



St Mary's College

Sports Handbook

2023



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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 Mercy 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
- Supporting our missions

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 21st 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 69.9% of students taking part in some form of sport. There is a great deal of success up to Representative level and in 2018 we have had 9 New Zealand representatives.

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.

Covid-19 has presented numerous challenges in the way sports is run, with the goalposts constantly changing. What this means for all is that we must be adaptable and ready to roll with the changes. 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.

More details about our 3-Tier sports structure can be found in this handbook. 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 the school app is downloaded as we will notify you as registrations open if you have subscribed to receive Sports alerts.

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.

Sport at St Mary's College

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

Registrations: \$175*
Term 4 previous year

Team Selections:
Term 1

Game Days:
Year 7 & 8
Mondays 3.45-8.30pm
EventFinda Stadium or
AUT Akoranga
Terms 1 & 2

Juniors (Year 9/10)
Wednesdays 4-7pm
EventFinda Stadium or
AUT Akoranga
Terms 2 & 3

U17/Open
Thursdays 4-8pm
Various venues - Terms 2 & 3

Premier
Fridays 6pm or 7.30pm
Home & Away venues - Terms 2 & 3

Training:
Held at St Mary's, before or after
school depending on coach
availability.

Uniforms:
Premier: Full uniform is loaned
Other teams: Basketball uniform



Tournaments

AIMS: Selected from Year 8 players
Central Zone: AIMS team only

Junior Premiership: Selected from Year
9/10 players

Premier Nationals: Premier team only

These tournaments incur additional costs

Football

Registrations: \$170*

Term 4 previous year

Team Selections:

Term 1

Game Days:

Terms 2 & 3

Wednesday 4-6pm

All grades

Intermediate

Bill McKinlay Park

Mt Wellington

All other grades

Home & Away venues

Training:

Held Friday mornings at Western Springs FC – teams may opt for additional training

Uniforms:

1st XI: Full uniform is loaned

Other teams: Football uniform & socks

Additional equipment – at player's cost:

Shin Guards

Football Boots

**Tournaments**

AIMS: Selected from Year 8 players

Central Zone: AIMS team only

1st XI Nationals: 1st XI team only

These tournaments incur additional costs

Hockey

Registrations:

Term 4 previous year
\$250* All other teams
\$275* 1st XI team

Pre-Season Clinic
\$50 (optional)

Team Selections:

Term 1

Game Days: Term 2 & 3

Year 7 & 8

Monday OR Tuesday
4pm-7pm at Harbour
Hockey

Year 9+

Thursday 4pm-8pm
Harbour Hockey & other
school venues

Training:

Held at St Mary's, before school
1st XI training at Auckland
Gramer, before school

Uniforms:

1st XI: Full uniform is loaned
Other teams: Hockey uniform & socks

Additional equipment – at player's cost:

Mouth Guard
Shin Guards
Hockey Stick



Tournaments

AIMS: Selected from Year 8 players
Central Zone: AIMS team only

1st XI Nationals: 1st XI team only

These tournaments incur additional costs

Netball

Registrations:

Term 4 previous year

\$145* Year 9+ & Intermediate Windmill

\$185* Premier & Intermediate St Johns

\$130* Senior Self-Select teams

Pre-Season Clinic

\$50 (optional)

Team Selections:

Term 1

Game Days: Term 2 & 3

Year 7 & 8 Windmill Park

Monday 4pm-6pm

Year 7 & 8 St Johns

Tuesday 4pm-7pm

A bus is provided for students playing at 4pm. Parents are responsible for picking up their daughter from the courts

Year 9+

Saturday 8am-12noon

All teams play at Auckland Netball Centre

Training:

Held at St Mary's, after school

Premier team: tbc



Uniforms:

Premier: Dress is loaned

Year 9-13: Netball dress

Year 7-8: School PE top and netball skirt (from Elizabeth Michael)

Tournaments:

AIMS: Selected from Year 8 players

Central Zone: 7A & 8 A teams only

UNISS: Premier team only

These tournaments incur additional costs

Water Polo

Registrations: \$400*

Term 4 previous year

Team Selections:

All grades: Term 1

Game Days:

Year 7 & 8

Friday 4pm-8pm

Terms 2 and 3

Epsom Girls, St Cuthbert's or
Sacred Heart

Junior

Friday and/or Sunday in Term 4

Saturdays in Term 1

Various locations

Senior

Friday and/or Sunday Term 1

Various locations in Auckland

Training:

Days & times tbc

Term 1: St Mary's

Term 2/3: Epsom Girls Grammar

Term 4: St Mary's

Uniforms:

Water Polo togs

Additional equipment – at player's cost:

Goggles

Mouth guard

Swimming Ability:

All participants must be competent swimmers

Tournaments:

AIMS: Selected from Year 8 players

Other Intermediate Tournaments: Where tournaments are based in Auckland, a team will be selected to participate, based on performance

Premier Nationals: Premier team only

These tournaments incur additional costs

Badminton

This is an intra-school program held at St Mary's, 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 professional Badminton coaches.

