



# ST MARY'S COLLEGE SPORTS HANDBOOK



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This handbook is designed to be informative and should be used as a guide only. The information, fees and dates may change at any time.

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\*Fees are a guide only and are subject to change

# Mercy Values at St Mary's College

At St Mary's College, high standards of effort and behaviour are expected from students. In addition, behaviours which demonstrate the core Mercy values are supported not only in education, but also in sports. Students are encouraged to think about how they can demonstrate our Merch Values through Sports.

## **Respect for human dignity**

- Respecting the dignity of each person
- Acknowledging the unique qualities and gifts of each person
- Ensuring the right of each person to learn

## **Compassion**

- Showing understanding and sensitivity towards each other
- Respecting and caring for the environment
- Thinking before speaking or acting

## **Excellence**

- Striving for personal excellence in:
  - My academic studies
  - Co-curricular activities
  - My dealings and interactions with others
  - My dress and behaviour
- Celebrating excellence in others

## **Service**

- Contributing to our school community
- Being generous in my thoughts and actions
- Giving my best for my own learning
- Giving my best for others
- Being welcoming and hospitable
- Sharing my talents and abilities

## **Justice**

- Acting with honesty and integrity
- Showing fairness with others
- Celebrating people's gifts and talents
- Taking responsibility for my actions
- Standing up for what is right and good
- Not tolerating bullying

## **Care of the poor and vulnerable**

- Being generous in my thoughts about others
- Giving practical help when I can

# Message from the Principal

Thank you for reading this Handbook on Sports processes and procedures at St Mary's College. It has been produced to facilitate communication between students' parents, coaches, managers and school leadership. This will ensure that the focus in sport is on participation and enjoyment and that students are supported to reach the level they are capable of, and in a way that incorporates our Mercy Values.

St Mary's College views co-curricular activities as an essential part of forming 21<sup>st</sup> Century Women of Mercy and part of an holistic education for students. We are focussed on providing activities that enhance the wellbeing of all, while building relationships with teachers and adults who have a positive impact on the lives of our young women.

Sport is a co-curricular activity and receives minimal government funding. We rely on parents' contributions and financial support while having measures in place to ensure sport is accessible to all, regardless of financial circumstances. Our Parent, Teachers and Friends Association, the Past Pupils organisation, Board of Trustees and Board of Proprietors all provide support through various means, and I would encourage you to support their activities that will benefit our students.

We have high levels of participation in sport with approximately 65% of students taking part in some form of sport. There is a great deal of success up to International representative level.

No matter what level your daughter or team participates in, I would like to wish them success and enjoyment as they reap the benefits of involvement in a sporting activity.  
Yours in Mercy



Sarah Dwan  
**Principal**

## Message from the Director of Sport

We are proud of our high participation rate at St Mary's College, which is made possible with the support of the Board of Directors, Board of Trustees, Staff and the wide community of volunteers.

We take guidance and direction from Sport NZ and have adopted their Balance is Better philosophy. This means that our focus has shifted to ensuring that our students have a positive and fun experience in whichever sport or activity they choose. The introduction of student-lead teams where students have the option of picking their own teams has seen a spike in participation in the Senior school, an age where participation starts to decline. A range of activities are offered to cater to all, from teams who compete in weekly competitions to less-competitive in-house programs which encourage fun and movement.

Trials are held for all Premier teams and the top team in each age-grade. Students who prefer a more competitive or performance pathway are encouraged to attend trials.

The ever-changing landscape of sport means that we must be adaptable and ready to roll with the changes. For this reason there is flexibility in the way that sports is delivered in order to meet the changing needs of our students. Our priority remains the same regardless of the environment, to provide sporting opportunities for our Mercy women which enhance and support physical, mental and social wellbeing.

As a co-curricular activity, we rely on the support of volunteers by way of coaches, managers, and general support. I invite you to partner with us to provide a rich sporting experience in true Mercy spirit.



Pesio Matiseni  
**Director of Sport**

## Sports Registration Process

Sports registrations are done online using Microsoft Forms. You can find these forms on the St Mary's College website at various times of the year. It is highly recommended that you check the website regularly to avoid missing out.

Payment must be made at the time of registration. Please make careful note of the 'withdrawal date', as we have a No Refund Policy should your daughter withdraw after this date. We kindly ask that you do not register your daughter for a sport if you do not agree with this policy.

