



AIC Sport and Coach Information Booklet

2015

Prepared by the Head of Sport

The information contained in this booklet (accurate at the time of printing), may be subject to change. Additional sporting information will appear in the weekly Sports Notice and on the Padua website

From the Head of Sport

Dear Players, Parents and Supporters of Sport

Welcome to all students and parents of Padua College. This handout contains an overview of the entire sporting program for sport in Years 5 - 12. This is a very large program and hence this should be used to provide a general account of the requirements of co-curricular sport. Sport specific details are provided at the beginning of each season which contains more detailed information such as training times, venues, coaches, contact numbers, uniform and other specific details.

As a general overview, Padua is a member of the formal inter-school sporting competition known as AIC (Associated Independent Colleges). There are eight schools in this formal competition and matches are played on a rotational basis whereby all schools compete against each other throughout the season. These matches count for points and an overall winner is determined on completion of the season. Team sports for Years 5 – 6 do not count for points.

As detailed within, there are a large number and diverse range of sports offered for the boys in Years 5 - 12. Within these sports, all students of various abilities are catered for. The College values sport as an important means of developing essential life-long physical skills, positive attitude and healthy behaviors.

Parents are strongly encouraged to be involved within their son's sporting pursuits, particularly through attendance at matches. This attendance is invaluable and creates an environment which is conducive to quality performances and a united, supportive approach. We greatly appreciate the effort and time that is required of parents and we thank you in advance for your support.

I look forward to a highly productive and successful year of sport. I encourage all boys to be heavily involved in the sporting opportunities that are available at this school.

For any further questions or feedback, please do not hesitate to contact me as we all work together for the delivery of a quality program of sport at Padua.

Yours sincerely

S Maguire

Mr Scott Maguire
Head of Sport

T Guilfoyle

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Director of Coaching

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Athletic Development

AIC Sport Overview

Padua offers a vast co-curricular program, with sport being a major part of this extended educational experience. You will recall as a condition of enrolment all boys must make themselves available to play for Padua in the AIC Competition. This may mean your son is not available to represent his club when he is required to train or play for the College. "Participation by all – according to the relative abilities of each student – is mandatory".

AIC sporting fixtures operate in trimesters as can be seen in the table below:

Term 1	Term 2	Term 3	Term 4
Swimming	Rugby Union	Basketball	Athletics
Cricket	Football (Soccer)	Tennis	
Volleyball	Cross Country	Cross Country	
	Chess		

Other Sports are also offered at Padua, but they are not official AIC Sports. These include:

Hockey	Term 2
Rugby League Open	Confraternity Shield
AFL	Term 3
Golf	Term 4 (1 day tournament)
Water Polo	Term 4

Due to the schools commitment to the AIC competition, it is important that all these teams are filled as a matter of priority. Therefore it is expected that all students who are involved in any of the non-AIC sports commit to an AIC sport as well.

Training/Matches

During the season, training generally consists of two sessions per week for the age groups and three for the Firsts. Matches for most sports take place on Saturdays, except for Swimming and Athletics which occur on Friday evenings. Most sports also include pre-season training as part of their requirements. This generally consists of one day a week for age groups and additional training for Opens/First teams. To make this manageable and reduce clashes with other sports, most pre-season training takes place before school. During this time, no other in-season training is scheduled (where possible) and therefore all students are expected to be in attendance to ensure appropriate preparation for the upcoming season and for team selections.

Details for pre-season and in-season training are detailed within the student notices and all information is available on the school website Co-Curricular; **Sport (within individual sport icons)**. The Padua College website is generally the most up-to-date and therefore parents and students are asked to consult it for the most up to date sporting information. Weekly draws will be published via Inside Padua Sport every Wednesday lunchtime.

Sport specific information is also provided to parents and students before the commencement of each season. The information has all the necessary details and requirements to be involved in the sport. Such details include Coordinator and Coach, contacts, training and match times, match venues, uniform requirements and any other relevant information.

