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Preface

This Sports Handbook outlines the sports policy, procedures and relevant information of the sports program and opportunities available for Year 3 to 6 students at Kincoppal-Rose Bay Junior School. Please keep this in a safe place as you will need to refer to it throughout the year.

The School encourages “Sport for All”, offering an active and extensive extra-curricular sports program. The School’s sporting program is designed to encourage every student to participate and enjoy sport at whatever level he/she is capable of.

The Sports Program aims to:
1. Promote the ideals of sportsmanship, self respect and school spirit;
2. Encourage enjoyment and skill acquisition;
3. Promote fitness and well-being;
4. Foster cooperation and commitment;
5. Provide healthy competition and enabling students to attain their sporting potential.

We hope that students will benefit from, and contribute to the Sports Program at Kincoppal-Rose Bay Junior School.

We wish all students a successful and enjoyable year of sport for 2014.

If you have any queries with regards to Junior School Sport please contact the relevant PD/H/PE & Sport Staff outlined below:

Mrs Mary-Kate Churcher  
Head of Sport P-12  
(02) 9388 6069  
churcherm@krb.nsw.edu.au

Mr Craig Millard  
Boys’ Sports Coordinator  
(02) 9388 6069  
millardc@krb.nsw.edu.au

Mr Saxon Moseley  
PDHPE Teacher  
(02) 9388 6069  
moseleys@krb.nsw.edu.au

Mrs Kim Toomey  
PDHPE Teacher  
(02) 9388 6069  
toomeyk@krb.nsw.edu.au

Please note: Email is the best method of correspondence with the PD/H/PE & Sport Staff.

The Sports Handbook is available for access on the Kincoppal-Rose Bay School website.

Introduction

Sporting Association Affiliations

Kincoppal-Rose Bay Junior School belongs to the Independent Primary School Heads Association (IPSHA). This sporting association is designed to encourage students from Year 3 to Year 6 to participate in a regular games played on a Saturday and to learn the basic skills required for a sport. The organisation is non-competitive. Through this organisation students may be nominated for representative teams at Combined Independent Schools’ level (NSWCIS) and even at State and National level.

In addition to IPSHA sports, the school offers Soccer (K-2 ESFA) and Netball (Year 3) through an external competition.

Sports Program & Requirements

The School’s sporting program is designed to encourage every student to participate and enjoy sport at whatever level he/she is capable of.

Each student is encouraged to participate in at least one team sport per year. **Once a student has nominated him/herself in a sport he/she must attend all games and training sessions.** Students are expected to be a worthy ambassador for the School. **This means being punctual, wearing the correct uniform and always demonstrating respect and fair play to others.**

Sports Nomination Forms

There are two Sport Nomination forms for 2014. There is a sports nomination form for Semester 1 sporting participation and another form for Semester 2 sporting participation.

**The Sports Nomination forms must be handed in to the Junior School Office by the due date. Please refer to the top the forms for the due date.** We will also put reminders in the Junior School Bulletin on when to hand these in.

To enter teams into the IPSHA or ESFA competition, affiliated schools are required to enter teams by a due date. The Head Convenor of the sport will then collate the draw for the season ahead.

**‘Late entries will not be accepted’**

Please Note: Individual Nomination forms will dictate the number of Kincoppal-Rose Bay School teams that are entered into a particular competition, e.g. IPSHA. Once a student has nominated him/herself in a sport he/she must attend all games and training sessions. Failure to comply by these rules could jeopardize the school’s entry and team’s participation in the competition.

As well as the Interschool Competition, Kincoppal-Rose Bay Junior School has Inter-house Competitions in Swimming and Athletics. A letter with details and seeking parental permission will be sent home closer to the carnival time.
Sporting Events Dates 2014

Please refer to the Junior School Diary, Junior School Bulletins and KRB Newsletters for sporting events for 2014. This includes KRB sporting carnivals, representative carnivals, i.e. IPSHA, CIS, PSSA, Boys’ Day Out, etc.

Accomplishment Sports

Students wishing to have tuition in Tennis, Gymnastics, Swimming, Dance, Martial Arts and Double Dutch skipping can join Accomplishment Classes that are organised by external specialist teachers. Accomplishment Nomination Forms are sent out in an Accomplishment Book before the start of each year. (Fees for these sports are not included in this handbook).
## KRB Junior School Summer Sports Program 2014

### TERM ONE

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WHEN</th>
<th>TRAINING</th>
<th>UNIFORM</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIMMING</td>
<td>All Swimming will operate through KRB Swimming. (All details on KRB Website)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| CRICKET               | Terms 1 & 4     | 1 session per week + Saturday   | - White short/long sleeved polo shirt  
|                       | Year 3 & 6      |                                 | - White shorts/Trousers  
|                       | (Boys)          |                                 | - White wide brim hat  
|                       |                 |                                 | - Box protector (Rebel Sports) |
| BASKETBALL            | Terms 1 & 4     | 1 session per week + Saturday   | - Navy shorts  
|                       | Years 3 – 6     |                                 | - Navy Singlet  
|                       | (Boys)          |                                 | (A number will be allocated once the team is finalised) |
| ESFA SOCCER           | Terms 1, 2 & 3  | 1 skills session per week + Saturday | - Soccer shirt  
| Kindergarten, Year 1 & 2 | (Boys & Girls) | (Games commence end of Term 1)   | - Navy shorts |
|                       |                 |                                 | - Red & white socks  
|                       |                 |                                 | - Soccer boots & Shin Pads (compulsory) |
| SMALL SIDED SOCCER    | Term 1          | 1 session per week + Saturday   | - Sports polo  
| Years 4 – 6           |                 |                                 | - Sports shorts  
| (Girls)               |                 |                                 | - Red & white socks  
|                       |                 |                                 | - Shin Pads (compulsory) |
| NETBALL SKILLS        | Term 1          | 1 skills session per week        | - Sports polo  
| Year 3 (Girls)        |                 |                                 | - Sports skirt |
| WATER POLO            | Term 1          | 1 skills session per week        | - KRB Swimming costume  
| Year 6 Girls          |                 |                                 | - KRB Sports Uniform |
| CROSS COUNTRY RUNNING | Term 1          | 1 session per week               | - Athletics singlet  
| Year 3 – 6            |                 |                                 | - Navy bike shorts for girls and navy shorts for boys  
| (Boys & Girls)        |                 |                                 | |

All students are required to have and wear all the correct sporting uniform and equipment at both training and games. **Failure to wear these items may prohibit the student from partaking in the training session or game due to Occupation Health & Safety factors.**
## KRB Junior School Winter Sports Program 2014

