



Villa Maria College

LEARN TO PRIZE WHAT IS OF VALUE

2011
Sports Information
Booklet

Introduction

Welcome - we are pleased your daughter is attending Villa Maria in her College years and look forward to working with her in the sporting arena!

The purpose of this booklet is to help with her transition to secondary school sport and to inform you of procedures, costs, available sports and our own College sporting fixtures.

Hopefully you will also find the other information in this booklet about the various aspects of sporting life here at Villa interesting and helpful.

Please feel free to contact the Sports Director with any queries you may have.



Sports Contact:

Catherine Ratcliffe

Sports Director

Email: cra@villa.school.nz

Phone: 348 4165 x 830

Fax: 3484163

College Events

House Sports Day

This is the first major College event for 2010 and is a unique, fun-filled day for all involved!!! It is scheduled for Monday 7th February.

Participation is compulsory for all events – these can range from gumboot throwing to skipping to 100m sprint races!

House captains will provide more information at the start of the year – but with everyone dressed in house colours the “famous Villa spiral relay” is an event well worth seeing!



Swimming Sports

These are to be held at QEII pool on Thursday 17th Feb and the whole College travels there and back by bus.

The girls will have the opportunity to sign up for swimming events during the first few days at College. Entry in this is strongly encouraged as House Points are awarded for participation as well as placings.

From here we select swimmers to compete at the Canterbury Secondary Schools' Championships and then onto the South Island and New Zealand events.

Athletics Sports

These are to be held at the Papanui High School athletic track on Thursday 24th Feb (postponement Thursday 3rd March) from 4.30pm - so keep this evening free! We hold this event outside College hours as we are fortunate to have the expertise of the Papanui Toc H Club officials to run these for us.

A full range of athletic events are available for entry, although a few events are still held at the College during lunch-times and/or after school.

Sign-ups will be called for Athletics at the beginning of Term One.

Athletes qualify from this event to compete at the Canterbury Secondary Schools' Championships and then onto the South Island and New Zealand events.

Cross Country

Cross Country is a compulsory event for the whole College. It is held at and around the College grounds in the first week of Term Two.

We then have girls represent Villa at both the Canterbury Secondary Schools' Road Race (Hagley Park) and Cross Country (Halswell Quarry) Championships and the New Zealand Secondary Schools' event.

Uniforms

At Villa Maria College we are very proud of our sports uniform and we expect all girls to wear it correctly and with the pride and respect it deserves.

Information regarding uniforms for summer and winter sports is listed on the following "Sports Available" page.

We also have a clothing range for items worn as "tournament" gear, warm-up gear or, in the case of the track-suit, teams/individuals where the track-suit is a compulsory item. These items can be viewed and ordered through the College Uniform Shop.

The College track-suit can be purchased by any student but it is compulsory for all students who are in the following teams:

- Cycling Team
- 1st XI Football Team
- 1st XI Hockey Team
- Senior A, B, Yr 10A & Yr 9A Netball (some may be supplied for season by Netball Club)
- Rowing Team
- 1st XV Rugby Team
- Supertouch Team
- Senior A Volleyball Team
- Senior A Waterpolo Team
- Athletes, swimmers, multi-sport, cross-country who represent Villa Maria College at SISS or NZSS events

If you are selected for any of these teams the track-suit is a compulsory item.

Villa Maria College Expectations of Students Playing Sport for the College

Students will:

1. Abide by the 'normal College rules' **at all times.**
2. Attend every meeting, practice and game (unless unwell). Dentist appointments etc should not be set at sports practice or game times.
3. Telephone their coach (at a pre-determined time set by the coach at the beginning of the season) if they are unwell.
4. Abide by the rules of Fair-play i.e.
 - be on time for games
 - wear correct uniform and have the necessary equipment
 - always give of their best
 - accept the referee's decision
 - support and encourage team members
 - respect the opposition, and shake hands after the game
 - win graciously and lose with dignity
5. Take care with any equipment they borrow.
6. Assist with the set up of equipment.
7. Assist with fundraising if required.
8. Hand in any necessary forms by the required dates.

