



St Margaret's College

Balanced
foundations,
bright futures.

Sport

2024



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Sport Department contact details

Director of Sport

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School contact details

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Sport Council 2024

Sport Prefect

Neve Ballin

Year 12

Lily Ballin

Margo Dalling

Annie Francis

Lulu Inglis

Indy Gibson

Year 13

Neve Ballin

Charlotte Coughlan

Nevaeh Dunn

Evie Leeson

India Broomhall

Ava Readman

Leadership of Sporting Codes 2024

CODE	NAME	ROLE
Athletics	Samantha Lascelles	Head of
Badminton	Lancy Shang Guan	Head of
Basketball	Evie Leeson	Head of
Cricket	Frankie Jack	Head of
Cross Country	Isabelle Harrison	Head of
Equestrian	Olivia Adams	Head of
Football	Trelise McEwan	Head of
Hockey	Charlotte Giles	Head of Senior School
	Rosa Turner	Head of Middle School
	Poppy McNeill	Head of Junior School
Korfball	Annabel Smith	Head of
Life Saving	Hannah Wareing	Head of
Netball	Nevaeh Dunn	Head of
	Annie Francis	Deputy Head of
	Lulu Inglis	Deputy Head of
Rowing	Ava Readman	Head of
	Lucy Tod	Deputy Head of
Rugby/Sevens	Indy Gibson	Head of
Skiing	Kara Gooding	Head of
Tennis	Maddi Brown	Head of
Touch	Millie Robertson	Head of
Volleyball	Brooke Manson	Head of
Water Polo	Brooke Mullinger	Head of

Introduction

St Margaret's College embraces a holistic education and sport is an important vehicle through which students will learn life skills and have key values reinforced. Sport involvement will provide opportunity for students to have fun, make friends and improve physical skills and fitness.

All students are strongly encouraged to be involved in sport and physical activity.

SMC students will understand the need to be role models and ambassadors when representing the school. They will wear the uniform proudly and will show commitment and determination to improve. Students will be modest in victory and humble in defeat and will at all times show respect to all players, officials and spectators.

Sport Organisation

Director of Sport
Mrs Helen Belcher

Assistant Director of Sport
Mrs Sharon Lloyd

Athlete Development and Fitness
Mrs Julie Seymour

Junior School Sport Administrator
Mrs Bindy O'Callaghan

Coach Administration
Ms Rebecca Connaughton

Sport Coordinator
Mrs Alicia Davis

Sport Convenor
Mrs Jess Huia



Sport Committee

The Sport Committee will make decisions on sporting awards in consultation with the Executive Principal.

Sport Council

This is an elected group of Year 12 and 13 students who help with the organisation of school sport, including taking an active role in supporting events and local sport.

Convenor of Code

Each sport will have a convenor who is responsible for the organisation and administration of their sport.

Sport Captains and Vice Captains

These students are appointed as captains and vice captains of a code by the Sport Department, to provide leadership to the code and to provide support for the convenor.

Team Captains and Vice Captains

These students are appointed by the team coach in consultation with the Director of Sport to provide leadership for the team.

Coaches and Managers

SMC aims to provide all teams with a coach or manager. Coaches for many teams will be employed and students will be charged an amount to contribute toward these costs. Senior students coach a number of Junior teams. The support of staff and parent volunteers is also vital to ensure all teams are catered for.



Fitness Centre

The Fitness Centre is available for use by any student in Year 9 – 13 provided they have had an induction to facilities and equipment. To obtain a programme, students must make an appointment with the Fitness Provider. Programmes will be individualised according to current standard and level of fitness and personal goals. Most selected senior teams will have mandatory weekly sessions built into their training

programmes. All Fitness Centre users must ensure the area is kept in a tidy and safe condition at all times.

Policy and values

All students and parents are required to complete the Sport Contract at the time of enrolment and are to ensure all areas are adhered to for the duration of the student's time at SMC.

Sport Contract

To be completed by all students and caregivers who participate in Sport for SMC either as part of a team or as an individual, whether activity is on site at SMC or at any other venue.

To be completed and returned to the Sport Office.

Student Name: _____

Year Level: _____

- > Agrees to wear the correct uniform. This includes trainings, fitness sessions and games. The full school tracksuit is required to be worn to and from all events and games. Jewellery must NOT be worn at any trainings or games.
- > Agrees to pay all fees upon sign up or once teams are announced.
- > Will attend all trainings, games and other team commitments unless prior approval has been obtained or advised as soon as practicable.
- > Wear correct safety gear as recommended for respective code e.g. mouthguard for basketball.
- > Report all injuries or illnesses immediately to the Director of Sport (DoS). Seek medical attention as required and provide DoS/School Nurse with regular reports. In the case of major injury including any breaks or head injury, regardless of whether concussion has been diagnosed, provide the DoS with a medical certificate

stating when the student can return to physical activity, including physical PE lessons.