### TERM TWO

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WHEN</th>
<th>TRAINING</th>
<th>UNIFORM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATHLETICS</strong></td>
<td></td>
<td></td>
<td>- Athletics singlet</td>
</tr>
<tr>
<td>Years 3 – 6</td>
<td>(Boys &amp; Girls)</td>
<td></td>
<td>- Navy bike shorts for girls and navy shorts for boys</td>
</tr>
<tr>
<td></td>
<td>To Commence at the start of Term 2</td>
<td>2 sessions per week</td>
<td></td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td></td>
<td></td>
<td>- Soccer shirt</td>
</tr>
<tr>
<td>Years K– 6</td>
<td>(Boys &amp; Girls)</td>
<td></td>
<td>- Navy shorts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Red &amp; white socks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Soccer Boots &amp; Shin Pads (Compulsory)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 session per week</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>+ Saturday</td>
<td></td>
</tr>
<tr>
<td><strong>MINKEY/HOCKEY</strong></td>
<td></td>
<td></td>
<td>- Sports polo</td>
</tr>
<tr>
<td>Years 4 - 6</td>
<td>(Girls)</td>
<td>Term 2</td>
<td>- Sports skirt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Red and white socks</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Shin pads &amp; Mouth guard (compulsory)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 session per week</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>+ Saturday</td>
<td></td>
</tr>
<tr>
<td><strong>NETBALL</strong></td>
<td></td>
<td></td>
<td>- Sports polo</td>
</tr>
<tr>
<td>Years 3</td>
<td>(Girls)</td>
<td>Terms 2 &amp; 3</td>
<td>- Sports skirt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 session per week</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>+ Saturday</td>
<td></td>
</tr>
<tr>
<td><strong>SNOWSPORTS</strong></td>
<td></td>
<td></td>
<td>- Own clothing &amp; equipment and</td>
</tr>
<tr>
<td>Year 2 – 6</td>
<td>(Boys &amp; Girls)</td>
<td>June/July School</td>
<td>- KRB jacket and fleece</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Holidays &amp; Term 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td><strong>RUGBY</strong></td>
<td></td>
<td></td>
<td>- Navy Rugby Shorts</td>
</tr>
<tr>
<td>Year 3 – 6</td>
<td>(Boys)</td>
<td>Terms 2 &amp; 3</td>
<td>- Rugby Jersey</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 session per week</td>
<td>- Soccer /Football boots &amp; Mouth Guard (compulsory)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Head guard recommended</td>
</tr>
</tbody>
</table>

All students are required to have and wear all the correct sporting uniform and equipment at training and games. **Failure to wear these items may prohibit the student from partaking in the training session or game due to Occupation Health & Safety factors.**
## KRB Junior School Winter Sports Program 2014

### TERM THREE

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WHEN</th>
<th>TRAINING</th>
<th>UNIFORM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATHLETICS</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Years 3 – 6</td>
<td></td>
<td>2 sessions per week</td>
<td>- Athletics singlet</td>
</tr>
<tr>
<td>(Boys &amp; Girls)</td>
<td></td>
<td></td>
<td>- Navy bike shorts for girls and navy shorts for boys</td>
</tr>
<tr>
<td>To Continue throughout</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Term 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>for Representative Athletes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SOCCER</strong></td>
<td></td>
<td>1 session per week + Saturday</td>
<td>- Soccer shirt</td>
</tr>
<tr>
<td>Years K– 6</td>
<td></td>
<td></td>
<td>- Navy shorts</td>
</tr>
<tr>
<td>(Boys &amp; Girls)</td>
<td></td>
<td></td>
<td>- Red &amp; white socks</td>
</tr>
<tr>
<td>Terms 2 &amp; 3</td>
<td></td>
<td></td>
<td>- Mouth Guard</td>
</tr>
<tr>
<td><strong>WALLA RUGBY SKILLS</strong></td>
<td></td>
<td>1 session per week (4 week</td>
<td>- PE/Sports Uniform</td>
</tr>
<tr>
<td>(Year 1 &amp; 2 Boys)</td>
<td></td>
<td>program – end of Term 3)</td>
<td>- Mouth Guard &amp; Soccer/football boots (compulsory)</td>
</tr>
<tr>
<td><strong>NETBALL</strong></td>
<td></td>
<td>1 session per week + Saturday</td>
<td></td>
</tr>
<tr>
<td>Years 3 - 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Girls)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Term 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNOWSPORTS</strong></td>
<td></td>
<td>n/a</td>
<td></td>
</tr>
<tr>
<td>Years 2 – 6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Boys &amp; Girls)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>June/July School</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holidays &amp; Term 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>RUGBY</strong></td>
<td></td>
<td>1 session per week (Thursday</td>
<td>- Navy Rugby Shorts</td>
</tr>
<tr>
<td>Years 3 – 6</td>
<td></td>
<td>mornings)</td>
<td>- Rugby jersey</td>
</tr>
<tr>
<td>(Boys)</td>
<td></td>
<td>Matches commence middle of Term 3</td>
<td>- Soccer/Football boots &amp; Mouth Guard (compulsory)</td>
</tr>
<tr>
<td>Terms 2 &amp; 3</td>
<td></td>
<td></td>
<td>- Head guard recommended</td>
</tr>
</tbody>
</table>

All students are required to have and wear all the correct sporting uniform and equipment at training and games. *Failure to wear these items may prohibit the student from partaking in the training session or game due to Occupation Health & Safety factors.*

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5
### KRB Junior School Summer Sports Program 2014

#### TERM FOUR

<table>
<thead>
<tr>
<th>SPORT</th>
<th>WHEN</th>
<th>TRAINING</th>
<th>UNIFORM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BASKETBALL</strong> Years 3 – 6 (Boys)</td>
<td>Term 4 (2014) &amp; Term 1 (2014)</td>
<td>1 session per week + Saturday</td>
<td>- Navy shorts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Navy sports singlet</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><em>(A number will be allocated once the team is finalized)</em></td>
</tr>
<tr>
<td><strong>IPSHA TENNIS</strong> Years 4 – 6 (Girls)</td>
<td>Term 4</td>
<td>1 session per week + Saturday</td>
<td>- Sports shirt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Sports skirt</td>
</tr>
<tr>
<td><strong>CRICKET &amp; BASKETBALL SKILLS PROGRAM</strong></td>
<td>Term 4</td>
<td>1 skills session per week (No Games)</td>
<td>- PE/Sports uniform</td>
</tr>
<tr>
<td>Years 1 &amp; 2 (Boys)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CRICKET</strong> Year 3 &amp; 6 (Boys)</td>
<td>Term 4 (2014) &amp; Term 1 (2014)</td>
<td>1 session per week + Saturday</td>
<td>- White short/long sleeved polo shirt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- White shorts/Trousers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- White wide brim hat</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Box protector (Rebel Sports)</td>
</tr>
<tr>
<td><strong>BALL SKILLS PROGRAM</strong> Year 2 (Girls)</td>
<td>Term 4</td>
<td>1 skills session per week</td>
<td>- PE/Sports uniform</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOUCH FOOTBALL</strong> Year 3 – 6 (Girls)</td>
<td>Term 4</td>
<td>1 skills session for touch football during the week</td>
<td>- PE/Sports Uniform</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>WATER POLO</strong> Year 5 - 6 Girls</td>
<td>Term 1</td>
<td>1 skills session per week</td>
<td>-KRB Swimming costume</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-KRB Sports Uniform</td>
</tr>
</tbody>
</table>

All students are required to have and wear all the correct sporting uniform and equipment at training and games. *Failure to wear these items may prohibit the student from partaking in the training session or game due to Occupation Health & Safety factors.*
Kincoppal-Rose Bay Junior School has a ‘user-pays’ fee system for sport. **This will be placed on your School account.** These fees cover the cost of Team Registration, Coaching Levy, Officials (referees/umpires), Venue Hire, Specialist Equipment (where applicable) and Representative Team Nomination Fees (where applicable).

