



# St Margaret's College

Balanced  
foundations,  
bright futures.

# Sport

2025



## Sport Department contact details

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## 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 Stacey Holder

**Athlete Development and Fitness**  
Mrs Julie Seymour

**Junior School Sport Administrator**  
Mrs Bindy O'Callaghan

**Coach Administration**  
Mrs Jo Christie

**Sport Coordinator**  
Mrs Alicia Davis

**Sport Convenor**  
Mrs Liz Righton

**Coach and Sports Development**  
Hannah Romano



### 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 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 of the 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 **College Sports Contract** annually and are to ensure all areas are adhered to for the duration of the student's time at SMC.

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](http://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](http://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](mailto: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: \_\_\_\_\_



## 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.

## 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

## 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 in the July holidays for Year 9A and 10A Netball and during Junior Tournament week in November.



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 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 7 and 8 Sport Shields may be awarded at the discretion of the Sport Office, for students who have met individual or team criteria at school sport competitions. The Sport Office will keep records of all achievements following the school sport event.

Students in Year 9 and 10 may be recognised with a Red Badge for high level of achievement in their chosen sport. Students may apply twice a year and successful applicants will be recognised at the Summer or Winter Sports Assembly.

### 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 Honours. 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 in 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 or via School Bridge. 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 2025 – 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:** Term 1 and 4

**Estimated Costs:**

Term 1: \$160 per player

Term 4: \$110 per player (including



equipment hire and coaching) plus transport costs

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

## Athletics

**Convenor:** Mrs Stacey Holder  
Club information available

**Dates:**

> SMC Year 7–13 Athletic Sports  
18 February

> Canterbury Secondary Schools’  
Preliminaries – 25 March TBC

> Canterbury Secondary Schools’  
Finals – 27 March TBC

> South Island Secondary Schools’  
5–6 April, Nelson

> New Zealand Secondary Schools’  
5–7 December, location TBC

**Year 7–8**

> Independent Zone Athletic Sports  
Term 4, 11 November TBC

> Canterbury Primary Schools’  
26 November TBC



## Badminton

**Convenor:** Mrs Alicia Davis

**Registration / Selection Criteria:**  
Year 9–13

**Previous Experience Required:** None

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

**Competitive Season:** Term 2 and 3  
(‘A’ team competes at Winter Quadrangular Tournament)

Term 3: CSS teams and individuals tournaments

**Estimated Costs:** ‘A’ teams \$60 plus transport and tournament costs  
Other teams – \$35

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

**Website:** badmintoncanterbury.com

## Basketball

**Convenor:** Mrs Stacey Holder

**Registration / Selection Criteria:**  
Year 7–13

**Previous Experience Required:**  
Preferable but not essential

**Training and Venues:** Trainings are held in the school Gymnasium

**Competitive Season:** Term 2 and 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’ – \$220 plus tournament expenses  
Junior ‘A’ – \$140

Year 7–8 – \$80 Term 2 and Term 3  
Year 9–13 teams – \$60



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

**Website:** canterburybasketball.co.nz

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## Canoe Polo

**Convenor:** Mrs Alicia Davis  
**Year 9–13**  
Term 1 and 4

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## Climbing

**Convenor:** Mrs Alicia Davis  
**Registration / Selection Criteria:**  
Year 9–13  
**Previous Experience Required:** None  
**Training and Venues:** Bouldering  
Uprising 199 Ferry Road.  
4:00pm–5:00pm Thursday.  
Term 2 and 3  
**Tournaments:** Term 3 – SISS  
**Estimated Costs:** \$16 per week  
**Uniform:** SMC PE singlet, SMC  
spandex and tracksuit



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## Cricket

**Convenor:** Ms Amanda Hardy  
**Registration / Selection Criteria:**  
Year 7–13  
**Previous Experience Required:** None  
**Training and Venues:** Thursdays  
3:45pm–5:00pm at SMC  
**Competitive Season:** Term 1 and 4  
**Tournaments:** March 2024 – Gillette  
Venus Cup and Forward Foundation  
**Estimated Costs:**  
Year 7–8 – \$50 pa (Term 1 and 4)  
Year 9–13 \$55 pa (Term 1 and 4)  
**Uniform:** SMC cricket pants and shirt



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## Cross Country / Road Race

**Convenor:** Mrs Stacey Holder  
**Competitive Season:**  
**Year 1–13**  
> SMC Cross Country – 30 April  
**Year 9–13**  
> Canterbury Secondary Schools’  
Road Race – May  
> Canterbury Secondary Schools’  
Cross Country – June