- > Wear a correctly fitted seatbelt when travelling in any vehicle, including mini vans and buses, to and from any school or sporting events or competition.
- > Will not travel in any private car with another student as the driver, unless a 'Car Pass' is completed by both parties and returned to SMC prior. Students may only travel in a vehicle driven by another student if prior approval is obtained from parents of both the driver and the passenger. The driver is required to have a full current drivers licence and the car involved must be fully warranted and insured.
- > Advise and update DoS and Coach or Manager any medical concerns or issues eg allergies, epilepsy, asthma, injuries.

Student signature

Date

Parent/Caregiver name

Parent/Caregiver signature

Contact details



All students, parents, coaches, managers, officials, spectators and supporters are to adhere to the School Sport Canterbury Codes of Behaviour.

School Sport Canterbury (SSC) Codes of Behaviour

This code does not set out to provide a detailed prescription, but rather the broad principles of acceptable behaviour in Secondary School Sport in Canterbury.

Breaches of this or any other code could lead to disciplinary action by: the offender's school, SSC under its complaint procedure, or Regional Sports Organisations.

Player Code of Behaviour

- > Play for enjoyment.
- > Play hard but fair.
- > Play to the laws of your game.
- > Be committed to your team. Attend all practices and matches.
- > Never argue with officials. Control your temper at all times.
- > Work equally hard for yourself and your team.
- > Be a good sport. Applaud all good play whether by your team or your opponent.
- > Remember the goals of the game are to have fun, improve your skills and feel good.
- > Use appropriate and acceptable language.

- > Thank the opposition and officials at the end of the game.
- > Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Coach Code of Behaviour

- > Positively reinforce the actions of players.
- > Lead by example.
- > Be honest with yourself and players.
- > Create an enjoyable environment in which to play the game.
- > Develop team respect for officials.
- > Give all players the opportunity to participate in the game.
- > Insist on fairplay and discipline.
- > Be reasonable on the demand on players' time, energy and enthusiasm.
- > Encourage sportsmanship.
- > Use appropriate and acceptable language.

Spectator/Parent Code of Behaviour

- > Applaud the performance of both teams.
- > Be positive with the officials.
- > Acknowledge the efforts of the officials.
- > Let the players play their game, not your game.
- > Praise efforts, not results.
- > Set an example for the players.
- > Use appropriate and acceptable language.

Supporters Code of Behaviour

- > Encourage all participants to play within the rules of the game.
- > Display self-control on the sideline.
- > Show appreciation to coaches and officials who facilitate the game.
- > Remember young people play sport for their satisfaction not yours.

Officials Code of Behaviour

- > Control the game in a fair and positive manner.
- > Be consistent and objective in your rulings.
- > Modify your approach to suit the level of player skill.
- > Help players learn the rules by explaining decisions where appropriate.
- > Do what you can to make sure that everyone enjoys the game.
- > Encourage fair play and not tolerate foul play of any kind.
- > Be a positive role model.

Procedures

Sign-up and selection

Sign-up for Term 1 summer and winter codes will be held at the start of the school year. Once a student signs up or is selected into a sport or team, a commitment is made for the full season.

The student will be expected to pay for all costs associated with the team they are committed to.

In most cases trials will be held at the beginning of the season. Please note that some netball trials will be held in February. Winter trainings will commence at the end of Term 1.

Selection will be based on:

- > Skills – technical, tactical and mental
- > Attitude
- > Coachability
- > Fitness (agility, speed, strength and endurance)
- > Leadership
- > Commitment to team/Focus
- > Character/Values/Culture
- > Work rate/Work ethic

Teams will be posted on Student Notices at an appropriate time before the season commences.

Commitment/expectation

If an absence is unavoidable, it is the student's responsibility to communicate that information to the coach. The student may need to find a replacement player if required.

Students are expected to attend all practises and be available for all games. Appointments or other events should be organised outside of training and game times. Attendance at trainings and games will be recorded.

Draws

Copies of sport draws and results will be posted on Student Notices for mid-week sport competitions

and are available from School Sport Canterbury on their website

canterbury.schoolsport.org.nz.

Other weekend sports have their own websites – these are noted with the sports information in this booklet.

Any queries should be directed to the SMC Sport Office.

Cancellations

The Sport Office will advise the school via Student Notices if games are cancelled or postponed due to the weather or state of the grounds. Cancellations will also be posted on the School Sport Canterbury website:

canterbury.schoolsport.org.nz.

Any late cancellations received from other schools will be communicated to students as soon as possible.

Results

Team captains are to advise the Sport Office of all results immediately following the game. Please email **sport@stmargarets.school.nz** or add the result to the Google Doc for that particular code.