**Once you sign a contract we are obliged to bill you accordingly.**

<table>
<thead>
<tr>
<th>SPORT</th>
<th>FEES PER TERM including registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country (Term 1)</td>
<td>$80.00</td>
</tr>
<tr>
<td>Athletics (Term 2 &amp; 3)</td>
<td>$100.00 PT</td>
</tr>
<tr>
<td>Cricket (Term 1 &amp; 4)</td>
<td>$180.00 PT</td>
</tr>
<tr>
<td>Rugby</td>
<td>$150.00 PT</td>
</tr>
<tr>
<td>Year 3 Netball skills (Term 1)</td>
<td>$100.00</td>
</tr>
<tr>
<td>Netball (Term 2 &amp; 3 for Year 3, Term 3 for Year 4, 5 &amp; 6)</td>
<td>$180.00 PT</td>
</tr>
<tr>
<td>Snow Sports</td>
<td>Approx $400.00</td>
</tr>
<tr>
<td>IPSHA Tennis (Term 4)</td>
<td>$180.00 PT</td>
</tr>
<tr>
<td>Minkey/Hockey (Term 2)</td>
<td>$180.00 PT</td>
</tr>
<tr>
<td>Basketball (Term 1 &amp; 4)</td>
<td>$180.00 PT</td>
</tr>
<tr>
<td>Touch Football Skills (Term 4)</td>
<td>$100.00</td>
</tr>
<tr>
<td>Water Polo (Term 1 &amp; Term 4)</td>
<td>$180.00</td>
</tr>
<tr>
<td>Year 3-6 Soccer (Term 2 &amp; 3)</td>
<td>$220.00 Per Season TERMS 2 &amp; 3</td>
</tr>
<tr>
<td>K-2 ESFA Soccer (Term 1, 2 &amp; 3)</td>
<td>$180.00 PT</td>
</tr>
<tr>
<td>Year 1 &amp; 2 Boys Cricket &amp; Basketball Skills Program (Term 4)</td>
<td>$100.00</td>
</tr>
<tr>
<td>Year 2 Girls Ball Skills Program (Term 4)</td>
<td>$100.00</td>
</tr>
<tr>
<td>Walla Rugby Skills Program (Mid Term 3)</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

*Please refer to the Accomplishment Booklet Schedule for Tennis, Gymnastics, Swimming, Dance and Martial Arts fees.*
# Sports Training Schedule 2014

**Please Note:** We will make every effort to keep training days the same throughout the whole year, however, they may be subject to changes due to availability of coaches, training space, venue hire, etc. Parents/guardians will be notified of any change with due notice where possible.

<table>
<thead>
<tr>
<th>DAY</th>
<th>SPORT</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>*</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Year 3-6 Boys Sport <em>(Basketball, Cricket)</em> (*Boys &amp; Girls Soccer Yrs 3 – 6 Term 2&amp;3)</td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 3 Girls Sport</td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cross Country Training <em>(Term 1)</em></td>
<td>7.00 - 8.00am</td>
</tr>
<tr>
<td></td>
<td>Athletics Training <em>(Term 2 &amp; 3)</em></td>
<td>7.00 - 8.00am</td>
</tr>
<tr>
<td></td>
<td>Year 4 Girls Sport</td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 1 &amp; 2 Boys &amp; Girls ESFA Soccer <em>(Term 1, 2 &amp; 3)</em></td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 1 &amp; Year 2 Boys Basketball &amp; Cricket Skills Program <em>(Term 4 only)</em></td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 2 Girls Balls Skills Program</td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 1 &amp; 2 Boys Walla Rugby Skills <em>(Middle of Term 3)</em></td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>Year 3-6 Boys Rugby <em>(Term 2 &amp; 3)</em></td>
<td>7.00 – 8.00am</td>
</tr>
<tr>
<td></td>
<td>Kindergarten Boys &amp; Girls Soccer <em>(Term 1, 2 &amp; 3)</em></td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td></td>
<td>Year 5 Girls Sport</td>
<td>3.00 - 4.05pm</td>
</tr>
<tr>
<td>Friday</td>
<td>Year 6 Girls Sport</td>
<td>7.00 - 8.00am</td>
</tr>
</tbody>
</table>
General Information

Cross Country and Athletics training

Training will be held in the morning before school from 7:00 to 8:00am. Students are required to bring their school uniform and change into at 8.00am ready for a normal school day.

It is advisable for students to wear suitable running attire (cross country and Athletics training) as the working area i.e. fields may be wet and it may also be cold early in the morning. Wearing the school’s sporting uniform may get wet and dirty. A spare pair of shoes and socks is recommended.

Please refer to page 8, ‘Sports Training Schedule 2014’ for further details.

Children are encouraged to bring their own breakfast/snack to have after their morning training.

Sports Uniform

All students are required to have and wear all the correct sporting uniform and protective equipment at training and games. Failure to wear these items may prohibit the student from partaking in the training session or the game due to Occupation Health & Safety factors. (Please refer to the Term Sports Program for sports specific uniform and requirements on page 3-6)

Expectations / Requirements at sports training

- Once a student has nominated him/herself in a sport he/she must attend all games and training sessions.
- Students should attend training for the full duration of the session unless prior arrangements have been made with the PDHPE & Sport teacher in charge of the sport. Notice in advance is essential.
- Students are expected to be a worthy ambassador for the School. This means being punctual (on time), wearing the correct uniform and always demonstrating fair play.
- Students are expected to work at maximum effort and to listen and observe all instruction given by the coach or teach.
- Students are to meet the coach or teacher in charge of the sport in the designated assembly area (set at the start of each term) in their sports uniform. Sun hat and Water Bottle is compulsory.
- Students should be polite and courteous at all times and treat the coach, staff members, officials and other players with respect.

- Inappropriate behaviour will not be tolerated and will be dealt with directly by the PDHPE & Sports teacher in charge of the sport. Following the incident the P-12 Head of Sport will be notified of the student’s behaviour. Students that continue to misbehave, act inappropriately or indulge in a serious offence, the corresponding parents will be contacted, Deputy Principal notified and further action may be taken.
- At the end of a training session, students are required where necessary to collect and return sporting equipment under the direct instructions and supervision of the coach or teacher. If they are training at an external venue, students must wait with the supervising teacher until collected by a parent. They must have their name marked off the roll before leaving with a parent/guardian. Students not collected by the finish time (4.05pm sharp) will be taken back to school for collection by parent/guardian.

EXCEPTIONS / REQUIREMENTS AT SATURDAY MORNING FIXTURES:

- At the beginning of each term a draw will be distributed to all students. Parents are reminded to check the draw weekly as their match times and venues may vary from week to week. Please ensure that you allow enough travel time so that your child arrives at the venue at least 20 minutes prior to the game start time.
- There may be times when there will be a late change to a sporting venue or match time. We will endeavour to inform you of these changes as soon as we can. Parents should also check the Junior School Newsletter weekly in case of changes and for any other sport related messages.
- A corresponding letter will be sent out when there are major changes to the information outlined on the draw.
- If students are too ill to play in a Saturday match, the team manager must be notified as soon as possible in case a replacement is required.

Please Note:

It is imperative that a parent/guardian is present for the full duration of the game/games. Under NO circumstances are parents/guardians to drop off their child and leave. This is compulsory requirement for any K-6 student who wishes to participate in sport at Kincoppal-Rose Bay School. Failure to abide by these rules may prohibit the student from partaking in sport at Kincoppal-Rose Bay School.

* Please refer to the section on ‘player behaviour code of conduct for school sport’.
Wet Weather Procedures

Weather patterns in recent years have been quite varied in metropolitan areas, e.g. fine and sunny in the Western Suburbs and heavy rain in the northern suburbs at the same time on the same day.

In the case of wet weather, training sessions will be held in a classroom. Coaches will cover rules, safety, positions and game play that is appropriate for the age of the children.

