Dear Parents/Guardians,

At KRB we aim to encourage and provide opportunities for the participation of students in a broad range of sports at a level commensurate with their physical, mental, social, emotional and skill development.

All students are required to participate in at least one sport per Semester to assist in developing their physical potential fitness and to develop interests in physical activity. This includes sports in the accomplishment programs (Tennis, Dance, Yoga Fitness and Swimming). Please refer to KRB Swimming and the Accomplishment program for details of these classes.

To assist with the organisation of 2014 sports we are asking students to complete the online sports choices for Term 1 2014. Students will be asked to submit their choice of sport for Term 2 during the course of Term 1 next year. All sports choices will be done electronically through student portal.

For new students to KRB in 2014, please complete the attached sports contract and return to the Sports Department by Friday 29 November, 2013. All signed contracts must be hand-delivered in person to Ms Dixon at student reception.

If you have any concerns about sport at KRB, please make contact with me either by email churcherm@krb.nsw.edu.au or phone 9388 6000.

Yours faithfully,

Mary-Kate Churcher
Head of Sport P-12
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Sports Opportunities at Kincoppal-Rose Bay School

Kincoppal-Rose Bay has five guiding Goals. Sport aims to enable students to develop the skills and attitudes expressed within these Goals. In this regard Goal Five has been selected to link with sport at Kincoppal-Rose Bay School.

### Goal V – Personal Growth in an Atmosphere of Wise Freedom

1. Genuine concern for each member of the School community is a priority.
2. Students are helped to grow towards wholeness by recognising and developing their personal talents to full potential and learning to realise their limitations.
3. The School fosters an environment in which all are free and able to make their unique, enriching contribution and to benefit from that of others.
4. School policies and practices further the development of self-discipline, enable students to take progressive responsibility for their own lives and actions, and guide them to decision making that is based on a Christian perspective.
5. School programmes and policies provide opportunities and training for the development of leadership qualities at all levels.

### Aims of Sport at Kincoppal–Rose Bay

- to improve physical fitness
- to enhance skill acquisition
- to promote self-esteem
- to promote self discipline and commitment
- to instil co-operation and team work
- to develop school spirit
- to encourage good sporting behaviour
- to facilitate friendships
- to enjoy activity
KRB Sport

It is an expectation of the School that students be regularly engaged in sport or an accomplishment activity of some kind. For the greater majority of students this will mean involvement in the School's sports programme. Once a student has elected to play in a School team she must attend all games and training sessions. She is required to be a worthy ambassador for the School. This means being punctual, wearing the correct uniform and always demonstrating fair play. As well as Interschool Competitions, Kincoppal-Rose Bay has Interhouse Competitions in Swimming, Cross Country and Athletics. The House Captains also organise regular sporting competitions throughout the year.

If a student commences at Kincoppal-Rose Bay School midway through any Term and is interested in joining a particular sporting code, she is encouraged to see the Head of Sport immediately. Individual sports can be entered at any stage, however, team sports may have limitations which need to be discussed with the Head of Sport. Every chance will be made given to accommodate the sporting needs of new students at Kincoppal-Rose Bay.

Students wishing to have tuition in Tennis, Dance, Gymnastics, Fitness and Yoga can join extra-curricular accomplishment classes that are organised by specialist teachers. School sport is provided for each student at whatever level she is capable of. It is not expected to take the place of club or association sport and girls are encouraged, where possible, to participate in their local clubs and associations.

All team members are required to be present for all weekend matches and must not make arrangements that will make them unavailable on Saturdays. In special circumstances only a parent may liaise with the Head of Sport to organise a weekend off. Day parents very graciously assist in transporting Boarders to Saturday matches.

We have the responsibility to ensure that sport at Kincoppal-Rose Bay be conducted in a positive environment by emphasising enjoyment and by encouraging and complimenting all participants on their efforts. KRB has a ‘sport for all’ philosophy, including an awareness of groups with special needs.

