

# CANBERRA GRAMMAR SCHOOL SPORT

Winter 2008

Notes to Housemasters, Tutors, Parents and Boys

## THE AIM

In all sports at Canberra Grammar School, the aim is to balance three objectives:

- personal enjoyment*
- the development of specific individual and/or team skills*
- the development of personal skills essential to the aims of the school*

## THE PROGRAM

- 1 All boys **must** complete a "SPORTS CHOICE FORM" including senior boys choosing not to participate in any sport - under guidelines outlined below (2c and 2d)

Three choices must be listed on the form.

Forms are to be returned to Housemasters by **Tuesday 19 February 2008**.

- 2a) School sport is compulsory in YEARS 7-10, unless a boy is declared medically unfit. (The parents of any boy with a concern over a full Co-Curricular program may request his exemption, in writing, to the Director of the Co-Curricular Program.)
- b) There is strong encouragement for boys in Years 7 & 8 to choose a **team sport**.
- c) In YEARS 11 and 12 a boy may decide not to play a sport, on a season by season basis. Though the decision should be a positive one, based on commitments elsewhere, the final responsibility lies with the boy and his parents.
- 3 It is expected that all boarders will have a full sporting involvement.
- 4 Where the School offers a boy's favoured sport, he is expected to play that sport for the School. Exceptions are rare, and require approval by the Director of the Co-Curricular Program, Mrs C Borger, after consultation with a boy's Housemaster.
- 5 If a boy has a very strong commitment to a sport not offered by the School, he may apply to Mrs C Borger, after consultation with the boy's Housemaster, for an exemption. Exemptions are rare and it is unlikely that an exemption will be granted in two consecutive seasons.
- 6 Boys are encouraged not to choose the same sport in consecutive seasons.
- 7 Having been placed in an activity, a boy is normally committed to two practices per week and in the competitive sports, a fixture or practice per weekend. Practice times and venues will be published once lists are drawn up. **Training is compulsory**.
- 8 An opportunity exists for a boy to elect to participate in two sports. He must indicate his second sport choice on the Sports Choice Form. It is important to note that if a sport has a limit on numbers, then a boy who chooses to participate in one sport for the summer season will always have preference over another boy's second sport option. In the case of a boy

being granted permission to participate in a second sport, a levy of \$110 will be charged to the boy's account.

- 9 If it is necessary to travel by coach in the course of participating in the chosen sport, eg transport to a sporting venue for training or games for hockey or rugby, there will be an additional charge made at the end of each term to cover the cost of coach hire.
- 10 Activities offered for winter 2008 are:

<b>SPORT</b>	<b>ENTRY DETAILS</b>	<b>MIC</b>	<b>MAX NUMBERS</b>
Badminton	All	Mr Doxey	40
Basketball	All	Mr Bugden	140
Football	All	Mr Goddard	No Limit
Golf	All	Mr Smart	24
Hockey	All	Mr Chappell	100
Orienteering	All	Mr Purcell	30
Rugby	All	Mr Roylett	No Limit
Snowsports	Yr 8 - 12	Ms Agnew	15
Squash	All	Mr Werner	25
Swimming	All	Ms Atkinson	60
Taekwondo	All	Phillip Johnston	40
Tennis	All	Mr Dillon	80
Advanced Tennis	All		
Water Polo	All	Mr Cruickshank	40

- 11 Details of individual sports are outlined on the following pages.

N.B. The ASC Competition, when mentioned, refers to schools from the Associated Southern Colleges: CGS, Radford, St Edmund's, Daramalan, Marist and Trinity College, Goulburn. Some sports do not involve all schools at all levels.