# SPORTS PLAN

## VISION

*More young women participating and succeeding in sport*

**INVOLVE – RETAIN – EXCEL**

## MISSION

To create an environment where sport is appealing to all students.

To engage the full St Mary's community to ensure longevity in physical activity.

To complement academic learning by encouraging leadership, teamwork, commitment, integrity and humility.

### Tier 1 Sports

These are our Premier Sports

- High participant numbers and/or successful results
- Premier team has the privilege of participating at a National/Regional tournament
- Managed by the Sports Department with help from volunteer parent groups

Basketball, Football, Hockey, Netball and Water Polo

### Tier 2 Sports

These sports offer students a chance to be active

- High to medium participant numbers
- Must have Teacher in Charge, Parent in Charge or run by external contractors
- Managed by the Sports Department

Badminton, Cricket, Dragon Boating, Lacrosse, Orienteering, TeenFit, Tennis, Touch Rugby, Volleyball

### Tier 3 Sports

These are sports that do not come under Tier 1 and 2. They are not actively supported by the school, but we can facilitate registrations and entry into events.

- Participant must compete at club or higher level
- Solely managed by the participants parent/caregiver

# BASKETBALL

## FEES:

\$185 Premier team  
\$175 Other Y9+ teams  
\$200 Year 7/8

## REGISTRATIONS:

Opens January, closes February

## TEAM SELECTIONS: Term 1

## GAME DAYS:

### Year 7/8

Mondays 3.45pm – 8.30pm  
Various venues on the North Shore  
Terms 1 and 2

### Year 9-13

Wednesdays or Thursdays 4pm – 7pm  
Home & Away venues  
Terms 2 and 3

### Premier

Fridays 6pm – 8pm  
Home & Away venues  
Terms 2 and 3

**TRAININGS:** Held at St Mary's before or after school depending on coach availability

## UNIFORMS:

Premier: Full uniform is loaned

Other teams: SMC Basketball singlet & shorts

## TOURNAMENTS:

AIMS: Selected from Year 8 players only

3x3: Selected from players only

Premier Nationals: Premier team only

***These tournaments incur additional costs***



# FOOTBALL

**FEES:** \$170

**REGISTRATIONS:**

Opens January, closes February

**TEAM SELECTIONS:** Term 1

**GAME DAYS:**

Year 7/8:

Mondays 3.45pm-6.00pm

Bill McKinlay Park, Mt Wellington

Terms 2 and 3

Year 9-13

Wednesdays 4pm

Home & Away venues

Terms 2 and 3



**TRAINING:** Held Friday mornings at Western Sprints FC – Senior teams may train Monday mornings also

**UNIFORMS:**

1<sup>st</sup> XI: Full uniform is loaned

Other teams: SMC Football top, shorts & socks

**ADDITIONAL EQUIPMENT – at own cost:**

Shin Guards, Football boots

**TOURNAMENTS:**

AIMS: Selected from Year 8 players

Central Zone: AIMS team only

1<sup>st</sup> XI Nationals: 1<sup>st</sup> XI team only

***These tournaments incur additional costs***



# HOCKEY

## FEES:

\$300 1<sup>ST</sup> XI team

\$275 2<sup>ND</sup> XI team

\$250 all other teams

Pre-season clinic: \$50\* (optional)

**REGISTRATIONS:** Opens January, closes February

**TEAM SELECTIONS:** Term 1

## GAME DAYS:

### Year 7/8:

Tuesdays 4pm – 7pm

Harbour Hockey, Albany

### Year 9-13:

Thursdays 4pm - 7pm

Harbour Hockey and other North Shore venues

**TRAINING:** Held at St Mary's before school **except** 1<sup>st</sup> XI and 2<sup>nd</sup> XI who train offsite (venue to be confirmed)

## UNIFORMS:

1<sup>ST</sup> XI: Full uniform is loaned

Other teams: SMC Hockey top, shorts & socks

## ADDITIONAL EQUIPMENT – at own cost:

Mouth guard, shin guards, hockey stick

## TOURNAMENTS:

AIMS: Selected from Year 8 players

Central Zone: AIMS team only

1<sup>st</sup> XI Nationals: 1<sup>st</sup> XI team only

2<sup>nd</sup> XI tournament tbc from year to year



***These tournaments incur additional costs***

# NETBALL

## FEES:

\$200 Premier 1 & 2 teams

\$160\* Year 9+ teams

\$145\* all other teams

Pre-season clinic: \$50\* (optional)

