



SPORTS GUIDELINES AND INFORMATION 2023

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PREFACE

This Sports Guidelines and Information handbook aims to outline for parents and student's procedures and information that frame the Sports Program at the College.

There is continual review of the co-curricular sports program at the College. As a result, there may be minor changes to the information included in this handbook. All changes and updated information will be published on Monte Connect and in the relevant Sport Information Note.

An active and extensive extra-curricular sports program is a feature of Catholic and other independent schools. At Monte Sant' Angelo Mercy College our sports program aims to enrich the scope of the College's opportunities available to students and contributes to the holistic education we promote. The Sports Program contributes significantly to the student life of the College through:

- Promoting a healthy lifestyle;
- Building the self-esteem and self-confidence of young women;
- Reducing physical and psychological problems through encouraging participation in sport;
- Encouraging personal responsibility and team building;
- Creating a sense of pride and community building.

We hope that students will both benefit from, and contribute to, the Sports Program at Monte Sant' Angelo Mercy College.

Nicole Christensen
Principal

Michael Vandervelde
Sports Program Manager

INTRODUCTION

Welcome to Sport at Monte for 2023.

The College's Sports Program embodies a "Sport for All" philosophy that is, the encouragement of a high level of participation and the offering of a wide variety of sports for students for both competition and enjoyment. The College will endeavour to provide opportunities for participation in all of the activities it offers to all students, regardless of whether they are beginner, intermediate or advanced level athletes.

The Sports Program has the following aims:

1. To promote the ideals of sportsmanship, self-respect and College spirit;
2. To encourage enjoyment and skill acquisition;
3. To promote fitness and well-being;
4. To foster cooperation and commitment;
5. To provide healthy competition and enabling students to attain their sporting potential.

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Sporting Association Affiliations

NSWCCC:	New South Wales Combined Catholic Colleges
CGSSSA:	Catholic Girls Secondary Schools Sports Association
IGSA:	Independent Girls Schools Sports Association
NSNA:	Northern Suburbs Netball Association
MWSA:	Manly-Warringah Softball Association

OVERVIEW OF SPORTS AT MONTE SANT' ANGELO MERCY COLLEGE IN 2023

SPORT	Main Competition	Representative Carnivals / Other Competitions	Coordinator/ Organiser
AEROBICS	<u>Terms 1, 2 and 3:</u> Training <i>Friday morning</i> Monte Recital (August)	Gym NSW Aerobic Dance Monte 1 (Term 1 - TBA) Aeroschools (Term 3 - TBA) School Aerobics (Term 3 - TBA)	Annabelle Bennett
AFL	<u>Term 1:</u> Independent Girls Competition <i>Saturday afternoon</i>	CGSSSA Carnival (July) Schools Cup (Term 2 -TBA) AFL Gala Day (Term 4 -TBA)	Tania Dorahy
AQUATHON	<u>Term 4:</u>	CGSSSA Carnival (October)	Tania Dorahy
ATHLETICS	<u>Term 1, 2 and 3</u> Training various afternoons <u>Term 2:</u> House Athletics Carnival (1 st June) <u>Term 3:</u> IGSSA Twilight Competition <i>Friday Nights</i>	CGSSSA Championships (15 th June) IGSA Championships (24-25 th August) NSWCCC Championships (September)	Matthew Rowan
BADMINTON	<u>Term 1</u> IGSA Competition <u>Term 4</u> School Competition		Kriszta Kovacs
BASKETBALL	<u>Terms 2 and 3:</u> IGSA Competition <i>Saturday Mornings</i> <u>Term 4:</u> Santa Sabina Competition <i>Saturday mornings</i>	CGSSSA Carnival (25 th July) NSWCCC Rep Carnivals <ul style="list-style-type: none"> • Opens (June) • Y9 and 10 (October) • Y7 and 8 (October) 	Matthew Rowan (Term 2 and 3) Matt Rowan (Term 4)

SPORT	Main Competition	Representative Carnivals / Other Competitions	Coordinator/ Organiser
CROSS COUNTRY (MONTE RUNNERS)	<u>Terms 1, 2 and 3:</u> Training - <i>Tuesday, Wednesday and Friday mornings</i>	IGSA Championship (Friday 12 th May) CGSSSA Championship (Friday 19 th May) NSWCCC Championship (13 th June)	Tania Dorahy
DANCE	<u>Terms 1, 2 and 3:</u> Training - various mornings Various Eisteddfods	CGSSSA Rep Day (August) Monte Recital (August)	Annabelle Bennett
FITNESS (MONTE ACTIVE) INCLUDES YOGA	<u>Term 1, 2, 3, 4:</u> Training - various mornings or afternoons	Not applicable	Michael Vandervelde
FOOTBALL	<u>Terms 2 and 3:</u> IGSA Competition <i>Saturday Mornings</i>	CGSSSA Carnival (10 th May)	Michael Vandervelde
HOCKEY	<u>Terms 2 and 3:</u> IGSA Competition <i>Saturday Mornings</i>	NSWCCC Carnival (May)	Kriszta Kovacs
NETBALL	<u>Late Term 1, Terms 2 and 3:</u> NSNA Competition <i>Saturdays (some 12's Friday evening)</i>	CGSSSA Carnival (5 th April) NSWCCC Carnival (August)	Annabelle Bennett
RUGBY 7's	<u>Term 2:</u> Training - various afternoons <u>Term 3:</u> Invitational Schools Competition <i>Saturday Afternoon Term 3</i>		Matthew Rowan
SAILING	<u>Term 4 and 1:</u> Training - Friday afternoons	NSW Teams Racing Regatta (March)	Kriszta Kovacs
SNOWSPORTS	<u>Late Term 2 and Term 3</u> Interschools Snowsports <i>July Holidays</i>	Snowsports Camp Sydney Region Interschools Snowsports (July)	Tania Dorahy
SOFTBALL	<u>Late Term 3, Terms 4 and 1:</u> MWSA Competition <i>Saturday mornings</i>		Kriszta Kovacs
SWIMMING	<u>Term 1:</u> House Swimming Carnival (10 th February) <u>Annually:</u> Swimming Squads - all levels	CGSSSA Championship (14 th March) IGSSA Championship (17 th March) NSWCCC Championship (31 st March)	Nick Rispoli
TENNIS	<u>Terms 4 and 1:</u> IGSA Competition <i>Saturday Mornings</i>	Tildesley Shield (22 nd -23 rd March) CGSSSA Championship (17 th November)	Michael Vandervelde

SPORT	Main Competition	Representative Carnivals / Other Competitions	Coordinator/ Organiser
TOUCH FOOTBALL	<u>Terms 4 and 1:</u> IGSA Competition <i>Saturday Mornings</i>	CGSSSA Rep Day (22 nd November)	Matthew Rowan
TRIATHLON	<u>Term 1:</u>	NSW All Schools Championship <ul style="list-style-type: none"> • Individuals (February) • Teams (February) 	Tania Dorahy
TAEKWONDO	<u>Term 1, 2, 3, 4</u> <i>Monday afternoon</i>	NSW All Schools Carnival (September)	Michael Vandervelde
VOLLEYBALL	<u>Term 4 and 1:</u> Santa Sabina Competition <i>Saturday mornings</i>	CGSSSA Carnival (25 th October)	Kriszta Kovacs
WATER POLO	<u>Terms 4 and 1:</u> IGSA Competition <i>Saturday Mornings</i> <u>Term 3:</u> Winter Competition	NSWCCC Carnival <ul style="list-style-type: none"> • Junior (November) • Open (November) 	Annabelle Bennett

**All dates are subject to confirmation and change*



General Information

COMMITMENT

The College respects the commitment undertaken by students when they register to participate in a Sport and therefore a great deal of preparation, planning and administration goes into the selection of College Sports teams and the facilitation of the College Sports Program (For further information on the Selection Guidelines please see Sports Selection Guidelines in at the end of this document).

In turn, we expect that all students show the same respect to their fellow teammates and commit themselves whole-heartedly to their chosen sport, its associated training sessions and matches. Therefore, once a student submits a "Permission Note" to the Sports Department and she is selected in a team, it is mutually understood that she is committed to fulfilling her role as a team player in whichever team she is selected in for the duration of the season or competition

All students are expected to attend all training sessions and matches with her fellow teammates even if injured (injured students can still learn about the team and the game and make worthwhile contributions to team morale and team goals). **The only exceptions are if a student is ill or absent from school.**

At the College we take this commitment to the team and its members seriously, therefore any student who withdraws from a sport after submitting her "Permission Note" (other than for reasons of serious injury or illness) must have a discussion with the Sports Program Manager or a representative of the Sports Department regarding the reasons for the withdrawal. If a withdrawal takes place, parents will still be charged the full levy of that sport and after consultation with the Principal, the student may be ineligible to play any sport for Monte for a period of 12 months.

COACHES

Coaches are appointed by the Sports Department and consist of ex-students, paid professionals, volunteers (sometimes parents) and current students. Current students are required to be in Years 10-12 in order to coach a junior team at the College and they are screened to ensure that they are suitable.

COMMUNICATION AND INFORMATION

The College website (www.monte.nsw.edu.au) contains general information about the Sports Program. Parents and students are also able to access the College intranet (Monte Connect)

through the use of student's login and password. The Monte Connect SPORTSPAGE will have all sport information including Permission Notes, Information Notes, Competition rules, Draws and Venue Lists and other relevant notices.

Monte Matters (the College newsletter) will continue to provide a summary of sports and representative team results. The Sports Fixtures newsletter lists upcoming events and fixtures for the ensuing weekend. A link to this document is sent with Monte Matters each week.

Within the College, the Sports Department communicates with students and parents via:

1. Monte Connect – information is posted within each sport section;
2. Email – messages are sent via the forum page on Monte Connect or directly to students and parent email addresses;
3. The ACTA Diurna – the College's daily bulletin, which is read in daily Homeroom groups;
4. The Sports Fixtures Newsletter;
5. Digital Notice boards – located throughout the College.