## 12 Uniform

<b>SPORT</b>	<b>UNIFORM</b>
Badminton	Navy PE shorts, navy polo shirt, white socks, runners. Optional - navy tracksuit.
Basketball	Basketball shorts, basketball singlet, warm up top (extra long sleeve general warm up top or navy PE shirt).
Football	Soccer jersey and shorts, rugby socks, shin pads.
Golf	Navy polo shirt, navy bucket hat, white socks, school uniform trousers, navy sports jacket (optional for winter).
Hockey	Navy PE shorts, hockey polo shirt or altered hockey 1st/U18 polo shirt, rugby socks, runners.
Orienteering	Navy PE shorts, navy PE polo shirt, navy bucket hat, white socks, runners. Optional - navy tracksuit.
Rugby	Navy rugby shorts, rugby jersey or 1st XV rugby jersey (long or short sleeve), football socks, football boots, mouth guard, headgear (optional, but encouraged).
Snowsports	For uniform requirements, see Snowsports description on Page 6.
Squash	Navy PE shorts, white polo shirt, white socks, indoor sports shoes, eye protector (SRA approved ONLY).
Swimming	Navy speedo or swimming shorts, swimming goggles.
Taekwondo	Uniform, purchased from instructor.
Pennant Tennis Internal Tennis	Navy PE shorts, navy PE polo shirt, navy bucket hat, white socks, runners. Optional - navy tracksuit.
Water Polo	Navy Speedos or swimming shorts; school tracksuit to games.

## **BADMINTON**

Badminton is available to beginners and experienced players and is most convenient for boys who are boarders or live reasonably close to the school. It operates on Mondays, Tuesdays and Wednesdays (from 5:00pm to 6:00pm) in the Canberra Grammar PD/H/PE Centre and boys are required to attend two nights per week.

Boys are expected to have their own racquet and the normal CGS PE uniform must be worn.

## **BASKETBALL**

Winter Basketball involves a 'Championship' season in Terms 2 and 3. Trials are held in early March (week 5) with the exact dates listed below. Boys playing in the U14, U16 & U18 age groups will be invited to trial. Under 20s (players born in 1989 or 1990) will be allocated into a team depending on numbers.

### ***Trials***

Monday 3<sup>rd</sup> March: Under 16 years: players born in 1993 or 1994

Tuesday 4<sup>th</sup> March: Under 14 years: players born in 1995 or 1996

Wednesday 5<sup>th</sup> March: Under 18 years: players born in 1991 or 1992

### ***Training***

Winter training will be held either before school (7:15am- 8:30am) or after school (3:45pm-5:00pm) on two occasions each week and is compulsory. Training times will be advised via Grammar Central once all coaches have been allocated.

### ***Games***

Games are played on either Friday nights, Saturdays or Sundays depending on the age group and division. The following should be used as a guide only and may change:

U/14 - Premier 1: Friday night

Premier 2: Sunday afternoon

A Division: Saturday afternoons

B Division: Saturday afternoons

C Division: Saturday Afternoons

U/16 - Premier 1: Friday night

Premier 2: Sunday afternoon

A Division: Sunday mornings

B Division: Sunday mornings

C Division: Sunday mornings

U/18 - Premier 1: Friday night

Premier 2: Sunday afternoon/evening

A Division: Sunday mornings

B Division: Sunday mornings

C Division: Sunday mornings

Teams wear the school's basketball uniform, which is available from the school shop and needs to be ordered and paid for (approx. \$100) before the end of Term 1 once confirmation of team allocation has been made. Boys who currently own a CGS basketball uniform are asked to indicate on the preference form sent home the number of this uniform.

It is important to note that teams can only be offered if the number of interested boys is sufficient. Please direct any queries to [Matthew.Bugden@cgs.act.edu.au](mailto:Matthew.Bugden@cgs.act.edu.au).

## **FOOTBALL**

In 2008 Football will be available to Senior and Junior school boys in the Under 11, 12, 13,14, 15, 16 and Opens age groups. Boys in the Senior School play up from the U13s.

Division 1 teams will be offered on the basis there is the talent and the appropriate number of players.

The age group is determined by a student's age at the beginning of the first day of January of the year of play. For example a student who will turn 13 years old between the 1st January 2008 and 31st December 2008 (inclusive) will be an under 13 player.

Boys will be required to attend two trainings per week and a game on Saturday. Games will be played on CGS ovals on alternate weekends.

Game times: Saturdays, U 13 - 12.30pm, U 14 - 1.45pm, U 15, U 16 and Opens - 3.15pm.

Boys who would like to Referee should see Mr Goddard.