AIC Participating Schools

Below are the details for each of the schools in the AIC competition. Please note that numerous sports are played at alternate venues and playing fields that are not located at the school. For specific venues, please consult College website.



St Peter's Lutheran College
66 Harts Rd, Indooroopilly
All sports played on campus



Iona College
North Road, Wynnum West
All sports played on campus



Marist College
Fraser's Rd, Ashgrove
All sports played on campus



St Edmund's College
Arthur Street, Woodend
All sports played on campus



Padua College
Cricket, Rugby & Soccer:
Padua College Sportsgrounds, 222 Elliott Road, Banyo

Volleyball & Basketball:
Padua College, 80 Turner Rd, Kedron



St Laurence's College
Cricket, Rugby & Soccer:
St Laurence's Playing Fields, Nathan Rd, Runcorn

Volleyball & Basketball:
St Laurence's College, 82 Stephens Road, South Brisbane



St Patrick's College
Cricket, Rugby & Soccer:
Curlew Park, Curlew St, Shorncliffe

Volleyball & Basketball:
St Patrick's College, 60 Park Parade, Shorncliffe



Villanova College
Cricket, Rugby & Soccer:
Villanova Park, Manly Road, Manly West

Volleyball & Basketball:
Villanova College, 24 Sixth Ave, Coorparoo

Associated Independent Colleges (AIC)

CODE OF CONDUCT

PREAMBLE:

The main aim of the Associated Independent Colleges organisation shall be “to promote and conduct various forms of inter-school activity, with a view to fostering a spirit of fellowship”. It is acknowledged and accepted that each school has its own standards of conduct and that it is within the jurisdiction of the Head of College to ensure that those standards are maintained; never the less it is hoped that some commonly accepted norms of behaviour designated herein would be observed on a uniform basis throughout the Association.

The Code is considered under the following headings:

1. General Behaviour
2. Behaviour and Example of Coaches
3. Standards required by Referees
4. Conduct of Players
5. Conduct of Spectators
6. Dress Expectations for Coaches

1. General Behaviour

- a) Healthy, vigorous exercise; scrupulous regard for the spirit of the rules of the game; a willingness to submit to disciplined training; and the cultivation of a generous sportsmanship, should be the goals of AIC sports.
- b) The Host School has the right to expect both the visitors and members of its own community will adhere to its own particular customs and practices.
- c) The competition tables should not be regarded as the sole reason for competing.
- d) Schools should ensure that players compete in their correct age group and that they adhere to the General Association Rules and By Laws for various sports.
- e) Racial abuse or any other form of harassment will under no circumstances be tolerated by AIC. Players should be given no more than one warning before being sent off and reported to the school. Spectators likewise should be reported and asked to leave the sideline if guilty of racial abuse.

2. Behaviour and Example of Coaches

- a) Under no circumstances is there to be deliberate bending of the General Association Rules and By Laws for the various sports.
- b) Coaches should encourage teams and/or individual players to be punctual in coming onto the field or reporting to the designated officials both before and during the matches.
- c) Coaching from the sideline or inside the arena by anyone is not to be allowed.
- d) Coaches must accept the decisions and umpires. This does not preclude rational clarification of decisions at a subsequent time.
- e) The following are to be discouraged:
 - Time wasting and time wasting actions
 - Unsportsmanlike behaviour
 - Over-vigorous play
 - Deliberate coaching of illegal tactics
 - Sledging
 - Dissent
 - Foul language
 - Foul play

Coaches Code of Conduct

- Padua College is the sum of the coaches, teachers and athletes within its walls, their actions and behaviours and outcomes are what Padua College gets measured by, not the score board.
- Be reasonable in your demands on the athlete's time, energy and enthusiasm. Remember that they have other interests
- Accept the decisions of referees and umpires; this does preclude rational clarification of decisions at a subsequent time.
- Teach your competitors that rules of the activity are mutual agreements which no one should evade or break.
- Under no circumstances is there to be deliberate bending of the General Competition Rules and By –Laws for various activities. Discourage time wasting, over-vigorous play and deliberate use of illegal tactics.
- Develop team respect for the ability of opponents as well as for the judgment of officials and opposing coaches.
- Remember the athletes need a coach they respect. Be generous with praise when deserved and honest when reflecting on performance and attitude.
- Represent and be the example of the behaviours you wish your athletes to display.
- Follow the advice of a physician, physiotherapist or parent when determining when an injured player is ready to resume competition.
- Ensure that equipment and facilities meet current safety standards.

