

Lucas Heights Community School

K-6

School and Representative Sport Selection Procedures



February 2024

LUCAS HEIGHTS COMMUNITY SCHOOL

Routines and Procedures

School and Representative Sport Selection Procedures

Rationale:

At Lucas Heights Community School, sport is an important part of our school curriculum. Students need to be provided with opportunities to participate in a range of sporting activities and programs suitable for their ability and interests. Sport assists in the development of a healthy lifestyle by promoting physical activity.

Sport is provided on a class, stage and whole school basis. School representative teams play in the Engadine Zone PSSA competition. Individual students may represent the school at Zone, Area and/or State in various sports, based on individual achievement at trials.

Aims:

The aims of this policy include:

- Provide an understanding of the various school sport programs at this school;
- Establishing clear and consistent guidelines for the selection of school Sporting teams;
- Establishing clear and consistent guidelines for the selection of students to attend Zone and Regional representative sports trials; and
- Establishing clear and consistent guidelines for the selection of students to receive the Sports Champions School Awards.
- School- Based Sport
- Paid Sporting Activities
- P.S.S.A Competitions
- K-6 Athletics Carnival
- 3-6 Cross Country Carnival
- 3-6 Swimming Carnival

This procedure is to be used when selecting teams for PSSA, selection of students at Zone, and Regional representative trials and the procedure for selection of School Sports Champion each year.

1. Weekly Sports Programs – K-6

All students K-6 will participate in a weekly sports program. Students in Years K-6 must participate in a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week as outlined by the DOE policy (<https://education.nsw.gov.au/policy-library/policies/sport-and-physical-activity-policy>).

This time includes planned weekly sport. Students have the option to select their preferred program from the following options, depending on their age/class:

- School- Based Sport
- Paid Sporting Activities
- P.S.S.A Competitions

Students will also have the opportunity to participate in our annual carnivals:

- K-6 Athletics Carnival
- 3-6 Cross Country Carnival
- 3-6 Swimming Carnival

Students in year 2 who turn 8 years during that year can compete in our swimming, cross country and athletics carnivals to qualify for Zone PSSA carnivals.

School Based Sport

School based sport is available for students K-6 who are not selected in P.S.S.A teams or participating in paid sporting activities.

Sports and activities selected will be chosen according to the interest of the students, teacher expertise and relevance to the time of year.

Paid Sporting Activities

Students K-6 may also elect to participate in a paid sporting activities throughout the year. These activities take place both in school time and will vary depending on sporting schools grant and company availability. Examples of K-6 activities can include swimming, dance, biking and fundamental movement skills.

2.School P.S.S.A Sport for Students in Years 3-6

Representing the school provides an opportunity for talented athletes and for those students who have not had the opportunity to play a particular sport to be involved in a team sport, competing against students from other schools. Representing the school is an honour and students who represent the school have the responsibility to always compete in a manner that demonstrates good sportsmanship, fair play and exemplary behaviour. Teachers take on the role of coach in a voluntary manner.

The number of teams entered into competitions each season will be dependent on student age/interest, staff availability and the ability of the draw to accommodate teams.

Students may choose to trial for these teams. If selected, it is expected that the students will fulfil their commitment to the team until the completion of the season, unless injured or another satisfactory reason is provided.

Below is the selection process for P.S.S.A teams and Zone, Regional and State teams.

Selection Process:

When selecting students during trials, consideration will be given to those who display:

- Possession of the basic competencies for the activity under question; (competencies = skills, knowledge and attributes.)
- Sportsmanship;
- Cooperation and attitude;
- Commitment to the sport and training sessions if needed;
- Ability to perform as a member of a team;
- Behaviour – A students behaviour may be considered;
- Coach-ability – _Can the student respond appropriately to the instructions given for the activity;
- Consideration of rules and/or guidelines of PSSA; and
- Consideration to forming balanced teams that will have the potential for development in future years.

At the beginning of each season, trials will be held in each sport in which students will participate as part of the Engadine Zone PSSA. The sports in which we choose to participate will be determined by the school including needs of students and the ability to meet guidelines/criteria as set out by Engadine Zone PSSA (i.e. venue, equipment necessary, teacher willingness and skills):-

- The school will observe all rules and guidelines for participation as set out by the PSSA. For example, the school must follow strict rules governing number limits, grade, age, gender, skill level (if applicable) and safety requirements.
- Junior Teams will be selected from students from Years 3 and 4.
- Senior Teams will be selected from students from Years 5 and 6.