COSTS

All Sport at Monte is funded in general by a 'user pays' system. As such each sport is levied in order to recoup the costs associated with conducting it. The College, however, contributes substantially to the administrative and operational costs of the program.

- Non-Representative Sport (Club Sport) – Costs are born by participants
- Representative Sport (Sydney Metro Carnivals) – College covers school provided transport, entry fees and coaching costs, other costs born by participants (eg food)
- Representative Sport (outside Sydney Metro Carnivals/overnight stays) – College covers entry fees and coaching costs, other costs born by participants (eg accommodation, food)
- Representative Sport (Individual Selections for NSW CCC, NSW All Schools and School Sport Australia) – Costs are born by participants

All levies are billed through the accounts department and will appear on your invoice with your College fees. *(DO NOT send money to the College or Sports Department. All costs indicated in this document are subject to confirmation and change.)*

EQUIPMENT

Equipment will vary for each sport. However, each player must have and use their own water bottle (not share water bottles) and carry their own sunscreen (if appropriate). Mouthguards are recommended in all sports and are compulsory in some.

GAMES

Saturday morning games are held between 8.00am and 12.00pm for most IGSA Sports. Playing time for district and other association competitions vary depending upon grading and the competition. Some associations also conduct competitions on weekday afternoons and evenings. All students are required to be at the venue at least 30 minutes prior to the game for signing on and warm up.

GRADING

Students must attend the relevant grading/trials for their sport. Our association commitments mean that we must grade our teams according to ability to ensure that all teams in the competition are playing against teams of similar capability.

The Sports Selection Guidelines can be found towards the end of this document.

PLAYING GUIDELINES

We endeavour always to have all players share equal game time during the season in non-representative teams. In the finals, all players will play a minimum equivalent to half a game. The strongest team combination may play the majority of game time in the finals. The coach will make these decisions for their particular team. Students may be requested throughout the season to play in non-preferred positions. The team coach will determine court and position time in accordance with these guidelines.

Students who are returning from injury and significant illness will be expected to train or prove their fitness to play to the coach prior to being allowed to return to matches.

Students who have missed training in any given week may play less time in their team's next match in comparison to other team members who were at training.

REPRESENTATIVE TEAMS – MONTE TEAMS

Monte enters representative teams in CGSSSA and NSWCCC gala days and carnivals as well as IGSA carnivals. These are generally one-day events, which require students to be absent from school. It is the student's responsibility to refer to the relevant *Assessment Policy* (located on The Portal) if they have an assessment task due or taking place on the day(s) they will be absent from school.

Monte representative teams are open to ALL students. Trials (where they are necessary) will be held in the month leading up to the particular gala day or carnival or during trials for the sport. In some sports the Monte 1 and a Junior A team in that sport may be chosen as the Monte Representative team for that sport. If your daughter plays in an external team and would like to be considered for a representative team (where no trials are held) you should contact the Sports Program Manager.

REPRESENTATIVE TEAMS – SCHOOL PATHWAY BASED

Students who are selected in CGSSSA, NSWCCC, NSW All Schools and School Sports Australia representative teams may be required to be absent on school days. It is the student's responsibility to refer to the relevant *Assessment Policy* (located on The Portal) if they have an assessment task due or taking place on the day(s) they will be absent from school.

REPRESENTATIVE TEAMS - NON-SCHOOL BASED TEAMS

Highly skilled student athletes are sometimes selected in representative level sports teams that are non-school based. If a student is required to miss a school day(s) in relation to this sort of representation she must apply for leave in accordance with the College's *Attendance Policy*. This policy clearly sets out what type of leave will be granted (dependent upon the level of representation) and how assessment tasks will be treated if they are missed. It is the student's responsibility to refer to the relevant *Assessment Policy* (located on The Portal) if they have an assessment task due or taking place on the day(s) they will be absent from school.

REPRESENTATIVE ABSENTEE NOTIFICATIONS

Student's representing Monte in either CGSSSA events, NSWCCC events or any other events organised by the Sport Department will have their absence managed by the Sport Department (will not be required to apply for leave but must complete any relevant Permission slips). If representing at a higher level (eg NSW All Schools or School Sport Australia) you must apply for leave in accordance with the College's *Attendance Policy*.

SPORT LEADERSHIP

The College Sports Captain and individual Sports Captains are service positions with the College, they are not recognition of playing ability positions. They are selected by the Sports Department in consultation with the coordinator and coaches of the sport as well as the teaching staff.

The College Sports Captain is selected based on the following criteria:

1. She has been actively involved in a range of sports;
2. She is a reliable, committed participant;
3. She is able to lead the other Captains;
4. She has shown a level of extra involvement in at least one sport.

Individual Sports Captains are selected based on the following criteria:

1. They are reliable, committed participants to the appropriate sports program;
2. They are good role models in uniform and punctuality;
3. They have shown interest beyond playing;
4. They are willing to promote and help in the organisation of the sport.

SPORT REGISTRATION

Students are expected to log on to Monte Connect in order to register for sports in which they wish to participate. Registration takes place throughout the year and students are informed of this

via Sport Forum messages which can be found on Monte Connect. Registration will be on Monte Connect for all sports, including representative teams (where applicable).

TEAM SPORT POLICY

Students may only participate in one team sport per season. Summer season sports are sports, which take place in Terms 1 and 4 and winter season sports take place in Terms 2 and 3. The exception being for sports with competition and training times that do not conflict. Individual sports such as swimming, cross country and athletics may be undertaken in conjunction with team sports. An exception may be made for elite athletes; such requests should be forwarded to the Sport Program Manager.

TRAINING

Players are expected to attend all training sessions and games unless they are absent from school.

Any student who does not attend a training session or a game and fails to inform the appropriate staff or coach will automatically receive a Notification (more information on Notifications can be found in the *Student Responsibility Policy*, located on the Portal). Parents will be contacted and further absences may result in a Wednesday afternoon detention and interviews with the Sports Program Manager. Injured players are expected to attend training where possible.

Any player who intends to play a match after missing the preceding training will be assessed by the coach for readiness to play during the team warm up. The amount of playing time that player receives for that game will be at the discretion of the coach who will take into consideration the reasons for the absence, the player's fitness and the team dynamics for the upcoming game.

TRANSPORT

It is the responsibility of the students to arrange their own transportation to and from sporting competitions. For most representative carnivals and gala days transport is arranged by the College. If you wish for your daughter to travel to and/or from a representative carnival with a family member or another family a note MUST be sent to the Sports Department PRIOR to the carnival.

UNIFORM

All students participating must wear the correct sports uniform as specified for that sport or they will not be permitted to take part in the game. They must also travel to and from games in the appropriate uniform. *(See page 14 for details)*

Students must wear the College tracksuit or playing uniform to and from all sporting venues.



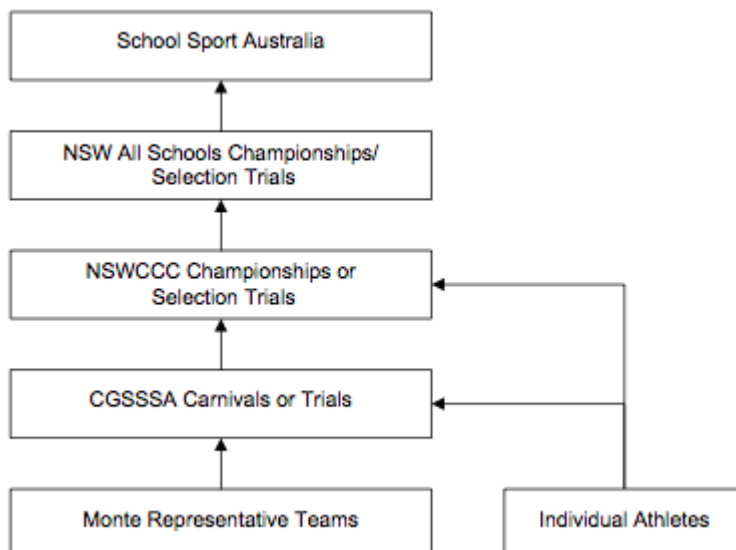
Representative Pathways

REPRESENTATIVE PATHWAYS

New South Wales Combined Catholic Colleges (NSWCCC) Sports Association in conjunction with School Sport Australia provides representative pathways for elite young sportswomen to both state and national schoolgirl programs. Team and some individual sport representative pathways are available to girls who represent the College in inter-school competition. There are also opportunities for students to trial for other sports, in which they may excel, that are not catered for at Monte.

Information regarding all of these sports can be found on the NSWCC Website. Most sports now require students to nominate online and there are strict cut off dates for nomination. The NSWCCC website is <https://www.csss.nsw.edu.au/nswccc-home.aspx>.

All nominations must be approved by the Principal.





Code of Ethics/Behaviour

A successful sporting program requires the support of many people – students, staff and parents. The following 'Code of Ethics' establishes a standard, which creates an approach to sport appropriate for a Catholic College.

COACHES

1. All coaching staff must follow the College's Child Protection Code of professional Standards for College Employees.
2. Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule the children for making mistakes or losing a competition.
3. Develop a sense of respect for opposing players, officials and coaches.
4. Be generous with praise when it is deserved, but selective with criticism.
5. Always set an example in the use of language, behaviour and temperament.
6. All decisions made by the umpire must be supported by the coach and any necessary query must be made later and in private.

PLAYERS

1. All students must follow all College rules whilst at training, competition days and whenever they are representing the College in a sporting event.
2. Students are reminded that the rules and spirit of the game are to be observed at all times and that the umpire's decision is final.
3. The opposing team is to be treated with courtesy and respect at all times.
4. Abusive language will not be tolerated.
5. All uniform guidelines must be adhered to.
6. A high degree of pride and respect for the opponents, for one another and themselves should be exemplified by Monte Sant' Angelo Mercy College students at all times.
7. Students are expected to be punctual to all training and matches.
8. Attendance at practice is compulsory.
9. Students are reminded to thank opponents and umpires at the conclusion of the match.