Summer Sport – Term One

School Sport Canterbury runs an inter-school competition every Wednesday afternoon (and Monday for volleyball). With College finishing at 2.30pm every Wednesday to cater for this we encourage participation from every student (however, this is not compulsory). This is not only beneficial to their health, well-being and fitness, but it is a great way to meet other girls from Villa, as well as other Colleges.

Please read carefully the information on the following two pages regarding the sports available and their associated costs. Points to note are:

- The dates for the Term One competition are Wednesday 16 February to Wednesday 23 March (or Monday 14 Feb to Monday 21 Mar for volleyball).
- ***Due to the tight dead-lines for entering in these competitions we need to be proactive in establishing what teams we will have. With this in mind we attach the sign up and permission slip, code of conduct and health profile in the middle of this booklet. Please detach and complete the forms, write a cheque/provide cash and place in an envelope labelled "Sport Entry" with your daughter's name and the chosen sport on the outside. Place this in the appropriate box in the Student Office on the first day of College.***
- Please note that girls are able to play volleyball on Monday **and** another sport on Wednesday. If trials are required for any of the summer sports the girls will be advised in the first few days of Term One.
- Term Four is treated as a separate competition and sign-ups will be carried out for that later in Term Three. The same sports are available in Term Four as are in Term One.
- As it is our policy to have every team accompanied by a coach/manager, we do rely on parent assistance – so please fill in the appropriate area on the sign-up sheet. Please also note that the College does not provide transport – it is the responsibility of the individual to arrange this – often car-pooling is carried out per team.

Commitment

Please consider carefully before making your decision to join a sport. When you join a team you are expected to be fully committed to that team, attending all meetings, practises and games. Students who do not follow these rules will be withdrawn from the team and their future participation with sport at Villa may be compromised.

Summer Sports (Term One, 2010)

Bowls

Venues: Club allocated bowling greens, commencing 3.00pm

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes.

Cricket

Venues: Hagley Park or nearby fields, commencing 3.00pm

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, Navy track-suit pants, white sports socks and shoes.

Golf Croquet

Venue: United Croquet Club, Nth Hagley Park, commencing 3.00pm

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes.

Summer Hockey

Venue: Nunweek Park, games commence at 3.00pm and every half hr following

Cost: \$20/term

Uniform: Villa Maria sports top issued for season, College PE shorts, blue hockey socks (available in Uniform shop) and sports shoes (mouth-guard & shin-pads are compulsory)

Indoor Netball

Venues: Action Indoor Sports Stadium – Iverson Tce, City, Buchanans Rd, Hornby
or Sturrocks Rd, Northwood

Howzat Hagley Sports Centre – 9 Wise Street, Addington, or Matipo St, Riccarton

All games commence 3.15, 3.45 or 4.15pm

Cost: \$25/term

Uniform: Villa Maria sports top and skirt issued for season, white sports socks and sports shoes.

Indoor Football

Venues: See Indoor Netball, plus school gyms if all commercial venues are fully utilised.

All games commence at 3.00, 3.30 or 4.00 pm

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes

Softball

Venues: Smokefree Ball Park, Hagley Park and School Diamonds, commencing at 3.00pm.

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes.

Tennis

Venues: School courts, commencing at 3.00pm

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes.

Please note: if tennis is chosen sport please advise on sign-up sheet whether you have played Inter-club previously, and, if so, when and what grade.

Touch

Venues: Hagley Park, Burwood Park and school grounds, commencing at 3.00pm

Cost: \$10/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes.

Volleyball (played on Mondays)

Venues: Pioneer Stadium, QE II Stadium, Cowles Stadium and school gyms, times will vary.

Cost: \$20/term

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes.