If it is raining on Saturday morning, please refer to each individual sports draw for the wet weather procedures e.g. wet weather number. The Sports Coordinator will also contact all of the relevant officials, managers, coaches, umpires etc with any changes to Saturday fixtures i.e. cancellations, change of venue, time etc.

- For GIRLS Saturday Morning Sport matches from Year 4-6 the IPSHA Wet Weather texting system. Please refer to each individual sporting team draw.
- For BOYS sport please refer to each individual sporting team draw. Different sporting associations have different producers & notification numbers and systems.

Wet Weather & Sports training before school

When there is wet weather overnight and your son/daughter has sports training before school, please check the KRB Sports page on twitter to check if the training has been cancelled. This will be updated at 6am. The link is as follows: https://twitter.com/KRBSports

Always refer to the TEAM DRAW for the number to call and procedures to follow for cancellations, changes etc.

All parents/guardians are responsible for checking the Wet Weather and Information Numbers and procedures. It is advisable to call the relevant numbers 5 minutes prior to leaving for the designated venue. Please note: Games may be cancelled without much warning and possibly once you arrive at a destination due to unpredictable and inclement change in different areas/suburbs.

If games/matches are not cancelled students are expected to report to the venue for their game. Any decision to abandon games due to poor weather conditions will be made at the venue. A decision to abandon all games for the morning will rarely happen and the possibility for play will be considered at the set starting time.

K-12 Sports Photo’s

All KRB sports team photo’s and Photos taken at School Swimming, Athletics and Cross Country Carnival are available for purchase online through the following website:

www.akphotos.com.au
USERNAME: krb
PASSWORD: sports
Risk Warning under Section 5M of the Civil Liability Act 2002 on behalf of Kincoppal-Rose Bay, AHIGS and IPSHA

Sporting Activities – Risk Warnings

Kincoppal-Rose Bay organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with the Association of Heads of Independent Girls’ Schools NSW (AHIGS) and some with the Independent Primary Schools Heads of Australia (IPSHA). Students participating in these sporting activities take part in practice and in competitions.

Kincoppal-Rose Bay, AHIGS and IPSHA expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

While Kincoppal-Rose Bay, AHIGS and IPSHA take measures to make the sporting activities as safe as possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

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

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

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

Codes of Behaviour for School Sport

(Based on IPSHA Aims and Principles of Junior School Sport and Aussie Sport)

The role of the host school / convenor is to be clearly defined (i.e. responsibilities re provision of umpires, referees, sportsmanship, barracking, courtesy etc.) Host School (i.e. staff, children and parents) should welcome visitors to the school grounds.

Players’ Code of Behaviour

- Play by the rules.
- Never argue with an official.
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not permitted in any sport.
- Work equally hard for yourself and/or for 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, opponent or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Co-operate 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.
- Place in proper perspective the isolated incidents of unsporting behaviour rather than make such incidents the ‘highlight’ of the event.
- If a player is sent off during the game, a one week’s suspension is recommended.
Spectators’ & Parent’s Code of Behaviour

- Children play organised sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each team. Congratulate all participants upon their performance regardless of the game’s outcome.
- Focus on your child’s efforts and performance rather than whether they win or lose.
- Never ridicule or yell at a child for making a mistake or losing a competition or game.
- Do not use foul language, sledge or harass players, coaches or officials.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Respect the officials’ decision and do not interfere with the game.
- Never ridicule or scold a child for making a mistake during a competition.
- Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- Show respect for your team’s opponents. Without them there would be no game.
- Encourage players to follow the rules and the officials’ decisions.
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.
- Comments should not interfere with the running of the game.
- Parents should not interfere with the game or invade the field of play. Failure to adhere to the rules may result in the offender being asked to leave the premises/grounds temporary or permanently.

Praise – Praise is encouraged at all levels.

Complaints – Complaints concerning the conduct of games should not be made during or after the game. These should be referred to one’s Head of Junior School and any action should be left to his/her discretion.

* UNDER NO CIRCUMSTANCES should parents contact schools directly.

All grounds must be kept clean - litter must be placed in the bins provided.

- No dogs allowed at sport at sporting venues. This includes sports training and Saturday matches.

Team Managers of Sports Teams

Coach

The coach is responsible for every team member at training and at Saturday matches. Players must follow the directions from the coach and team managers assist in any way as directed. (Please refer to the player code of conduct)

The Parent manager is required to do the following:

- To assist the coach or fill in for the coach in any event where they may not be available.
- All team members are required to be at their venue at least 20 minutes prior to their match time for a warm-up. If the team coach is occupied with another team prior to your team, it is the manager’s responsibility to organise a warm-up enabling the match to start promptly.
- Bring the bag/kit required for each sport to every Saturday match and return it to the Sports Department at the end of the season.
- To collect the score sheet from the sports convenor and take score of the match when necessary.
- A point of contact if a message needs to be conveyed to all team members.
- A contact for the team if a team member is not well enough to play (in some sports a reserve may need to be contacted).
- Organise an orange roster where necessary.
- Take photos of the team and e-mail them to the Sports Department for use in the Junior School Sports Presentation.

Without the assistance of Kincoppal-Rose Bay parents the school could not provide the service to sport that it does. If you would like to be a team manager of your son or daughter’s team, please indicate on the relevant section of the Sport Nomination Forms.

Thank you in advance to all team managers for their assistance towards sport at Kincoppal-Rose Bay School. Your time and effort is greatly appreciated.
Sports Awards Criteria

At the end of the year Sports Certificates will be presented to all children who have represented the school in a sport throughout the term for their commitment to School Sport.

For the sports that continue throughout two terms, certificates will be presented at the end of the last term at a Sports Assembly.

At Sports Presentations during the year special presentations are made to children who have achieved the following:

- **Certificate presentations**: for students who have been selected and represent IPSHA at a CIS event or the equivalent to this.

- **Medallion and Certificate presentations**: for students who have been selected and compete in a CIS team or equivalent (competed at State level or above).

- **The Spirit of Sport Award**:
  - To be presented to a Year 6 student who has demonstrated a history of commitment and effort within sport throughout their Barat Burn years.
  - For a student who participates in Sport and Sport Carnivals throughout the year
  - For a student who is not in contention for any other award based on ability within a sport (For example: Age Champion, Runner Up, Sports Presentation Awards etc)
  - For a student who consistently displays outstanding sportsmanship, commitment, positive attitude and gives 100% effort in all sporting endeavours but does not necessarily achieve high results.
  - Award that acknowledges effort rather than excellence.

Also at the end of each year, the following awards are presented:

- **Sportswoman of the year and Sportsman of the year**
  These are presented to acknowledge sporting excellence across a number of sports by an individual athlete.
  These two awards are presented at the Year 3-12 Speech and Awards Night and are selected on the following criteria:
  - In their final year of Barat Burn
  - Shows versatility across a number of school sports
  - Displays excellent sportsmanship/sportswomanship in all areas of sport
  - Excellent attendance at trainings and matches/carnivals
  - Demonstrates a consistently high level of sporting skills across their chosen sports

- **Most Outstanding Sportswoman/man of the year**
  This will be awarded to the one student (boy or girl) from Year 3-6 who has represented KRB at the highest level in a particular sport and has achieved the best results for the year.