10. If chosen for a College team, students are expected to make themselves available. Exemptions may be made if, for example, a student has to travel long distances. Requests for exemptions must be made in writing to the Sports Coordinator. The final decision is made by the Principal.
11. When joining a team, students must be prepared to commit themselves for the whole season. If unable to play because of absence, for example, through sickness, students must inform the coach or team manager as soon as possible.

PARENTS

It is most important to children and coaches that parents attend and assist whenever possible in their children's enjoyment of the game. Below are some points which may be of assistance.

1. Do not force an unwilling child to participate in sports.
2. Remember young people are involved in organised sport for their enjoyment.
3. Encourage your daughter to play by the rules.
4. Teach your daughter that an honest effort is as important as victory so that she can accept defeat without undue disappointment.
5. Never abuse or ridicule your daughter for making a mistake or losing – your example and help in developing skills and sportsmanship is vital in your daughter's development.
6. Applaud good play by the opposition; your example will help your daughter.
7. Recognise the value and importance of all coaches. They give their time and resources to provide recreational activities for your daughter.
8. It is not appropriate for parents to coach from the sidelines.
9. Never criticise the umpire or referee.
10. Should games progress in a manner that causes parents some concern, it is expected that the matter be raised with the relevant Coordinator or by contacting the Sports Office (ph. 9409 6420, or mvandervelde@monte.nsw.edu.au).



Sports Uniforms

The College will attempt to ensure that sports uniforms are adaptable and functional. It is our aim to utilise existing garments such as the PDHPE uniform and where it is not possible to use this, create garments that are as multipurpose as possible. All uniforms are College issued and must adhere to the *Procedures for Establishing College Uniform Items* document. Uniform proposals are considered by the College Executive and require approval before implementation can occur.

The items used for sports uniforms are:

- PDHPE Polo Shirt
- PDHPE Shorts
- PDHPE 'pocketless' Shorts (essential for Basketball and AFL)
- Netball Dress
- Hockey Skort (skirt with inbuilt shorts)
- Multipurpose Singlet Top
- Bike Shorts
- Long Athletic Tights (not to be worn for PDHPE)
- Football Socks
- PDHPE Swimming Costume
- Water Polo Swimming Costume
- PDHPE Tracksuit
- Polar Fleece Top
- College Baseball Cap
- College Visor
- College Swimming Cap
- White Training/running shoes (College recommendation and provided by parents)

Students need to purchase and wear the correct uniforms for sports trainings, matches and competitions. All uniform items are available from the College Shop. Non-College/sports uniform items are not permitted to be worn with Sports uniforms. Footwear needs to be appropriate for the particular sport.

SPECIFIC SPORT UNIFORMS FOR INDIVIDUAL SPORTS – SUMMARY

SPORT	TRAINING	COMPETITION
AFL	PDHPE shorts without pockets or bike shorts or athletic tights, PDHPE polo shirt	PDHPE shorts without pockets, AFL jersey (Supplied by Sports Department), football socks
ATHLETICS	PDHPE shorts or bike shorts or long athletic tights, PDHPE polo shirt or multi-purpose singlet top, College baseball cap or visor	Bike shorts or long athletic tights and athletics team singlet top, College baseball cap or visor
BASKETBALL	Bike shorts or pocketless PDHPE shorts, PDHPE polo shirt, singlet top, College baseball cap or visor	Bike shorts or pocketless PDHPE shorts, multi-purpose singlet top
CROSS COUNTRY	PDHPE shorts or bike pants, PDHPE polo shirt or singlet top, College baseball cap or visor	Bike shorts or long tights and singlet top (supplied by Sports Department), College baseball cap or visor
DANCE	PDHPE polo shirt, specialised dance pants	Costumes as designed from year to year
HOCKEY	PDHPE shorts, PDHPE polo shirt, College baseball cap or visor, shin pads	PDHPE polo shirt, Hockey skorts, football socks, College baseball cap or visor, shin pads
FOOTBALL (SOCCER)	PDHPE shorts, PDHPE polo shirt, football socks, shin pads	Pocketless PDHPE shorts, Soccer jersey (supplied by Sports Department), football socks, shin pads
NETBALL	PDHPE shorts, PDHPE polo shirt, College baseball cap or visor	Netball dress, bike pants that are not longer than the dress
RUGBY 7's	PDHPE shorts, PDHPE polo shirt or an appropriate rugby jersey	Pocketless PDHPE shorts, Rugby jersey (supplied by Sports Department), football socks
SAILING	PDHPE shorts, PDHPE polo shirt, College baseball cap or visor	Specialised sailing uniform/ wetsuit and safety vest, College baseball cap or visor, Vest Cover (supplied by Sports Department),
SOFTBALL	PDHPE shorts, PDHPE polo shirt, College baseball cap or visor	PDHPE shorts, PDHPE polo shirt, football socks, College baseball cap or visor

SPORT	TRAINING	COMPETITION
SWIMMING	PDHPE Swimming costume or personal racing costume, College Swimming Cap	PDHPE Swimming costume or personal racing costume, SwimMonte cap (supplied by Sports Department)
TAEKWONDO	PDHPE shorts, PDHPE polo shirt	Specialised TKD uniform
TENNIS	PDHPE shorts, PDHPE shirt, College baseball cap or visor	Hockey Skort or PDHPE shorts and PDHPE polo shirt, College baseball cap or visor
TOUCH FOOTBALL	Bike shorts or PDHPE shorts, PDHPE polo shirt or multi-purpose singlet top, College baseball cap or visor	Bike shorts and multi-purpose singlet top, College baseball cap or visor
VOLLEYBALL	Bike shorts or PDHPE shorts, PDHPE polo shirt, College baseball cap or visor	PDHPE shorts, PDHPE polo shirt, College baseball cap or visor
WATER POLO	College Swimming costume or Water Polo costume, College swimming cap	College Water Polo costume, College Water Polo cap (supplied by Sports Department)

MONTE 1 UNIFORMS

The College has designed and implemented a range of uniforms for the 'first' team (Monte 1) in each team sport. These uniforms are intended to acknowledge the esteem and accomplishment associated with selection in a Monte 1 team. Monte 1 uniforms are given on loan by the Sports Department, through the Sports Department, at no cost to the students with the exception of the:

- Monte 1 Water Polo costume (which is purchased by the students); and
- The bike shorts worn underneath the Monte 1 and Representative netball dresses;

REPRESENTATIVE UNIFORMS

Representative playing tops are also provided on loan and free of charge by the Sports Department, through the Uniform Shop, to students who are selected in the following representative teams – AFL, Athletics, Basketball, Cross Country, Football, Hockey, Netball, Rugby 7's, Softball, Tennis, Touch, Triathlon, Volleyball

NEW SPORTS

When a new sport is introduced at the College, all efforts will be made to utilise existing uniform items where practical and within the rules of that sport. If a sport is being piloted a specific uniform may not be proposed or endorsed until the pilot has been reviewed and the sport is undertaken on a full-time permanent basis.



Awards and Recognition

AWARDS/RECOGNITION

Teams and performance results are profiled in Monte Matters with an update of their season. Representative teams are presented at College Assemblies.

The Sports Department hosts an annual Sports Awards Dinner. It consists of displays by sporting groups, a guest speaker and presentation of 'Coach's Awards' and Excellence in Sport Awards for all sports.

Excellence in Sport Awards are presented to girls who have attained a high level of sport representation and or achievement.

MONTE 1 RECOGNITION

The College encourages personal sporting excellence. Students who achieve at our highest team or individual levels are given Monte 1 recognition:

- For TEAM sports, girls are selected in the first College team. The teams where Monte 1 Recognition is awarded are – Basketball, Football, Hockey, Netball, Tennis, Touch Football, Volleyball, Water Polo
- For INDIVIDUAL sports, students need to be selected for CGSSSA representative teams to compete at the next level of competition, e.g. NSW Combined Catholic Colleges. The sports, where individual compete, and can be awarded Monte 1 Recognition are – Athletics, Cross Country, Swimming

Monte 1 players are recognised in the following manner:

- Students are eligible to have a Monte Representative honour line on their College blazer
- Teams wear a specific Monte 1 uniform
- Students are able to purchase and wear a Monte 1 badge
- Students are able to purchase and wear a specially identified Monte 1 training shirt

Responsibilities of Monte 1 players:

Students who achieve Monte 1 recognition are responsible for supporting their sport by

- Becoming involved in the promotion of their sport
- Being positive role models (training, uniform, conduct) for their sport
- Assisting with development through junior teams/programs and clinics
- Assisting with duty days and similar organisational tasks, as required

HONOUR LINES – SPORT

Specific information regarding how a student can earn sports Honour Lines can be found in the Honour Line section of Monte Connect.



Sports Advisory Group

INTRODUCTION

In 2005, a Sports Advisory Group was been established to enable formal parent input into the guidelines and developmental nature of the College Sports Program. The Group is a sub-group of the Parents and Friends Association and advisory to the Sports Department and/or the Principal on matters relating to sports and development.

TERMS OF REFERENCE

The Sports Advisory Group is responsible for:

- Monitoring and reviewing the Co-curricular Sports Program
- Assisting with the development of the strategic directions for the Co-curricular Sports Program
- Providing advice to the Principal regarding the addition or deletion of sports from the Program
- Consulting with parents regarding issues and concerns that they may have regarding the Sports Program

The Sports Advisory Group will not be involved in operational aspects of the Sports Program.

MEMBERSHIP

- Chairperson: Sports Program Manager
- College Principal
- Head of PDHPE
- Parent Representatives (minimum of 4)
- Co-opted Members: Members co-opted by the Chairperson or Principal on the basis of expertise

Parent Representatives are members for a two-year term. The Sports Advisory Group will be formed by the Principal, in consultation with the Sports Program Manager.