## REGISTRATIONS:

Opens January, closes February

**TEAM SELECTIONS:** Term 1



**GAME DAYS:** Term 2 and 3

Intermediate Windmill Park:

Monday 4pm – 6pm

Intermediate St John's:

Tuesday 4pm – 7pm

Year 9-13:

Saturday 8am – 12pm

Auckland Netball Centre, Mt Wellington

## TRAININGS:

All teams: Held at St Mary's after school

Premier 1: TBC

## UNIFORMS:

Premier 1: Dress is loaned

All other teams: SMC Netball dress

## TOURNAMENTS:

AIMS: 8A St Johns team only

Central Zone: 7A and 8A teams only

UNISS: Premier 1 team only



***These tournaments incur additional costs***

# WATER POLO

## FEES:

\$450\* Premier team  
\$250\* Senior B team  
\$450\* all other teams

## REGISTRATIONS:

Premier/Senior: Opens & closes Term 4 previous year

Year 7/8: Opens & closes Term 1

Year 9/10: Opens & closes Term 2

## GAME DAYS:

Premier/Senior B:

Friday and/or Sunday Term 1  
Various locations

Year 7/8:

Friday 4pm – 8pm Term 2-3  
Various locations

Year 9/10:

Friday and/or Sunday Term 3-4  
Various locations



## TRAININGS:

Days & times tbc, pending coach availability

Term 1: St Mary's pool

Term 2-3: Epsom Girls Grammar pool

Term 4: St Mary's pool

## UNIFORMS:

Premier: First pair of togs provided

All Other teams: SMC togs

## ADDITIONAL EQUIPMENT – at own cost:

Goggles, mouth guard, under swim cap

## SWIMMING ABILITY:

All participants must be competent swimmers

## TOURNAMENTS:

AIMS: Selected from Year 8 players – only if numbers allow

Tim Sonderer: Selected from Year 7-8

PREMIER NATIONALS: Premier team only

***These tournaments incur additional costs***



# BADMINTON

This is an intra-school program held onsite in the school gym, suited for those who are after a more social experience. The students will learn skills and play against each other. The programme is delivered by external Badminton coaches.

*Senior students may form student-lead teams to play in local competitions at an additional cost.*

**REGISTRATIONS:**

End of each term for the following term  
Approx \$45-\$55 per term (intra competition only)

**TERMS PLAYED:**

Offered all year round depending on interest

**DAY:**

Day tbc, held in school gym

**UNIFORMS:**

Suitable activewear, PE uniform or SMC sports top

**EQUIPMENT:**

All equipment is provided

# CRICKET

**TRAININGS:**

Day tbc

This program is dependent on student numbers and availability of a suitable coach

**FEES:**

\$30-\$40\*

**REGISTRATION:**

Opens January  
Open to Years 9-13

**GAME DAYS:**

Wednesdays 4pm-6pm  
Terms 1 and 4  
Various locations

**UNIFORMS:**

SMC sports top and black Cricket pants (buy your own)

**EQUIPMENT:**

Cricket equipment if already have, school has some equipment available

# LACROSSE



**Year 10-13 students only**

**FEES:** \$120

**REGISTRATIONS:**

Open & close Term 1

**GAME DAY:**

Thursdays 4pm

Various locations

**TRAINING:**

Held onsite after school, day tbc

**UNIFORMS:**

SMC sports top worn with own plain black shorts or tights

**TOURNAMENTS:**

Players will be selected to attend a one-day tournament

*These tournaments incur additional costs*

# ORIENTEERING

**FEES:** \$75

**REGISTRATIONS:**

Term 1

**GAME DAY:**

Term 1 Wednesdays 4pm-6pm

Various locations

**UNIFORMS:**

SMC sports top worn with own plain black shorts or tights. PE uniform may also be worn

**TOURNAMENTS:**

Competitive Orienteerers may be entered into additional events, at additional cost to participant



# TEENFIT

This is a strength and conditioning program that students undertake to improve & enhance personal fitness levels. It is run weekly, and no competitions are entered. It is suited for all levels of fitness and beginners are welcome.