**Year 5–8**  
> Independent Schools’ Cross  
Country – June  
> Canterbury Primary Schools’ Cross  
Country – June

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## Cycling

**Convenor:** Mrs Alicia Davis  
Own transport and supervision  
arranged

**Competitive Season:** Wednesdays  
Term 2 and 3  
**Training and Venues:** Tai Tapu  
**Estimated Costs:** TBC

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## Equestrian

**Convenor:** Mrs Liz Righton  
**Equestrian Programme – Year 7–13**  
**Competitive Season:**  
**Year 9–13**  
> Canterbury Secondary Schools’  
Show Jumping

> Canterbury Secondary Schools’  
Dressage – May  
> Canterbury Secondary Schools’  
One Day Horse Trial  
> SISS Equestrian – 25–28 August  
> Christchurch Combined Schools’  
Event – (SMC / Rangī Ruru / CGHS) date TBC



## Fencing

**Convenor:** Mrs Alicia Davis  
Year 9–13 Term 1–3

Lessons held at SMC

## Football

**Convenor:** Mrs Liz Righton

**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 and 3

**Competitive Season:** Term 2 and 3

**Estimated Costs:** Prem Grade \$135  
Other teams \$30 plus transport



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

**Website:** mainlandfootball.co.nz

## Football – Indoor

**Convenor:** Mrs Liz Righton

**Registration / Selection Criteria:**  
Year 9–13

**Trials:** 8–9 April TBC

**Previous Experience Required:** None

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

**Competitive Season:** Term 1

**Estimated Costs:** \$30 plus transport

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

## Golf

**Convenor:** Mrs Alicia Davis

Lessons available  
Wednesdays 4:15pm at SMC

Term 1 and 4  
Minimum numbers required

## Hockey

**Convenors:** Year 9–13 – Mrs Wendy Shannahan

Year 7–8 – Ms Amanda Surrridge

**Skill development days:**  
Year 7–13 Term 1

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

**Competitive Season:** Term 2 and 3  
NB – some teams will be required to play during holiday weekends

**Year 9–13:** Wednesday

**1<sup>st</sup> 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.

**1<sup>st</sup> XI** Winter Quadrangular.

**1<sup>st</sup> XI** and **2<sup>nd</sup> XI** compete in tournaments during Winter Tournament Week

2025 dates 25 – 30 August



**Estimated Costs:**

**Year 7–8:** \$190

**Year 9–13:** \$350–\$550

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.

**1<sup>st</sup> 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 Surrridge

**Registration / Selection Criteria:**  
Year 9–13

**Trials:** None

**Previous Experience Required:**  
Secondary School Competition for **1<sup>st</sup>** and **2<sup>nd</sup>** 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 \$40 per Term

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

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## Korfball

**Convenor:** Mrs Liz Righton

**Previous Experience Required:** None

**Training:** Held at SMC during Term 1 and 4

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

### **Tournaments:**

SISS Seniors – Term 1

SISS Juniors – Term 4

**Estimated Costs:** Approx \$25 per term

**Uniform:** SMC sports shorts and sport singlet

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## Life Saving – Royal

**Convenor:** Mrs Elspeth Godfrey-Chatterton

**Registration / Selection Criteria:** Sport Sign Up Day 28 January 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

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## Multi-Sport

**Convenor:** Stacey Holder

### **Competitive Season:**

- > South Island Secondary Schools' Triathlon / Duathlon, Oamaru – March
- > Canterbury Secondary Schools' Duathlon – September

- > New Zealand Schools' Triathlon March TBC
- > Canterbury Primary Schools' Duathlon – September
- > CPS Triathlon – March

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## Netball

**Year 7–13:** Mrs Liz Righton

### **Trials:**

**Year 11–13:** February

**Year 9–10:** March/April

**Year 7–8:** March/April

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

**Training and Venues:** SMC Gymnasium and courts

**Competition Games:** Teams from Year 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 2025, 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:** 25 – 28 August

**Year 9A and 10A:** Junior SISS tournament first week of the July holidays,

30 June – 3 July

**Year 7–8A:** Koru Games September

**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



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## Netball – Indoor

**Convenor:** Mrs Alicia Davis  
Year 9–13

Term 1, Wednesdays

**Estimated Costs:** \$40 per team/per game plus transport

## Polo

**Convenor:** Mrs Liz Righton

**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, Flaxton, during Term 1 and 4  
Own transport arrangements

**Tournaments:** Term 1 and 4: Supa Polo

**Estimated Costs:** Charged 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

**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. SMC Gym or Kaiapoi rowing base

**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](http://zeus-sport.com/ROWINGNZ)



## Rugby

**Convenor:** Mrs Stacey Holder

**Registration / Selection Criteria:** Year 9–13

**Previous Experience Required:**

Experience preferable

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

**Competitive Season:** Term 2 and 3

**Tournaments:** Buller 10's during Winter Tournament Week  
10 and 15 aside options

**Estimated Costs:** TBC

**Uniform:** SMC rugby jersey, rugby shorts and green socks

## Rugby Sevens

**Convenor:** Mrs Stacey Holder

**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:** \$40 per Term plus tournament expenses,

**Uniform:** SMC rugby 7's jersey, 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' August

> SISS Cardrona – August

**Year 7–8**

> Independent Schools Ski Champs – Term 3



## Swimming

**Convenor:** Mrs Stacey Holder

**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 and 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:** \$40 per term.