The Association of Heads of Independent Girls’ Schools (AHIGS) convenes the majority of Kincoppal-Rose Bay School’s extra curricular sporting competitions. AHIGS (IGSSA) is responsible for the organisation of sporting competitions between 26 leading Independent Girls’ Schools in New South Wales and the Australian Capital Territory.

The main aim of AHIGS (IGSSA) sport is to ensure fair and fun competition for all girls in Independent schools who want to play sport. The aims of personal development and enjoyment do not, however, contradict a desire to win and reach one’s best. To provide for the top talent in our schools, IGSSA selects representative teams. Girls selected in these teams are provided with the opportunity to trial for State teams through AHIGS (IGSSA) affiliation with the NSW Combined Independent Schools Sports Committee. This ensures girls with talent are identified by the NSW selectors in various sports and offered the opportunity to enhance their ability through development squads and camps. Students may then progress through to NSW State level and perhaps National level.

Most competitions are held on Saturday mornings at member schools or other venues in the Sydney metropolitan area, and Mittagong. All Saturday sporting competitions are graded to cater for the huge numbers of students who wish to participate in these competitions.
## 2014 Year 7-12 Sports Trainings Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Sport</th>
<th>(all training on campus)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>3.30 – 5.00pm</td>
<td>Cross Country/Athletics</td>
<td>KRB</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7.00 – 8.00am</td>
<td>Junior Firsts and Senior Firsts</td>
<td>KRB</td>
</tr>
<tr>
<td></td>
<td>7.00 – 8.00am</td>
<td>Year 7 Sport</td>
<td>KRB</td>
</tr>
<tr>
<td></td>
<td>4.00 – 5.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>7.00 – 8.00am</td>
<td>Year 8 &amp; 9 Sport</td>
<td>KRB</td>
</tr>
<tr>
<td></td>
<td>4.00 – 5.00pm</td>
<td>Year 8 &amp; 9 Sport</td>
<td>KRB</td>
</tr>
<tr>
<td>Thursday</td>
<td>7.00 – 8.00am</td>
<td>Year 10-12 Sport</td>
<td>KRB</td>
</tr>
<tr>
<td></td>
<td>4.00 – 5.00pm</td>
<td>Year 10-12 Sport</td>
<td>KRB</td>
</tr>
<tr>
<td>Friday</td>
<td>7.00 – 8.00am</td>
<td>Cross Country</td>
<td>KRB</td>
</tr>
</tbody>
</table>

*Teams and training times are subject to change during the course of the year.*

**NB:** The Senior and Junior Firsts for most team sports have two training sessions per week.

Through the Association of Heads of Independent Girls’ Schools AHIGS (IGSSA), and local Sports Associations, students have the opportunity to represent:

- KRB
- AHIGS (IGSSA)
- Combined Independent Schools (CIS)
- NSW at State level
- at the National Level

Students are encouraged to view the IGSSA website for information and updates on their chosen sports [http://www.ahigs.nsw.edu.au/igssa.aspx](http://www.ahigs.nsw.edu.au/igssa.aspx)
Risk Warning under Section 5M of the Civil Liability Act 2002

Important Information for All Parents to Read

Sporting Activities

*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 School Heads’ Association of Australia NSW (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 reasonably 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.

Such 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, the state of the premises 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.
Code of Conduct for School Sport

Part 1: Governing Principles
The principles under which sport at Kincoppal-Rose Bay is played are:

- emotional, personal, and physical development.
  As well as enjoyment, children gain invaluable personal benefits from playing in teams. Sport can assist children to develop self-respect and self-discipline. Through their participation they can develop an appreciation of sport, recreation and exercise as part of a healthy, balanced lifestyle. They can also develop a sense of sporting conduct and a spirit of fairness, respect, graciousness and generosity towards others.
  All these benefits can be gained whether one's team wins or loses.