**FEES:** \$90\* per term

**GENERAL INFORMATION:**

Day tbc, held mornings 7am-7.45am, school gym

Appropriate activewear and shoes must be worn

Students should bring breakfast to have after each session

Students should also bring a towel and toiletries to shower after each session

# TENNIS

**FEES:**

Beginner: \$65\* for one term  
Competitive: \$90\* Term 1 only

**GAME DAY:**

Beginners: day tbc, Term 1 or 4  
Competitive: Saturdays 8am-11am

**TRAININGS:**

Competitive teams will train once a week,  
day tbc

**REQUIRED EQUIPMENT:**

All equipment provided for Beginner Tennis

Competitive teams will need own racquet

**UNIFORMS:**

SMC sports top worn with own plain black  
shorts or skirt

# TOUCH RUGBY

## FEES:

Year 7/8: \$ 55\*

Years 9-13: \$60\*

## REGISTRATIONS:

Year 7-10: Opens & closes end Term 3

Year 11-13: Opens Term 4 previous year

## GAME DAYS:

Year 7/8: Tuesdays 4pm-6pm, Cox's Bay

Year 9-13: Mondays 4pm-6pm, Cox's Bay

## TRAININGS:

Optional – team to decide but not compulsory

## UNIFORMS:

Year 7/8: PE uniform

Year 9-13: SMC sports top worn with own plain black shorts or tights



Touch teams are student-lead. This means that they can play with their friends by forming their own teams.

Individuals may also register and will be placed into a team.

A parent manager is required for each team and teams will not be entered without one.

# VOLLEYBALL

**FEES:**

Year 9-13: \$30-\$35\*

**REGISTRATIONS:**

Year 9-10: opens end Term 3

Year 11-13: opens Term 4 previous year

**GAME DAYS:**

Year 9-10:

Thursdays 4pm-6pm Term 4

Various locations

Year 11-13:

Thursdays 4pm-6pm Term 1

Various locations

**TRAININGS:**

Day tbc

**UNIFORMS:**

SMC sports top worn with own plain black shorts or tights

Volleyball teams are student-lead. This means that students can play with their friends by forming their own teams.

Trainings will be offered, lead by an external coach. This coach does not attend competition games.

Individuals may also register and will be placed into a team.

A parent manager is required for each team and teams will not be entered without one.

# SKIING



This is not a learn-to-ski club and participants should be competent skiers. Registrations will be collected in Term 1 & students will be given the option of entering events.

## **REGISTRATIONS:**

All Years: Term 1 \$5.75\*  
(covers Admin fee only, additional costs apply to each event)

## **TRAININGS:**

Students opt to train at Snowplanet at own cost

## **UNIFORMS:**

Students must have own equipment & suitable ski clothing

Skiing is run by a parent Coordinator

Parents are responsible for the transport, supervision and Health & Safety of their own daughter at events

# SWIMMING

This is not a learn-to-swim club. A list of proficient swimmers will be collected from Term 1 registrations & teams will be selected for each event.

## **REGISTRATIONS:**

All Years: Term 1 \$5.75\*  
(covers Admin fee only, additional costs apply to each competition)

## **COMPETITIONS:**

Various optional events during the year

## **UNIFORMS:**

Own one-piece swim togs

## **ADDITIONAL EQUIPMENT – at own cost:**

SMC swim cap, goggles

Swimming is run by parents

Parents are responsible for the transport, supervision and Health & Safety of their own daughter at events

# REGULATIONS

## **Registration Fees**

Registration fees are due at time of registration. Students will not be named in teams until payment has been received.

## **No Refund Policy**

Students withdrawing after the 'no withdraw date' will not be eligible for a refund or transfer of fees. Before registering for a sport, careful consideration should be made around availability and other commitments to avoid clashes.

## **Number of Sports**

A student should only take part in two (2) sports per winter or summer season to avoid overloading and scheduling issues.

## **Playing up and Premier selection**

Students cannot play up in a higher aged competition or grade i.e: Intermediates cannot play in a Secondary School competition. Similarly a Year 9 cannot play in a Year 10 grade if there is a Year 9 grade available.

Students in Year 9 or below are not eligible for selection into a Premier team. Exceptional circumstances will be considered with the final decision being made by the Director of Sport in consultation with the Principal.

## **Tournaments**

Tier 1 Premier teams have the privilege of attending multi-day tournaments. To be eligible to attend, student attendance rate must be at a minimum of 90%.

Tier 1 Year 8 top teams will have the opportunity to attend the AIMS Games.

Tournament approval is at the discretion of the Deans, Director of Sport and Principal. All Sports fees including season fees, must be paid before a student can attend tournaments or event.