These awards are presented at Speech & Awards Night.
SPRINTS NOMINATION FORM
SEMESTER 1 – 2014 (TERM 1 & 2)
GIRLS YEARS 3 – 6

Please complete and return to the Junior School Office by
Due Date: FRIDAY 1ST NOVEMBER, 2013

Student’s Name: ____________________________ Year: ______

I give permission for my daughter to participate in the following Sports for Semester 1, 2014. She will be available and fully committed to play all weekend sporting fixtures of the competition and attend all training sessions. If you are available to be the team manager of your daughter’s team, please tick the box next to the sport/s of your preference. (Your contact details below will be used as a point of reference)

<table>
<thead>
<tr>
<th>SPORT</th>
<th>TERM</th>
<th>NOMINATION (Please Tick ✓)</th>
<th>TEAM MANAGER (Please Tick ✓)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CROSS COUNTRY TRAINING (Years 3-6)</td>
<td>Term 1</td>
<td>☐</td>
<td>Not Required</td>
</tr>
<tr>
<td>SMALL SIDED SOCCER (Years 4-6)</td>
<td>Term 1</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>(Previously known as Indoor Soccer)</td>
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</tr>
<tr>
<td>WATER POLO (YEAR 6 Girls)</td>
<td>Term 1</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>NETBALL (Year 3)</td>
<td>Terms 1, 2 &amp; 3</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>ATHLETICS TRAINING (Years 3-6)</td>
<td>Terms 2 &amp; 3</td>
<td>☐</td>
<td>Not Required</td>
</tr>
<tr>
<td>*OUTDOOR SOCCER (Years 3-6 Boys &amp; Girls)</td>
<td>Terms 2 &amp; 3</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>(All of Term 2 &amp; first 3 weeks of Term 3)</td>
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<tr>
<td>If girls choose this sport, they will not be able to play Term 2 Minkey/Hockey (Year 4 – 6)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MINKEY / HOCKEY (Years 4-6)</td>
<td>Term 2</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

MEDICAL INFORMATION

I have read and understand the IPSHA Risk Warning on page 11 of this Sports Handbook. Does your daughter have any medical condition(s) that the Sports Staff/Coaches should be aware of?

Yes ☐ (Please provide detail below)  No ☐
☐ Asthma  ☐ Allergies  ☐ Other (Please specify below)

________________________________________
________________________________________
________________________________________

PARENT INFORMATION (Compulsory)

Contact telephone number(s) of parents/guardian for emergency:
Parent/Guardian Name: ____________________________________________ (please print)
Mobile: ____________________________ Home: ____________________________
Most regularly used email address: __________________________________________
Signed: ____________________________ (Parent/Guardian) Date: ____________

Please complete and return the Disclaimer Form on the next page with this sports nomination form.
Acknowledgement and Disclaimer by Parent or Guardian

1. I am a parent/legal guardian of ____________________________________________
   (Student’s Name)

2. I have read and understood the attached Risk Warning. (on page 11)

3. I provide my express consent for the child to participate in the following activities organised by the Association of Heads of Independent Girls’ School NSW (AHIGS) and Junior School Heads Association of Australia (IPSHA) or Kincoppal-Rose Bay School (KRB) at various venues in the Sydney metropolitan area, NSW and possibly interstate:
   ▪ Any sporting activity organised by the AHIGS Sporting Committee (IGSSA) or IPSHA
   ▪ Any public speaking/performance based activity organised by the AHIGS Festival of Speech
   ▪ Any public speaking and/or debating activity organised by the Archdale Debating Committee on half of AHIGS or IPSHA.

4. I acknowledge that AHIGS performs a purely administrative role in the co-ordination and facilitation of inter-school activities and is not responsible for providing expertise on the risks associated with these activities or the manner in which they should be conducted.

5. I acknowledge that sporting activities are dangerous and may result in personal injury, disability, illness or death and resultant economic loss or property damage and that the student participates in the sporting activities and other activities indicated above, voluntarily and at her own risk.

6. I acknowledge that while participating in any of the activities listed above, both the property and person of the student shall be at her own risk.

7. I release AHIGS, IPSHA, KRB and the owner or occupier of the particular sporting or public speaking/performance/debating venue from liability for any personal injury, disability or loss or damage to property whether or not caused by the negligence of AHIGS, IPSHA or KRB, their servants or agents arising from the student’s participation in the activities or arising from the condition of the facilities of the equipment used in the activities. As a separate obligation I indemnify AHIGS, IPSHA or KRB, its officers, employees and agents against all claims, liability and loss incurred by them and arising from the student’s participation in the sporting and/or public speaking performance/debating activities.

_________________________________________  ____________________________
Signature of Parent/Guardian                        Date
SPORTS NOMINATION FORM
SEMESTER 2 – 2014 (TERM 3 & 4)
GIRLS YEARS 3 – 6

Please complete and return to the Junior School Office by
Due Date: FRIDAY 2 MAY 2014

Student’s Name: _________________________________________ Year: ___________________

I give permission for my daughter to participate in the following Sports for Semester 2, 2014. She will be available and fully committed to play all weekend sporting fixtures of the competition and attend all training sessions.

If you are available to be the team manager of your daughter’s team, please tick the box next to the sport/s of your preference. (Your contact details below will be used as a point of reference)

<table>
<thead>
<tr>
<th>SPORT</th>
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<th>NOMINATION (Please Tick ✓)</th>
<th>TEAM MANAGER (Please Tick ✓)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NETBALL (Years 4 - 6)</td>
<td>Term 3</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>TENNIS (Years 4 – 6)</td>
<td>Term 4</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>TOUCH FOOTBALL (Years 3 – 6)</td>
<td>Term 4</td>
<td>☐</td>
<td>Not Required</td>
</tr>
<tr>
<td>WATER POLO (Year 5 &amp; Year 6 Girls)</td>
<td>Term 4</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

MEDICAL INFORMATION
I have read and understand the IPSHA Risk Warning on page 11 of this Sports Handbook. Does your daughter have any medical condition(s) that the Sports Staff/Coaches should be aware of?

Yes ☐ (Please provide detail below)       No ☐

☐ Asthma       ☐ Allergies       ☐ Other (Please specify below)
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________

PARENT INFORMATION (Compulsory)
Contact telephone number(s) of parents/guardian for emergency:
Parent/Guardian Name: ____________________________________________ (please print)
Mobile: ____________________________________________ Home: ____________________________________________
Most regularly used email address: ____________________________________________
Signed: ____________________________ (Parent/Guardian) Date: ____________________________

Please complete and return the Disclaimer Form on the next page with this sports nomination form
Acknowledgement and Disclaimer by Parent or Guardian

1. I am a parent/legal guardian of

   ________________________________
   (Student’s Name)

2. I have read and understood the attached Risk Warning. (on page 11)

3. I provide my express consent for the child to participate in the following activities organised by the Association of Heads of Independent Girls’ School NSW (AHIGS) and Junior School Heads Association of Australia (IPSHA) or Kincoppal-Rose Bay School (KRB) at various venues in the Sydney metropolitan area, NSW and possibly interstate:
   - Any sporting activity organised by the AHIGS Sporting Committee (IGSSA) or IPSHA
   - Any public speaking/performance based activity organised by the AHIGS Festival of Speech
   - Any public speaking and/or debating activity organised by the Archdale Debating Committee on half of AHIGS or IPSHA.

4. I acknowledge that AHIGS performs a purely administrative role in the co-ordination and facilitation of inter-school activities and is not responsible for providing expertise on the risks associated with these activities or the manner in which they should be conducted.