- Sport between other schools/clubs must not be allowed to damage:
  (i) the reputation of the school
  (ii) the reputation of Independent schools generally; or
  (iii) good relations between other schools/clubs

Part 2: Players
It is hoped that all sport at Kincoppal-Rose Bay will be played and watched in the best sporting spirit.

These guidelines are given to all students participating in, and watching, Kincoppal-Rose Bay teams:

- once you commit yourself to a sport for a season, honour that commitment wholeheartedly
- take pride in your sport and your participation in it
- respect the members of your team and treat them courteously
- respect your opponents and treat them courteously
- arrive in good time for sporting practices and matches
- be ready to begin your game or event at the scheduled time
- always be dressed in the correct uniform and with any specific safety equipment required, e.g. mouthguard
- attend all required training sessions
- when captains meet before a game to toss, wish the opposing captain a good game
- the home team should welcome the visiting team courteously and in a sporting manner
- never discourage another player, whether from an opposing team or from your own team
- never argue with an umpire, referee, judge, timekeeper or other official. Your team captain may politely ask an official to explain a ruling or action. Alternatively, you may speak to your coach or staff member who may approach the official at an appropriate break during or after a game
- be prepared to applaud good play, whether by your team or your opponent
- never cheer or clap your opponent's poor play
- control your temper and never abuse equipment
- never deliberately foul an opponent
- never use offensive language
- at the end of a game, give three cheers for your opponents
- after a game, shake hands with your opponents and thank them for the game
- after a game, thank the umpire or referee and your coach. You should also try to thank judges, timekeepers and other officials
- be gracious at all times, whether you have won or lost. Be modest in success and, if you have been defeated, acknowledge your opponent's performance
- treat everybody the way you would like to be treated

Part 3: Parents
Parents are asked to bear these things in mind:

- your children are playing school sport, not grade-level sport, and their sport enables them to learn basic skills as well as proper sporting behaviour
- school sport should be seen in proper perspective and children should be allowed to enjoy their sport, make mistakes and learn from them. This is especially true for children in their first couple of seasons in a sport
- encourage your children to
- play honestly
- behave responsibly
- dress tidily and appropriately for their sport
- accept and respect referees’ and umpires’ decisions
- do not ridicule a coach, referee, umpire, player or official. If you have any grievance or query please discuss this with the Head of Sport at an appropriate time. Do not involve children in such a discussion
- do not ridicule a player for a mistake. Encouragement will produce better results
- please be aware that under no circumstances are coaches to be asked to transport your daughters to and from sport
- parents not abiding by the school’s parent code of conduct may not be permitted to attend sporting fixtures.
School Sport Uniforms

The Kincoppal-Rose Bay School Sport Uniform, is made for maximum student comfort and identification of KRB students. The look is a whole School P–12 design; however, within this there are different uniforms specified for the different needs of the age groups in the Junior and Senior School. There is a core tracksuit for all students and a separate uniform design for boys and girls.

Sports Uniform Guidelines

All students who attend sports trainings after school are permitted to wear the following items whilst travelling home by public transport or being driven from 5.00pm:

- sports uniform items purchased from the School Shop only –
  - navy microfibre tracksuit (jacket and pants)
  - navy microfibre shorts/sports skirt
  - aqua micromesh polo shirt with navy panels

- Students are not permitted to wear home touch football, athletics or basketball singlets/soccer tops
- Any student who does not conform to the rule will be reprimanded by means of a sports detention.