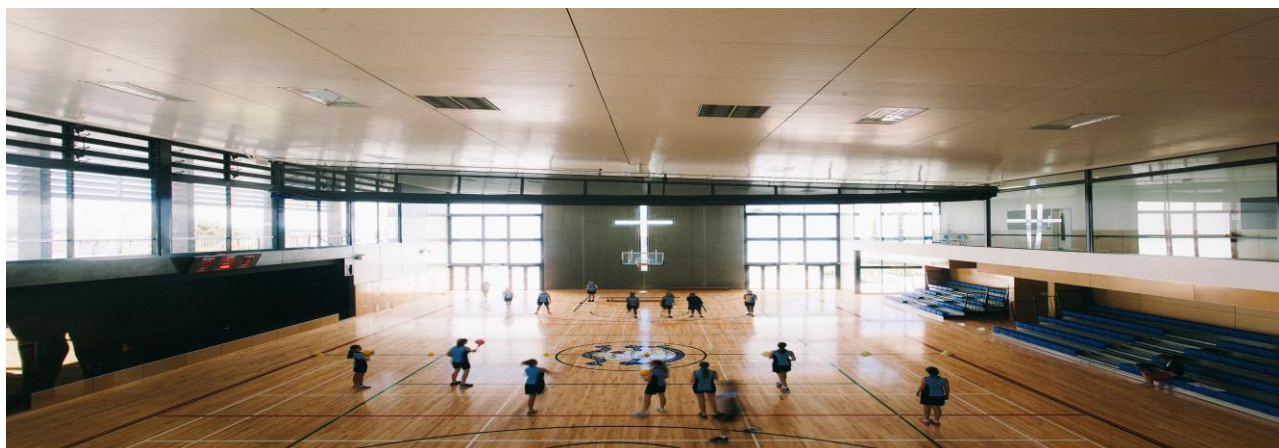
## **Prize Giving**

The annual Sports Awards evening recognizes excellence in sporting achievements. This is held annually and award recipients will be notified.

A less formal Sports Celebration will be held recognizing all other achievements.

## **Contract**

All students that wish to play sports must have read the Sports Code of Conduct and completed a player contract. These are contained in the registration forms.



## ST MARY'S COLLEGE

# SPORTS CODES OF CONDUCT

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### PLAYER Code of Conduct

1. I will model the Mercy values of Respect, Compassion, Justice and Excellence
2. I will be committed to my team for the entire season including meetings, trainings and games
3. I will put 100% effort into trainings and games and turn up on time
4. I will respect my coach, manager and teammates showing value for their time, dignity and worth
5. I will respect the decisions of the referee, always displaying a positive attitude
6. I will wear the correct sports uniform and do so with pride
7. I understand that should I withdraw from a team that I will still have to pay the fee and that they are non-refundable
8. I understand that all school rules apply
9. I will not use social media to portray the school in a negative context. This includes references to team members, management and officials

### PARENT/SPECTATOR Code of Conduct

1. Remember that children play sports for their own enjoyment, not yours
2. Provide positive encouragement for your child, her teammates and the opposition
3. Model the Mercy values of Respect, Compassion, Justice and Excellence and insist your child adheres to them also
4. Respect the decisions of the coach, manager and all officials, promoting the value of Sportsmanship
5. Refrain from approaching the coach prior to or during the game – they have a job to do
6. Agree that should your daughter withdraw from a team, that you must still pay the fee and that they are non-refundable
7. Contact the Sports Department with any complaints or feedback



# CONTACT US

**Physical:** 11 New Street, Ponsonby, Auckland 1011  
**Postal:** PO Box 47003, Ponsonby, Auckland 1144  
**Phone:** 09 376 6568  
**Website:** [www.stmaryak.school.nz](http://www.stmaryak.school.nz)

## Sports Contact:

Mrs Pesio Matiseni, Director of Sport

Mrs Kirsty Scully, Sports Coordinator

**Email:** [sport@stmaryak.school.nz](mailto:sport@stmaryak.school.nz)

**Phone:** 09 376 6568 ext. 752

**Mobile:** 027 808 5774



<https://www.facebook.com/stmaryaksport/>



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## Sports uniforms available from...

NZ Uniforms

Unit 4/531 Great South Road, Penrose

<https://stmarysponsonby.nzuniforms.com>