5. I acknowledge that sporting activities are dangerous and may result in personal injury, disability, illness or death and resultant economic loss or property damage and that the student participates in the sporting activities and other activities indicated above, voluntarily and at her own risk.

6. I acknowledge that while participating in any of the activities listed above, both the property and person of the student shall be at her own risk.

7. I release AHIGS, IPSHA, KRB and the owner or occupier of the particular sporting or public speaking/performance/debating venue from liability for any personal injury, disability or loss or damage to property whether or not caused by the negligence of AHIGS, IPSHA or KRB, their servants or agents arising from the student’s participation in the activities or arising from the condition of the facilities of the equipment used in the activities. As a separate obligation I indemnify AHIGS, IPSHA or KRB, its officers, employees and agents against all claims, liability and loss incurred by them and arising from the student’s participation in the sporting and/or public speaking performance/debating activities.

__________________________  ____________________________
Signature of Parent/Guardian  Date
Please complete and return to the Junior School Office by Friday 7th February 2014

Student’s Name: ____________________________ Year: __________

I give permission for my son to participate in the following Sports for Semester 1, 2014. He will be available and fully committed to play all weekend sporting fixtures of the competition and attend all training sessions.

If you are available to be the team manager of your son’s team, please tick the box next to the sport/s of your preference. (Your contact details below will be used as a point of reference)

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<tr>
<th>SPORT</th>
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<th>NOMINATION (Please Tick ✔)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>CROSS COUNTRY TRAINING (Years 3-6)</td>
<td>Term 1</td>
<td>☐</td>
<td>Not Required</td>
</tr>
<tr>
<td>ATHLETICS TRAINING (Years 3-6)</td>
<td>Terms 2 &amp; 3</td>
<td>☐</td>
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<td>Terms 2 &amp; 3</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>(All of Term 2 &amp; first 3/4 weeks of Term 3)</td>
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<tr>
<td>RUGBY (Years 3-6)</td>
<td>Term 2 &amp; 3</td>
<td>☐</td>
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**MEDICAL INFORMATION**

I have read and understand the IPSHA Risk Warning on page 11 of this Sports Handbook. Does your son have any medical condition(s) that the Sports Staff/Coaches should be aware of?

Yes ☐ (Please provide detail below)  No ☐

☐ Asthma    ☐ Allergies    ☐ Other (Please specify below)

__________________________________________________________________________

__________________________________________________________________________

**PARENT INFORMATION (Compulsory)**

Contact telephone number(s) of parents/guardian for emergency:

Parent/Guardian Name: __________________________________________________________________________ (please print)

Mobile: ___________________________________________ Home: ___________________________________________

Most regularly used email address: _________________________________________________________________

Signed: __________________________________________________________________________ (Parent/Guardian) Date: ____________________

Please complete and return the Disclaimer Form on the next page with this sports nomination form.
Acknowledgement and Disclaimer by Parent or Guardian

1. I am a parent/legal guardian of 
   ____________________________________________________________
   (Student’s Name)

2. I have read and understood the attached Risk Warning. (on page 11)

3. I provide my express consent for the child to participate in the following activities organised by the Association of Heads of Independent Girls’ School NSW (AHIGS) and Junior School Heads Association of Australia (IPSHA) or Kincoppal-Rose Bay School (KRB) at various venues in the Sydney metropolitan area, NSW and possibly interstate:
   ▪ Any sporting activity organised by the AHIGS Sporting Committee (IGSSA) or IPSHA
   ▪ Any public speaking/performance based activity organised by the AHIGS Festival of Speech
   ▪ Any public speaking and/or debating activity organised by the Archdale Debating Committee on half of AHIGS or IPSHA.

4. I acknowledge that AHIGS performs a purely administrative role in the co-ordination and facilitation of interschool activities and is not responsible for providing expertise on the risks associated with these activities or the manner in which they should be conducted.

5. I acknowledge that sporting activities are dangerous and may result in personal injury, disability, illness or death and resultant economic loss or property damage and that the student participates in the sporting activities and other activities indicated above, voluntarily and at her own risk.

6. I acknowledge that while participating in any of the activities listed above, both the property and person of the student shall be at her own risk.

7. I release AHIGS, IPSHA, KRB and the owner or occupier of the particular sporting or public speaking/performance/debating venue from liability for any personal injury, disability or loss or damage to property whether or not caused by the negligence of AHIGS, IPSHA or KRB, their servants or agents arising from the student’s participation in the activities or arising from the condition of the facilities of the equipment used in the activities. As a separate obligation I indemnify AHIGS, IPSHA or KRB, its officers, employees and agents against all claims, liability and loss incurred by them and arising from the student’s participation in the sporting and/or public speaking performance/debating activities.

_____________________________  __________________________
Signature of Parent/Guardian       Date
Please complete and return to the Junior School Office by 
Due Date: FRIDAY 13 JUNE 2014

Student’s Name: __________________________ Year: _______________

Please select the sporting activity that your son would like to play the most as their 1st Choice. If there are a limited number of players that elect to play this sport in a specific age group then we are unable to submit a team entry. Having a 2nd choice sport means that your son is committed to train and play this sporting activity if the 1st choice sport is not offered due to limited numbers/interest. If your child is not committed to train and play a 2nd choice sport, please tick not interested.

Please note that not having a 2nd choice sport may mean that your son may not train or play a sport in Term 4 if the 1st choice sport is not offered due to limited numbers/interest.

I give permission for my son to participate in the following sporting activity in Term 4, 2014. He will be available and fully committed to play all weekend sporting fixtures of the competition and attend all training sessions.

If you are available to be the team manager of your son’s team, please tick the box next to the sport/s of your preference. (Your contact details below will be used as a point of reference)

<table>
<thead>
<tr>
<th>SPORT</th>
<th>1st CHOICE (Please Tick ✓)</th>
<th>2nd CHOICE (Please Tick ✓)</th>
<th>NOT INTERESTED (Please Tick ✓)</th>
<th>TEAM MANAGER (Please Tick ✓)</th>
</tr>
</thead>
<tbody>
<tr>
<td>BASKETBALL (Term 4)</td>
<td></td>
<td></td>
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<tr>
<td>CRICKET (Term 4)</td>
<td></td>
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</tr>
</tbody>
</table>

(Could be either Super 8’s or Traditional)

MEDICAL INFORMATION

I have read and understand the IPSHA Risk Warning on page 11 of this Sports Handbook. Does your son have any medical condition(s) that the Sports Staff/Coaches should be aware of?

Yes □ (Please provide detail below) No □

□ Asthma □ Allergies □ Other (Please specify below)

________________________________________________________

________________________________________________________

PARENT INFORMATION (Compulsory)

Contact telephone number(s) of parents/guardian for emergency:

Parent/Guardian Name: __________________________________________________________ (please print)

Mobile: ___________________________________________ Home: _______________________

Most regularly used email address: ________________________________________________

Signed: ___________________________________________ (Parent/Guardian) Date: ____________

Please complete and return the Disclaimer Form on the next page with this sports nomination form
Acknowledgement and Disclaimer by Parent or Guardian

1. I am a parent/legal guardian of ________________________________________________
   (Student’s Name)

2. I have read and understood the attached Risk Warning. (on page 11)

3. I provide my express consent for the child to participate in the following activities organised by the Association of Heads of Independent Girls’ School NSW (AHIGS) and Junior School Heads Association of Australia (IPSHA) or Kincoppal-Rose Bay School (KRB) at various venues in the Sydney metropolitan area, NSW and possibly interstate:
   - Any sporting activity organised by the AHIGS Sporting Committee (IGSSA) or IPSHA
   - Any public speaking/performance based activity organised by the AHIGS Festival of Speech
   - Any public speaking and/or debating activity organised by the Archdale Debating Committee on half of AHIGS or IPSHA.