Financial commitment

Fees – In most codes students will be charged either in instalments or one amount. Fees may include:

- > entry fees and associated costs for local competitions
- > contribution to gear and equipment
- > subsidy for coach's payments (SMC to cover the majority).



Tournament Costs – SMC will meet a proportion of entry fees to a major tournament. SMC will cover the costs for one staff/adult to attend tournaments. Students will meet the expenses for subsequent staff/adults on a ratio basis where two or more adults are involved.

In most cases students will be charged instalments prior to and following any tournament to meet all associated costs.

Transport – for inter-school sport

Girls may walk, bike, drive their own cars or be transported by their parents. Taxis can be organised by the Sport Office and will be charged to students' school accounts. It is imperative that ALL students communicate their availability and transport requirements with the Sport Office each week. We appreciate parents being available to assist with transporting students to games.

Girls may not travel in any private car with another student as the driver, unless a 'Car Pass' is completed by both parties and returned to SMC prior.

Car Pass

To be completed for any student travelling with a fully licensed driver to and from a St Margaret's College event.

I give permission for my daughter, _____

to travel in a motor vehicle driven by _____

I understand that _____

has her full New Zealand driver's licence and that the vehicle is registered, warranted and insured.

Parent's / Caregiver's name: _____

Date: _____ Signature: _____

Car Pass

To be completed for any fully licensed driver transporting a student to and from a St Margaret's College event.

I give permission for my daughter, _____

to transport _____

to and from a St Margaret's College event.

My daughter has her full current New Zealand driver's licence.

Licence number: _____

The vehicle has a current warrant of fitness, registration and insurance.

Registration number: _____

Make and model: _____

Parent's / Caregiver's name: _____

Date: _____ Signature: _____



School events

Term 1:

- Y7-13 Athletics Day
- Y1-3 Swim Showcase
- Y4-6 Swimming Sports
- Y7-13 Swimming Sports

Term 2:

- Y1-13 Cross Country
- Y1-13 House Day

Term 4:

- Y0-6 Athletics

Athlete Development Programme

The Athlete Development Programme is designed to assist aspiring athletes to achieve. Anybody in Year 10-13 may apply and be considered for the programme. The aim is to better educate our young athletes in all areas of sport and to assist and support them in transitioning successfully into young high performance athletes. Topics include sports nutrition, training principles, balancing more than one sport, workload, training, over training, recovery, time and energy management and mental skills. Students will be advised via Student Notices when they may apply. Sessions are held during lunchtimes. There are approximately 14 sessions/year.

Tournaments and exchanges

South Island and National tournaments for senior teams are generally held during Summer and Winter Tournament weeks or during the school holidays.

South Island tournaments for junior teams are held throughout the year. In most cases teams must qualify to attend.

Canterbury tournaments are generally played during the weekend.

Summer Quadrangular tournament is held in March and contested and hosted by Columba College, Craighead Diocesan, Rangī Ruru, St Hilda's Collegiate and SMC. Sports involved include cricket, tennis, touch and volleyball for Senior A teams.

Winter Quadrangular tournament is held in August every year and contested and hosted by Columba College, Craighead Diocesan, Rangī Ruru, St Hilda's Collegiate and SMC. Sports involved are badminton, football, hockey and netball for Senior A teams.

The Independent Schools and Canterbury Primary Schools Winter tournaments for Year 5-8 hockey and netball is held in July and/or August each year.

Uniform

Girls are required to purchase their own sports uniform from Maggie's Shop. All girls must wear correct uniform for the specific code and full tracksuit is to be worn to and from venues. Jewelry must NOT be worn at any trainings or games.

Tops requiring numbers will have an additional charge. Some second hand uniforms will be available from Maggie's.

Students or teams are not permitted to purchase any alternative items of clothing for any code, whether for tournaments or competitions.

Awards and recognition

SMC recognises and supports all levels of sport across a wide variety of codes. We encourage students and parents alike to advise the Sport Office of all achievements, successes and noteworthy stories, accompanied with an appropriate photo.

We acknowledge results in the SMC Newsletter, on social media and on the College website.

We do our utmost to have transparency and fairness across all codes.

Stripeys – The red and white stripey is awarded to Year 11-13 students as a warm up top for some selected teams/athletes.

Criteria is as follows but not limited to:

- › top senior team selected on ability
- › the team represents SMC in the highest grade available in the season
- › successful results during the local competition
- › the team competes at South Island and/or New Zealand Secondary School's competitions

Girls in Year 10 who are members of the top senior team may be awarded a stripey in exceptional circumstances. The Sport Office will consider students once a term to determine eligibility.

Long sleeve red and white T-shirt

– designed for warm ups and as a travelling top for A teams attending a SISS or NZSS tournament. It may be worn throughout the season for weekly or regular commitments. Students will be advised when they have met the criteria to purchase a top. The top is only to be worn within that team environment.

