

Sport At Seatoun School

At Seatoun School we pride ourselves on our sporting successes. This has been achieved through parents, teachers and children encouraging students to take part in our extensive sporting culture. This booklet is designed to give you a general overview of sport at Seatoun School to help you to make decisions for you and your child and to inform you of what lies ahead.

We hope you find it useful.

Sam Broadmore (Head of PE at Seatoun School)

Major School Events

School Cross Country

Date: 11th May

Postponement Date: 13th May

- **EZ (Eastern Zone) Qualifications:** The top 5 runners (of each gender) from years 4-8 will be chosen
- **Clothing:** Appropriate footwear is vital e.g., Runners or cross-trainers
- **Venue:** Seatoun School

School Athletics Day

Date: 18th November

Postponement Date: 22th November

- **EZ (Eastern Zone) Qualifications:** 2nd, 3rd and 4th November
- **Clothing:** Appropriate footwear must be worn
- **Venue:** Seatoun School
- There will be no retrials for students.

Junior Athletics Day

Date: 8th December

Postponement Date: 10th December

Clothing: Appropriate footwear must be worn

Venue: Seatoun School

School Swimming Sports

Date: 22nd July

EZ (Eastern Zone) Qualifications: Children will be chosen during the school swimming sports based on their placing. However, the relay teams will be chosen based on the best club swimmers, regardless of their place in the 25m freestyle.

Clothing: Togs, Towels, goggles, swim-cap (if needed)

Venue: Kilbirnie Aquatic Center

After School Sports

Netball

Season: Terms 2 and 3
Person in charge: Teresa Keeley
Email: teresa.keeley@seatoun.school.nz
Cost: \$25 per player

Fun Ferns

Season: Terms 2 and 3
Person in charge: Teresa Keeley
Email: teresa.keeley@seatoun.school.nz
Cost: Still to be confirmed

Hockey **(will only run if there is enough interest and coaches)**

Season: Terms 2 and 3
Person in charge: Jason Cowan
Email: Jason.cowan@seatoun.school.nz

Mini Ball **(will only run if there is enough interest and coaches)**

Season: Term 2 and Term 3
Person in charge: Tim Kong
Email: tim.kong@seatoun.school.nz
Cost: \$55 per person. This includes all costs for both term 2 and term 3

Touch Rugby

Season Starts: Wed 18th February (touch runs throughout terms 1 and 4)
Person in charge: Sam Broadmore
Email: sam.broadmore@seatoun.school.nz
Cost: \$20 per person

Flippaball

Season starts: Term 1 and Term 4
Teacher in charge: Sue Luxford
Email: susan.luxford@seatoun.school.nz

Waterpolo

Season starts: Term 1 and Term 4
Teacher in charge: Sue Luxford
Parent Manager: Amy Barrett-Boys
Email: susan.luxford@seatoun.school.nz

For other details including practice times, draws and other information check out the school website:

www.seatoun.school.co.nz

Guidelines for parents with children involved in after school sport at Seatoun School

Teachers Role

Overseeing teachers provide the initial information about which after school sports are available and send notices home to the families of children who have shown an interest in becoming involved. They collate the information and then help the coach with the co-ordination of the sport and provide the coach with encouragement and support as necessary.

Parent Coaches:

The onus is on the parents to coach and manage the teams. The coach should liaise with the teacher overseeing the sport prior to the season and during the season as necessary. (A separate set of guidelines has been written for coaches).

In the unfortunate situation of no parents offering to coach, either the sport does not happen or a teacher may offer to provide some practice sessions. In this situation a weekly parent roster would be organized for supervision of the children at the game and the teacher would attend games when possible.

Etiquette at games and practices

- Please remember that parents need to set an example for children to follow and provide positive encouragement.
- Please respect the coach and referee, including the decisions that they make. They will be trying to do their best and trying to be fair for everybody.
- Please enable the coach to coach the children prior, during, at the interval and straight after the game.
- Please remember that parents as well as children are representing Seatoun School.
- Please abide by and encourage the children to abide by the School Rules and Values.

School Values

Respect
Compassion
Perseverance
Giving
Honesty
Responsibility
Pride

Information

When your child shows an interest in a sport the notice that comes home has a reply slip Please ensure that all medical information necessary is included so that coaches are aware of possible occurrences and can be more prepared to cope.