3. Standards required by Referees

- a) As an Association we demand a certain standard of behaviour and dress from our players. Similar standards are expected of referees and umpires.
- b) Appropriate signals for the conduct of the sport should be adhered to at all times, as clear signaling is beneficial to the game.
- c) It is expected that referees and umpires should meet the required standards of qualifications in order to officiate.
- d) The criteria for appointment of referees and umpires as laid down in the various By Laws should be adhered to.

4. Conduct of Players

- a) A high standard of conduct is expected at all times, both on and off the field.
- b) Each and every player should be an example of what a sportsman should be, including an appreciation of good play and an acceptance of the mistakes made by fellow players.
- c) The game should be played hard, but never unfairly.
- d) Ill temper or spite should never be shown; assistance for opponents when it appears desirable should be given.
- e) The meeting of opposing coach and captain by opposite numbers is to be commended.
- f) Congratulations, thanks or cheers appropriate to the game, by the captain and/or players is to be encouraged.
- g) The orders or instructions of the umpire, referee or designated official should be obeyed quickly, and any decisions, however unfavourable, should be accepted without question.
- h) The use of drugs, including pain killers, to improve or maintain the performance of any individual player, or group of players, is strictly forbidden.

5. Conduct of Spectators

- a) Good play by either side should be acknowledged by spectators in the appropriate manner. This can encourage players and help them to lift their game as the match or contest progresses. Unwise or fanatical barracking can make a player perform foolish actions in his play, or incite him to foul play, which is not to be condoned.
- b) The Head of College has the legal right to remove any person or persons who do not conform to the acceptable standards of behaviour as laid down by his school.
- c) Consumption of alcohol by spectators during the conduct of a match or contest is not permitted.
- d) Referees or umpires are not to be approached by spectators at any time before, during or after a match.
- e) Cheering and supporting one's own team is recognised as part of the conduct of the game and, provided this barracking is within the requirements of the By Laws (with respect to Athletics and Swimming), it is to be encouraged. However, negative barracking against another school is not acceptable, and should be discouraged.
- f) While the Host School should make every endeavour to provide for the disposal of rubbish, all should make every effort not to litter any parts of the playing fields and/or grounds.

6. Dress Expectations for Coaches

Coaches are encouraged to participate in activities with students where this is appropriate and worthwhile to the training, therefore suitable clothing is required.

- Appropriate length pant and or shorts
- A collared shirt
- Running shoes (thongs NOT permitted unless at the pool).
- Hat (College Cap).
- On competition days, coaches are expected to wear a Padua College polo (supplied).

Student Expectations & Responsibilities

Attendance

In planning training sessions and fixtures, the College attempts to minimise the likelihood of clashes between co-curricular activities. In the event that a clash occurs between two co-curricular activities, the student is to advise both Coordinators of the situation. The Coordinator of each activity will then explore the situation together and advise the student of the solution.

Rolls are kept by the coach in order to monitor the commitment of players throughout the season and will become a record of player's participation and eligibility for various awards, team photographs and so on.

It is therefore essential that players advise their coach and coordinator PRIOR to the session of any absences that will occur during the season. This includes absences due to illness, injury, music, drama and other school commitments and applies to both TRAININGS and FIXTURES.

Failure to attend training without a satisfactory explanation may result in players not being allowed to participate. Dedication and enthusiasm of all students who have been chosen in the team will mean that this situation will not arise.

