



**St Margaret's
College**

Balanced
foundations,
bright futures.

Sport

2026



Sport Department contact details

Director of Sport

Mrs Helen Belcher

03 353 2560 ext 8511

027 430 7168

helen.belcher@stmargarets.school.nz

sport@stmargarets.school.nz

School contact details

12 Winchester Street

Merivale

Christchurch 8014

PO Box 25094

Christchurch 8140

03 379 2000

Contents

Introduction	2	Cricket	20
Sport organisation	2	Cross Country / Road Race	21
Fitness Centre	5	Cycling	21
Policy and values	5	Equestrian	21
SSC Codes of Behaviour	5	Fencing	22
Procedures	6	Football	22
> Sign up and selection	6	Football – Indoor	22
> Commitment/expectation	7	Golf	22
> Draws	7	Hockey	23
> Cancellations	7	Korfball	24
> Results	7	Life Saving – Royal	24
> Financial commitment	7	Multi-Sport	24
> Tournament costs	9	Netball	24
> Transport	9	Netball – Indoor	25
Car Pass form	11	Rowing	26
School events	13	Rugby	27
Athlete Development Programme	13	Rugby Sevens	27
Tournaments and exchanges	13	Skiing / Snowboarding	27
Uniform	14	Swimming	28
Awards and recognition	14	Tennis	28
Sport options 2025 Year 7–13	18	Touch	29
Archery	18	Tramping / Walking	30
Athletics	18	Ultimate Frisbee	30
Badminton	19	Volleyball	30
Basketball	19	Water Polo	31
Canoe Polo	20	Sport options 2025 Year 1–6	32
Climbing	20		

Introduction

St Margaret's College embraces a holistic education and sport is an important vehicle through which students learn life skills and key values. Involvement in sport provides 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.

Students are taught to 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, 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

Sport Coordinator

Mrs Alicia Davis

Sport Convenor

Mrs Liz Righton

Coach and Sport Development

Hannah Romano





Sport Committee

The Sport Committee, made up of a cross-section of staff members 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 that 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

We aim to provide all teams with a coach or manager. Coaches for many teams will be employed and students will be charged a contribution 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. Students may request a fitness programme and should speak to the Director of Sport to arrange. 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 St Margaret's.

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 (the College covers the majority of this cost).





Tournament Costs – The College will meet a proportion of entry fees to a major tournament. We will also 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 the school office 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, Rangi Ruru, St Hilda's Collegiate and St Margaret's. Sports involved include Cricket, Tennis, Touch and Volleyball for Senior A teams.

Winter Quadrangular tournament is held in August every year with the same group of schools. 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 Term 3 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. **Jewellery 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

We recognise 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 College 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 the College 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
- › Year 7-8 shields
- › Year 9-10 badges
- › Senior School pockets
- › Red roses

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 St Margaret's 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 sport as a senior student and have been role models and ambassadors for St Margaret's. 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 St Margaret's 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 St Margaret's codes
- › Year 13 Ongoing Sporting Performance and Service
- › NZ Rep Badges
- › Year 9-10 Colours
- › Year 11-13 Honours
- › Major Awards



Sport Options 2026 – 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
19 February
- > Canterbury Secondary Schools'
Preliminaries – 17 March
- > Canterbury Secondary Schools'
Finals – 20 March
- > South Island Secondary Schools'
28–29 March
- > New Zealand Secondary Schools'
11–13 December, location TBC

Uniform: SMC running shorts or SMC
spandex, crop top or sport singlet



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: Senior A – SMC red skort and red t-shirt, non-marking shoes
Other teams – SMC skort and t-shirt, white socks, non-marking shoes

Website: badmintoncanterbury.com



Basketball

Convenor: Mrs Liz Righton

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: Senior A – SMC red basketball shorts and singlet

Other teams – SMC sport shorts and sport singlet, white socks.