Please give home phone numbers and emergency phone numbers so coaches can ring when necessary and be able to contact parents in the case of an emergency.

Attendance of practices and games

Children are expected to attend practices and be on time. (Children cannot expect to have equal game time if they do not attend practices)

Children are expected to be at the game venue before their game time so they can get ready and hear the advice from the coach. Unless otherwise specified by the coach, 15 minutes prior is a good idea.

If your child is unable to attend a practice or game please advise the coach as soon as possible.

Transportation of children

Parents need to ensure that their child is at the practices and games.

Parents need to be at the practice or game venue by the stated finish time ready to collect their child.

Some parents choose to car pool. If your child is to go home with anybody else please send a note to the coach stating who is picking the child up.

Coaches should not be expected to be a babysitting or transportation service.

Uniform and equipment

All children involved with after school sports games need to have a school t-shirt. These can be purchased through the office.

Children must have their own water bottle and must not share with other people.

Children must have necessary medical equipment with them at practices and games (Eg. Asthma inhaler) and the coach must know where they keep it.

Other clothing and equipment necessary will be specified.

Some sports may require children to have a change of clothing available to go home in.

If you have queries

First speak to the coach

If necessary, the teacher overseeing the sport is the next person to speak to

Guidelines for Coaches

Management

1. Behaviour expectations.
 - Expecting children to stop, look and listen to you (self control and respect).
 - Expect children to do what you ask them straight away (respect).
 - Expect children to be at practices.
 - Tell and expect children to be at the game so many minutes prior to starting.

If there are any discipline issues, please speak to the teacher overseeing the sport.

Communication

1. Prepare notices. See sheet on preparing a notice. Get teacher overseer to check prior to photocopying.
2. Ensure that parents receive ample notice of game times. League information can be faxed to the school office on 388 9380 but must be labelled clearly with the name of the teacher overseeing the sport. Digital draws can also be emailed to the teacher in charge of that sport, to be posted on the school website.
3. Keep a list of children's phone numbers and their medical needs. This will enable easy contacting if necessary. Take whatever medical precautions are necessary.

Hall etiquette

1. Please observe hall protocol.
 - No food, drink or marking shoes in the hall
 - Please put equipment away tidily
 - Shut all windows and doors
 - Turn lights off

Medical

1. If a child discloses any 'Keeping Ourselves Safe' information, tell them that you will help them by telling the teacher overseeing the sport and they will take appropriate actions from there.
2. If a child has had a serious injury, request to see a doctor's note or parental note regarding being ok to play again.
3. The medical room is located in the admin area. Ice packs, plasters, bandages etc. can be found there

Other tips for effective coaching

1. Always help the children warm up and warm down before and after practices and games.
2. Give children a fair amount of playing time. At this age it's essential that they all have an equal chance to develop their skills and confidence. (unless they missed practice etc...)
3. Children want and need to succeed so give positive experiences and praise them when they do well. This doesn't have to mean they have to win the game, but that they have got better in some area. Help children to work out what their next goal is, so they can tell that they are improving and succeeding.
4. Be consistent when managing the children. Refer to the list of behaviour expectations above for guidance. The children are familiar with these expectations and will get more out of the session if you choose to enforce them.

Eastern Zones Events

These are interschool events that take place during the term. Each school in the eastern zone region of Wellington usually select their best players to take part. Any student from y4—8 is eligible to try out for the teams. These events are run during school time.

Kiwi Cricket

Date: 24 **February**
Postponement Date: 03 **March**
Venue: Kilbirnie Park
Teacher in charge: Sam Broadmore

Netball

Date: 05 May
Postponement Date: 12 May
Venue: Hataitai
Teacher in charge: Teresa Keeley

Cross Country

Date: 26 **May**
Postponement Date: 02 June
Venue: McAlistair Park
Teacher in charge: Sam Broadmore
Wellington Zone Date: 15 March (pp 17 June)
Regionals: 29 June (pp 1 July)

Soccer

Date: 21 August
Postponement Date: 01 September
Venue: Miramar Park
Teacher in charge: Jason Cowan

Swimming

Venue: Kilbirnie
Teacher in charge: Anna Martin
Wellington Zone Date: 08 September

Hockey

Date: 20 October
Postponement Date: 27 October
Venue: **Hockey Stadium**
Teacher in charge: Jason Cowan