4. I acknowledge that AHIGS performs a purely administrative role in the co-ordination and facilitation of interschool activities and is not responsible for providing expertise on the risks associated with these activities or the manner in which they should be conducted.

5. I acknowledge that sporting activities are dangerous and may result in personal injury, disability, illness or death and resultant economic loss or property damage and that the student participates in the sporting activities and other activities indicated above, voluntarily and at her own risk.

6. I acknowledge that while participating in any of the activities listed above, both the property and person of the student shall be at her own risk.

7. I release AHIGS, IPSHA, KRB and the owner or occupier of the particular sporting or public speaking/performance/debating venue from liability for any personal injury, disability or loss or damage to property whether or not caused by the negligence of AHIGS, IPSHA or KRB, their servants or agents arising from the student’s participation in the activities or arising from the condition of the facilities of the equipment used in the activities. As a separate obligation I indemnify AHIGS, IPSHA or KRB, its officers, employees and agents against all claims, liability and loss incurred by them and arising from the student’s participation in the sporting and/or public speaking performance/debating activities.

_________________________________________  ______________________________________
Signature of Parent/Guardian                                Date
Swimming Carnival
Years 3 – 6 2014

The Year 3 – 6 Swimming carnival will be held at Kincoppal-Rose Bay School. Students will compete in the age group they turn before the 31st December 2014.

Every student must nominate at least 2 of the following events:

- metres Freestyle
- 50 metres Backstroke
- 50 metres Breaststroke
- 50 metres Butterfly

The eight fastest boys and ten fastest girls in the 50 metres freestyle will be invited to swim in the Invitational 100 metres Freestyle event.

Age Champion Points

The following points will be given for the three fastest times in each age group: All other competitors will receive 1 participation point for every race they compete in.

1st Place – 6 points
2nd Place – 4 points
3rd Place – 2 points

Participation – 1 point

A swimming team will be selected from this event to represent Kincoppal-Rose Bay Junior School at the IPSHA Swimming Carnival. The team will be selected on the following criteria:

- 8 Years 2 fastest Freestyle swimmers
- 9-12 years 4 fastest freestyle swimmers
- 9-12 years 2 fastest breaststroke, backstroke and butterfly swimmers
- Relay teams will determined from the 4 fastest swimmers at the time of the event. Kincoppal-Rose Bay will always have the fastest team represent the school at any competitive level of Swimming. Relay teams are therefore subject to change if they progress through IPSHA, CIS & NSWSSA.
Athletics Carnival
Year K– 6 2014

The Kindergarten to Year 6 Athletics carnival will be held Sydney Athletics Centre, Homebush, during Term 2. Further details of the event will be forwarded to each student via a corresponding note closer to the time and in the KRB Junior School newsletter.

Time trials for Year 3 – 6 students will be done in Physical Education classes to determine the divisions in 100 metres and 200 metres events. Children in any division are eligible to win the points for age champion. Points are achieved by gaining the fastest time in each event.

Selections for Long Jump, Discus and Shot Put will take place in Physical Education classes. Every student must nominate in the following two track events:

- 100 metres
- 200 metres

Time trials will be held in Physical Education lessons for the 800m and the times they achieve on the day of the carnival will determine whether they will compete in the 1500m at the carnival.

Age Champion Points

The following points will be given for the three fastest times or furthest throws or jumps in each age group. All other competitors will receive 1 participation point for each event they compete in.

- 1st Place - 6 points
- 2nd Place - 4 points
- 3rd place - 2 points
- Participation - 1 point

NB: This information does not apply to K-2 students. All K-2 students get 1 participation point for each event they compete in.

A Year 3 to 6 Athletics team will be selected from this event to represent Kincoppal-Rose Bay Junior School at the IPSHA Athletics Carnival. The team will be selected on the following criteria:

- 8 -12 years 4 fastest 100 & 200 metre runners
- 8 - 10 years 2 furthest jumps overall in Long Jump
- 11 & 12/13 years 2 furthest jumps in each age group in Long Jump
- 8 - 10 years 2 furthest throws overall in Shot Put and Discus
- 11 & 12/13 years 2 furthest throws in each age group in Shot Put and Discus
- 8 - 10 years 2 fastest 800 metre runners overall
- 11 & 12/13 years 2 fastest runners 800 metres in each age group
IPSHA Venue Addresses

ABBOTSLIEGH
22 Woonona Ave. Off Pacific Highway

ARDEN
- Basketball – 50 Oxford St Epping (Secondary Campus)
- Tee-Ball – Mt. St. Benedict College, Cnr Pennant Hills Rd and Beecroft Rd, Pennant Hills
- Football (soccer) – Carlingford, 3 Pennant Hills Rd Carlingford. Parking is in Roselea Way off North Rocks Road

ASCHAM
- 188 New South Head Road, Edgecliff

BARKER COLLEGE
- Jnr Schl, Barker, Phipps, Taylor, Bowman and Rosewood Ovals, Clarke Rd Tennis Courts, Aquatic Centre – College Cres, Waitara
- Hornsby South Primary, Clarke Rd, Waitara.
- St Leo’s Tennis Courts, Clarke Rd, Waitara.
- The Brick Pit, Dartford Rd, Thornleigh

CENTRAL COAST GRAMMAR
- Arundel Rd, Erina Heights

COOGEE PREP
- Turruwul Park, Rothschild Ave, Rosebery
- Jellicoe Park, Park Pde, Pagewood/Maroubra
- Snape Park Outer, Cnr Hannan & Storey St, Maroubra
- Heffron Park, Robey Rd, Maroubra

CRANBROOK
- Dangar, Iluka St, Rose Bay
- Hordern, Little Hordern Pool – New South Head Rd, Rose Bay (off street parking on Victoria Rd or Rose Bay Drive)
- Steyne Park, William St Double Bay

E. S. MARKS – (SYDNEY ATHLETIC FIELD)
- Cnr Anzac Parade & Dacey Ave, Moore Park

KAMBALA
- Cnr New South Head Rd & Tivoli Ave, Rose Bay

KINCOPPAL
- 2 Vaucluse Rd, Vaucluse
- Dudley Page Reserve, Cnr Military Rd & Lancaster Rd, Dover Heights (Cricket)
- Rodney Reserve, Rodney Street, Dover Heights (Football)

LORETO KIRRIBILLI
- 85 Carabella Street, Kirribilli

THE KINGS SCHOOL
- Price, Doyle, Massie, Old Boys, Pool, Gowan
- Brae Courts, Pennant Hills Rd, Parramatta

KNOX GRAMMAR SCHOOL
- Ireland and Yeldham, Billyard Ave, Wahroonga
- Knox Back, Sutherland Ave, Wahroonga
- Gillespie Fields, Young St, Wahroonga
- Curugal, Bobbin Head Rd, Nth Turramurra
- Pool – Knox Senior School, Woodville Ave, Wahroonga
- Richmond Pk Tennis Cts, Rosedale Rd, Gordon
- Knox #1 Snr School, Pacific Highway, Warrawee

MERIDEN JUNIOR SCHOOL
- Jnr. School: 36 Redmyre Rd, Strathfield
- Snr. School: 10 –12 Redmyre Rd, Strathfield
- Strathfield Park, Homebush Rd, Strathfield
- Strathfield Park, Chalmers Rd, Strathfield

MLC BURWOOD
- Rowley Street, Burwood
- Pool, Hockey Turf, Tennis - Park Road, Burwood (enter carpark via Britannia St, Burwood)

MOSMAN PREP
- Reid Park - Avenue Rd, Mosman
- Balmoral Park - The Esplanade, Mosman
- Rawson Park - Bradley's Head Rd, Mosman
- Georges Heights Oval - Middle Head Rd, Mosman
- Nth Sydney Boy’s High - Falcon St, North Sydney
- Spit West - Spit Rd Mosman (just before the Spit Bridge)
- Middle Head Oval - Middle Head Rd, Mosman

NARRABEEN LAKES SPORTS & RECREATION CENTRE
- Wakehurst Parkway, Narrabeen.