## **GOLF**

Federal Golf Club will be the venue for this sport. It will involve two sessions per week with Stephen Tieck (Federal's professional). These sessions will be on Tuesday and Thursday afternoons from 4:00 - 5:00 pm. Golf will be open to students from Years 7 - 12. Students will have a lesson in one session and play 6 - 9 holes in the other session, light permitting.

Dress Code: The boys will be required to wear either long trousers (no jeans) and a collared polo shirt or dress shorts with white sport socks and a polo shirt.

There will be a fee of \$273. This fee covers the lessons and 6 month membership of Federal Golf Club. Existing members of Federal Golf Club will be charged \$105. Membership allows access to Federal Golf Course including competition for those with Australian Golf Union handicaps. Students will not need to provide their own golf clubs.

## **HOCKEY**

Interested in learning a New Sport? Need a Change? Or simply want to play a sport with a goal? Challenge yourself to learn new skills and give Hockey a go.

Hockey has developed a reputation as an exciting and enjoyable sport that is one of the largest participant sports in Canberra. Past CGS players are regularly seen continuing to enjoy their hockey on a Sunday afternoon.

If you enjoy any racquet sport and have an eye for a ball, or you simply enjoy sport in general then hockey allows you to participate in a fun and exciting team activity that can be mastered easily and enjoyed by all. Our coaches will help you quickly develop the necessary skills and provide an enjoyable and exciting sporting environment.

We are very keen to have new and past players from across the school and would welcome boys who are interested in playing on either a social or competitive level.

All teams play in the ACT Hockey Association Junior Competition. The age groups are U13, U15 and U18. CGS usually has two teams in the U18, two or three in U15 and one team in U13; all at varying levels. Teams play on one of the four synthetic surfaces either at Lyneham or Tuggeranong, on a Friday evening or Saturday or Sunday morning; specific times to be finalised. Most teams practice once a week on the artificial surface as well as another training session on the school tennis courts.

Boys provide their own stick and shin guards and wear rubber-soled shoes. A mouth guard is compulsory and must be supplied by the player. The School provides protective equipment for goalkeepers. Dress is the school PE shirt, school PE shorts and school sports socks.

***Hockey players should note that a charge will be made at the end of each term for transport costs to training venues at either Lyneham or Tuggeranong.***

## **ORIENTEERING**

Orienteering is more than just running around in the bush – it will challenge you both mentally and physically!

Orienteering involves using a map and compass to navigate a course. Weekday training sessions include instruction on orienteering technique and navigation practice on Red Hill and other local maps. Similar to previous years, games will be incorporated into the training program to make learning Orienteering techniques more fun and enjoyable.

Weekly training will be held on Tuesday and Thursday after-school (3:30pm – 5:00pm). On weekends, boys will compete in the Orienteering ACT Saturday Program. These events take place every Saturday morning at bushland locations around Canberra (e.g., Mt Ainslie, Black Mountain) starting at 10:30am. The courses offered at the events range from easy navigation to technically difficult, allowing boys to progress to more challenging courses as their orienteering skills improve. Additionally, the change in location each week provides new and interesting maps where boys can practice their orienteering skills.

In addition, there will also be a team camp at the “Innabaanya” campsite (Mt Majura) from Friday 30<sup>th</sup> May – Sunday 1<sup>st</sup> June 2008. The camp is always a high point of the season, and provides valuable training to develop the orienteering skills of the team, together with opportunities to experience different types of orienteering training (including night orienteering and adventure orienteering) and team building exercises. All team members are expected to attend the camp.

Boys are expected to have their own orienteering thumb compass, Sportident electronic timing card, whistle, and orienteering pants (for leg protection). The cost of all required equipment should not exceed \$100, and all the equipment can be purchased through the Grammar Orienteering team. Specific information on this required equipment will be provided during the first training session, together with specific costs and ordering details.

The uniform for orienteering is a school navy PE polo top and orienteering pants. Boys must wear this uniform when training on weekdays and competing at events.

Any questions regarding orienteering should be directed to Mr Matthew Purcell ([matthew.purcell@cgs.act.edu.au](mailto:matthew.purcell@cgs.act.edu.au)).

## **RUGBY**

Rugby is a team game that is played in over 120 countries throughout the world. Many of the values of Rugby come from its rich history, traditions, camaraderie and community involvement with the sport.