Sports Uniforms

<table>
<thead>
<tr>
<th>Swimming</th>
<th>Tildesley Shield Tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB swimming costume</td>
<td>• KRB tennis skirt</td>
</tr>
<tr>
<td>• KRB House coloured cap or competition cap</td>
<td>• Tildesley T-Shirt</td>
</tr>
<tr>
<td>• KRB sport socks</td>
<td>• KRB sport socks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tennis</th>
<th>Athletics/Cross Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB polo shirt</td>
<td>• KRB singlet/KRB polo shirt</td>
</tr>
<tr>
<td>• KRB skirt</td>
<td>• Bike pants/running shorts/tights/scungies</td>
</tr>
<tr>
<td>• KRB sports socks</td>
<td>• KRB tracksuit</td>
</tr>
<tr>
<td>• KRB sport socks</td>
<td>• KRB sport socks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Basketball</th>
<th>Netball</th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB singlet/KRB polo shirt</td>
<td>• KRB polo shirt</td>
</tr>
<tr>
<td>• KRB basketball shorts</td>
<td>• KRB skirt</td>
</tr>
<tr>
<td>• KRB sport socks</td>
<td>• KRB sports socks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hockey</th>
<th>Artistic Gymnastics &amp; Rhythmic</th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB polo shirt</td>
<td>• KRB leotard</td>
</tr>
<tr>
<td>• KRB skirt</td>
<td></td>
</tr>
<tr>
<td>• KRB hockey socks</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Water Polo</th>
<th>Skiing</th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB water polocostume</td>
<td>• KRB ski jacket or fleece</td>
</tr>
<tr>
<td>• KRB competition cap</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Touch Football</th>
<th>Soccer/Indoor Soccer</th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB polo shirt/singlet</td>
<td>• KRB shorts</td>
</tr>
<tr>
<td>• KRB shorts</td>
<td>• Soccer shirt</td>
</tr>
<tr>
<td>• KRB sports socks</td>
<td>• KRB long red socks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Badminton</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• KRB polo shirt/</td>
<td></td>
</tr>
<tr>
<td>• KRB shorts</td>
<td></td>
</tr>
<tr>
<td>• KRB sports socks</td>
<td></td>
</tr>
</tbody>
</table>

All of the items of clothing listed above are available from the School Shop.
Sport Registration Fees and Costs 2014

Senior School

Kincoppal-Rose Bay has a ‘user pays’ fees system for all Sport.

The fees cover:

- AHIGS (IGSSA) and Association registration
- Coaches fees for training sessions and weekday training sessions
- Representative team nomination fees where applicable
- Specialist equipment

<table>
<thead>
<tr>
<th>SPORT</th>
<th>FEE PER TERM (Includes registration &amp; fitness sessions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics &amp; Cross Country</td>
<td>$150.00</td>
</tr>
<tr>
<td>Basketball</td>
<td>$180.00</td>
</tr>
<tr>
<td>Hockey</td>
<td>$180.00</td>
</tr>
<tr>
<td>Indoor Soccer (includes transport)</td>
<td>$240.00</td>
</tr>
<tr>
<td>Netball</td>
<td>$180.00</td>
</tr>
<tr>
<td>Snow Sports</td>
<td>Approx. $400.00</td>
</tr>
<tr>
<td>Football</td>
<td>$180.00</td>
</tr>
<tr>
<td>Tennis IGGSA</td>
<td>$200.00</td>
</tr>
<tr>
<td>Tennis Tildesley</td>
<td>$220.00</td>
</tr>
<tr>
<td>Touch Football</td>
<td>$180.00</td>
</tr>
<tr>
<td>Water Polo</td>
<td>$180.00</td>
</tr>
<tr>
<td>Fencing</td>
<td>$120.00</td>
</tr>
<tr>
<td>Badminton (includes transport)</td>
<td>$240.00</td>
</tr>
</tbody>
</table>

Sports fees are placed on your School account at the beginning of the Term in which the Sports will occur.

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](https://twitter.com/KRBSports).

Please refer to the details on your draw for Saturday sports match cancellations

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:


USERNAME: krb
PASSWORD: sports
**Accident Insurance**

AHIGS (IGSSA) and Eastern Suburbs Touch Association does not take any responsibility for insuring the cost of medical or dental expenses in the case of accidents to girls while playing sport or taking part in AHIGS (IGSSA) activities. Parents are therefore advised to consider taking out the appropriate insurance cover.

Many organisations offer comprehensive accident insurance at reasonable rates.