Commitment

The College expects all students to actively participate in the co-curricular program. Students who accept membership of a sporting team or squad must also accept all the commitments that are associated with membership. The core commitments for sport include:

- Giving maximum effort and commitment to team members and coaching staff at all times.
- Being punctual in attending all training sessions and games/fixtures.
- Completing any officiating or duty requirements.
- Supporting fellow team members in their matches.
- Taking responsibility for communicating training times, fixtures details and transport arrangements on a weekly basis to parents and guardians.
- Bringing all necessary equipment to trainings and matches. This includes personal safety equipment such as mouth guards, shin pads and water bottles.
- Meeting all uniform and behavioural requirements for all trainings and games.

Team Selections

Each association has different laws governing the number of teams that can be entered in the various age groups for each sport. Where possible, the College attempts to place each student in an appropriate team. There are, however, some activities that require a selection process to occur. In these instances, trials will occur prior to the season. Students will have multiple opportunities to demonstrate their abilities and talents. Teams are selected by the relevant coach on the criteria of physical performance, attendance, attitude, behaviour and team balance. Team selections for each game will be communicated by the coach to the students, generally in the final training session of the week.

The grading of these teams is both for the benefit of the competition and to ensure that students are playing at an appropriate level. Because teams are selected on a weekly basis, there is always the opportunity for students to move between teams based on their ability and attitude to training.

Selection Policy

The major criterion for selection will be the performance of the player at trials or training sessions taking into consideration the below factors:

Areas of performance considered should be:

- AIC specific sport By Laws and Regulations.
- The skill level of the athlete and specific physical qualities (anatomical; physiological) required.
- The fitness level of the athlete.
- The performance of the athlete within the team.
- The attitude and behaviour of the athlete on and off the field.
- A player absent due to injury, illness, competing demands (representative duties) may be considered if appropriate advice has been provided (medical Cert. verification of representative trials etc.)

Selection Panel (if disputes arise e.g. Attendance/Behaviour):

- The Director of Sport, Director of Coaching, Sport Coordinator and Team Coach MUST be consulted.

Equipment & Safety

Playing and Personal Safety Equipment

The College provides sufficient general equipment for students to undertake all the sports offered. For some activities such as tennis and cricket, it is acceptable for students to have their own personal sporting equipment. Some sports offered at the College require compulsory personal safety items such as mouth guards, shin pads, protectors and boots. Students who do not have these items may not be able to train or play fixtures.

Uniform

Competition Day - As an ambassador for the College, the playing uniform should be worn with pride and in the correct manner at all times. In some cases (mainly winter sports) students may be required to wear their school formal uniform to and from the match. All 1st teams have a post-match function and are expected to be dressed appropriately for these occasions.

Please consult the web page for specific information on the uniform requirements of each sport. All uniforms are to be purchased from the Padua College Uniform Shop prior to the first fixture or trial match.

Training Day - Students are expected to wear appropriate clothing to training. It is a requirement that students have appropriate footwear for their specific sport. Open shoes such as thongs or sandals are not suitable. All students are required to be in their formal school uniform before the first lesson if training before school.

Water and Food - It is the responsibility of the individual to ensure that they have their own water bottle and that it is not shared. All necessary precautions should be taken in this regard. Not all schools will be providing a canteen or morning/afternoon tea at the away venues so students will need to bring a snack and drink if they require food before or after matches.

Medical Forms - Parents/guardians are asked to ensure the College has updated student medical details. This information will be obtained and kept confidential by the coach/coordinator to assist if there is an accident. All accidents and injuries will be reported to the College on Student Accident Report forms by the authorities in-charge at the time of the incident.

Medical Issues/ Injuries

On Home game days the College employs the services of Twelve9teen (Sports Physio company) and they service our home day competitions. Away games are serviced by the 'Home' school. Any type of assistance that a student requires from sustaining an injury at training or match needs to be documented (Game day documentation is done by Sports Med at ground).

At training sessions the information that should be noted is below.

Please forward this information to the Sports Coordinator, Head of Sport or Coaching Director.

Name of student

Age/PC

Sport/Team

Location e.g. cricket nets

Type of injury

How was injury sustained?