Registrations:

End of each term for the following term

\$35-\$50* per term

Terms Played:

Offered all year round depending on interest

Day:

(day tbc)

Held in PK Gym

Uniforms:

Suitable activewear

Equipment:

All equipment is provided

Dragon Boating

Registrations: \$50*

December/January

Year 12 & 13 only

Game Day:

One-Day regatta in Term 1

Lake Pupuke

Training:

Tuesday & Thursday 4pm-

6pm Westhaven Marina

Uniforms:

Sports top, worn with own plain black shorts or tights

Swimming Ability:

All participants must be competent swimmers

Lacrosse



Registrations: \$100*

Term 1

Open to Year 10+

Game Day:

Thursdays 4pm

Home and Away venues

Training:

Held at St Mary's after school

Day tbc

Uniforms:

Sports top, worn with own
plain black shorts

**Additional Equipment – at
player's cost:**

Mouth Guard

Shin Guard

Goggles

Tournaments:

Top team attends a one-day
tournament

*Tournament incurs additional
costs*

Orienteering

Registrations:

Term 1

Day:

Wednesdays 4pm-6pm

Various locations

Term 1 only

Season Cost:

\$60 (College Sport Sprint Series only)

Uniforms:

School PE uniform or Sports top

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.

Registrations:

End of each term for the following term

\$35-\$45* per term

Day:

Thursdays 7.00am-7.45am

PK Gym

Appropriate activewear and shoes must be worn

Students should bring breakfast and toiletries to shower after each session



Tennis

Registrations:

Term 4

Beginner: \$65*

Competitive: \$90*

Terms played:

Beginners: Term 1

Competitive: Terms 1 & 4

Game Days (competitive only):

Saturday 8am-11am

Training:

Beginners: Held at St Mary's, after school (day tbc)

Competitive: Held at Pompallier Tennis or St Mary's before school, (day tbc).

Required Equipment:

Competitive players will need own racquet

All equipment provided for Beginners

Uniforms:

Sports top worn with own plain black shorts or skirt



Touch Rugby

Registrations:

Seniors: January \$35*

Year 7-10: Term 3 \$70*

Game Days:

Seniors Term 1 only

Tuesday 4pm-6pm

Cornwall Park

Year 9 & 10 Term 4 only

Tuesday 4pm-6pm

Cornwall Park

Year 7 & 8 Term 4 only

Tuesday 4pm-6pm

Cox's Bay Reserve

Training:

Optional

Uniforms:

Intermediates School PE uniform

Year 9+ Sports top with own plain black shorts



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

Individuals can also register, and we will place you into a team.

A parent manager is required.

Volleyball

Registrations:

Years 11+: January \$30*

Year 9/10: Term 3 \$30*

Game Days:

Thursday 4pm-6pm

Diocesan, Epsom Girls or Mt Roskill Grammar

Years 11+: Term 1 only

Year 9/10: Term 4 only

Training:

Optional

Uniforms:

Sports top with own plain black shorts



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

Individuals can also register, and we will place you into a team.

A parent manager is required.

Cricket

Registrations:

All Years: Term 3 \$30*

Game Days: Term 4 & 1

CSA Competition: Wednesdays 4pm-6pm

Various venues

Year 7/8 Blitz:

Thursdays 4pm

Cox's Bay

Training:

TBA

Uniforms:

CSA Competition: Sports top and white pants (available from Kmart)

Blitz: PE uniform may be worn

Equipment:

Cricket equipment if already have, school has some equipment available

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

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:

SMC competition togs

Additional Equipment – at players' cost:

SMC swim cap

Goggles

Additional note:

Swimming is run by volunteer parents

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

Skiing

Registrations:

Term 1 \$5.75*

(covers admin fee only)

Training:

Held at Snowplanet on Thursday's

5.30pm - 7.00pm

Entry costs additional

Term 2-3 only

Uniforms:

Students must have own equipment & ski clothing.