- Selections will be held over a minimum of two sessions (if applicable, depending on team numbers).

- Reserves are required to be selected, with numbers of reserves depending on the sport and number of on-field players.
- Children do not have to participate in the sport out of school to be eligible to try out for the team.
- Students absent due to illness/injury for all trial sessions will be considered if appropriate time exists prior to selection of the team. This will be determined by the coach of the team.
- Students absent due to other reasons (e.g. holidays, family events, non-school based sport) and who still wish to be considered need to have parent nomination by email prior to the selection trials.
- The selections will be made according to performance on selection sessions at school in the current year; not based on previous year trials. Please note performances outside of school for a sporting club are not considered as part of the trial.
- All teams will be selected by one or two teachers/selectors including the coach of that sport.
- If it is not stated that it is a single sex team, then the teams may be made up of mixed sexes, with a minimum number of each gender selected.
- A child may only play in the next age group if there are inadequate numbers to make a team or as a reserve in a one-off match. Students are ineligible to play down an age group.
- The responsibility for deciding who is to represent the school in a particular activity will lie with the member of staff in charge of or coordinating the activity. While taking account of the guidance offered by the preceding elements of this protocol, professional judgement will be relied on in all selections.

Responsibilities of selected Students and Parent/Carers

Selected students and their parents/carers have additional responsibilities including:

- Reading and signing a code of conduct (Parents and Players) – including behaviour during transport and when indirectly supervised (refer to Engadine Zone website);
- Attending any training (when applicable);
- Wearing the entire uniform and protective equipment;
- Adhering to school rules;
- Understanding and adhering to the rules specific to the activity; and
- Meeting any associated costs.

Please Note:

- Once selections have been made, decisions are final and must be respected.
- Parents are requested not to discuss the selection process with selectors unless specifically referring to the trial dates.
- The school reserves the right to withdraw any student, for a minimum of 1 week, whose behaviour is of concern to staff or whose behaviour does not deem them able to effectively and appropriately represent the values of Lucas Heights CS. This includes behaviour in the classroom or on the playground, behaviour on school excursions or whilst travelling to and from school. Parents will be consulted in this instance. This is supported by our Student Behaviour Management policy.

3. Selection of Students at Zone, Regional Representative Trials

Students will have the opportunity to trial for relevant school P.S.S.A sports. The school team will be selected on performance at School Carnivals. Relay teams will be selected by the Sports Convenor based upon results at the school carnival, and other factors such as previous performance within school competition and training. If necessary, selection trials may be held to determine relay positions.

Parents are directed to the Engadine Zone Website for full and current information:

School Representation to Engadine Zone or Sydney East Regional Team Trials

Engadine Zone P.S.S.A provides the following information in relation to sending students to Zone trials. Lucas Heights Community School will nominate students to attend Zone and/or Regional trials based on the following criteria, put in place by the Engadine Zone Policy:

- a. Where school teams are participating in Engadine Zone trials, students must have attended and been selected to represent their school at their respective school trials prior to attending the Engadine Zone trials. All students must have the approval of their School Principal in attending the Engadine Zone trials.
- b. Students must compete at the Engadine Zone trials in order to allow them to be considered for selection in the Engadine Zone team to compete at the Sydney East Carnival, unless they are:
 - i. Competing at a higher-level school sporting competition
 - ii. Suffering injury. In this case, a Doctor's certificate must be presented.

In these cases, a request for consideration for inclusion in a train-on squad for the Engadine Zone team must be presented to the Convener. This is to be verified/endorsed by the student's Principal and school sports organiser. This will then be considered for inclusion by a panel i.e. (Executive and Convener). Individuals would be required to be fit to participate in the subsequent Engadine Zone trials as part of the train-on squad following the original Engadine Zone trial.

- iii. Participating in an approved school-based activity.

