENO	1, 3, 4	GROUP
CROSS COUNTRY	MR JONES	1, 2, 3, 4	GROUP
DIVING	MRS JENKINS	1, 4	GROUP
EQUESTRIAN	MR NERO	1, 2, 3, 4	IND (P)
FUNKY DANCE	MRS JENKINS	1, 2, 3, 4	GROUP
GOLF	MRS JENKINS	1, 2, 3, 4	EXT (P)
HOCKEY	MRS RANDALL	1,2,3	GROUP
INDOOR HOCKEY	MRS RANDALL	3, 4	GROUP
NETBALL	MRS ZUMA	2	TEAM
PRIVATE SQUASH	MR NERO	1, 2, 3, 4	EXT (P)
PRIVATE TENNIS	MR WESSELS	1, 2, 3, 4	EXT (P)
SCHOOL GYM	MRS JENKINS	1, 2, 3, 4	EXT (P)
SOCCER	MR NERO	2, 3	GROUP
SQUASH	MR NERO	1, 2, 3, 4	GROUP
SWIMMING	MRS RANDALL	1, 4	GROUP
TENNIS	MR WESSELS	1, 2, 3, 4	GROUP
WATERPOLO	MRS SILENO	1, 4	GROUP
YOGA	MRS ZUMA	1,2,3,4	EXT (P)
PHYSICAL WELLBEING	MRS JENKINS	1,2,3,4	GROUP