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

## Tennis

**Convenor:** Mrs Liz Righton

**Registration / Selection Criteria:**  
Year 9–13

**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 2x week with Andrew Falck.

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

**Year 7–9:** Tennis lessons Mondays, P5  
**Competition Games:** All Year 9–13 teams compete in the School Sport Canterbury competition on a Wednesday afternoon.

**Competitive Season:** Year 9–13  
Term 1 and 4

**Tournaments:** Senior A will compete at Summer Quad Tournament and at SISS in February. If they qualify they will compete at NZSS in 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  
**Year 9–13:** SMC skort and sport singlet with white socks

**Year 1–8:** SMC PE uniform



**Estimated Costs:**

**Senior A and B Term 1:** \$160 including coaching and fitness. Tournament expenses are extra

**Term 4:** \$90 plus championship entry

**Other Year 9–13:** \$20 per term

**Website:** [canterburytennis.co.nz](http://canterburytennis.co.nz)  
[canterbury.schoolsport.org.nz](http://canterbury.schoolsport.org.nz)

## Touch

**Convenor:** Mrs Stacey Holder

**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:** Term 1 and 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:** \$80, Term 1, \$40, Term 4

**Year 9–13:** \$25 average per term

**Year 7–8:** \$25 per term

**Uniform:**

**SuperTouch:** elite sports uniform

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

**Website:** [touchcanterbury.co.nz](http://touchcanterbury.co.nz)



## Tramping/Walking

**Convenor:** Ms Bridget Mackie  
Year 9–13

1–2 day tramps offered during  
the year

## Ultimate Frisbee

**Year 9–13 games:** Wednesdays  
Term 1 and 4

**Uniform:** SMC PE singlet and SMC  
running shorts

**Training and Venues:** One training  
per week

**Estimated Costs:** \$15

## Volleyball

**Convenor:** Mrs Fiona Hartland and  
Mrs Liz Righton

**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 and 4

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

**Year 7–8:** compete on a Wednesday  
in Term 1 and 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:** \$210

Term 1 plus tournament, \$80 Term 4

**Other teams:** \$30–\$80 per Term

**Year 7–8:** \$55 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 Alicia Davis

**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:** Term 1, 2 and 3

**Year 9–10:** Term 4

**Tournaments:**

> SISS – March

> NZSS – April

> SISS – Junior, Term 4

**Estimated Costs:**

**Senior A:** \$150 plus tournament costs.

The team may compete at SISS and  
NZSS tournaments

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

**Year 7–8:** approx \$75 per term  
of competition

**Year 9–10:** Term 1 and 4 – \$125 plus  
tournament costs.

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

**Website:** waterpolo.org.nz



# Sport options 2025 – Year 1-6

## Athletics

**Year:** 0-6 – October  
Independent Zone – November  
Canterbury Primary Schools – Novovember

## Basketball – Mini-ball

**Year:** 3-4  
**Season:** Term 4  
**Year:** 5-6  
**Season:** Term 2 and 3  
**Uniform:** SMC PE uniform, mouthguard

## Cricket

**Year:** 1-4  
**Season:** Term 1 and 4  
**Year:** 5-6  
**Season:** Term 1 and 4  
Competition games  
Friday 12:30pm – 3:00pm

## Cross Country

**Year:** 1-6  
SMC Cross Country Wednesday 30 April

## Football

**Year:** 1-6  
**Season:** Term 1 and 4  
**Year:** 1-3, 3:15pm – 4:00pm  
**Year:** 4-6, 3:45pm – 4:30pm

## Hockey

**Year:** 1 – 6  
**Season:** Term 2 and 3  
**Year 1-2:** Skills  
**Year 3-6:** Games – Saturday  
**Uniform:** SMC PE uniform, shinpads, mouthguard

## Netball

**Year:** 1-6  
**Season:** Term 2 and 3  
**Year 1-2:** Skills  
**Year 3-4:** Games – Thursday  
**Year 5-6:** Games – Friday  
Games will be played at the new indoor facility at Ngā Puna Wai  
**Uniform:** SMC PE uniform

## Swimming

**Year:** 5-6 (competent swimmers)  
**Season:** Term 1 and 4, Friday P5

## Tennis – Hot Shots

**Year:** 1-6  
**Season:** Term 1 and 4, Tuesday P5

## Volleyball

**Year:** 5-6 skills  
**Season:** Term 1 and 4

## Water Polo – Flippa Ball

**Year:** 5-6  
**Season:** Term 1 and 4, P5





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