What medical attention did he receive e.g. ice

Was anyone contacted – Office, HOS, Parents, Ambulance etc.

NB If in doubt with seriousness of injury *contact the College Office: 3857 9999*

Twelve9teen (Adolescent Sports Physiotherapist)

www.twelve9teen.com

Shop 3, 336 Sandgate Road

Albion Qld 4010 (Tel: 3256 1219)

Representative Teams

METROPOLITIAN NORTH SPORT

Padua students are entitled to attend the Metropolitan North Sports selection trials in the sports they currently play in at Padua. Exceptions to this would include sports that are not offered to students such as orienteering, baseball, etc. All students must nominate through the Padua Sports Department and comply with the following expectations:

1. The primary focus for Padua College is on AIC Sport.
2. Padua College views Met North Trials as an avenue for its athletes to reach state representation.
3. It is the student's responsibility to collect nomination forms from the Sports Department and return them by the due date.
4. Students are to be made aware that there are qualifying standards for certain sports and if these standards are not met; students will not be eligible to attend.
5. Students who have met the criteria and have been permitted to attend Met North trials, will be excused from classes.
6. Transport to and from the trial is the parents'/ guardian's responsibility.
7. The Rector in consultation with the Head of Sport will approve a student's application.
8. Application to attend the trials will not be approved unless the student represents the College in the sport for which they intend trialing.
9. If the school does not actively participate in their chosen sport, the student must at least represent in an outside club.
10. Students who attend these trials must have their parent's permission and are responsible for catching up on work missed whilst at trials.
11. Students attending these trials should minimise their time away from classes and return to College after their event is finished.
12. The Rector reserves the right to withdraw students from attending trials or competing in Met North and AIC teams.

Training, Transport and Weather

Transport

The College will provide supervised transport to all carnivals that occur during regular school hours, or commence within two hours of the completion of the school day. Transport details will be communicated in the weekly Inside Sports Bulletin, Student Notices and the Website.

For fixtures played on a non-school day, students and parents are required to make their own transport arrangements. If a student cannot make a fixture due to transport, parents are asked to attempt to organise alternative arrangements with another student in that particular team. If this is not possible, parents are then asked to contact the Head of Sport to see if alternative arrangements can be made.

Training

Changes to training times will be communicated by the Head of Sport, Director of Coaching or Sport Coordinator. Information regarding changes will be disseminated via the college website, college app and student notices. In the event of illness or an unavoidable appointment, please contact the Head of Sport or Sport Coordinator via phone (email is a secondary communication tool) in relation to training and fixtures.

In most cases training will still occur in the event of WET WEATHER as teams will often work under cover for training or in classrooms. If for some reason training cannot occur, coaches and players will be notified as soon as possible. This information will also be posted to the College website and App.

Coaches will endeavour to dismiss students from training sessions at the advertised time.

Extreme Weather

Each association has a set of guidelines which involves a consultative process in relation to fixtures being cancelled due to poor weather conditions. In relation to cancelling matches due to the weather, a decision is usually left to the early morning for Saturday fixtures (or lunchtime Friday for Friday afternoon fixtures). If there is no word, please assume the game is on and follow the advertised playing details.

In the event of WET WEATHER during FIXTURES, the Head of Sport will contact the coach to confirm play if possible. Cancellation of games made on match day will be determined from the venue and teams will need to be present. The relevant Heads of Sport from each school will make a decision on the future of play.

Whenever possible, the College website and Padua App will provide the most up to date information on the status of training and fixtures due to weather.

Information Line: 3857 9900

Website: www.padua.qld.edu.au

Padua App (Information available on College Website).