Athletics

Date: 10 November
Postponement Date: 17 November
Trials for Eastern Zone
27-30 October
Venue: Newtown Park
Teacher in charge: Sam Broadmore
Wellington Zone Date: 24 November (pp 1 Dec)

SPORTS CALENDER 2010 February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 <i>Y1 Swimming Y2 Swimming</i>	5	6
7	8	9	10 <i>Y3-4 Swimming</i>	11 <i>Y1 Swimming Y2 Swimming</i>	12	13
14	15	16	17 <i>Y3-4 Swimming</i>	18 <i>Y1 Swimming Y2 Swimming</i>	19	20
21	22	23	24 <i>Y3-4 Swimming EZ Kiwi Cricket</i>	25 <i>Y1 Swimming Y2 Swimming</i>	26	27

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 <i>Y3-4 Swimming EZ Kiwi Cricket</i>	4 <i>Y1 Swimming Y2 Swimming</i>	5	6
7	8	9	10 <i>Y3-4 Swimming</i>	11	12	13
14	15	16	17	18 <i>Y1 Swimming Y2 Swimming</i>	19	20
21	22 <i>X Country training begins</i>	23	24 <i>Y3-4 Swimming</i>	25 <i>Y1 Swimming Y2 Swimming</i>	26	27
28	29	30	31 <i>Y3-4 Swimming</i>			

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 <i>Y7-8 Swimming</i>	20	21	22	23	24
25	26 <i>Y7-8 Swimming</i>	27	28	29	30	

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Y7-8 Swimming</i>	4	5 <i>Ez Netball</i>	6	7	8
9	10 <i>Y7-8 Swimming</i>	11 <i>School X Country</i>	12 <i>EZ Netball pp</i>	13 <i>School X Country pp</i>	14	15
16	17 <i>Y7-8 Swimming</i>	18	19	20	21	22
23	24 <i>Y7-8 Swimming</i>	25	<i>EZ X Country</i>	27	28	29
30	31 <i>Y7-8 Swimming</i>					

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>EZ X Country pp</i>	3	4	5
6	7 <i>Y7-8 Swimming</i>	8	9	10	11	12
13	14 <i>Y7-8 Swimming</i>	15 <i>Wgtn X Country</i>	16	17 <i>Wgtn X Country pp</i>	18	19
20	21 <i>Y7-8 Swimming</i>	22	23	24	25	26
27	28 <i>Y7-8 Swimming</i>	29	30			

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Regional X Country</i>	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 <i>Y3-8 swimming sports</i>	23	24
25	26	27	28	29 <i>Y5-6 Swimming</i>	30	31

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 <i>Y5-6 Swimming</i>	6	7
8	9	10	11 <i>EZ Swimming</i>	12 <i>Y5-6 Swimming</i>	13	14
15	16	17	18	19 <i>Y5-6 Swimming</i>	20	21
22	23	24	25 <i>EZ Soccer</i>	26 <i>Y5-6 Swimming</i>	27	28
29	30	31				

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>EZ Soccer pp</i>	2 <i>Y5-6 Swimming</i>	3	4
5	6	7	8 <i>Wgtn Swimming</i>	9 <i>Y5-6 Swimming</i>	10	11
12	13	14	15	16 <i>Y5-6 Swimming</i>	17	18
19	20	21	22	23 <i>Wgtn X Country Y5-6 Swimming</i>	24	25
26	27	28	29	30		

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11		12	13	14	15
16	17	18	19	20 <i>EZ Hockey</i>	21	22
23	24	25	26	27 <i>EZ Hockey pp</i>	28	29

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>EZ trials</i>	3 <i>EZ trials</i>	4 <i>EZ trials</i>	5	6
7	8	9	10 <i>EZ Athletics</i>	11	12	13
14	15	16	17 <i>EZ Athletics pp</i>	18 <i>Y3-8 School Athletics day</i>	19	20
21	22 <i>Y3-8 School Athletics day pp</i>	23	24 <i>Wgtn Zone Athletics</i>	25	26	27
28	29	30				

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Wgtn Zone Athletics pp</i>	2	3	4
5	6	7	8 <i>Y1-2 Athletics day</i>	9	10 <i>Y1-2 Athletics day pp</i>	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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