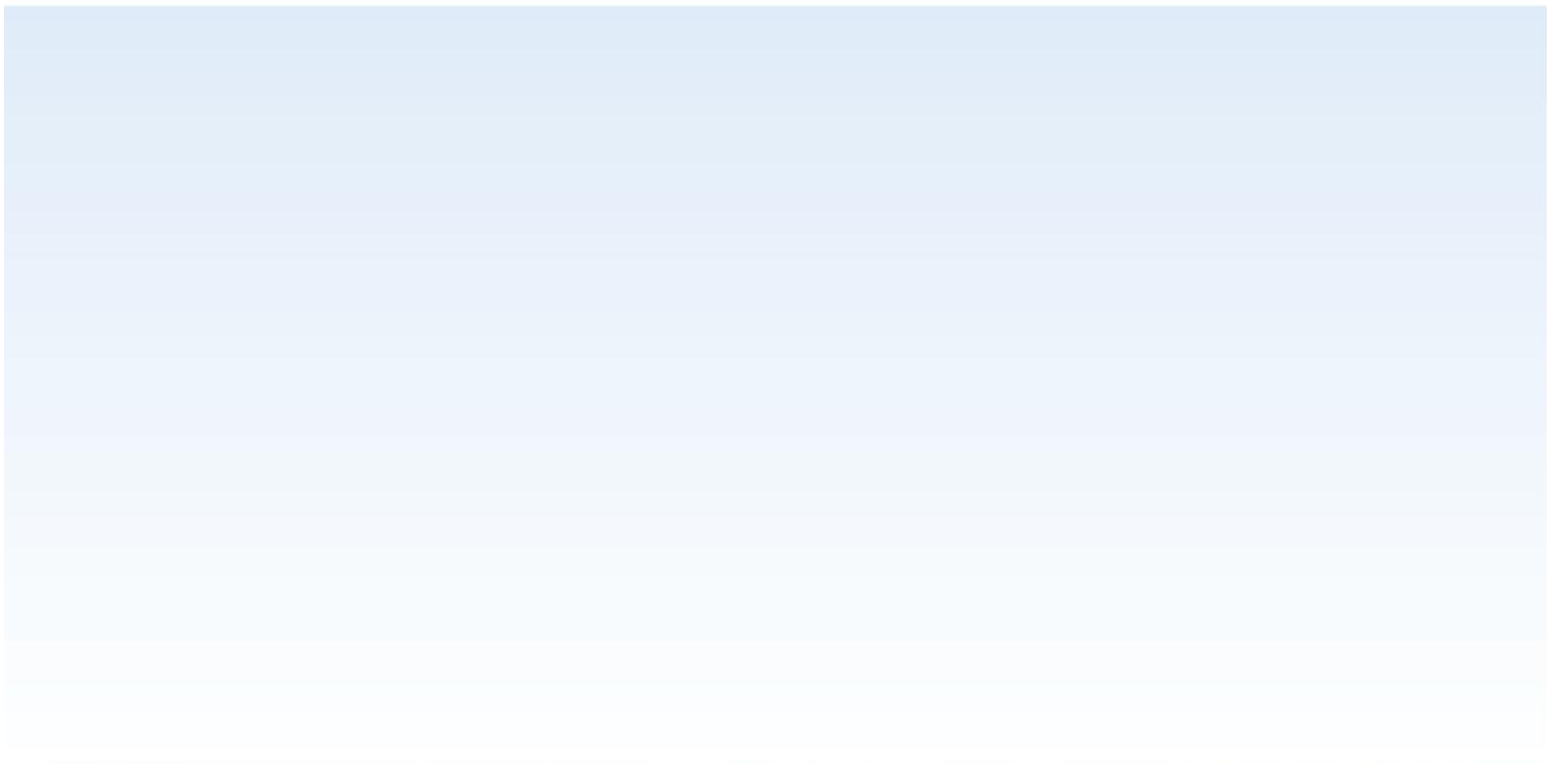




Kia ora - nāmas te - Sawadee - Zdravstvuyte - Ciao
Kia orana - Talofa - Zdravo - Willkommen
Hej - Ni Hao - Fáilte

Sport at Worser Bay School 2012



Our children love giving it a go. Physical Education and general fitness are highly valued at our school. As well as daily fitness and games, our Physical Education programme caters for all ages and stages. We have a range of sports teams that regularly compete outside of school and we embrace interschool competitions.