The NSW Sporting Injuries Act automatically covers all school children – however, this cover is only for extreme injuries resulting in death, quadriplegia, paraplegia or loss of limbs or other body organs or parts. The cover is also not substantial.

In the case of an accident at AHIGS (IGSSA) sport, the person in charge of the team is required to complete an accident form and return it as soon as possible to the AHIGS (IGSSA) Sports Convenor. In the absence of this person, a parent is responsible for completing the required accident form. Once the injured student(s) return to school the Head of Sport will complete a Kincoppal-Rose Bay Accident and Injury Form and submit it to the Bursar’s Office.

If your daughter incurs an injury during sport at Kincoppal-Rose Bay School, she must refer her injury to the staff member/coach on duty so that the appropriate accident form can be completed at the time of injury.

**NB:** Parents, it is important that accident forms are completed so that the School has a record should any claims be made.
Kincoppal-Rose Bay Year 7-12 Sports Selection Policy

KRB fields teams in several sporting competitions (IGSSA & Eastern Suburbs). These competitions require selection and grading of teams and individuals.

Where KRB enters teams in competitions players need to be graded according to their ability level. This enables the school to ensure that they are entered into competitions with opponents of similar ability levels.

Where KRB offers a sport over two terms of the year (Touch Football, Tennis, Water Polo, Badminton and Hockey), students are required to stay with the same sport over the two terms. Eg if a student plays Term 1 Tennis, they will be required to play Term 4 Tennis rather than change to another sport. This will also continue with Term 1 sport for the following year. Any student needing to change will need approval from the Head of Sport.

Students will need to give careful consideration to the choice of sport they choose as they will be required to play it over two terms in a school year. (eg a girl will not be permitted to play both Tennis & Touch Football).

Sports in which the school enters teams include:

- Touch Football
- Tennis
- Water Polo
- Basketball
- Football
- Hockey
- Netball
- Badminton
- Indoor Soccer (Boarders only)

Several factors are involved in fielding teams competitions and all of these factors are taken into consideration when the school enters teams. These factors include:

- The number of students who have registered to play
- The varying ages of students
- The varying ability levels of students
- The structure of the external competition and its specific requirements

While teams are encouraged to do their best to win, participation in sport is the fundamental focus. Playing time is shared amongst the players in these teams.

Representative Teams

KRB fields representative teams in a variety of sports which include:

- Athletics
- Cross Country
- Swimming
- Tildesley Tennis

Athletes in representative teams are expected to contribute to the team performance as directed by the Head Coach. Playing time/events will be at the discretion of the coach in the interests of overall school success.

Student Athlete Responsibilities

Student athletes who participate in trial and grading selections at Kincoppal-Rose Bay have the following and responsibilities:

- Submit the appropriate Sports Contract prior to the trials
- Be present and participate in ALL appropriate trial sessions to the best of their ability
- Respect the experience and expertise of the selectors engaged by the school
- Be bound by the decisions made by the selectors

Students who are unavailable for trial sessions have no course of appeal in relation to team selection.
Illness or Injury

There are often instances where student athletes are unable to attend or participate in trial and grading sessions due to illness or injury. These students should provide the Sports Department with a doctors’ certificate that indicates the nature of the illness or injury and the expected date that the student will be able to return to sport.

Selectors will be required to make assessments of these players based on:

- Their performance at the trials they are able to attend.
- Previous season coaches reports.
- Any additional training and grading sessions that may be required by the sport coordinator.

Tildesley Tennis Team Selection

The KRB Tildesley Tennis team competes at a number of Tournaments each year with the main event being the Tildesley Tennis competition and the Sacre Coeur Tennis Cup which is a Bi annual event.

- The team will be selected based on the athlete’s commitment to school training sessions
- Final team selections are made with the aim of achieving the best possible outcome for the “KRB Tennis team” opposed to the specific needs and interests of any one Tennis player. KRB are limited to the number of Singles and doubles players that can Represent KRB in the Tildesley Tennis Tournament.
- Students wanting to be selected in this team must be playing Term 1 & Term 4 Tennis for KRB.