In these cases, a request for consideration for inclusion in a train-on-squad for the Engadine Zone team must be presented to the Convener at least two school days prior to the Engadine Zone trials. This is to be verified/endorsed by the student's Principal. This will then be considered for inclusion by a panel (i.e. Executive and Convener).

Students who trial are selected because of parent or student nomination, experience in their sport usually at a representative level.

For P.S.S.A sports NOT played at school level, students are able to nominate their interest in attending Zone or Regional trials. They will need to meet any criteria specified by the relevant Association and/or Convenor. In addition, students will also need to demonstrate appropriate experience and ability to the School Sports Organiser. This may include years of playing, and any club or representative teams of which the students plays. Students will be considered upon meeting any criteria.

The School Sports Organiser will then determine which students will be nominated to attend trials based on Zone or Regional trial information and student demonstration of experience and ability.

4. Engadine Zone P.S.S.A and Sydney East S.S.A Selection Policies

The selection process of both the Engadine Zone P.S.S.A and Sydney East P.S.S.A must be followed in order for students of Lucas Heights CS to be eligible for selection.

Engadine Zone P.S.S.A selection policy can be viewed at <https://www.engadinepssa.nsw.edu.au/codes-of-conduct>

5. Important Information Regarding Medical Insurance:

Further and current information can be accessed at: www.sports.det.nsw.edu.au

6. Codes of Conduct – as per Engadine Zone

PLAYERS' CODE

- Play for the fun of it.
- Play by the rules and always abide by the decisions of officials.

- Control your temper. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.
- Be willing to train and prepare for the game or competition. Preparation helps prevent injury and increases the level of enjoyment.
- Play only when you are fully fit. To play with injury will handicap your team, and may expose you to the risk of further and more serious injury.
- Be a good sport. Applaud the good play of your team mates and that of your opponents.
- At all times cooperate with your coach, team mates and opponents, for without them you do not have a competition.
- Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

TEACHERS' – COACHES' CODE

- Encourage students to develop basic skills in a variety of sports and avoid over specialisation in positional play during their formative years.
- Create opportunities to teach appropriate sporting behaviour as well as basic skills.
- Teach your players to play by the rules. The rules are designed to maximise enjoyment and safety.
- Give all players equal time in the game or competition. They need and deserve it.
- Remember that students play for the fun and enjoyment and that winning should not be over emphasised. Never ridicule students for making mistakes or losing a competition.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- When scheduling and determining the duration of training sessions and competitions, take into consideration the age and maturity levels of the students.
- Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
- Follow medical advice when determining when an injured player is ready to play again.
- Remember that students need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
- Keep abreast of sound coaching principles and the principles of growth and development.
- Develop in students an awareness of the physical fitness values of sports and their life-long health and recreational value

PRINCIPALS' AND SCHOOL EXECUTIVES' CODE

- Ensure that all students have equal opportunities to participate in sport, regardless of ability, gender, age and disability.
- Ensure that safety standards and procedures for all sports comply with the Department of Education and Training support document 'Safety Guidelines for the Conduct of Sport and Physical Activity in Schools'.
- Scheduling and length of competitions should take into consideration the age, ability and maturity levels of the students.
- Students play for fun and enjoyment and winning should not be over emphasised.
- Always emphasise good sportsmanship and highlight appropriate behaviour.
- Distribute and promote these Codes of Behaviour to teachers, players, officials and parents.

- Ensure appropriate supervision is provided by competent coaches, instructors and officials, capable of developing appropriate sports behaviour and skill technique.
- Promote respect for all opponents and condemn unsporting behaviour.

PARENTS' CODE

- Encourage your child to always play by the rules.
- If children are interested in sport, encourage them to participate. Refrain from forcing an unwilling child to participate.
- Remember that children participate in organised school sports for their enjoyment and fulfilment, not yours.
- Teach your child that honest effort is as important as winning so that the result of each game is accepted without undue disappointment.
- Encourage your child to work towards skill improvement. Never ridicule your child for making a mistake or losing a competition.
- Always encourage the principle of good sportsmanship.
- Children learn best by example. Applaud good play by all individuals and all teams.
- Do not publicly question the officials' judgement and never their honesty.
- Appreciate the contribution and commitment of teachers in coaching positions. They give their time and resources to provide sporting activities for your child and deserve your support.
- Have realistic expectations for your child and her or his team. Do not expect more than they can give.
- Support all efforts to remove verbal and physical abuse from sporting activities. Condemn the use of violence in any form.