We are proud of the opportunities we can offer. Physical Education also provides such a great context for developing the key competencies.

2011 saw almost half of our school playing as part of a WBS Team. A record since the school opened in 1897! We are thrilled with the level of engagement.

So here's to another great sporting year!

Jude

Sport at Worser Bay School 2012

At WBS we encourage our students to participate in and experience a variety of different sports and physical activities. We aim to foster an enjoyment of physical activity and a healthy attitude towards competition with the hope that students develop life long skills and an appreciation of the physical, mental and social benefits of physical activity.

To do this, it is important that we cultivate and encourage positive links between the school, coaches, managers, parents and students.

This booklet is designed to give you an insight into the sports teams and events that we offer students as well as setting clear and manageable guidelines for all parties involved. If you have any questions or queries that aren't answered for you in this booklet, please do not hesitate to contact myself or any other relevant person identified within the booklet.

We look forward to a successful and enjoyable sporting year.

Hamish McRae

Worser Bay School Sports Co-ordinator

School Values and Vision

Our Vision:

Worser Bay students are physically active, positive and engaged students; they have an understanding of what it means to be healthy, and a desire to maintain this throughout their lives.

Respect ourselves, each other, and the environment.

(Please talk through these values with your child and discuss what they would look like in a team sporting environment.)

Guidelines for Parents

- The school will provide initial information about which sports are available through the Newsletter and the Website, or send notices home to the families of children who have shown an interest in becoming involved. It is important that you take the time to discuss what it means to commit to a team with your child and consider whether they have the time to participate.
- Once signed up, children are expected to see out the suggested duration of the season. (See After School Sports on page 9).
- Please ensure that you get the reply in on time as your child will miss out if registration is late.
- Information is then collated and sent to coaches/managers. You should expect a phone call or email from your child's coach to touch base and discuss organisation at the start of the season. The Sports Co-ordinator/Teachers provide the coach with support over the season.
- When you fill out your child's return slip, please ensure that you include any relevant medical information so that we can ensure that coaches are aware of any possible occurrences (if the school does not already have it on file).
- Ideally, parents will fill the positions of coach or manager for our teams. The coach/manager will liaise with the teacher overseeing the sport prior to the season and during the season, as necessary. In the unfortunate situation of no parents offering to coach, the school may not be in a position to offer the sport.
- If you already know that you would like to coach or manage, or think you could offer some skill sessions for a particular sport (including Eastern Zones) before or during the season, please feel free to come in and see our Sports Co-ordinator.
- Please remember that parents as well as students are representatives of our school community so we need to ensure that we set an example and model our school values as shown above. This means respecting coaches, referees and, of course, our opposition.
- If you have any questions, speak to the coach and follow up with the Sports Co-ordinator, if necessary.

Guidelines for Students

If and when your child is selected to play in a Worser Bay School sports team, there are a few guidelines to be adhered to, to make it a positive experience for all involved.

- Students will be required to wear the correct uniform to sports events. In most cases, this will be a Worser Bay School t-shirt and dark shorts. (Netball teams will wear the uniform provided). Please ensure that children have all other gear required and are wearing the appropriate footwear.
- Students are required to supply their own drink bottle and are not to share drink bottles for health reasons.
- Children need to bring any necessary medical equipment to games and practices and let their coach or manager for the day know where it is kept (eg. asthma inhaler).
- Students will let their coach/manager know of any absences from training or games at least one day prior to the event (where possible). To be fair, children who turn up to practise take priority on game days. No train, no play.
- Students will be punctual for training and games (15 mins before game minimum) and will wear appropriate clothing for physical activity (closed sports shoes, correct sports uniform, hair tied back).
- Students will follow Worser Bay School expectations and values, including treating their coaches and managers with respect.
- Students will be inclusive and supportive of others within their team.
- Students will follow the rules and expectations of the venues that they play at and respect resources and the environment of that venue.
- Students will play fairly and respect their opponents by demonstrating appropriate behaviour when winning and losing.

