



ST BEDE'S COLLEGE SPORT

2020

**Sports
Information
Booklet**



Introduction

Welcome to St Bede's College where we encourage all students to participate in at least two sports each year. We encourage all students to play for the College and we feel strongly that this is a condition when enrolling your son to attend this College.

Actively being involved in sport/s has many benefits for our students including improving fitness and health, improving self esteem, creating and developing a sense of belonging, reducing stress levels, creating new friendships and continuing with established ones. Students are able to participate at all levels and those excelling in sports have various opportunities to be challenged and extended.

If your son shows an interest in becoming a referee, or official in any sport, we have an effective school programme and full support of the Regional Sports bodies and offer full training in their chosen sport and in some cases we will fund the costs.

Each year I have to fill out a census form for the New Zealand Secondary School Sports Council, who also support my role in the College. The census then breaks down the different sports and the participation rate of the students involved in Sport. Last year's participation rate was 82% of students played sport for the College which is an excellent result for the College.

In order for the College to provide the best opportunities for the students a more structured and systematic approach to administrating and developing sport at the College has been developed.

The St Bede's College Director of Sport will oversee and promote all sports at St Bede's College and to do this effectively we have developed seven sports clubs at the College. These sports clubs are administered by parents and staff at the College and act as an umbrella for the organisation of their sporting codes and standardising school sports administration procedures.

- The club promotes the opportunity for students to achieve excellence in sport at and beyond the College.
- The College still ensures that teachers are involved in sport where possible as they are the main point of contact with students.
- Clubs and the College work together providing coaching resources and professional development opportunities for all coaches and managers.
- Clubs and the College encourage active parent and community involvement in sporting activities.

- Clubs and the College create opportunities for students to be involved in coaching, managing and administrating their own school sport.
- Clubs and the College ensure that all sporting codes adhere to and promote the Fair Play code of conduct.

The College oversees the discipline policy for all school sporting codes via the Coach/Manager, the Director of Sport, the Sports Executive Committee, the Rector and finally the Board of Trustees.

The College Sports Executive is made up of the Deputy Rector (Pastoral), the Director of Sport and the chairpersons of each of the six sports clubs. The Sports Executive meets regularly during the school year. Minutes of these meetings goes to the Board of Trustees.

The Director of Sport oversees all sports uniform policy and standards for all sporting codes.

The College reviews St Bede's College sporting codes performance on an annual basis.

The sports clubs in the College are self-contained and are responsible for the management of their own codes. They have gone from strength to strength and this is a credit to the really motivated and passionate parents that sit on these clubs, and to whom we are very grateful to.

There are six clubs that run the following sport at the College

Basketball:

Kelvin Fisher, Chairperson, kfed@outlook.co.nz

Cricket:

Bruce Delvin, Chairperson, Bruce@formfour.co.nz

Cricket Coordinator, coordinator.stbede'scricket.sch@gmail.com

Football:

Kelly Barber, Chairperson, KBarber@ebps.co.nz

Or website www.stbede'sfootball.sportingpulse.net

Hockey:

Hayley Hall, Chairperson, hall68@xtra.co.nz

Rowing:

Christine Lange, Chairperson, beautybychristine@xtra.co.nz

St Bede's Rowing, stbede'srowingchch@gmail.com

Rugby:

Ed Sparrow, Chairperson, Edward.Sparrow@anz.com

Water Polo:

Michael Fraher, Chairperson, mike@finance.co.nz

All clubs meet once a month and parents are encouraged to attend these meetings. By attending these meetings, you are then fully informed as to what is happening within that Club. Most of our six sports clubs play on a Saturday during their season.

Some information in this booklet is subject to change.

Wednesday Sport

Canterbury has a unique school sports system where all schools in the Christchurch area finish school at 2.30pm on a Wednesday so that all students can go off and play sport.

Wednesday sport is held in various venues across the city and if you want your son to play sport then it is his and your responsibility to make their own way to sport at different venues.

Sometimes there may be a staff member going but they may not have room in their car for every team member.

No Wednesday sports teams will be able to play unless they have an adult in charge and I am very reliant on parents help to transport students.

Term 1 and Term 4 for Wednesday sport is dedicated to Summer Sports.

Term 2 and Term 3 for Wednesday sport is dedicated to Winter Sports.

Most sports games start at 3.15pm, or later and run for six weeks during the term.