OFFICIALS' CODE

- Encourage rule changes that will match the skill level and needs of the players and reinforce the principle of participation for fun and enjoyment
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Be meticulous in penalising dangerous and foul play.
- Censure unsporting behaviour and promote respect for opponents.
- Make a personal commitment to keep yourself informed on sound officiating principles and the principles of growth and development.
- Ensure that games are played in an atmosphere conducive to good sportsmanship and enjoyment.
- Ensure that your behaviour, both on and off the field, is consistent with the principles of good sportsmanship.

SPECTATORS' CODE

- Students play organised sport for their own enjoyment. They are not playing to specifically entertain you.
- Always respect the decisions of officials.
- Never encourage physical or verbal abuse of players, coaches, officials or other spectators.
- Applaud good play by your own team and that of the opposing team.
- Show respect for your opponents. Without them there would be no game.
- Never ridicule a player for making a mistake or losing a competition.
- Encourage players to always play according to the rules.

All students and spectators participating in Friday PSSA sport must have read, signed and returned the below document to their school's sports coach.

7. Criteria for Selecting the Overall Champion Sports Boy/Girl

Selection is based on student's achievements/representation at all levels of team sports and carnivals. Points will only be accrued throughout the current schooling year; no points will carry over from previous schooling years or events.

Awards will be presented to Senior Champion Sports Boy/Girl. Senior students are those who compete in 12/13yrs events at sports carnival. The Senior Champion Sports Boy & Girl will be awarded a certificate, trophy, perpetual trophy and their name added to the honour board. The 11 Year Sports Champion Boy/Girl will be awarded a certificate, trophy, perpetual trophy and their name added to the honour board. Junior Champion Sports Boy/Girl will be awarded to students who compete in 8yrs, 9yrs, 10 years or combined junior events at sports carnivals. The Junior Champion Sports Boy & Girl will be awarded a certificate, trophy and perpetual trophy.

Individual Team Sports

One point for attending Zone trials

Two points for attending Regional trials

Three points for competing in State Championships

Four points for competing in National Championships

Swimming/Athletics/Cross Country

Points accumulated from school carnivals are given for each event (please see below in section 8 for our school point system).

Two points are given to a student who is School Athletics, Swimming, or Cross Country Champion.

Three points for Zone level

Four points for Regional level

Five points for State level

Six points for National level

School P.S.S.A Teams

One point given for each team the student is a member of.

The winners will be the students with the highest point score in each of the categories outlined above.

8. School Age Boy and Girl Age Champions - Swimming, Athletics, Cross Country

School Swimming, Athletics and Cross Country Champions will be awarded to the student who score the most points from the school carnivals based on the points scoring system. Awards will be given to Junior Boy & Girl, 11yrs Boy & Girl and Senior Boy & Girl, in line with the events and age groups from school carnivals. Cross country is by 8/9yr, 10yrs, 11yrs and Snr.

Four points for 1st place in an event

Three points for 2nd place in an event

Two points for 3rd place in an event

One point for 4th place in an event

The winners will be the students with the highest point score in each of the categories outlined above.

9. School end of year sports awards

Outstanding Achievement in Sport

This award is nominated by the teachers, for students who have represented LHCS, Engadine Zone and Regionals in a team sport – or excelled in a particular sport, showing excellence in their efforts and participation.

Sports Star

Sports star of the year is an award is given to a Year 6 student who shows outstanding achievement, attitude and participation in all areas of sport (team and individually). They also show participation in all seasons of PSSA and fantastic sportsmanship, on and off the field. This award is nominated and voted on by PSSA Coaches, Executive Staff and the Sports Organiser.

PSSA Junior and Senior Boy & Girl Superstars

Team coaches are NOMINATE a boy and girl student from their teams they are coaching in each of the P.S.S.A seasons. These awards can be awarded for:

- Outstanding team sportsmanship;
- Care towards their team mates
- Encouragement of team members; and
- Playing fairly.

Winning House

The winning house is awarded to the colour house who receives the most points for participation across all school carnivals.