If students experience difficulty following guidelines, please let the Sports Co-ordinator or teacher responsible for that sport know and we will follow this up at school, the same way we would with in class behaviour.

Guidelines for Coaches and Managers

Thank you for volunteering your time to be a coach or manager of a Worser Bay School team. We really appreciate your offer of assistance and will endeavour to give you as much support or guidance as you need. We understand that, just like our children, we all come with a very varied and diverse range of skills and backgrounds, so please don't feel that you need to know everything right from the onset. We hope that being a coach or manager will allow you to learn alongside our children, and that you will find it just as rewarding and fun as they do. Here are a few tips and guidelines to help you along the way:

- Having fun is important in all levels of sport but especially for children. Children are interested in these four things when they play sport:
 - Having fun and success
 - Being involved in lots of action
 - Competition and challenges matching their stage of development
 - Opportunities to reaffirm their friendship
- When coaching children consider these things:
 - Simplify the rules to make the games easier
 - Reduce or increase the size of the playing or practice area
 - Have fewer players in teams or drills so that children are more involved and active
 - Use smaller or lighter equipment that is easier for children to manage and use
 - Help the children warm up and warm down before and after practices and games
- 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.
- 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.
- Be consistent when managing the children. Refer to the **Guidelines for Students** on page 5 for guidance. The children are familiar with these expectations and will get more out of the session if you choose to enforce them.
- You have the right to expect full respect from all students and parents; this includes **stopping, looking and listening** when they are asked to.

- The school can provide a first aid kit for any teams that need them; they are located in the school medical room and labelled 'Sports'.
- If you need to prepare any notices, please see or contact the Sports Co-ordinator first, they can help you out.
- The school will attempt to have a copy of all draws on our web page. If you receive the draw from an outside organisation, please ensure that you forward it to the school office.
- The school will keep a list of children's phone numbers and their medical needs and will also give a copy to all coaches and managers. This will make it easy to contact them. As a coach/manager you are expected to contact the parents of each child in your squad prior to the start of the season to touch base and discuss organisation.
- If you have any disciplinary issues or further queries, please see the Sports Co-ordinator ASAP so that we can handle the situation in relation to our school values and expectations. Remember, you are not alone.

If you would like more information about coaching or you would like to further your skills, here are two very valuable sites to visit:

- <http://www.sparc.org.nz/Documents/Communities%20and%20Clubs/Coaching/getting-started-compressed.pdf>
- <http://www.sportwellington.org.nz/coach-starter-pack/>

All School Events

School Sports Evening and Barbecue

Date: 9th February

Venue: Miramar Park

Come along to catch up with everyone after the holidays and meet and greet any new families

School Cross Country

Date: 3rd May

Postponement Date: 10th May

EZ (Eastern Zone) Qualifications: The top 5 runners (of each gender) from Years 4-6 will be chosen.

Clothing: Appropriate footwear is vital, eg. runners or cross-trainers

Venue: Worser Bay

School Athletics Day

Date: 25th October

Postponement Date: 1st November

EZ (Eastern Zone) Qualifications: The top 2 (of each gender) for each event from Years 4-6 will be chosen

Clothing: Appropriate footwear must be worn

Venue: Miramar Park

School Swimming Sports

Date: **TBA**

EZ (Eastern Zone) Qualifications: Children will be chosen during the school swimming sports based on their placing.

Clothing: Togs, towels, goggles, swim cap (if needed)

Venue: Kilbirnie Aquatic Centre

After School Sports

Netball

There are two age grades: Years 4/5/6. Each team needs a squad of 7 players.