PROCEDURES OF THE SPORTS ADVISORY GROUP

1. The Sports Advisory Group will meet at least once per College term;
2. Agenda items are developed through consultation between the Chairperson and the Group;
3. The meeting agenda and relevant papers are available to members of the Group at least one week prior to the meeting;
4. The Group makes recommendations to the Sports Department and/or the Principal regarding any significant changes to the Co-curricular Sports Program.

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of *Monte Sant' Angelo Mercy College* and AHIGS: Sporting Activities 2023

Monte Sant' Angelo Mercy College organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls' Schools NSW (AHIGS). Students participating in these sporting activities take part in practice and in competitions.

Monte Sant' Angelo Mercy College and AHIGS expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

Monte Sant' Angelo Mercy College and AHIGS also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the Codes of Conduct and to set a good example for the girls.

While *Monte Sant' Angelo Mercy College* and AHIGS take measures to make the sporting activities as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.



Individual Sport Information

AEROBICS

1. Aerobics for All

All students will compete in the AeroSchools Competition. This competition is open to all experience levels and students compete in pairs, trios and/or teams of up to six members. The aerobics coach will make the final determination as to the make-up of teams.

Competition:	AeroSchools
Dates:	August
Venue:	TBC
Training:	Friday mornings, throughout Terms 1, 2 and 3
Uniform:	College Tracksuit (for travel to and from competition) Aerobics leotard as required
Registration:	Students are required to register on Monte Connect and complete and return the appropriate permission note.
Cost:	\$375 + \$100 for Leotard (if required)
Staff Convenor:	Annabelle Bennett

2. National Representative Team

The National Representative Teams will be selected from the Aeroschools teams, who medal at State championships and by the coach.

Competition:	Aeroschools Nationals
Dates:	Mid September
Venue:	Gold Coast
Training:	Throughout Terms 1, 2 and 3
Uniform:	College Tracksuit (for travel to and from competition) Aerobics costumes as required
Registration:	Students are selected for this.
Cost:	Accommodation, Transport and Meals charged back to Parents
Staff Convenor:	Annabelle Bennett

3. Gymnastics NSW State Titles/Nationals

The Monte 1 Team is selected from Aeroschools and National Titles to compete in the GNSW State Trials

Competition:	GNSW State Titles and National Titles
Dates:	Mid September
Venue:	Nowra & Gold Coast
Training:	Throughout Terms 4, 1 & 2
Uniform:	College Tracksuit (for travel to and from competition) Aerobics costumes as required

Registration: Students are selected for this.
Cost: \$175 plus Accommodation, Transport and Meals charged back to Parents
Staff Convenor: Annabelle Bennett

AFL

Monte participates in a Term 1 competition and then various representative days throughout the year, such as CGSSSA, Schools Cup and Gala days.

Competition:	Sydney Independent Girls Competition
Dates:	Term 1, 2023
Venues:	Pymble Ladies College, Heffron, Loreto Normanhurst, Abbotsleigh
Training:	Monday and or Wednesday morning from 6:30am-7:40am at Gore Hill Oval
Cost:	\$175.00
Competition:	CGSSSA
Dates:	July 2023
Venue:	Junior (15&U), Opens (16 Years +) – Macquarie Uni or Gore Hill
Training:	As necessary in the weeks preceding the carnival
Competition:	Independent Schools Gala Day
Dates:	October, 2023
Venue:	Junior (Y7&8), Opens (Y9 and up) – Macquarie Uni
Training:	As necessary in the weeks preceding the carnival
Uniform:	Training: Pocketless PE shorts or Bike Pants, PE Polo Competition: Pocketless PE shorts or Bike Pants, AFL Shirt (on loan from Sports Department), College football socks (purchase from the Uniform Shop) College Tracksuit (for travel to and from games)
Staff Convenor:	Tania Dorahy

ATHLETICS

The College will provide opportunities for students to train prior to the House Athletics Carnival. A representative team will be selected after the Carnival and students will be expected to attend team training prior to the representative carnivals or have evidence of training with a personal coach.

Competition:	College House Carnival, CGSSSA and IGSSA carnivals
Dates, Venues:	College Carnival – ES Marks Field, Moore Park, 1 st June 2023 IGSSA Friday Night Competition – Homebush, Various in Term 3 CGSSSA Carnival – Homebush, August, 2023 IGSA Championships – Homebush, August, 2023 NSWCCC Championships – Homebush
Training:	Monday and Thursday afternoons at Forsyth Park from mid Term 2 until the completion of representative carnival commitments in Term 3.
Uniform:	College Athletics Singlet (provided by Sports Department) College bike shorts or long athletic tights or sport shorts College Tracksuit College baseball cap or visor
Registration:	Students who wish to attend individual training prior to the House carnival will need to register on Monte Connect and complete and return the appropriate permission note.
Team Selection:	Specific details regarding the selection of the College athletics team can be found in the Sports Selection Guidelines.
Cost:	Athletics Training Squad \$250
Staff Convenor:	Matt Rowan

BADMINTON

Monte participates in the IGSA competition in Term 1 on a Saturday morning and conducts a social scrimmage at Monte in Term 4 and Term 1 on Tuesday afternoons.

Competition: IGSA
Dates: Saturday Mornings Term 1
Venue: Various schools throughout Sydney
Training: Various mornings and afternoons at Monte
Cost: \$175

Competition: Social Scrimage
Dates: Tuesday Afternoon Term 4 & Term 1
Venue: Monte
Training: Tuesday 3:30-5pm
Cost: \$10 per session attended

Uniform: College PE shorts and sports polo
College Tracksuit (for travel to and from games).

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Team trials and grading will be held mid way through Term 4 for IGSSA and mid way through Term 3 for the Monte social competition. Check Monte Connect for details.

Staff Convenor: Kriszta Kovacs

BASKETBALL

Monte participates in the IGSA competition in Terms 2 and 3 and the Santa Sabina competition in Term 4. We also enter a Junior, Intermediate and Senior team in the CGSSSA Championships. The College may also enter teams in to the NSWCCC championships. Students who wish to play in the Basketball Representative teams MUST make themselves available to play in the IGSSA competition.

Competition: IGSA
Dates: Saturday Mornings Term 2 and 3
Venue: Various schools and basketball stadiums throughout Sydney
Training: Various mornings and afternoons at Monte
Cost: \$350 (\$175 per Term)

Competition: Santa Sabina Invitational Basketball Competition
Dates: Saturday Mornings Term 4
Venue: Santa Sabina College – 90 The Boulevard Strathfield
Training: Various mornings and afternoons at Monte
Cost: \$175

Competition: CGSSSA
Dates: 25th July 2023
Competition: Juniors (Years 7 and 8), Intermediates (Years 9 and 10) , Seniors Years 11 and 12)
Venue: Bankstown Basketball Stadium
Training: Weekly as for the IGSA competition

Competition: NSWCCC Championships Opens
Dates: June, 2023
Venue: Penrith Basketball Stadium
Training: Weekly as for the IGSA competition

Competition: NSWCCC Championships – Junior Finals (Must Qualify)
Dates: October, 2023
Venue: Hawkesbury Basketball Stadium
Training: Weekly as for the IGSA competition

Uniform: College pocketless PE shorts and multipurpose athletic singlet (both available from Uniform Shop)
College Tracksuit (for travel to and from games).
Representative teams will be supplied with a representative uniform.

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Team trials and grading will be held mid-way through Term 1 for IGSSA and mid way through Term 3 for the Santa Sabina competition. Check Monte Connect for details.

Staff Convenor: Matt Rowan

CRICKET

Cricket is offered at the representative level at Monte. The College participates in the CGSSSA representative carnival.

Competition: CGSSSA
Dates: 3rd November, 2023
Venue: TBC
Training: As necessary in the weeks preceding the carnival

Uniform: College PE shorts and PE shirt
College Tracksuit (for travel to and from games)
College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Trials will be conducted in the first weeks of Term 4. This is an 'Open' age team and as such junior players who wish to trial should be of a high standard.

Staff Contact: Michael Vandervelde

CROSS COUNTRY – MONTE RUNNERS

Monte holds cross country training sessions on Tuesday, Wednesday and Friday mornings in Terms 1, 2, 3 and 4. Students run with a qualified coach in and around North Sydney. Monte competes in the IGSA and CGSSSA Cross Country Carnivals.

Competition: Monte Runners Training Program
Dates: Term 1, 2, 3, 4
Venue: Greater North Sydney Area
Training: Tuesday, Wednesday and Friday Mornings 6:30am-8am
Tuesday is usually an interval session and Wednesday and Friday mornings are usually longer run sessions.
Cost: \$75 per Term - One morning per term, \$100 per Term - multiple mornings per term

Competition: CGSSSA
Dates: 19th May, 2023
Venue: Bicentennial Park - Homebush
Training: Tuesday, Wednesday and Friday mornings

Competition: IGSA
Dates: 12th May, 2023
Venue: Frensham School, Mittagong
Training: Tuesday, Wednesday and Friday mornings

Competition: NSWCCC
Dates: 13th June, 2023
Venue: Sydney International Equestrian Centre – Horsley Park
Training: Tuesday, Wednesday and Friday mornings.

Uniform: College PE shorts or bike pants (available from Uniform Shop) and Representative singlet (on loan).
College Tracksuit (for travel to and from carnivals)
College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Representative teams will be selected based on student time trials conducted throughout the program.

Staff Convenor: Tania Dorahy

DANCE

Monte offers dance classes in Terms 1, 2 and 3. Teams are chosen to compete at the CGSSSA Dance competition in Contemporary, Hip Hop, Jazz and Musical Theatre genres. External Eisteddfods are entered where appropriate. There are auditions/try-outs for all groups.