Leadership of Sporting Codes –

Girls can apply or be nominated for Head of code roles. Students generally should be in Year 13 for the year of service. Consideration will be given to students who have demonstrated, and have the potential for leadership. Head of code roles will be announced in Term 4.

NB: These positions are for head of code roles and do not include captaincy of any particular team.

Sport Council – This is an elected group of Year 12 and 13 students who help with the organisation of College sport and take an active role in supporting events and local sport.

Girls can apply, or be nominated. Application forms will be posted on Student Notices.

Sport Council members will be announced in Term 4. Year 12 students must reapply and are not automatically reinstated.

We have summer and winter Sport Assemblies where recognition and awards are presented for:

- › Notable achievements including teams and individuals who have achieved within their grade
- › Red roses
- › Year 9-10 badges
- › Year 7-8 shields
- › Senior School pockets

Red roses are awarded at assemblies to students who have been placed first or second in a New Zealand championship event at the highest level available, or if selected into a New Zealand team at the highest level available to students.

Year 9-10 Colours

An exceptional student in Year 9 or 10 can apply for Year 9-10 Colours after having received their Year 9-10 Badge in that code. The Year 9-10 Colour is recognised with a red band on the green blazer. Application forms will be posted on Student Notices at the start of Term 3.

Year 11-13 Pockets

Pockets are awarded to students in Year 11-13 for achievement in their chosen sport. This is a patch worn on the pocket of the school blazer. A Pocket must be earned before consideration is given to the awarding of Colours. Students may apply for both a Pocket and Honours in the same season. A high standard of athletic achievement is required, with some individual codes such as Athletics and Swimming, a specific time or distance is required to be achieved consistently. In team sports, coaches rank students on their ability and contribution to the team. Application forms will be available on Student Notices prior to each assembly.

Year 11-13 Honours

This is the highest achievement in Sport at SMC and it allows the selected students to purchase and wear the Red Blazer. This Honours Award is for girls in Year 11-13 who have met criteria specific to their sporting code, including performing to an exceptional level in their sport, who have given service to SMC Sport and who have been role models and ambassadors for SMC. Service is an important component of Honours and students should keep an accurate and detailed log of service hours. There is opportunity for service across codes. Students in Year 11 can apply at the start of Term 3. Year 12 and 13 students have the opportunity to apply three times throughout the year.



Please Note: The criteria for all recognition is specific to individual sports and reviewed regularly, taking advice from regional and national sport organisations. The SMC Awards criteria is available from the Sport Office. Athletes are encouraged to visit the Office to make themselves familiar with the criteria for their sport/s.

Year 13 Ongoing Sporting Performance and Service medals are awarded to Year 13 students who were awarded Sport Honours in previous years and who have continued to maintain a level of performance and service equivalent to the Honours criteria.

Students may come and discuss the relevant criteria, prior to applying for and receiving any awards.

NZ Rep badges are awarded for those individuals who have been selected into a New Zealand team.

Sport Awards is the major sport awards event and is held in Term 4 every year to celebrate and acknowledge the achievements of student athletes and coaches.

Awards include:

- › Trophies for SMC codes
- › Year 13 Ongoing Sporting Performance and Service
- › NZ Rep Badges
- › Year 9-10 Colours
- › Year 11-13 Honours
- › Major Awards

Sport Options 2024 – Year 7–13

Archery

Convenor: Mrs Alicia Davis

Registration / Selection Criteria:
Year 9–13

Previous Experience Required: None

Training and Venues:

Term 1: 6x 2 hour sessions

Term 4: 4x 2 hour sessions

Wednesdays Rawhiti Domain,
Christchurch Archery Club

Competitive Season: Terms 1 & 4

Estimated Costs:

Term 1: \$150 per player

Term 4: \$100 per player (including



equipment hire and coaching) plus
transport costs

Uniform: SMC sport short, PE t-shirt
and tracksuit if applicable

Athletics

Convenor: Mrs Sharon Lloyd
Club information available

Dates:

- > SMC Year 7–13 Athletic Sports 13 Feb
- > Canterbury Secondary Schools' Preliminaries – Tues 26 Mar
- > Canterbury Secondary Schools' Finals – Thu 28 Mar
- > South Island Secondary Schools' 5–7 April, Timaru
- > New Zealand Secondary Schools' 6–8 Dec, Timaru

Year 7–8

- > Independent Zone Athletic Sports Term 4, Tue 12 Nov tbc
- > Canterbury Primary Schools' Wed 27 Nov



Badminton

Convenor: Mrs Sharon Lloyd

Registration / Selection Criteria:
Year 9–13

Trials: 3&10 April

Previous Experience Required: None

Training: Trainings are held on
Tuesdays in the Gymnasium for all
players to attend