Season: Terms 2 and 3 (**Registration closes end of Term 1 - the commitment is for 2 terms**)

Venue: Evans Bay Intermediate School

Teacher in charge: Hamish McRae

Email: hmcr@worserbay.school.nz

Cost: \$30 per player for the season

Little Hoops

A modified version of netball and miniball, played by younger students (Years 0-3). This is designed to teach beginners the key skills of netball and miniball in an easier, fun format.

Season: Terms 2 and 3

Venue: Worser Bay School

Teacher in charge: Hamish McRae

Email: hmcr@worserbay.school.nz

Cost: \$5 per player per term

Miniball

A modified version of basketball played on a smaller court with lower hoops and a smaller ball.

There are two age grades: Years 3&4 and Years 5&6. Each team needs a squad of 7 players.

Season: Terms 2 and 3 (**Registrations close at the end of Term 1 - the commitment is for 2 terms**)

Venue: Kilbirnie Recreation Centre

Teacher in charge: Hamish McRae

Email: hmcr@worserbay.school.nz

Cost: \$60 per player. This includes all costs for both Term 2 and Term 3.

Flippaball

A modified version of water polo played in the 1.2m pool. Children are allowed to stand and move along the bottom but can only catch and throw with one hand. Children must be confident in the water, be able to swim without goggles and be able to stand easily in 1.2m of water. Each squad needs 9 players. (These details likely to change as the league is under review.)

Season: TBA
Venue: Kilbirnie Aquatic Centre
Teacher in charge: Hamish McRae/Carolyn Brett
Email: hmcræ@worserbay.school.nz
Cost: TBA

All teams will only run if there is enough interest from students and coaches. Please note that prices may vary from season to season due to team sizes and registration fees changing.

For other details including practice times, draws and other information, check out the school website at www.worserbay.school.nz.

Eastern Zones Events

These are interschool events that take place during the term. Each school in the Eastern Zone region of Wellington usually selects its best players to take part. Any student from Years 4-6 is eligible to try out for the teams. In some circumstances, younger children may be eligible and this will be decided at the discretion of the school. These events are all run during school time.

Kiwi Cricket Date: 22nd February
Postponement Date: TBA
Venue: Kilbirnie Park
Teacher in charge: John McDougall

Soccer Date: 7th March
Postponement Date: 14th March
Venue: Miramar Park
Teacher in charge: John McDougall

Netball Date: 9th May
Postponement Date: 16th May
Venue: Hataitai Netball Courts
Teacher in charge: Suzanne Kershaw

Cross Country Date: 30th May
Postponement Date: 6th June
Venue: McAlister Park
Teacher in charge: Scott McGregor

Hockey Date: 1st August
Postponement Date: 8th August
Venue: Hockey Stadium
Teacher in charge: Danny Johanson

Swimming Date: 29th August
Venue: Kilbirnie Aquatic Centre
Teacher in charge: Danny Johanson

Miniball Date: 31st October
Postponement Date: N/A
Venue: TBA
Teacher in charge: Hamish McRae

Athletics Date: 14th November
Postponement Date: 21st November
Venue: Newtown Park
Teacher in charge: Hamish McRae and Scott McGregor

It would be really fantastic for our teams if they could get 3 or 4 coaching sessions during or after school in the lead up to these events, as it would allow them to gel as a team and hopefully build a bit more skill and confidence.

If you would like to offer some help or coaching with any of these sports, please let Hamish know so that he can sort out something that fits with your available time frame.

Physical Activity Leaders (PALs)

Each term we give Year 4 and 5 students the opportunity to apply for a PAL's position.

The PAL's job is to organise and facilitate 1-2 activities or games per week for other students within the school. These activities generally take place during lunchtime, after students have eaten. A different team of PALs is rostered on week by week so that everyone gets a turn.

The PALs have the support of a teacher and go through a training process before they are able to lead activities. Along with their training, PALs are given a booklet that they can refer to for activities or game ideas, as well as a list of expectations and agreed behaviours.

Each student is asked to take the booklet home to share with their family before it is signed by both the student and a caregiver, and then returned to school. Students are expected to commit to their PAL's role for a term, after which they can opt out if desired.

If you have any further questions or queries, please see Hamish or Jen.