Water Polo (A Grade is played on Fridays)

Venue: QEII Pool or Jellie Park

Cost: \$25/term

The following 2 sports are not part of the School Sport Canterbury weekly competition, so the sign-up sheet attached does not require completion for them. The information is as follows:

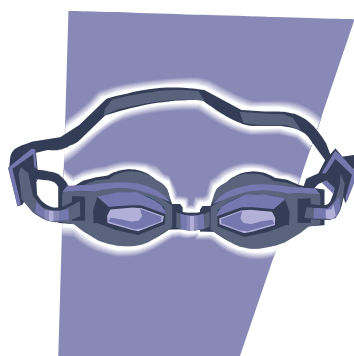
Triathlon

The Canterbury Secondary Schools' Triathlon is to be held at Corsiar Bay on Tuesday 15th February. This event is open to individuals and teams and registrations will be held at the start of the year

Rowing

The Villa Maria College Rowing committee does a fantastic job of running this sport. Year 9 students are able to commence rowing in Term Four and an information evening is held later in Term Three. Dedication and commitment is required from girls who row, however, the rewards are immense. Fees are approximately \$2,500.

A rowing uniform is required to be purchased by the individual.



***Please detach the centre page ,
complete the forms, write a
cheque/provide cash and place in an
envelope labelled "Sport Entry" with
your daughter's name and the
chosen sport on the outside. Place
this in the appropriate box in the
Student Office on the first day of
College.***

SUMMER SPORT SIGN UP AND PERMISSION SLIP (to be completed by parent / caregiver)

Student Name.....Yr.....

Summer sport/s wishing to play:.....

Level of ability:

I give permission to play the
above sport for Villa Maria during Term One 2011

Enclosed is \$..... for team fees

I am able to assist with my daughters' team

Coach / Manager / Transport (please circle one)

I understand it is my responsibility to ensure my daughter has transport to her
games & practices.

Signed.....(parent/caregiver)

Date

Contact Phone Number/s...../.....

CODE OF CONDUCT (to be signed by student)

I,, agree to:

- ◆ Play by the rules
- ◆ Never argue with an official
- ◆ Work hard to do my best at all times
- ◆ Turn up to all meetings and practices
- ◆ Be a good sport and recognise good players and good plays by all involved
- ◆ Remember to thank my coach, the officials, the opposition and supporters
- ◆ Help others in my team where I can

- ◆ Avoid putting people down or bullying them
- ◆ Give it heaps and not get ugly

I understand that if I do not abide by these rules further action could be taken, even resulting in being removed from the team.

Signed.....(student)

Date

HEALTH PROFILE

Name.....Yr.....

Medic Alert No.(if applicable)

Please tick if your daughter suffers from any of the following:

- | | |
|--------------------------------|----------------------------|
| Migraine..... | Epilepsy..... |
| Asthma..... | Diabetes..... |
| Fits of any type..... | Chronic nose bleeds..... |
| Heart Condition..... | Dizzy Spells..... |
| Allergies(please specify)..... | Other(please specify)..... |

For any of the above what treatment is required

.....

When was your daughter's last tetanus injection.....

Emergency contact details: please provide at least two sets of contact details.

1. Name.....Emergency contact)
 - Relationship.....
 - Phone number.....
 - Cellphone number.....
2. Name.....(Alternative contact)
 - Relationship.....
 - Phone Number.....
 - Cellphone number.....

I agree to my daughter being administered minor first aid by the adult in charge of her team.....(parent/caregiver)

I agree to my daughter receiving any emergency medical, dental or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.....(parent/caregiver)

I understand the school does not accept responsibility for loss or damage to personal property and that it is my responsibility to check my own insurance policy.....(parent/caregiver)
Date.....

Winter Sports – Terms Two & Three

Over the winter months School Sport Canterbury runs an inter-school competition every Wednesday afternoon (and Friday for basketball). We also compete in the Christchurch Netball Saturday competitions.

Information about winter sign-ups and trial dates will be advised **later in Term One** (and early Term One for Saturday netball).