Facebook (Link available on Padua College App)

Coaching at Padua College

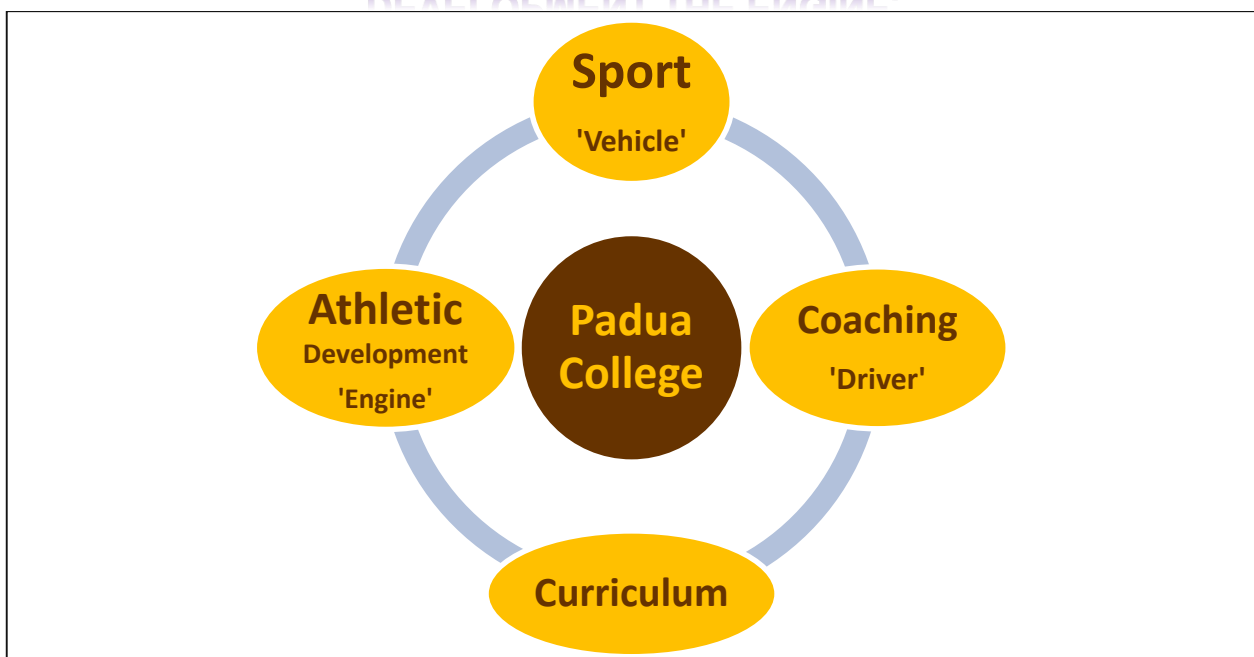
A Sports coach is a significant position that carries responsibilities for the direction, instruction and training of students in sports teams or individual pursuits. The Sports coach through his/her actions will uphold the Mission and Values of Padua College. The Sports Coach will actively support all students in achieving their best in their specific sport.

'All of us do not have equal talent, but all of us should have an equal opportunity to develop our talents'

John F. Kennedy

Sport is **not** mutually exclusive from the schools vision "that boy's hearts and minds will be engaged in all facets of their education". Sport offers purpose to the curriculum and a means to develop and foster long term engagement and relationships.

SPORT IS THE VEHICLE; COACHING IS THE DRIVER AND ATHLETIC DEVELOPMENT THE ENGINE.



General Expectations

- Ensure Blue Card requirements are current and updated where necessary (submit approvals to college).
- Bank details and personal details are current and updated where necessary (submit to college).
- Coaching accreditation is current and updated where necessary (Refer to Director of Sport/Coaching if upgrading is required).
- Attend all Coaching sessions and Competitions as negotiated with the Director of Sport/Coaching.
- Be familiar with the College's and AIC's coaching and Sports code of conduct.
- Know and abide by the AIC's by laws, rules, regulations and standards for your sport and ensure students do likewise.
- Know the guidelines on action to be taken in the event of an accident and be aware of emergency contact procedures.
- In consultation with Director of Sport, Coaching and Sport Co-ordinator select teams in accordance with the selection criteria (refer below).
- Ensure that the tasks and training are suitable for age, experience, ability and physical and psychological conditions of the students (refer the Padua's LTAD).