Competitive Season: Terms 2 & 3
(‘A’ team competes at Winter

Quadrangular Tournament)
Term 3: CSS teams and individuals
tournaments

Estimated Costs: ‘A’ teams \$50
plus transport and tournament costs
Other teams – \$30

Uniform: SMC sport short and t-shirt,
white socks. Non-marking shoes

Website: badmintoncanterbury.com

Basketball

Convenor: Mrs Jess Huia

Registration / Selection Criteria:
Year 7–13

Trials: Year 9–13, 4–5 April
Year 7–8, 9&11 April

Previous Experience Required:
Preferable but not essential

Training and Venues: Trainings are
held in the school Gymnasium

Competitive Season: Terms 2 & 3:
Year 9–13 games are held on a Friday
at various gyms.

Senior A games will be held on
Tuesday nights.

Year 7–8 competition will be
either held on a Monday or Friday.

Tournaments: Term 3 – SISS

Estimated Costs: Senior ‘A’ – \$210
plus tournament expenses

Junior ‘A’ – \$130

Year 7–8 – \$85

Year 9–13 teams – \$55



Uniform: SMC Basketball shorts and
singlet, white socks. Mouthguards
must be worn for all trainings and
games.

Website: canterburybasketball.co.nz

Climbing

Convenor: TBC

Registration / Selection Criteria:
Year 9-13

Previous Experience Required: None

Training and Venues: Thursdays after school at the Adventure Centre Clip 'n Climb. Terms 2-3

Tournaments: Term 3 – SISS

Estimated Costs: \$90 per term

Uniform: SMC PE singlet, SMC spandex and tracksuit



Cricket

Convenor: Ms Amanda Hardy

Registration / Selection Criteria:
Year 7-13

Previous Experience Required: None

Training and Venues: Thurs 3:45pm – 5:00pm at SMC

Competitive Season: Term 1 & Term 4

Tournaments: March 2024 – Gillette Venus Cup and Forward Foundation

Estimated Costs:

Year 7-8 – \$45 pa (Term 1 & 4)

Year 9 – \$50 pa (Term 1 & 4)

Uniform: SMC cricket pants and shirt



Cross Country / Road Race

Convenor: Mrs Sharon Lloyd

Competitive Season:

Year 1-13

> SMC Cross Country – Wed 8 May

Year 9-13

> Canterbury Secondary Schools' Road Race – Tues 7 May

> Canterbury Secondary Schools' Cross Country – Thurs 6 June



Year 5-8

> Independent Schools' Cross Country – Tue 4 June

> Canterbury Primary Schools' Cross Country – Wed 26 June

Cycling

Own transport and supervision arranged

Competitive Season: Wednesdays
Terms 2 & 3

Training and Venues: Tai Tapu

Estimated Costs:
tbc

Equestrian

Convenor: Mrs Jess Huia

Equestrian Programme – Year 7-13
Year 9-13

Competitive Season: Year 9-13

> Canterbury Secondary Schools' Show Jumping – tbc

> Canterbury Secondary Schools' Dressage – Wed 6 May – tbc

> Canterbury Secondary Schools' One Day Horse Trial – tbc

> SISS Equestrian – Mon 2 – Thu 5 Sept

> Christchurch Combined Schools' Event – (SMC / Rangī Ruru / CGHS) date tbc



Football

Convenor: Mr Keith McDonnell

Registration / Selection Criteria:
Year 9–13

Trials: End of Term 1

Previous Experience Required: None

Training and Venues: 1-2 times a week at SMC

Year 7–8 – skills development at SMC
– lunchtimes once a week Term 2 & Term 3

Competitive Season: Terms 2 & 3

Estimated Costs: Prem Grade \$135
Other teams \$40 plus transport



Uniform: SMC shorts and SMC football jersey, green socks, shin pads

Website: mainlandfootball.co.nz

Football – Indoor

Convenor: Mr Chris Walker

Registration / Selection Criteria:
Year 9–13

Trials: 9–10 April

Previous Experience Required: None

Training and Venues: Weekly in the SMC Gymnasium. Wednesday competition at various school gymnasiums

Competitive Season: Term 1

Estimated Costs: Term 1 \$20 plus transport

Uniform: SMC sports shorts and PE t-shirt with white-soled non-marking shoes, white socks, shin pads. No track pants

Golf

Lessons available
Wednesdays 4.15pm at SMC
Term 1 & Term 4
Minimum numbers required

Hockey

Convenors: Year 9–13 – Mrs Wendy Shannahan

Year 7–8 – Ms Amanda Surr ridge

Skill development days:
Year 7–13 Term 1

Trials: Year 9–13 March/April

Year 7–8 25–26 March

Training and Venues: Trainings will be held on the SMC turf

Competitive Season: Terms 2 & 3.
NB – some teams will be required to play during holiday weekends

Year 9–13: Wednesday

1st XI: Friday night

Year 7–8: Saturday

Tournaments: Independent Schools' Tournament – Term 3
Koru Games: Primary A

All girls must play for SMC in the weekly competition to be eligible for play in these tournaments.