The talents of boys of all shapes and sizes are utilised in this sport with an emphasis on skill development, fitness and teamwork.

The 12 to 18 years age groups play in the ACTJRU competition on Saturdays. Juniors play during the mornings and seniors play in the afternoons.

It is imperative that all boys must have a mouth guard, preferably fitted by a dentist, before the first practice, and a water bottle. Head gear is optional. Other dress is the School rugby jumper, navy shorts and School rugby socks and boots.

All players must complete the 2008 ARU Membership Form as well as the Sports Choice Form. The ARU form must be signed by a parent/guardian and returned with the sports choice form, **if it has not already been submitted to the school.**

***Rugby players should note that a charge will be made at the end of each term to cover transport costs.***

## **SNOW SPORTS**

Want to participate in a winter sport that will provide you with excitement, skill and speed? CGS Snowsports is the team to join! The Snowsports Team gives experienced Year 7 to 12 alpine skiers, cross-country skiers and snowboarders the opportunity to compete in various competitions. Students should be confident and competent in their chosen discipline but not necessarily race trained. It is essential that students have the ability and confidence to access all lifts at Perisher Blue or Thredbo.

Whilst CGS will not provide development training, all students will be required to participate in one or more development squads at Thredbo or Perisher-Blue,

either weekly or during school holidays. There will be documentation available to students wishing to register for these squads before the end of term one. Students are expected to maintain a high level of on-snow experience throughout the season.

### **Competitions**

The ACT and Southern NSW Competition is conducted over 3 days at Perisher Blue Ski Resort. Those teams that qualify for the National championships compete over another 4 days. Additional opportunities exist to compete in other events (eg ACT Interclub and Scots College Invitational).

### **Approximate Costs (will be finalised before end of term one)**

\$520-\$580 Perisher Blue Season Pass /Thredbo Season Pass

\$500 - \$700 Development squads/ Race Training, minor competitions (Thredbo or Perisher/Blue)

\$600 Interschools competition July (includes accommodation and transport)

Additional Costs for those who participate in Nationals.

### **Clothing Requirements**

All students will need to have their own gear for this activity. This winter there will be an optional CGS Jacket (cost to be advised). Students **MUST** wear a helmet at all times when they are skiing/snowboarding. This is compulsory.

For competitions, students will be required to wear the CGS Racing arm-band. This makes identification of our skiers/boarders more readily available and assists team support. Students will need to have the CGS Beanie (for off-slope identification),

***Boys can select Snow Sports as a second sport only.***

## **SQUASH**

Boys are expected to attend practice on two afternoons a week, and times may be staggered according to court congestion. Competition matches are held on Friday evenings beginning at 6.30 pm and alternate between home matches at school and courts around Canberra. Dress for the competition is the School's white or blue 'polo' crested shirt, blue P.E. shorts and non-marking squash shoes. Eyewear must be worn at all times while on the court. Boys should have their own racquet and approved eye protection. Coaches will advise on these when the season starts.

There are two competitions per calendar year, one in each semester. Once registered, boys must complete that competition.

## **SWIMMING**

The emphasis of Swimming will be on personal fitness, personal improvement, stroke development and technique improvement rather than on competitive swimming. Students may swim before school or after school, depending on pool and staff availability. There will be two practice sessions per week. Students wishing to learn to swim are most welcome to enrol and will be catered for.

## **TAEKWONDO**

The fastest growing co-curricular activity at CGS, Taekwondo now involves around 100 boys from both the Junior and Senior Schools, and is ambitious in its aims:

- To equip the boys with effective and life-long **self-defence skills**, in a disciplined but demanding training environment.
- To help boys who are able to train consistently over several years develop their technique to a black belt level, and to **prepare** them for a **successful black belt examination**.
- To help students **redefine their assumptions** about their own capabilities, and for that heightened self-confidence to have a positive impact in every aspect of their education.
- For students – no matter what their perceived sporting prowess - to discover their **peak levels of fitness, flexibility and strength**, for that focus on all-round fitness to be part of their thinking for the rest of their lives.