Skiing Ability:

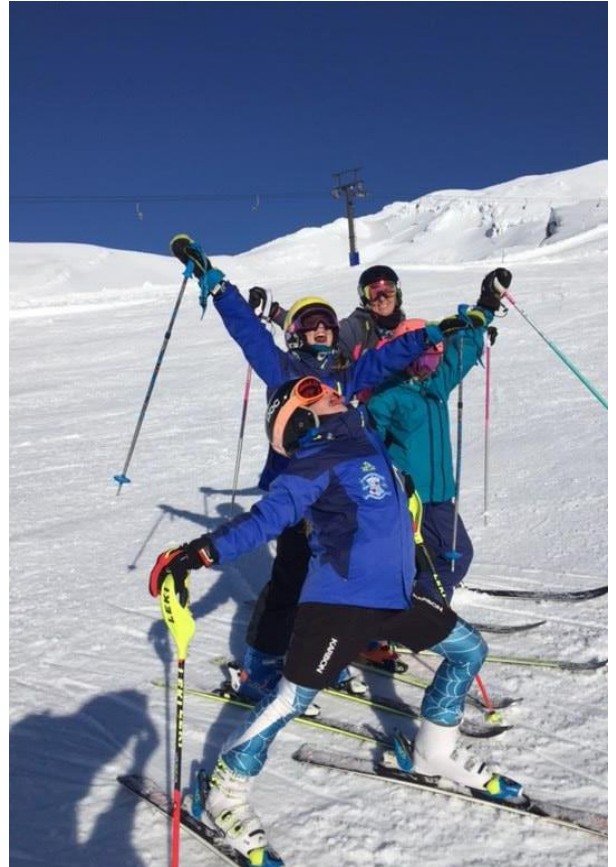
All participants must be competent

Skiers – not suitable for beginners

Additional note:

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

St Mary's do not provide staff at any of the trainings or events.

**Tournament:**

NIPS: Selected from Year 7 & 8 Skiers

NISSSC: Selected from Year 9+ Skiers

CSA Ski Champs: Open selection

These tournaments incur additional costs

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. Before registering for a sport, careful consideration should be made around availability and other commitments to avoid clashes.

Number of Sports

A student may only take part in two (2) sports per winter or summer season.

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 or 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 and/or 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 AIMS Games.

Tournament approval is at the discretion of the Deans, Director of Sport and/or Principal. All Sports fees must be paid before a student can attend multi-day tournaments.

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 complete a player contract signed by parent and student.

Code of Conduct

Players

- I will represent St Mary's College by modelling the Mercy values of Respect, Compassion, Justice and Excellence.
- Once selected into a team, I will remain committed for the whole season.
- If I am in a Premier team, I will prioritise my school game over my club game if they clash.
- I will attend all meetings, trainings and games and if I am unable to, I will let the coach or manager know at the earliest convenience.
- I will put 100% effort into trainings and games.
- I will turn up to meetings, trainings and games on time and I will treat my coach, manager, staff members and fellow team members with respect.
- I will wear the correct sports uniform and wear it with pride.
- If I decide to withdraw from a sports team once I have registered, I understand that my sports fee will not be refunded.
- I understand that in order to be considered for a tournament, my attendance must be above 90%
- I understand that all school rules apply including the appropriate use of cell phones.
- I understand that the use of Social Media and any such posts should not portray the school in a negative context. This includes references to team members, management and officials.

Parent/Caregiver

- Remember that children play sports for their own enjoyment, not yours.
- Provide positive encouragement for your child, her teammates and the opposition.
- Model the Mercy values of Respect, Compassion, Justice and Excellence and insist your child adheres to them also.
- Respect the decisions of the coach, manager, school staff and all officials.
- Promote the value of Sportsmanship.
- You agree that should your daughter withdraw from a team, that you are not entitled to a refund of fees.
- Show respect and appreciation for the coaches (including student coaches) and managers of your daughter's team. Without them, our students would not have the opportunity to play.
- Contact the Sports Department with any complaints or feedback, not the coach or officials.

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

Sport Contact:

Pesio Matiseni, Director of Sport

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Email: sport@stmaryak.school.nz

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



@stmaryscollegesports

Sports uniforms available from....

NZ Uniforms (for New Sports Uniform)

12 Railway Street, Newmarket

<https://stmarysponsonby.nzuniforms.com/>

Elizabeth Michael (for PE Uniform & Junior
Netball skirt)

4 Bond Street, Grey Lynn

<https://elizabethmichael.co.nz/>

Notes