1st XI Winter Quadrangular.

1st XI and 2nd XI compete in

tournaments during Winter

Tournament Week



2024 dates are Mon 2 September – Sat 7 September.

Estimated Costs:

Year 7–8: \$160

Year 9–13: \$305–\$400

plus tournament expenses

Uniform: Year 7–8 teams: SMC skort and sport T Shirt, green socks with white trim and alternative socks – white socks with green trim

Year 9–13 teams: SMC hockey dress, green socks with white trim.

1st XI: SMC red dress, socks – red socks with white trim and alternative socks – white socks with red trim.

Shin pads and mouth guards compulsory for all trainings and games

Website: canterburyhockey.org.nz

Hockey – Summer 6-a-side

Convenor: Ms Amanda Surr ridge

Registration / Selection Criteria:
Year 9–13

Trials: None

Previous Experience Required:

Secondary School Competition for 1st and 2nd XI ability players

Training and Venues: Year 9–13 play

Monday evenings

Competitive Season: Term 1 only – Entries due end of January

Estimated Costs: Approx \$30 per term

Uniform: PE shorts and t-shirts with green hockey socks. Must have own mouth guard, shin pads and hockey stick

Korfball

Convenor: Miss Nicole Lloyd

Previous Experience Required: None

Training: Held at SMC during Term 1 & Term 4

Competitive Season: Term 1 and Term 4, Friday afternoons at Ngā Puna Wai

Tournaments:

SISS Seniors – end of Term 3

SISS Juniors – Term 4

Estimated Costs: Approx \$25 per term

Uniform: SMC sports shorts and sport singlet

Life Saving – Royal

Convenor: Mrs Elspeth Godfrey-Chatterton

Registration / Selection Criteria: Sport Sign Up Day 29 Jan for Year 9–13

Trials: None

Previous Experience Required: No experience required except the ability to swim competently

Training and Venues: Trainings are held in the SMC swimming pool or other community pools. RLSS Badge work is expected. Practices held at a variety of times, i.e. before school, lunch and after school

Competitive Season: Term 1

Estimated Costs: Cost of badges and lane hire if necessary

Multi-Sport

Convenor: Mrs Alicia Davis

Competitive Season:

- > South Island Secondary Schools' Triathlon / Duathlon, Oamaru – Sun 3 Mar
- > Canterbury Secondary Schools' Duathlon – Mon 16 September

- > New Zealand Schools' Triathlon 21–22 March
- > Canterbury Primary Schools' Duathlon – Mon 16 September
- > CPS Triathlon – Tue 19 March

Netball

Year 7–13: Mrs Jess Huia

Trials:

Year 11–13: 10–11 Feb

Year 9–10: March/April

Year 7–8: 4–5 April

Please note – Christchurch Netball Centre games will be played at the new indoor centre at Nga Puna Wai Sports Complex.

Training and Venues: SMC Gymnasium and courts

Competition Games: Teams from Years 9–13 compete on a Wednesday in the SSC competition and compete on a Saturday in the Christchurch Netball Centre competition. Year 7–8 compete in the Christchurch Netball Centre Competition. In 2024, Year 8 games will be held on a Monday. Year 7 games will be on a Wednesday.

Competitive Season: May – August

NB – Games for Year 9–13 teams are held on the first and last Saturday of the July holidays. Players are expected to be available for all games.

Tournaments: Senior A: Winter Quadrangular – August.

SISS: 2 – 5 September.

9A and 10A: Junior SISS tournament first week of the July holidays, 8 – 10 July.

7–8A: Koru Games – TBC

Year 5–8: A teams will be involved in the Independent Schools' Winter tournament – Term 3



Uniform: Year 3–6: SMC PE uniform
Year 7–8: SMC skort and netball T shirt
Year 9–13: SMC netball dress
Senior A: SMC red dress

Estimated Costs: Senior A: \$480 – plus tournament costs

Year 7–13: \$270–\$360 plus tournament expenses for 9A and 10A
Subject to change with indoor centre costs

Indoor Netball Term 1, Wednesdays
\$37 per team / per game plus transport

Website: netballchristchurch.org.nz
canterbury.schoolsport.org.nz

Polo

Convenor: Mrs Jess Huia

Registration / Selection Criteria: Year 7–13

Trials: None

Previous Experience Required:

Limited positions are available. Players must have riding experience and commitment is essential.