Competition: Dance Training
Dates: Term 1, 2, 3
Venue: Monte Sant' Angelo Mercy College
Training: Weekly mornings throughout Terms 1, 2 and 3 – 6:45am-8am
Genres: Contemporary, Jazz, Hip Hop, Musical Theatre

Competition: CGSSSA
Dates: September 2023
Venue: TBC
Training: Weekly throughout Terms 1, 2 and 3
Genres: Contemporary, Jazz, Hip Hop, Musical Theatre

Uniform: Training: PE shorts/bike pants/dance tights, PE Polo
Competition: Costume as necessary for the competition
College Tracksuit (for travel to and from carnivals)

Registration: Students are required to register on Monte Connect and complete and upload the appropriate permission note to the nomination form.

Trials: Auditions are held early Term 1 for selection into each Genre Squad. Check Monte Connect for details.

Cost: \$375 plus costume cost (approx. \$100)

Staff Contact: Annabelle Bennett

FITNESS – MONTE ACTIVE

Monte Active provides any interested student with the opportunity to participate in a range of fitness classes. Fitness classes include ABT, Boxing, Boot Camp, Yoga, Pilates.

Dates: Classes are offered in Term 1, 2, 3, 4
Venue: Monte Gym and other locations around the College
Training: Various Morning or Afternoons
Cost: \$10 per session

Uniform: PE shorts or fitness tights, PE shirt

Registration: Students are required to register on Monte Connect and complete and upload the appropriate permission note to the nomination form.

Staff Convenor: Annabelle Bennett

FOOTBALL (SOCCER)

Football is offered as a Term 2 and 3 sport and Monte Sant' Angelo participates in the IGSSA competition. Monte Sant' Angelo also participates in the CGSSA Championships.

Competition:	IGSA
Dates:	Saturday Mornings Term 2 and 3
Venue:	Various schools and ovals throughout Sydney
Training:	Wednesday or Friday afternoon at Forsyth Park
Cost:	\$350 (\$175 per term)
Competition:	CGSSA Football Championships
Dates:	10 th May, 2023
Venue:	Meadowbank
Training:	As necessary in the weeks preceding the carnival
Uniform:	Training - Pocketless PE shorts, PE Polo Competition - Pocketless PE shorts, Football Jersey (on loan from Sports Department), College sport socks (purchase from the Uniform Shop) College Tracksuit (for travel to and from games)
Equipment:	All players must have their own shin pads and soccer boots. No player will be permitted to play or train without these important safety items. It is recommended that girls have a mouthguard.
Registration:	Students are required to register on Monte Connect and Complete and return the appropriate permission note.
Trials:	Trials for the club teams are held in the first few weeks of Term 1. The Representative Teams trials are conducted towards the end of Term 1 for a Junior (Yrs 7-9) and Senior (Yrs 10-12) Team. These are representative teams and not suitable for beginning players. Check Monte Connect for details.
Staff Contact:	Michael Vandervelde

HOCKEY

Hockey is offered as a Term 2 and 3 sport and Monte Sant' Angelo participates in the IGSA competitions.

Competition: IGSSA
Dates: Saturday mornings Term 2 & 3
Venue: Various venues around Sydney
Training: Various mornings and afternoons
Cost: \$350 (\$175 per Term)

Competition: NSWCCC School Championships
Teams: Selected Senior and Junior Teams
Dates: 16th -17th May 2023
Venue: Bathurst
Training: As necessary in the weeks preceding the carnival

Equipment: All players must have their own shin pads, mouthguard and hockey stick. No player will be permitted to play or train without these important safety items.

Uniform: College Hockey 'Skort', PE Polo
College long striped sport socks
College Tracksuit (to and from the competition venue or school)
College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Trials will be conducted in Term 1

Staff Convenor: Kriszta Kovacs

NETBALL

Netball is offered as a sport in Terms 1, 2 and 3. Mont Sant' Angelo participates in the CGSSSA and Northern Suburbs Netball Association Competitions.

Competition: Northern Suburbs Netball Association
Dates: Saturdays in Terms 2 and 3
Venue: Willoughby Netball Courts
Training: Various mornings and afternoons at Monte, Willoughby and Ridge St
Cost: \$350.00

Competition: CGSSSA
Dates: 5th April, 2023
Venue: Willoughby Netball Courts
Training: As necessary in the weeks preceding the carnival

Competition: NSWCCC Championships
Dates: August, 2023
Venue: Penrith
Training: As necessary in the weeks preceding the carnival

Uniform: College Netball dress
College Tracksuit (to and from the competition venue or school).
Representative teams will be supplied with a representative uniform
College baseball cap or visor (training only)

Registration: Students are required to register on Monte Connect and complete and upload the appropriate permission note to the nomination form.

Trials: Trials will be conducted in Term 1 for Club Teams. Trails for the CGSSSA Representative team will be at the end of Term 2.

Staff Convenor: Annabelle Bennett

RUGBY 7s

Rugby 7's is offered as a sport in Terms 2 and 3 in an Independent Schools Competition. Mont Sant' Angelo also participates in number of Gala Days and Representative Carnivals.

Competition:	Independent School's 7s competition plus a number of Gala Days and representative carnivals.
Dates:	Term 2 compulsory Training program and Term 3 Competition. Competition matches are played on Saturdays afternoon at Pymble, Loreto Normanhurst and Abbotsleigh
Training:	Various afternoons at Forsyth Park
Cost:	Term 2 \$100, Term 3 \$175
Uniform:	College Pocketless PE Shorts, Monte Football Socks, mouth guard and College loan jersey.
Registration:	Students are required to register on Monte Connect.
Trials:	Trials will be conducted in an ongoing fashion for the duration of Term 2 training with games due to commence in Term 3. Player must pass a skills proficiency assessment to be allowed to play competition
Staff Contact:	Matt Rowan

SAILING – TEAMS RACING

Monte runs a Teams Sailing Program through Middle Harbour Yatch Club (MHYC). The program offers a number of Regattas in Term 1. Monte Sant' Angelo College also competes in the State Regatta.

Training: MHYC Team's Training
Dates: Terms 1 and 4
Venue: Middle Harbour Yatch Club, The Spit
Training: Friday Afternoons, Regattas held on 3 weekends
Cost: \$495 per term
\$99 annual MHYC Membership

Training: MHYC Learn to Sail
Dates: Terms 1 and 4
Venue: Middle Harbour Yatch Club, The Spit
Training: Friday Afternoons
Cost: \$395 per term
\$99 annual MHYC Membership

Competition: NSW Championships
Dates: May 2023
Venue: Georges River
Training: As necessary in the weeks preceding the carnival

Uniform: College 'bike' pants or Shorts and PE Polo,
College Tracksuit (for travel to and from games).
Representative teams will be supplied with a representative playing singlet,
College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note. They will also need to become members of MHYC.

Staff Convenor: Annabelle Bennett

SNOWSPORTS

Monte supports students competing in the Interschools Snowsports Championships in the July holidays under the responsibility of their parents. They need to be competent snow sports competitors. Accommodation, transport, Lift Tickets and supervision are the parent's responsibility. The College will supply a Race Co-ordinator on site for the Sydney Region Championships.

Competition: Sydney Region Interschools Snowsports Championship – Northern Region
Dates: July, 2023
Venue: Perisher
Training: No training provided
Cost: \$150 plus registration and racing fees

Those who qualify may then also compete in the following competitions:

Competition: NSW Interschools Snowsports Championship
Dates: August, 2023
Venue: Thredbo
Cost: Race Fee and Lift Tickets

Competition: Australian Interschools Snowsports Championship
Dates: September, 2023
Venue: Perisher
Cost: Race Fee and Lift Tickets

Uniform: Own Skiing/Boarding clothing and equipment
Own approved Ski or Snowboarding Helmet
College Snowsports Jacket (Optional and at your cost)
Helmet Cover – supplied by the College

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: No formal trials.

Staff Convenor: Tania Dorahy

SOFTBALL

Monte participates in the CGSSSA and Manly Warringah Softball Association competitions.

Competition:	Manly Warringah Softball Association
Dates:	End of Term 3, all of Terms 1 and 4 on Saturday mornings
Venue:	John Fisher Park, Manly
Training:	Wednesday mornings
Cost:	\$350
Equipment:	Softball glove-supplied (must bring to trials), mouthguard (strongly advised) and shin pads
Uniform:	College PE shorts, PE shirt, college sport socks College Tracksuit (for travel to and from games) College baseball cap or visor
Registration:	Students are required to register on Monte Connect and complete and return the appropriate permission note.
Trials:	Trials will be conducted mid-Term 3 for the MWSA Competition and in Term 1 for the CGSSSA Representative Team, if needed.
Staff Convenor:	Kriszta Kovacs

SWIMMING

The Monte representative swimming team will be selected from performances at the House Swimming Carnival and other appropriate meets. Students are expected to attend representative team training prior to the representative carnivals.

Competition College House Carnival, CGSSSA and IGSA carnivals
Elite swimmers may qualify for NSWCCC and NSW All Schools Carnivals
Monte Swim Team Races, Monte Duel In The Pool and Lower North Shore Invitational are all new targeted competitions the Monte Swim Team will compete in every year.

Dates and Venues: Pathway:
College Carnival – Lane Cove Aquatic Centre – 10th February, 2023
IGSSA Championships – SOPAC Homebush – 17th March, 2023
CGSSSA Carnival – Ryde Aquatic Centre – 14th March, 2023
NSWCCC Carnival – SOPAC Homebush – 31st March, 2023
NSW All Schools Carnival – SOPAC Homebush – 1st June, 2023

Additional Monte Swim Team Events (non-selective):
The Monte Duel In The Pool – Monte Pool – February 2023
Lower North Shore Invitational – Shore School – Term 2 2023
Lower North Shore Duel – Monte School – Term 3 2023
Plus, many more. More information found on the Monte Connect Swimming Page

Training: The Monte Swim Team will target team sessions, have team breakfasts, and attend multiple carnivals throughout the year. The Monte Swim Team calendar will be released after the house carnival every year.

Uniform: College Tracksuit (travel to and from carnivals)
Monte Swim Team Shirt (provided by sports department)
College Swimming Cap

Team Selection: Specific details regarding the selection of the College Representative Swimming team can be found in the Sports Selection Guidelines.