Athletics Team Selection

The KRB Athletics team competes at a number of Carnivals each year (main event being the IGSSA Athletics Carnival). Athletes who perform well will gain selection to compete at the NSWCIS Athletics Carnival and then NSW All Schools.

- The team will be selected based on results from the KRB Athletics Carnival, IGSSA Friday Night Athletics Carnivals and the athletes commitment to school training sessions
- Final team selections are made with the aim of achieving the best possible outcome for the “KRB Athletics team” opposed to the specific needs and interests of any one athlete. In some circumstances, there may be several students in the same age group.

Cross Country Team Selection

The KRB Cross Country team competes at a number of Carnivals each year (main event being the IGSSA Cross Country Carnival). Athletes who perform well will gain selection to compete at the NSWCIS Cross Country Carnival and then NSW All Schools.

- The team will be selected based on results from the KRB Cross Country Carnival and the athlete’s commitment to school training sessions
- Final team selections are made with the aim of achieving the best possible outcome for the “KRB Cross Country team” opposed to the specific needs and interests of any one athlete. In some circumstances, there may be several students in the same age group.
Swimming Team Selection

The KRB Swim team competes at a number of Carnivals each year (main event being IGSSA). Swimmers who perform well will gain selection to compete at the NSWCIS Swimming Carnival and then NSW All Schools.

Final team selections are made with the aim of achieving the best possible outcome for the “KRB Swimming team” opposed to the specific needs and interests of any one swimmer. In some circumstances, there may be several students in the same age group.

The swim team is selected based on swimmer’s times from:

- The year 7-12 Swimming Carnival
- Pre-season invitational Swimming Carnivals (Long course)
- NSW Metropolitan and State Championships in the current season (long course)

Once students are selected for the KRB swim team, they must attend the designated compulsory team training session (one per week)


Senior School Sports Awards

Team Sports Awards
There are 2 main awards presented for each code of a team sport during the course of the year:

- Most Outstanding Player
- Most Improved Player

These are presented at the last assembly of each term for the following codes of sport:

- Water Polo
- Touch Football
- Softball
- Tennis
- Basketball
- Football
- Hockey
- Netball
- Indoor Soccer
- Badminton

These awards are not presented to Swimming, Cross Country and Athletics as there are opportunities for recognition of achievement through Inter-house Sports Carnivals

Gold Award
Will be awarded to any Year 12 student who has represented the School in a particular sport for five or more years (the student must play the sport in year 12 to be eligible to receive this award)

**Lines on pockets** will be awarded to students who have represented Kincoppal-Rose Bay at CIS level (or State level in Snow sports) or team members who become premiers in their code of sport. Students will receive a certificate that they can take to the school shop if they achieve the following in their code of sport:

- Represents IGSSA at NSWCIS level in their code of sport (eg NSWCIS Softball 2014)
- State Level in their code of sport (eg State Swimming 2014)
- National Level in their code of sport (eg National Athletics 2014)
- IGSSA Premiers in their team sport (eg Netball Premiers 2014)
  (They must have played the whole term of sport in a team to be eligible for this.)

Speech Night Awards

- **Outstanding Senior Sportswoman Award — Years 10, 11, 12 (Versatility in a number of School Sports)** Awarded to a student who has participated in a number of sports (3 plus) at a high level (School 1sts or above) of achievement
- **Outstanding Junior Sportswoman Award — Years 7, 8, 9 (Versatility in a number of School Sports)** Awarded to a student who has participated in a number of sports (3 plus) at a high level (School Junior 1sts or above) of achievement
- **Most Outstanding Sportswoman in a Chosen School Sport (Years 7 to 12)** Awarded to the student who achieves at the highest level in her chosen sport.
Sports Contracts

**What is a Sports Contract?**

A sports contract is a commitment by the student and her parents/guardians to participate in a Kincoppal-Rose Bay sporting team and to attend all listed matches and associated practice sessions.