Training and Venues: Waireka Polo Grounds, Bramleys Road, Falxton, on Tuesdays during Term 1 & 4

Tournaments: Terms 1 & 4: Supa Polo

Estimated Costs: \$75 per lesson. Transport costs extra. Tournament costs extra.

Uniform: Own helmet, boots, safety goggles and chaps or long boots, gloves. Own saddle may be used for tournaments. A pony, gear and stick are provided.

Rowing

Rowing Manager: Mrs Trudy Keys

Assistant Rowing Manager: Mrs Alicia Davis

Registration / Selection Criteria: No new members in Term 1 (Year 10–13)

Sign-Up: End of Term 3

Previous Experience Required: None. Must be able to swim 100m in rowing clothes

Training and Venues: Up to six sessions per week

Competitive Season: Term 1

Estimated Costs: Detailed information is available from Mrs Trudy Keys

Uniform: SMC rowing cap, t-shirt, singlet, zootie, spandex and socks. For full details – see Rowing Handbook

Website: zeus-sport.com/ROWINGNZ



Rugby

Convenor: Mrs Sharon Lloyd

Registration / Selection Criteria: Year 9–13

Previous Experience Required: Experience preferred

Training and Venues: Trainings held once a week – Wednesday games.

Competitive Season: Terms 2 & 3

Estimated Costs: TBC

Uniform: SMC rugby jersey, rugby shorts and green socks

Rugby Sevens

Convenor: Mrs Sharon Lloyd

Registration / Selection Criteria: Year 9–13

Previous Experience Required: Preferable

Training and Venues: Term 4 – Twice per week at SMC

Competitive Season: Term 4 – games

Tournaments:

Term 4 – NZ Condor's, South Island's, Condor's qualifying

Estimated Costs: \$30 per term plus tournament expenses, including jersey hire

Uniform: SMC rugby 7's jersey (provided), rugby 7's shorts and socks to be purchased from Maggie's Shop

Skiing / Snowboarding

Convenor: Mrs Alicia Davis

Competitive Season: Year 9–13

- > Canterbury Secondary Schools' Thur 8 Aug
- > SISS Cardrona – Term 3 17–18 Aug

Year 7–8

- > Independent Schools Ski Champs – TBC



Swimming

Convenor: Mrs Sharon Lloyd

Registration / Selection Criteria:
Year 7–13

Swimming Sports – February.
Top swimmers may compete at ISSA, CPS, CSS, SISS and NZSS Champs

Training and Venues: Term 1 & 4

Year 9–13: Swim Club held twice a week.

This is ideal for general fitness, stroke correction, along with fitness for Water Polo and Life Saving for Seniors.



Year 7–8: Swim Club held on Wednesday from 3:15–4:15pm. This is for competent swimmers.

Estimated Costs: \$30 per term.

Uniform: SMC togs (or plain navy) and swimming cap

Tennis

Convenor: Year 9–13: Ms Gemma Davidson

Trials:

- > Configure rankings as at 1 February will determine player placings
- > The six person team to compete at Quadrangular Tournament will be selected by the panel by 10 February
- > The five person team to compete at SISS and NZSS will be selected by the panel by 23 February
The following factors will be considered in determining the final teams:
- > Configure rankings
- > Performance at January Nationals and results from the 12 months preceding
- > Head to Head results (only if two or more players are close in ranking)
- > A player's doubles ability

- > Recent tournament activity
- > Attitude, behaviour, fitness, commitment and teamwork. The selectors may request that trial matches are played to determine positions.

NB These and other factors will be considered by the selection panel using their experience and expertise in selecting individuals to form a team which, in their opinion, best fulfills the aim of achieving the objectives for that team.

Other Year 9–13 teams: these girls may play with a group of friends or as determined by the Tennis Convenor.

Training and Venues: Senior A players are expected to attend coaching sessions with Andrew Falck on a Tuesday morning from 6:45 – 7:45am and on a Thursday at lunchtime.

They are also required to commit to a fitness programme as supported by SMC.

Year 7–9: Tennis lessons Mon P5

Competition Games: All Year 9–13 teams compete in the School Sport Canterbury competition on a Wednesday afternoon.

Competitive Season: Year 9–13 Terms 1 & 4

Tournaments: Senior A will compete at Summer Quad Tournament and at SISS 24 and 25 Feb. If they qualify they will compete at NZSS 18 – 21 March. CSS Senior (Year 11–13) Champs, Term 1
CSS Junior (Year 9–10) Champs, Term 4

Uniform:

Senior A: SMC red dress, white socks
Other Year 9–13 teams wear SMC skort and sport singlet with white socks

Year 1–8: SMC PE uniform



Estimated Costs: Senior A and B
Term 1: \$150 including coaching and fitness. Tournament expenses are extra

Term 4: \$80 plus championship entry
Other Year 9–13: \$15 per term

Website: canterburytennis.co.nz
canterbury.schoolsport.org.nz

Touch

Convenor: Mrs Jess Huia

Registration / Selection Criteria:
Year 7–13

Trials: Term 1, Week 2 and end of Term 3 for Term 4 teams

Training and Venues: Practices held after school and before school for some Senior teams

Competitive Season: Terms 1 & 4
Year 7–8 play at St Andrew's College after school on a Friday. All other teams compete on Wednesdays.