Staff Convenor: Michael Vandervelde

Head Coach: Nicholas Rispoli

The Swimming Coach also offers swimming training for students of varying skill and fitness levels. For more detailed information please refer to the Sports Page on Monte Connect or contact the Swimming Coach on 9409 6400 or nrисpoli@monte.nsw.edu.au

TAEKWONDO

The Taekwondo club provides any interested student with the opportunity to participate in a fun activity that enhances fitness, ability to focus, safety awareness, coordination, self-control and self-defence skills. Those girls capable are able to enter into the NSW All Schools Taekwondo Championship.

Dates: Classes are offered in Term 1, 2, 3, 4
Venue: Mercy Hall – Monte Sant' Angelo College
Training: Monday afternoons from 3:30-4:30pm
Cost: \$100 per term

Uniform: PE shorts, PE shirt or College Tracksuit

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Staff Convenor: Michael Vandervelde

TENNIS

Tennis is offered as a Sport in Term 1 and Term 4, however there are Winter Training sessions in Term 2. Monte participates in the IGSSA and Hornsby Kuring-gai District Tennis Association competitions. Monte also enters a representative team into the CGSSSA Competition.

Competition: IGSA
Dates: Saturday Mornings in Term 4 and Term 1
Venues: Various locations throughout Sydney
Training: Once weekly at Ridge St Tennis Courts
Cost: \$350 (\$175 per term)

Competition: Tildesley Shield
Dates: 8th – 9th - March, 2023
Venues: Pennant Hills Park Tennis Centre
Training: Throughout Terms 4 and 1
Cost: Nil

Competition: Term 2 Winter Training
Dates: Term 2
Venues: Ridge St Courts
Training: Monday or Wednesday am, Wednesday pm
Cost: \$100

Competition: CGSSSA
Dates: 17th November 2023 – 3 Singles and 3 Doubles
Venue: Barton Park Parramatta
Training: As necessary in the weeks preceding the carnival

Uniform: PE shorts or Hockey Skort and PE shirt, College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Trials will be conducted mid Term 3. All players will be graded into a team unless team numbers are restricted by the competition organisers.

Staff Convenor: Michael Vandervelde

TOUCH FOOTBALL

Monte enters touch football teams into the CGSSSA Carnival day and the IGSA Competitions. The Touch Representative teams will be the Monte 1 team and primarily the Intermediate A team (with some Senior age eligible players and strong Year 8 players)

Competition: IGSA
Dates: Saturday Mornings in Terms 1 and 4
Venue: Varies locations in Sydney
Training: Various afternoons at Tunks or Forsyth park
Cost: \$350 (\$175 per term)

Competition: CGSSSA
Dates: 22nd November, 2023
Venue: Blackman Oval
Training: As necessary in the weeks preceding the carnival

Uniform: College 'bike' pants and multipurpose athletic singlet,
College Tracksuit (for travel to and from games).
Representative teams will be supplied with a representative playing singlet,
College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Team trials and grading will be held mid way through Term 3.

Staff Convenor: Matt Rowan

TRIATHLON

Monte competes in the NSW All Schools Triathlon early in Term 1 and the CGSSSA Aquathon in Term 4.

Competition: Triathlon Training Program
Dates: Term 4 & 1
Venue: Greater North Sydney Area
Training: Specific training for Bike or Run offered as required. Willoughby Netball Courts and St Ives Showground
Cost: Dependant of sessions offered.

Competition: NSW All Schools Triathlon
Dates: February, 2023 – Individual Event
February, 2023 – Teams Event
Venue: Penrith International Regatta centre
Training: Tuesday, Wednesday and Friday mornings. Tuesday is a compulsory session

Competition: CGSSSA Aquathon
Dates: 7th November, 2023
Venue: Merrylands Pool/Park

Uniform: College bike pants (available from Uniform Shop) and multipurpose athletic singlet or PE Shirt/Monte Swimmers or Tri-suit
College Tracksuit (for travel to and from carnivals)
College baseball cap or visor

Registration: Students are required to register on Monte Connect and complete and return the appropriate permission note.

Trials: Representative teams will be selected based on student time trials conducted throughout the program. Students will be invited into teams based on swimming and running results.

Staff Convenor: Tania Dorahy

VOLLEYBALL

Monte enters volleyball teams into the CGSSSA Carnival day and the Santa Sabina Competition.

Competition:	Santa Sabina
Dates:	Saturday mornings in Term 4 and Term 1
Venue:	Santa Sabina – 90 The Boulevard Strathfield
Training:	Various mornings and afternoons at Monte
Cost:	\$300 (\$150 per term)
Competition:	CGSSSA
Dates:	25 th October, 2023
Venue:	Sports Hall - Homebush
Training:	As necessary in the weeks preceding the carnival
Uniform:	College 'bike' pants and multipurpose athletic singlet College Tracksuit (for travel to and from games) College baseball cap or visor
Registration:	Students are required to register on Monte Connect and complete and return the appropriate permission note.
Trials:	Team trials and grading will be held mid-way through Term 3 for the Santa Sabina competition and Term 4 for the CGSSSA representative teams.
Staff Convenor:	Kriszta Kovacs

WATER POLO

Monte participates in the IGSA competition as well as the NSWCCC Carnival Day.

Competition:	IGSA
Dates:	Saturday mornings in Term 4 and Term 1
Venues:	Various locations throughout Sydney
Training:	1 session per week Skills/Team Training & 1 session swim training
Cost:	\$350 (\$175 per term)
Competition:	NSWCCC
Dates:	Open (Yr 7-12) November, 2023 Juniors (Yr 7-9) November, 2023
Venues:	SOPAC Homebush
Training:	As necessary in the weeks preceding the competition
Uniform:	College swimming costume or water polo costume College swim cap College tracksuit (for travel to and from venue)
Registration:	Students are required to register on Monte Connect and complete and upload the appropriate permission note to the nomination form.
Trials:	Trials will be conducted throughout the year as necessary for the NSWCCC Competition, at the end of Term 3 for the IGSA.
Staff Convenor:	Annabelle Bennett

YOGA/PILATES

Monte offers Yoga and Pilates classes for students of all ages as part of the Monte Active Program. Classes are held each term, one morning and one afternoon per week and are run by qualified instructors.

Training: Yoga and Pilates
Dates: Various Mornings and Afternoons
Venues: OR401

Uniform: College PE shorts or bike shorts, Sports Shirt or College Tracksuit.
During the class students may wear tights however they are to travel to school in their sports uniform.

Registration: Students are required to register on Monte Connect on the Monte Active page and complete and return the appropriate permission note. Registration occurs at the start of each Term

Cost: \$10 per session

Staff Convenor: Michael Vandervelde



SPORTS SELECTION GUIDELINES

OBJECTIVE

The objective of these guidelines are to provide a framework for students, coaches, officials, selectors and any other people responsible for the development and implementation of sport at Monte Sant' Angelo Mercy College. These guidelines establish both the basis for selection decisions and the athletes' rights and responsibilities in relation to such decisions.

SPORT AT MONTE

Monte fields teams in several sporting competitions. These competitions require the selection and grading of teams and individuals in both 'club' and 'representative' environments.

Club Teams

Where Monte enters teams in club based competitions players need to be graded according to their ability level. This enables the college to ensure that they are entered into competitions with opponents of similar ability levels. Sports in which the college enters club based teams include:

- Basketball
- Football
- Hockey
- Netball
- Softball
- Tennis
- Touch Football
- Volleyball
- Water Polo

Several factors are involved in fielding teams in club-based competitions and all of these factors are taken into consideration when the college enters teams. These factors include:

- The number of students who have registered to play
- The varying ages of the students
- The varying ability levels of students
- The structure of the external competition and its specific requirements

While club level teams are encouraged to do their best to win, participation in sport is the fundamental focus. Playing time is shared amongst the players in these teams.

Representative Teams

Monte fields representative teams in a variety of sports which include:

- Aerobics
- AFL
- Athletics
- Basketball
- Cricket
- Cross Country
- Dance
- Football
- Hockey
- Netball
- Sailing
- Softball
- Swimming
- Tennis
- Touch Football
- Triathlon
- Volleyball
- Water Polo

The primary focus for college representative teams is success. Success is measured by performance results which include team and individual standings and event results. Players in representative teams are expected to contribute to the team performance as directed by the coach. Playing time will be at the discretion of the coach in the interests of overall college success.

1. Selectors

Selectors are employed by the College to conduct grading and selection processes. Selectors often include coaches, ex-students and staff members. Sometimes experienced and qualified parents are used however parents will rarely be used to select a team or age group in which they have a daughter involved.

- 1.1 Selectors are chosen according to their participation in the chosen sport at a high level.
- 1.2 Selectors base decisions on the observation of skill in accordance with chosen criteria. At no point in time should the selector display bias when assessing player ability.
- 1.3 Athletes and parents should respect selectors as being competent in making difficult, yet fair decisions.

2. Selection Process

The selection process can vary from sport to sport and will likely vary with respect to 'club' and 'representative' teams.

2.1 Objective Testing

In some sports students will undergo tests that are designed to identify their level of general fitness. These tests may include:

- Aerobic Capacity – beep test
- Flexibility – sit and reach

- Speed – 30 – 60m dash
- Agility – agility course

These tests are objective tests that provide accurate measurements requiring no opinion or personal assessment.

In sports such as athletics, cross country and swimming, objective results from carnivals and training sessions may be used.

2.2 Subjective Testing

Subjective Testing involves specific skill and game play assessment requiring an opinion or assessment to be made by the selector. Subjective testing may include:

- 3-4 game specific skills (e.g. In netball these may be passing, catching, and one on one defence)
- Game play assessment
- Reports from previous coaches

All students will be given the opportunity to perform the set skills for the particular sport. During this time selectors will assess the performance against set criteria and provide a ranking accordingly. The following ranking system will be used for skill based subjective assessment:

Rank	
1	Excellent execution fulfilling all key components of the skill
2	Good execution fulfilling most of the key components of the skill
3	Average execution fulfilling several of the key components of the skill
4	Below average execution fulfilling some of the key components of the skill
5	Poor execution. Minimal ability to fulfil key components of the skill

Selectors will also watch students during simulated game play. All students will have the opportunity to play games and selectors will use their experience to assess the players' ability levels during these games.