Mouthguards must be worn for all trainings and games

Website: canterburybasketball.co.nz

Canoe Polo

Convenor: Mrs Alicia Davis

Year 9–13

Term 1 and 4



Climbing

Convenor: Mrs Alicia Davis

Registration / Selection Criteria:

Year 9–13

Previous Experience Required: None

Training and Venues: Boulderering

Uprising 199 Ferry Road

Term 2 and 3

4:00pm–5:00pm Thursday

Tournaments: Term 3 – SISS

Estimated Costs: \$16 per week

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: Thursdays

3:45pm–5:00pm at SMC

Competitive Season: Term 1 and 4

Tournaments: March 2026 – Gillette Venus Cup and Forward Foundation

Estimated Costs:

Year 7–8 – \$60 pa (Term 1 and 4)

Year 9–13 \$65 pa (Term 1 and 4)

Uniform: SMC cricket pants and shirt



Cross Country / Road Race

Convenor: Mrs Stacey Holder

Competitive Season:

Year 1–13

- > SMC Cross Country – 29 April

Year 9–13

- > Canterbury Secondary Schools' Road Race – 5 May

- > Canterbury Secondary Schools' Cross Country – 4 June

Year 5–8

- > Independent Schools' Cross Country – June
- > Canterbury Primary Schools' Cross Country – June

Uniform: SMC running shorts and sport singlet

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

Uniform: SMC cycling jacket, pants and jersey



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 – 31 August – 3 September

- > Christchurch Combined Schools' Event – (SMC / Rangi Ruru / CGHS)
date TBC

Uniform: SMC equestrian long-sleeve jersey and polo shirt



Fencing

Convenor: Mrs Alicia Davis
Year 9–13 Term 1–3
Lessons held at SMC

Uniform: SMC PE t-shirt or singlet, SMC shorts, track pants and jacket

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 – skill 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: Senior A – SMC red football shorts and jersey, red socks
Senior B – SMC football shorts and jersey, green socks
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
Uniform: PE uniform
Tournaments – SMC sport polo shirt

Hockey

Convenors: Year 9–13 – Mrs Wendy Shannahan

Year 7–8 – Ms Amanda Surridge

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

1st XI: Friday night

Year 7–8: Saturday

Tournaments: Independent Schools' Tournament – Term 3

Koru Games: Primary A (end Term 3)

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

2025 dates 31 August – 5 September

Estimated Costs:

Year 7–8: \$190

Year 9–13: \$350–\$530

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

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 \$60 per term

Uniform: SMC sports shorts and sport singlet

Life Saving – Royal

Convenor: Mrs Elspeth Godfrey-Chatterton

Registration / Selection Criteria: Sport Sign Up Day 3 February 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: Stacey Holder

Competitive Season:

- > South Island Secondary Schools' Triathlon / Duathlon, Oamaru – 1 March
- > Canterbury Secondary Schools' Duathlon – September

> New Zealand Schools' Triathlon 26–27 March

> Canterbury Primary Schools' Duathlon – September

> CPS Triathlon – February/March

Uniform: SMC running shorts and sports singlet

Netball

Year 7–13 Convenor: TBC

Trials:

Year 11–13: 14–15 February

Year 9–10: March/April

Year 7–8: March/April

Trainings: 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 2026, Year 8 games will be held on a Monday and Year 7 games will be on a Wednesday TBC.

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: 31 August – 3 September

Year 9A and 10A: Junior SISS tournament first week of the July holidays, 6–9 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 and SMC navy undershort

Senior A: SMC red dress and SMC red undershort

Estimated Costs:

Senior A: \$550 plus tournament costs



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

Netball – Indoor

Convenor: Mrs Liz Righton
Year 9–13

Term 1, Wednesdays

Estimated Costs: \$50 per team/per game plus transport

Uniform: SMC PE shorts and singlet



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, polypro, merino top, singlet, zootie, spandex and socks.

For full details – see Rowing Handbook

Website: 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: \$60 per player plus tournament expenses



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: \$60 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 – 5–6 September

Year 7–8

- > Independent Schools Ski Champs – Term 3

Swimming

Convenor: Mrs Stacey Holder

Registration / Selection Criteria:

Year 7–13

Swimming Sports – 16 March.

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 or t-shirt with white socks, SMC white cap



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
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: SMC red shorts/spandex and singlet, SMC white cap

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

Website: 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 red long-sleeve
t-shirt and navy 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 – 21–24 March, Christchurch

> NZSS – 3–6 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 2026 – Year 1-6

Athletics

Year: 0-6 – October

Independent Zone – November

Canterbury Primary Schools – November

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 TBC

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: P5, Term 1 and 4

Water Polo – Flippa Ball

Year: 5-6

Season: Term 1 and 4, P5





St Margaret's College

Balanced
foundations,
bright futures.

12 Winchester Street
Merivale, Christchurch 8014

03 379 2000

stmargarets.school.nz

ISiNZ Independent
Schools of
New Zealand