Tournaments: SuperTouch team

compete at Summer Quad Tournament, CSS, SISS and NZSS Championships, depending on qualification results

Estimated Costs: SuperTouch: \$70, Term 1, \$35, Term 4

Year 9–13: \$20 average per term
Year 7–8: \$20 per term

Uniform: SuperTouch: elite sports uniform

Other teams: SMC sport shorts, sport singlet and white socks

Website: touchcanterbury.co.nz

Ultimate Frisbee

Year 9–13 games: Wednesdays Term 1 & Term 4

Uniform: SMC PE singlet and SMC running shorts

Training and Venues: One training per week

Estimated Costs: \$15

Volleyball

Convenor: Mrs Fiona Hartland

Registration / Selection Criteria: Year 7–13

Trials: Term 1, Week 1 and 2

Previous Experience Required: None

Training and Venues: Competitive sport with one or two trainings per week in the Gymnasium

Competitive Season: Term 1 & 4

Year 9–13: competition is on Monday after school.

Year 7–8: compete on a Wednesday in Term 1 & 4

Tournaments: Senior 'A': play at Quadrangular Tournament, CSS, SISS and NZSS Tournaments.

Junior A: compete at CSS and Junior SISS tournaments in Term 4.

Estimated Costs: Senior A: \$200 Term 1 plus tournament, \$50 Term 4

Senior B & Junior A: \$70 Term 1

Junior B & Year 10: \$50 per term plus tournament costs

Year 9: Term 1: \$50, Term 4: \$40

Year 7–8: \$50 per term

Uniform: Senior A: SMC elite L/S t-shirt and spandex

All other teams: SMC sport singlet and spandex with white socks. Black knee pads (optional)

Website: canterburyvolleyball.org



Water Polo

Convenor: Mrs Jess Huia

Registration / Selection Criteria: Year 7–13

Trials: Term 1, Week 2 at SMC swimming pool

Previous Experience Required: Must be a competent swimmer.

Training and Venues: All team members will be required to join the school swimming club unless they swim for a recognised swim squad. Training will be held in the school pool. Games can be rostered between 3–9pm on a Tuesday or Wednesday for Year 9–13 and on a Friday or Monday for Year 7–8 from 4–8pm

Competitive Season:

Year 9–13: Term 1

Year 7–8: Terms 1, 2 & 3

Year 9–10: Term 4

Tournaments:

> SISS – 21–24 March, Christchurch

> NZSS – April

> SISS – Junior, Term 4

Estimated Costs:

Year 9–13: Term 1 – \$80 plus transport.

The team may compete at SISS and NZSS tournaments

Year 7–8: approx \$70 per term of competition

Year 9–10: Term 1 – \$65

Uniform: SMC swimming costume (or plain navy) and SMC swimming caps

Website: waterpolo.org.nz



Sport options 2024 – Year 1-6



Athletics

Year: 0-6
Tues 5 November
Independent Zone – Tue 12 Nov
Canterbury Primary Schools Wed 27 Nov

Basketball – Mini-ball

Year: 3-4
Season: Term 4
Year: 5-6
Season: Terms 2 & 3

Cricket

Year: 1-4
Season: Term 1 & 4
Year: 5-6
Season: Term 1 & 4. Competition games
Fri 12:30pm – 3:00pm

Cross Country

Year: 1-6
SMC Cross Country Wed 8 May

Football

Year: 1-6
Season: Term 1 **Mon** 19 Feb – 18 Mar
Year: 1-3, 3:15pm – 4:00pm
Year: 4-6, 3:40pm – 4:40pm



Hockey

Year: 1 – 6
Season: Terms 2 and 3
Year 1-2: Skills
Year 3-6: Games – Saturday

Netball

Year: 1-6
Season: Terms 2 & 3
Year 1-2: Skills
Year 3-4: Games – Thurs
Year 5-6: Games – Fri
Games will be played at the new indoor facility at Nga Puna Wai

Swimming

Year: 5-6 (competent swimmers)
Season: Terms 1 & 4 **Wed** after school

Tennis – Hot Shots

Year: 1-6
Season: Terms 1 & 4 **Tues** P5

Volleyball

Year: 5-6 skills
Season: Terms 1 & 4

Water Polo – Flippa Ball

Year: 5-6
Season: Terms 1 & 4 **P5**



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