NEWINGTON (LINDFIELD) COLLEGE
- Jnr. School - 26 Northcote Rd, Lindfield
- Koola Park - Koola Ave, East Killara

NEWINGTON (WYVERN HOUSE) COLLEGE
- Prep School - Cambridge St. Stanmore
- Edwards Park - Brewer St, Concord.
- Old Boys - Newington College Grounds, Stanmore Rd, Stanmore
- Queen Elizabeth Pk #3 - Addison Ave. Concord
- Camdenville Oval – May St, St Peters
- Powell’s Creek Reserve – George St, Concord West

PITWATER HOUSE
- James Mooney Oval - 70 South Creek Rd, Collaroy

P.L.C. PYMBLE
- Mollie Dive Field (Turf) - Avon Road, Pymble
- Main Oval - Enter by front gate - Pool, Hockey Turf, Tennis - Enter by back gate

P.L.C. SYDNEY (Croydon)
- Boundary St, Croydon

QUEENWOOD
- 6 Queen St, Mosman
- Rawson Park - Cross St., Mosman

RAVENSWOOD
- Ravenswood Ave, Gordon OR Henry St, Gordon

ROSEVILLE
- 27-35 Bancroft Ave, Roseville

S.C.E.G.G.S. DARLINGHURST
- 215 Forbes St, Darlinghurst
S.C.E.C.G.S. REDLANDS
- Cremorne Campus, Murdoch St, Cremorne
- Balmoral Park - The Esplanade, Mosman
- Macquarie University - Cnr Culloden & Talavera Rd, Macquarie Park
- Middle Head Oval - Middle Head Rd, Georges Heights
- Tunks Park - Brothers Ave, Cammeray

S.C.E.C.G.S. REDLANDS Cont'
- Primrose Park - Grafton St, Cammeray.
- Roof Top, Cnr Hume St. & Clarke St, Crows Nest
- NBISC. Jacksons Rd, Nth Narrabeen
- Tennis courts. Rangers Rd, Cremorne

SCOTS COLLEGE
- Christison Park - Old South Head Rd, Watsons Bay
- Cooper Park - Suttie Rd, Woollahra
- Lyne Park - New South Head Rd, Rose Bay
- Woollahra Oval - Mansion Rd, Rose Bay
- Scots Prep B/B Courts - Victoria Rd, Bellevue Hill
- Centennial Park 6 & 7 Loch Ave Centennial Pk

SHORE
- School Oval & basketball courts - Edward St., North Sydney
- Northbridge - (SCEGS War Memorial Playing Fields) Sailor's Bay Rd, Northbridge
- Basketball - North Sydney Prep Courts. Cnr Edward St and Lord St, North Sydney

STATE SPORTS CENTRE
- Australia Ave, Homebush - Aquatic Centre / Athletics Tracks

ST. ALOYSIUS’ COLLEGE
- Prep School, Burton St, Milsons Point
- St Leonards Park - Miller St, North Sydney
- Gore Creek Res, St Vincents Rd, Greenwich
- Waverton Park - Larkin St, Waverton
- Anderson Park - Kuraba Rd, Neutral Bay
- Bradfield Park - Alfred St, Milson's Point
- Primrose Park - Young Street, North Cremorne
- St. Aloysius Oval - Tyneside Ave, Willoughby
- Tunks Park - Brothers Ave, Cammeray
- Willoughby Pk. - Warrane Rd, Willoughby
- Lane Cove Olympic Pool - Little St, Lane Cove
- NSBA - Hume St, Crows Nest

ST. AUGUSTINE’S
- Forestville Pk - Currie Rd, Forestville.

ST. CATHERINE’S
- 26 Albion St. Waverley. (Enter via Albion St. - Parking in Macpherson St.)

ST. IGNATIUS RIVERVIEW
- Riverview St, off Tambourine Bay Rd, Lane Cove.
- 5th & 6th Field in Junior School (opp. Senior School)
- Regis Courts 1, 2, 3 Junior School (opp. Senior School)
- 1B, 1C, 1D, 2A & 2B Fields in Senior School near Main Oval

ST. PATRICKS COLLEGE
- SPC (School), Edgar St, Strathfield.
- Breen Oval, (School), Edgar St, Strathfield.
- Mason Park - Underwood Rd, Homebush
- Hudson Park - cnr Mitchell Rd & Arthur St, Strathfield
- Cooke Park - Madeline St, Belfield
- Rudd Park - Cnr. Clarence & Varidel Sts. Belfield
- Airey Pk - Francis St, Strathfield
- Strathfield Tennis Club - Lyons/ Morwick Rds, Strathfield
- Strathfield Park - Homebush Rd, Strathfield
- Jessie Stewart – Greenlees Ave, Concord

ST. PIUS X
- Oxford Falls - Cnr. Dreadnought & Wakehurst Parkway, Oxford Falls
- School Basketball Courts – enter via Kirk St Chatswood

SANTA SABINA
- Santa Sabina Campus – 90 The Boulevarde, Strathfield (Enter via Jersey Rd)
- Santa Maria Del Monte Campus – 59 The Boulevarde, Strathfield (Enter via Margaret St)

SYDNEY GRAMMAR EDGECLIFF
- Weigall - Neild Ave, Rushcutters Bay
- Queen's Park - Darley Rd, Waverley

SYDNEY GRAMMAR ST. IVES
- Cowper, Top Field, Pool - Mona Vale Rd & Ayres Rd, St. Ives. (Basketball & Tennis). Parking - Mawson St.

TARA
- Pool, Bottom Oval, Tennis Courts - Masons Drive, Nth. Pannamatta

TRINITY
- Bressington Park, Mason Pk – Underwood Rd, Homebush
- Preparatory School Gym & Outside Basketball Cts – 115 The Boulevarde, Strathfield.
- Five Dock Leisure Centre – Cnr Queen & William St Five Dock.
- Ashfield Pk – Orpington St, Ashfield
- Hammond Pk – Lucy St, Ashfield
- Yeo Pk – Victoria St, Summer Hill (Park adjoins Trinity Snr School)
- Strathfield Pk – Chalmers St, Strathfield
- Trinity Senior School, Pool - Prospect Rd, Summer Hill

TUDOR HOUSE
- (Westfield, R B Darke, Fairfax) Illawarra Highway, Moss Vale

WAVERLEY COLLEGE
- Queens Park, Darley Rd., Waverley
- Waverley Senior School, Waverley Pk - Birrell St, Waverley

WENONA
- 176 Walker St., North Sydney
- St. Leonards Park
- Pool on opposite side of road - Under Junior School
- Tennis – Ridge Street Tennis Centre – 37 Ridge Street, North Sydney