General Expectations *(cont)*

- Supervise the students under your direct control at all times. Ensure that no student is left unsupervised following the conclusion of an activity.
- Inspect equipment and surrounding areas. Report damaged and unsafe areas to the Coordinator.
- Ensure equipment is collected and returned.
- Seek and apply current best coaching practice.
- Refer to relevant Padua Coaching documents when establishing playing style and techniques.
- Coaches need to be accessible to athletes and college staff hence emails must be provided.

Policies and Procedures

Sport is a 'Lifelong pursuit'. Clearly, we are competing and training to win, but the process is more important than the product. Don't let the score board dictate how Padua College prepares for competition or the goal of preparing athletes for skill application in the future (LTAD). We are identifying and coaching athletes for future participation, sports and positions not talent selecting to win the U12A final. Padua believes in developing an athlete's skill vocabulary, hence enabling them to participate in a variety of sports and specialise in the future.

Training Procedures:

At beginning of training

- Organise and prepare for the session
- Greet students – check status of squad (injuries, sickness etc.) Inform sports co-ordinator of issues arising.
- Emphasise habits, on time, organised, discipline, courtesy and selflessness.
- Outline training expectations and processes for the week and season.
- Review match etc. Positive reinforcement
- Commence training.

During Session

- Dynamic warm up and movement related to the skills involved.
- Conditioning Phase - particularly for 15 year olds and above, Small Sided Game Fitness (SSGF) for year 5 to year 9 students.
- Skills simple to complex and closed to open environments.
- Create structure and repetition.
- Be aware of the Coaching Director's and Coordinator's sport and team structures and techniques.
- The learning environment must be challenging yet interesting and fun. Please refer to Padua's LTAD Model with regard to training specificity and chronological age.

End of Session

- Review session and week ahead.
- Return equipment.
- Information for weekend or next session.
- Assign athletes to assist in gear collection etc.

Athletic Development Program

The development of the Engine requires the mastery of a large vocabulary of movements. Hence, it is paramount that the coach enforces the training of athletic qualities in the Padua gym.

- Strength Development – wrestling, max strength, technical proficiency, power and elastic strength.
- Functional Development – shoulder/thoracic, hip/ankle, trunk integrity and strength.
- Running development – COD, Vmax, acceleration, aerobic and anaerobic.

The primary focus of the program is to optimise structural integrity, optimise speed, force stabilisation, force reduction and force production.

Athlete focus...not sport focused...enhance the athlete's movement potential.

Children aged between 5 and 15 years are in their most productive and responsive period of movement learning. This is known as the 'skill-hungry' period and is the ideal time to further challenge the ever-growing muscular-skeletal system. Many of the limitations seen in the teen-age and senior years are traced back to this important period of a child's development. It is during this period that the child will encounter the start of their growth spurt and so it is important to begin the process of movement learning and progression as soon as possible.

Movements include:

- squatting
- lunging
- pushing
- pulling
- hinging
- bracing

All future sports-specific actions e.g. running, jumping, throwing, kicking, catching and striking begin their journey here. If there is any intention of trying to achieve sporting excellence in later years this is the period within which to start the process towards movement efficiency.

The goals of the Padua Athletic Development program are:

- Improve movement literacy of all of our students.
- Provide a safe and motivating environment for the Padua College students to train and develop.
- To develop in students the desire to continually improve through practice, training and the development of a strong work ethic.
- Produce and implement strength and conditioning programs for students competing in AIC sporting competitions.
- Use best practice to properly prepare students for a variety of sports.
- Develop a student's athletic ability to their potential.
- Identify students who show potential to succeed at specific sports or events.
- To provide students with the opportunity to participate in physical activities they might never have been exposed to.

From Year 8, students have access to the Padua gym facility where they work their way through progressively more complex and / or loaded movements. This allows us to safely advance and monitor the students throughout their time at the college.

As a coach it is important that you are aware of the Padua College's long term athletic development goal. It is expected that you are supportive and actively encourage your team members to participate in strength training at Padua College.