Please note that girls are able to play basketball on Friday, netball on Saturday **and** another sport on Wednesday; however girls selected in the Year 9A netball team are required to play in that team as their Wednesday sport.

Sports available include (costs will be provided at sign-up time):

Badminton

Venues: Pioneer, Cowles, Badminton Hall and school gymnasiums, commencing 3.00pm

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes

Basketball (Friday nights)

Venues: QEII Stadium, Pioneer, Cowles, Badminton Hall and school gymnasiums

Games are from 4.00pm onwards

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes

Cycling

Venue: Old Tai Tapu Rd, Halswell, commencing 3.00pm

Uniform: Villa Maria sports top issued for season, Navy bike shorts, appropriate footwear

Football

Venues: Schools and neighbouring fields and Hagley Park, commencing 3.00pm

Uniform: Villa Maria sports top issued for season, College PE shorts, blue football socks (available in Uniform Shop), Shin-pads are compulsory, football boots

Hockey

Venues: Porritt or Nunweek Parks. Games are from 3.00pm onwards

Uniform: Villa Maria sports top and skirt issued for season, blue hockey socks (available in uniform shop), mouth guard & shin-pads are compulsory.



Netball (Saturday)

The College is very fortunate to have a very hard-working netball committee who ensure the girls are able to participate in the game they love.

Venues: Hagley Park courts

Uniform: Villa Maria netball top and skirt – to be purchased by individual, white sports socks and shoes

Netball (Wednesday)

Venues: Hagley Park courts and school courts, commencing 3.00pm

Uniform: Villa Maria netball top and skirt issued for season (if not already owned), white sports socks and shoes

Rugby

Venues: Schools and neighbouring fields and Hagley Park, commencing 3.00pm

Uniform: Villa Maria sports top issued for season, College navy rugby shorts and blue rugby socks (both compulsory and to be purchased from Uniform Shop), rugby boots, mouth guards are also compulsory.

NB: Rugby is only available from Year 11 unless girls have played the sport previously for a Club.

Squash

Venues: School and Club Courts, commencing 3.00pm

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes

Table Tennis

Venue: Table Tennis Stadium, 294 Blenheim Rd, commencing 3.00pm

Uniform: Villa Maria sports top issued for season, College PE shorts, white sports socks and shoes

Other Information

- **Inter-House activities**

Each term we hold some form of inter-house activity, which always proves to be loads of fun!

- **Sporting Achievements**

We are always amazed at the achievements of our students and like to recognise and applaud them. We hear of a number of these, however, we also need you to tell us of these! If your daughter achieves representative status throughout her College years we would like to know – please email or call the Sports Director with this information.

- **Sports Awards**

In October we hold a Sports Awards evening. We present the various awards relating to sport and acknowledge the many, many talented sportswomen we have at Villa Maria College. All are very welcome to attend.

- **Tournaments**

Our top teams in a number of the sporting codes also compete in various Canterbury, South Island and National tournaments throughout the year. Information is made available to the relevant teams as appropriate.

- **Other Activities**

At Villa Maria College we try to cater for the varied interests of our students. During the year we receive information of forthcoming events in a number of other sporting codes such as:

- Skiing/snowboarding Champs
- Monica Thacker Life-saving
- Surfing
- Gymnastics
- Equestrian
- Aerobics

This information will be posted / advertised in the daily notices. It is the responsibility of the student to listen to these.

- **Sports Silvers and Golds**

'Golds' and 'Silvers', referred to in some schools as 'Colours' or 'Pockets', will be awarded to students in recognition of sporting achievements associated with the College. Golds are awarded for excellence and outstanding achievement; combined with a valuable contribution within the College, through a group or activity. These are awarded annually at the End-of-Year Prizegiving. Silvers are awarded for a very high standard of achievement, along with regular participation and attendance. These are awarded at assemblies throughout the year. Further information can be obtained from the Sports staff.