At the end of each season coaches in various sports are asked to provide a report on each player in their team. The report includes information relating to:

- Training and game attendance and punctuality
- Reliability
- Strengths
- Weaknesses
- Overall attitude

As teams are finalised selectors may use these reports in assisting to make final assessments on players.

3. **Student Athlete Responsibilities**

Student athletes who participate in trial and grading selections at Monte Sant' Angelo have the following responsibilities:

- Submit the appropriate permission note prior to trialling
- Be present at ALL appropriate grading sessions
- Participate at ALL appropriate grading sessions to the best of their ability
- Respect the experience and expertise of the selectors engaged by the college
- Be bound by the decisions made by the selectors

Students who are unavailable for grading sessions have no course of appeal in relation to team selection.

4. Student Athlete Rights

Student athletes who participate in trial and grading selections at Monte Sant' Angelo have the following rights:

- Trial for any Monte sport team (Club or Representative)
- To be treated fairly and without bias
- To a minimum amount of trial opportunities (stipulated below in sport specific information)
- To appeal selection decisions in accordance with the 'Appeal Process' outlined in this document

5. Illness or Injury

There are often instances where student athletes are unable to attend or participate in trial and grading sessions due to illness or injury. These students should provide the Sports Department with a doctors' certificate that indicates the nature of the illness or injury and the expected date that the student will be able to return to sport.

Selectors will be required to make assessments of these players based on:

- Their performance at the trials they are able to attend
- Previous season coaching reports
- Any additional training and grading sessions that may be required by the Sport Coordinator

Student athletes who are unable to attend all of the grading sessions are ineligible to make an appeal in line with these guidelines.

SPORT SELECTION

6. Aerobics Team Selection

Monte enters a Monte 1 Representative Team in the School Aerobics Competition. Students of suitable ability are invited to trial for this team. The coach may also select a 'Development' team made up of students who miss out on selection for Monte 1 if there are enough suitably qualified students to do so.

Students will be asked to perform aerobics routine skills and will be assessed by the aerobics coach for suitability and inclusion in the team.

Monte also enters teams in the AeroSchools competition. This competition is open to students of all ability levels. Students of similar ability level are guided into forming pairs, trios or quads for the purposes of competing at these events.

7. Athletics Representative Team Selection

The Monte Athletics Team competes at a number of carnivals each year including CGSSSA and IGSSA. Athletes who perform well at the CGSSSA carnival can gain selection in the CGSSSA representative team, which competes at the NSW Combined Catholic Colleges carnival.

Final team selections are made with the aim of achieving the best possible outcome for the 'Monte Team' as opposed to the specific needs and interests of any one athlete.

The Athletics Team is selected based on athlete results from:

- The Monte House Athletics Carnival
- Pre-season training sessions
- IGSSA Friday night competitions

Other factors that are taken into consideration when selecting the team are:

- The specific rules and regulations associated with each carnival
- Attendance at compulsory team training sessions
- Overall commitment to the athletics program

After the completion of the Monte 'House' athletics carnival a representative squad will be selected. Students selected in the squad will be invited to train with the school and will be required to attend at least ONE school training per week, if they would like to be eligible to be selected in the final representative team. Students are also required to compete in the IGSSA Friday night carnivals as directed by the Athletics Head Coach.

In the case of illness or injury a student's past performances may be considered and will be at the discretion of the Athletics Head Coach and the Sports Program Manager.

8. Basketball 'Club Team' Trials

Students are expected to attend **ALL** relevant trial sessions.

All age groups will be expected to attend up to two trial sessions. This may be revised and any revision will be at the discretion of the Basketball Coordinator.

The trials will involve assessment in a variety of basketball skills and may include fitness based assessment. They will involve simulated game play. Each student will play in a minimum of 2 x 10 minute games at any session.

9. Basketball 'Representative Team' Trials

The Senior Representative team will be the 'Monte 1' Team selected to play in the Term 2 IGSSA Competition. Any player who wishes to play in the representative day team **must** be available to play in the Term 2 IGSSA Competition.

The Intermediate Representative team (Year 9-10) will be the highest graded year 9-10 team selected to play in the Term 2 IGSSA Competition. Any player who wishes to play in the representative day team **must** be available to play in the Term 2 IGSSA Competition.

The Junior Representative team (Year 7-8) will be the highest graded year 7-8 team selected to play in the Term 2 IGSSA Competition. Any player who wishes to play in the representative day team **must** be available to play in the Term 2 IGSSA Competition.

Selectors of basketball representative teams may take into consideration information provided by 'club team' coach's reports when making selections.

Players who wish to play representative basketball are permitted to play two sports during the winter season (i.e. A player may play netball and basketball if she is selected in a representative basketball team).

10. Cross Country Representative Team Selection

The Monte Cross Country Team competes at a number of carnivals each year including CGSSSA and IGSA. Runners who perform well at the CGSSSA carnival can gain selection in the CGSSSA representative team to compete at the NSW Combined Catholic Colleges carnival and then the NSW All-Schools carnival.

Final team selections are made with the aim of achieving the best possible outcome for the 'Monte Team' as opposed to the specific needs and interests of any one runner.

The Cross Country team is selected based upon:

- Runners time trials from internal training
- The specific rules and regulations associated with each carnival
- Attendance at compulsory team training sessions
- Overall commitment to the cross country program

Students who are selected for the Cross Country team are required to maintain a minimum of two running training sessions per week. One of these sessions **must** be the Tuesday morning school session.

In the case of illness or injury a student's past performances may be considered and will be at the discretion of the Cross Country Head Coach and the Sports Program Manager.

11. Dance Team Selection

Monte enters dance teams in a variety of genres in the CGSSSA competition and various other eisteddfods. All students are invited to trial for the appropriate ensemble.

Students will be asked to perform routine dance skills and will be assessed by the coach for suitability and inclusion in each specific genre.

12. Football (Soccer) 'Club Team' Trials

Students are expected to attend **all** relevant trial sessions.

All age groups will be expected to attend up to three trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Football Coordinator.

The first trial will involve assessment in a variety of football skills and may include fitness-based assessment. Subsequent trials will involve simulated game play. Each student will play in a minimum of 2 x 10 minute games at each of these sessions.

13. Football (Soccer) 'Representative Team' Selection

Students are expected to attend all relevant trial sessions.

All age groups will be expected to attend up to three trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Sports Program Manager.

Trials will involve skill drills and simulated game play. Each student will play in a minimum of 2 x 10 minute games at each of these sessions.

Selectors of football representative teams may take into consideration information provided by coach's reports from previous seasons when making selections.

14. Hockey 'Club Team' Trials

Students are expected to attend all relevant trial sessions.

All age groups will be expected to attend up to three trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Hockey Coordinator.

The first trial will involve assessment in a variety of hockey skills and may include fitness-based assessment.

Subsequent trials will involve simulated game play. Each student will play in a minimum of 2 x 10 minute games at each of these sessions.

15. Hockey 'Representative Team' Trials

The Senior Representative team will be the 'Monte 1' Team selected to play in the Term 3 IGSSA Competition. Players not in this team who wish to stand for selection must attend the first two Monte 1 training sessions in Term 3. During these sessions players will undertake simulated game play as the selection process. High quality Monte 2 players may also be considered for this team and the coaches of the teams will make assessment of their suitability.

The Junior Representative Team (Year 7-9) will be the top Junior team playing in the Term 3 IGSSA Competition. Players not in these teams who wish to stand for selection must attend the first two Junior A training sessions in Term 3. During these sessions players will undertake simulated game play as the selection process.

Selectors of hockey representative teams may take into consideration information provided by 'club team' coach's reports when making selections.

16. Netball 'Club Team' Trials

Students are expected to attend all relevant trial sessions.

All age groups will be expected to attend up to four trial sessions. This may be revised and any revision will be at the discretion of the Netball Coordinator.

The first trial will involve assessment in a variety of netball skills and may include fitness-based assessment. Subsequent trials will involve simulated game play. Each student will play in a minimum of 2 x 10 minute games at each of these sessions.

17. Netball 'Representative Team' Trials

The Senior Representative team will be the 'Monte 1' Team selected to play in the Northern Suburbs Netball Association Competition. Players not in this team who wish to stand for selection ***must*** attend any relevant stand alone trial as advertised. During these sessions players will undertake simulated game play as the selection process. High quality Monte 2 players may also be considered for this team and assessment of their suitability will be made by the coaches of the teams.

The Intermediate Representative team (Years 9-10) will be selected from 15A and 14A grade teams that are entered in the Northern Suburbs Netball Association Competition. Players not in these teams who wish to stand for selection ***must*** attend the first two 15A training sessions in Term 3 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process.

The Junior Representative Team (Years 7-8) will be selected from 12A, 13A and 14A grade teams that are entered in the Northern Suburbs Netball Association Competition. Players not in these teams who wish to stand for selection ***must*** attend any relevant stand alone trial as advertised. During these sessions players will undertake simulated game play as the selection process

Selectors of netball representative teams may take into consideration information provided by 'club team' coach's reports when making selections.

18. Rugby 7s

Rugby Trials happen in an ongoing fashion for the duration of Term 2. All students must spend the term preparing for competition in Term 3.

Students who are new to the game or have not played for MOnTe before must complete a 6 week "Learn To Play" course and are then tested for safety competency at the conclusion. Students who fail the competency test will not be cleared to play until such time as they can effectively demonstrate all safety strategies associated with the game.

In Term 3, additional representative opportunities exist through pathways provided by NSW Rugby. Teams are selected for this based upon age eligibility and effectiveness in Saturday matches at Pymble. Ultimate discretion lies with the Head of Program.