Taekwondo is well known for its spectacular spinning and jumping kicks, but also utilizes a range of blocks, punches, strikes, joint locks and takedowns to quickly disable single or multiple attackers. Boys train with – not against – each other, and the focus is not just on ensuring that classes are safe, but that the boys also *feel* safe at all times, as they develop trust for their fellow students, and their own growing abilities.

Classes are conducted by Philip Johnston, a former student and staff member at CGS, and instructor in Rhee Taekwondo, with 20 years of training in Taekwondo. **Grading examinations** are held at the end of every season, providing regular opportunities for merit-based advancement through the belt ranks, with gradings being conducted either by the ACT chief instructor, or occasionally, Master Rhee himself (8<sup>th</sup> degree black belt, and founder of Rhee Taekwondo in Australia)

### **Training Requirements**

Taekwondo may be undertaken once a week as an **addition to** existing co-curricular commitments, or as a co-curricular activity **in its own right**, which requires a minimum of two training sessions each week.

### **Cost**

Cost for once-a-week training is \$315 for the winter season – that includes all training, membership fees, grading fees and insurance. Students training twice a week or more pay an additional \$210, while uniforms are \$63 each.

### **Training Sessions**

Tuesday 3:45 – 4:45pm, John Lingard Hall: **Intermediate** (Blue Tip and up)

Tuesday 5 pm – 6 pm, John Lingard Hall: **Beginners** (White belt – Green Belt)

Wednesday 3:45 – 4:45pm, John Lingard Hall: **Beginners** (White belt – Green Belt)

Wednesday 5pm – 6pm, John Lingard Hall: **Intermediate** (Blue Tip and up)

Friday 3:45 – 5 pm, Senior School Gym: **All Levels.**

## **TENNIS**

Tennis is played at two levels within the school.

1      **ADVANCED TENNIS** is suitable for boys with a high level of skill and a commitment and willingness to train hard. Training takes place twice a week. Advanced tennis suits boys who wish to develop their tennis skills quickly. It will provide a good training base for the summer pennant tennis group.

2      **TENNIS** caters to players of every ability - from beginner to experienced. Training involves two afternoons a week, from 3:45 to 5 pm.

Dress is the school's PE uniform and a pair of shoes designed for court games. The courts used for tennis are the School Courts and hired outside courts - Flinders, Telopea Park High School and Red Hill. Boys are expected to provide their own racquet. Tennis balls are supplied.

## **WATER POLO**

Water Polo is a fun sport emphasising cardiovascular and muscular endurance, as well as teamwork and ball handling skills. It will consist of two training sessions per week at the School pool and participation in the ACT Winter School Water Polo Program. The age group of the competition is for Years 7-12. Games are played at the Institute of Sport on Friday nights between 6 pm and 9:30 pm for U14s and U16s and at this stage the Opens will play on a Sunday morning.

Students electing this sport must be competent swimmers as it is not possible for players to touch the bottom of the pool during a game.

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***The following Codes of Behaviour have been adapted with the permission of the Australian Sports Commission.***

### **Players**

#### Code of Behaviour

- + Play by the rules.
- + Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- + Control your temper. Verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- + Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- + Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- + Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- + Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.
- + Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- + Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

### **Parents**

#### Code of Behaviour

- +Remember that children participate in sport for their enjoyment, not yours.
- +Encourage children to participate, do not force them.
- +Focus on your child's efforts and performance rather than whether they win or lose.
- +Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- +Never ridicule or yell at a child for making a mistake or losing a competition.

- +Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- +Support all efforts to remove verbal and physical abuse from sporting activities.
- +Respect officials' decisions and teach children to do likewise.
- +Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- +Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## **Coaches**

### **Code of Behaviour**

- +Remember that young people participate for pleasure, and winning is only part of the fun.
- +Never ridicule or yell at a young player for making a mistake or not coming first.
- +Be reasonable in your demands on players' time, energy and enthusiasm.
- +Operate within the rules and spirit of your sport and teach your players to do the same.
- +Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- +Avoid overplaying the talented players; the 'just average' need and deserve equal time.
- +Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- +Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- +Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- +Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- +Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- +Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

***To all the parents and Sports Associations who give so much  
for Sport at Canberra Grammar - thank you.***