**It is compulsory for all players to attend all training sessions.**

If your daughter has a legitimate reason for not attending, please forward an explanatory email to the Head of Sport. **If an email is not received the student will be placed on detention.**

If you have any problems with transport or your daughter is unable to attend a match please notify the Head of Sport as soon as possible.

**Why are they required?**

Submission of a Sports contract is essential prior to a student to attending trials in any sport, as it is the only indication we have of the interest in the particular sport. In most cases, the number of teams we wish to enter in a competition must be determined prior to trials and well ahead of the actual season.

*All students who put in a sport contract for any sport are assured of a place in a team and are expected to carry out their commitment.*

*If a student fails to attend training without written permission they jeopardise their position in a Team.*
### Years 7-12, KRB Team Sports Contract

*For Year 7 students or New Students to KRB only to complete Term 1 choice. Term 2, 3 & 4 choice of Sport will be completed online once students have a KRB log in.

*Current Students enroll through student portal for their choice of Term 1, 2, 3 & 4 Team Sport*

<table>
<thead>
<tr>
<th>Student’s Name</th>
<th>Year (2014)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I give permission for my daughter to participate in the following Sports for Term 1 2014</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics (Term 2 &amp; 3)</td>
<td>N/A</td>
<td>student portal</td>
<td>student portal</td>
<td>N/A</td>
</tr>
<tr>
<td>Basketball</td>
<td>N/A</td>
<td>student portal</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Cross Country</td>
<td></td>
<td>student portal</td>
<td>student portal</td>
<td>N/A</td>
</tr>
<tr>
<td>Equestrian</td>
<td>N/A</td>
<td>student portal</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Hockey</td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
<td>N/A</td>
</tr>
<tr>
<td>Netball</td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
<td>N/A</td>
</tr>
<tr>
<td>Snowsports</td>
<td>N/A</td>
<td>student portal</td>
<td>student portal</td>
<td>N/A</td>
</tr>
<tr>
<td>Soccer (Indoor) Boarding Only</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
</tr>
<tr>
<td>Soccer/Football</td>
<td>N/A</td>
<td>student portal</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Tennis Saturday (Term 1 &amp; Term 4)</td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
</tr>
<tr>
<td>Touch Football (Term 1 &amp; Term 4)</td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
</tr>
<tr>
<td>Water Polo (Term 1 &amp; Term 4)</td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
</tr>
<tr>
<td>Badminton (Term 1 &amp; Term 4)</td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td>student portal</td>
</tr>
<tr>
<td>Dance, Fitness, Gymnastics, Tennis lessons &amp; Yoga are all Accomplishment sports activities</td>
<td>Enroll through Accomplishment Handbook</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
<td></td>
<td></td>
<td>Enroll through KRB Swimming</td>
</tr>
</tbody>
</table>

*Important: All Students and parents/guardians must sign both the contract and disclaimer on the next page.*
Sports Contract

I have read and understand the AHIGS (IGSSA) Risk Warning in section 3 of the Senior School Sports Handbook. I have read and signed the disclaimer form over the page.

My daughter has enrolled in her chosen sport/sports through the KRB student portal. This will be done each term.
I give permission for her to play the sport/sports she has chosen.

Parent/Guardian

Signed ___________________________ Date _____ / _____ / _____
Parent/Guardian

Student

I, ___________________________________________ (Student’s Name) understand that as a member of a Kincoppal-Rose Bay School sporting team, I must be available to play on all scheduled dates (including semi-finals) during the competition unless previous arrangements have been made with the Head of Sport and noted on this form. I also understand that I must attend all matches and practices scheduled for my team unless injury or illness prevents me from participating. As a member of a sporting team I am expected and committed to attending all sports photos.

Signed ___________________________ Date _____ / _____ / _____
Student

Please sign this page and the Disclaimer on the other side and return to Student Reception.
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 Risk Warning page 6 of the Sports Handbook.

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