19. Rowing – NSW Schoolgirl Head of the River Representation

Any student who would like to represent Monte at the NSW Schoolgirl Head of the River Rowing Regatta will be required to register an expression of interest with the Sport Program Manager by the Wednesday of Week 4 in Term 1.

Only students who can prove that they are currently rowing as part of a club and have been undertaking regular training will be eligible to register an expression of interest.

Students will be required to provide the following information in their expression of interest:

- Name
- Event(s) interested in entering
- Current Year Level at Monte
- Names of any other students who will be in the crew
- The club at which the student is currently a member
- The student's coach and his/her contact details
- Information about whose equipment the student will be using at the regatta
- Recent results in the events the student wishes to enter

Where there are more expressions of interest in any specific event than there are positions available to the College the Sports Program Manager will make the final decision regarding entries based on the information provided in each applicant's expression of interest.

20. Softball 'Club Team' Trials

Students are expected to attend **all** relevant trial sessions.

All age groups will be expected to attend up to **two** trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Softball Coordinator.

The first trial will involve assessment in a variety of softball skills and may include fitness-based assessment. Subsequent trials will involve simulated game play. Each student will be given an opportunity to bat and field. Players who wish to trial as pitchers and catchers will be given an opportunity to trial in those positions.

21. Softball 'Representative Team' Selection

The Senior Representative team will be the 'Monte 1' Team selected to play in the Term 4 Manly Warringah Softball Association Competition. Players not in this team who wish to stand for selection **must** attend the first two Monte 1 training sessions in Term 4 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process. High quality Monte 2 players may also be considered for this team and assessment of their suitability will be made by the coaches of the teams.

Selectors of softball representative teams may take into consideration information provided by 'club team' coach's reports when making selections.

22. Swimming Representative Team Selection

The Monte swim team competes at a number of carnivals each year including CGSSSA and IGSSA. Swimmers who perform well at the CGSSSA carnival can gain selection in the NSW Combined Catholic Colleges carnival and then the NSW All-Schools carnival.

Final team selections are made with the aim of achieving the best possible outcome for the 'Monte Team' as opposed to the specific needs and interests of any one swimmer.

The swim team is selected based on swimmers' times from:

- The Monte House Swimming Carnival
- Pre-season invitational carnivals
- NSW Metropolitan and State Championships in the current and previous calendar year

Other factors that are taken into consideration when selecting the team are:

- The specific rules and regulations associated with each carnival
- Attendance at compulsory team training sessions

- Overall commitment to the swimming program

Students who are selected for the swim team are required to maintain a minimum of four school-based swimming training sessions per week, one of which is required to be the Friday morning compulsory team session. Students who are committed to and racing with an affiliated NSW Swimming club are expected to attend at least the Friday morning compulsory team session.

Monte swimmers who have qualified for and will be attending Australian Age Swimming Championships or who are current year 12 students may be afforded flexibility with relation to the training schedule. Applications in these instances should be made through the Sports Program Manager and the Head Swim Coach.

23. Tennis 'Club Team' Trials

Students are expected to attend **all** relevant trial sessions.

All age groups will be expected to attend up to **two** trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Tennis Coordinator.

The trials will involve assessment in a variety of tennis skills and game play. They may also include some fitness-based assessment.

24. Tennis 'Representative Team' Selection

CGSSSA

Monte enters singles and doubles representative teams in the CGSSSA Tournament.

Trials for the CGSSSA representative Team will be held in the first two weeks of Term 3. Students who wish to be considered for this team must attend these trials. The trials will involve skill and game play assessment.

Tildesley

Monte enters singles and doubles representative teams in the Tildesley Shield Tennis Tournament that is convened by IGSSA.

Trials for the Tildesley Shield team will be held in Term 4 and Term 1 and will involve skill and game play assessment. Other factors that may be taken into consideration are:

- The specific rules and regulations associated with the tournament
- Attendance at team training sessions and practice matches
- Overall commitment to the tennis program

Final team selections for the tennis representative teams are made with the aim of achieving the best possible outcome for the 'Monte Team' as opposed to the specific needs and interests of any one player.

25. Touch Football 'Club Team' Trials

Students are expected to attend **all** relevant trial sessions.

All age groups will be expected to attend up to **two** trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Touch Football Coordinator.

The first trial will involve assessment in a variety of touch football skills and may include fitness based assessment.

Subsequent trials will involve simulated game play. Each student will play in a minimum of 2 x 10 minute games at each of these sessions.

26. Touch Football 'Representative Team' Selection

The Senior Representative team will be the 'Monte 1' Team selected to play in the Term 1 Eastern Suburbs Competition. Players not in this team who wish to stand for selection ***must*** attend the first two Monte 1 training sessions in Term 1 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process. High quality Monte 2 players may also be considered for this team and assessment of their suitability will be made by the coaches of the teams.

The Junior Representative Team (players aged 15 and under at 31 December of the current calendar year) will be comprised of the best 15 Years players in the College program. Typically, these girls are in the Intermediate A team but there are times when a "young" Senior player (one who is in Year 10 but turns 15 in the calendar year), may be considered. The final composition of this team will be formulated via consultation with all relevant coaches and ultimate discretion lies with the head of the Touch Football program.

27. Volleyball 'Club Team' Trials

Students are expected to attend ***all*** relevant trial sessions.

All age groups will be expected to attend up to ***two*** trial sessions. This may be revised in the case of inclement weather and any revision will be at the discretion of the Volleyball Coordinator.

The first trial will involve assessment in a variety of volleyball skills and may include fitness-based assessment.

Subsequent trials will involve simulated game play. Each student will play in a minimum of 2 x 10 minute games at each of these sessions.

28. Volleyball 'Representative Team' Selection

The Senior Representative team will be the 'Monte 1' Team selected to play in the Term 4 Santa Sabina Competition. Players not in this team who wish to stand for selection ***must*** attend the first two senior representative team training sessions in Term 3 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process. High quality Monte 2 players may also be considered for this team and the coaches of the teams will make assessment of their suitability.

The Junior Representative Team (Year 7-9) will be the highest graded junior team selected to play in the Term 4 Santa Sabina Competition. Players not in this team who wish to stand for selection ***must*** attend the first two junior representative team training sessions in Term 1 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process. High quality players from the lower graded junior teams may also be considered for this team and assessment of their suitability will be made by the coaches of the teams.

Selectors of Volleyball representative teams may take into consideration information provided by 'club team' coach's reports when making selections.

29. Water Polo 'Club Team' Trials

Students are expected to attend ***all*** relevant trial sessions.

All age groups will be expected to attend up to two trial sessions. This may be revised and any revision will be at the discretion of the Water Polo Coordinator.

The first trial will involve assessment of swimming capability. Student athletes may be 'timed' on a 50m and a 200m freestyle swim. A variety of Water Polo skills may also be assessed.

Subsequent trials will involve simulated game play.

30. Water Polo 'Representative Team' Trials

The Senior Representative team will be the 'Monte 1' Team selected to play in the Term 4 IGSSA Competition. Players not in this team who wish to stand for selection ***must*** attend the first two Monte 1 training sessions in Term 4 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process.

The Junior Representative Team (Year 7-9) will be selected from the student athletes in Years 7-9 who are registered and playing in the Term 4 IGSSA Competition. Players not in these teams who wish to stand for selection ***must*** attend the first two training sessions in Term 4 or any relevant stand alone trial. During these sessions players will undertake simulated game play as the selection process.

Selectors of water polo representative teams may take into consideration information provided by 'club team' coach's reports when making selections.

A. APPEALS PROCESS

Monte offers an appeal process in an attempt to ensure that student athletes are afforded procedural fairness and natural justice. The appeal process should not be viewed as a 'second bite of the cherry' in the trial and grading process. The appeal process acts as a review of the correctness of the original decision making process in order to ensure that it does justice to student athletes.

In this process 'doing justice' refers to ensuring that the selectors did not act in a biased manner and that the established criteria and processes have been followed as required by these guidelines and the particular sport.

The appeal process is ***not*** a replication of the trial and grading process. It will be an inquiry into whether the decision reached by the original selection panel was properly made. Selectors are employed to apply their experience and expertise to the process and in doing so will use those skills to make what are often subjective assessments of players. The appeal panel ***will not*** review subjective assessments made by selectors of particular sports.

The appeal panel will consist of:

- Sports Program Manager
- Deputy Principal Pastoral Care
- One other independent member to be appointed by the Sports Program Manger.

Students who do not attend ***all*** of the necessary trial and grading sessions ***will not*** have the right to appeal selection decisions.

A.1 Appeal Procedure

If a student wishes to make an appeal she must:

- Make the appeal in writing to the Sports Program Manager within 72 hours of the announcement of the team.
- Stipulate the areas relating to these Selection Guidelines in which she feels warrants review, citing specific examples.

- Have a parent or guardian co-sign the appeal letter.

Once an appeal is received by the Sports Program Manager it will be reviewed to ensure that it is in fact an appeal relating to procedural fairness and natural justice.

If the appeal is deemed to relate to procedural fairness and natural justice the Sports Program Manager will solicit direct information regarding the situation from the specific sport coordinator and any selectors involved in the process. Once this information has been collected the Sports Program Manager will convene a meeting of the appeal panel. The panel will assess the information and the appeal and make a determination. If any further information is required from the student athlete she will be contacted by the Sports Program Manager and asked to provide the additional information in writing.

The student will be advised in writing of the final determination.

If the appeal is deemed not to relate to procedural fairness and natural justice the student will be advised and the appeal will be void. Questions relating to selectors subjective decisions will not be entered into.

A.2 Feedback

Students who would like to receive feedback regarding their selection in a particular team may do so by approaching the co-ordinator of their particular sport. The co-ordinator will endeavour to solicit specific information relating to the student's performance from relevant selectors. The feedback will be directly related to the performance of the student athlete and will endeavour to include information about areas that could be improved upon. Direct comparison to other student athletes will not be provided.