Through sporting involvement our students develop:

**Leadership | Reliability | Team spirit | Initiative | Tolerance | Commitment
Confidence | Sense of belonging | Improving self-esteem | Reducing stress
levels | Physical fitness | Goal setting strategies | Cooperation |
Time management | Friendship and Fun**

During the first week of Term One there will be summer sports sign-ups outside the sports office over two lunchtimes. Students will be asked to take home

their chosen sport sign-up sheet (see example) and fill it out and return it to the Main School Office along with the fees for that sport by the due date, failing to do this may result in your son not being able to play sport in that term.

General Information

Sports Draws/Results

Sport information for sanctioned secondary school events (includes the Wednesday competition, Friday night basketball, one off events) can be found on the Canterbury Secondary Schools Sports website:

www.canterbury.schoolsport.org.nz

Cricket: <https://www.stbede's.school.nz/co-curricular-2/sports/cricket-2/> go to club, then cricket draw on left hand side of page.

Rugby: www.crfu.co.nz, click on Community Rugby then go to Secondary School.

Football: www.mainlandfootball.co.nz, then click on Canterbury United Football / fixtures.

Hockey: www.canterburyhockey.org.nz

Basketball: <https://canterbury.nz.basketball/> for Saturday Competition games.

Water Polo: www.canterburywaterpolo.org.nz for weekly draws

All draws and results are located on these websites. For most sports the draw comes out in the week prior to the playing day. If you have any questions, please do not hesitate to call our sports office.

We place all draws for students on the school sports noticeboards. These are located at the end of Brodie Building. Team practice cancellations will also be placed there.

Wednesday Sport Cancellations

School Sport Canterbury is in charge of cancellations for Wednesday Sport. We are generally contacted around midday if any cancellations are to be made. We will then contact teams and coaches. If there is no cancellation by 1pm, please presume play is on. If you are unsure about cancellations, please contact the Sports Office at the College.'

Defaults

If another school defaults to St Bede's College, the team will be contacted as soon as possible. All defaults are written on the Sports Noticeboard. Please encourage your teams to check this on the way to their sport.

St Bede's College should not be defaulting, especially on the day of games played. If a team for some reason or another is lacking in players, we encourage them to find a friend to replace them for the day. In the rare circumstances that a team does need to default, please ring and inform the Sport Office as soon as possible. We will contact the opposing school on your behalf.

Please note that your son/s is committed to playing their sport and should not be arranging other appointments during playing times.

If your son signs up for a sport, then this is a commitment for the duration of the sport and he must commit 100% to that sport.

It is very important that parents talk to their son/s about their possible sporting options as many require an entry fee and most will require assistance in the form of transport from parents especially Wednesday sports.

Year 9 and 10 students must wear their College tracksuit to and from sporting venues, and Year 11, 12 and 13 are to wear the College Hoodie along with the College track pants. Cricket teams must wear their College blazer and cricket whites. Senior teams may have other College uniforms that are worn to and from sporting venues.

Fees

Wednesday Sports Fees – On the registration form you will see a pay by date and fees for that sport. The form needs to be returned by the due date to the Main School Office along with the fees.

Transport

Wednesday Sport Transport – some staff do make themselves available to transport students to sport and we do have two vans that we can use, but unfortunately this is not always possible so we do ask parents to help out with transport on a Wednesday and boys can be picked up in front of the College's administration block (Marist House) at 2.30pm.

St Bede's College Sport Club Fees

All sports clubs at St Bede's College have fees that need to be paid in order to guarantee participation. These fees are used to pay affiliation fees to the Regional Sports Association and to purchase equipment.

It is expected that sports fees are to be paid at a time of registration. St Bede's College has a hierarchy of payment, and unless specifically stated, your sport payment will be used to pay another charge on your sons account, it is important that you state any payment you make is to be used for sport fees.

If paying sports fees is a problem then you may like to consider setting up a second AP to cover this cost.

Please feel free to contact **Clare Kissick, Director of Sport**, at the College if you have any questions or concerns about your son sporting options.

Contact details:

Direct Dial: 375 1877

School Telephone: (03) 375 0647, Ext 877

Mobile: 021 220 3718

Email: sport@stbede's.school.nz

Staff currently in charge of sports are listed below with their email addresses, these are subject to change.

Summer Sport

Sport	Teacher in Charge	Email
Athletics	John Gamblin	jgamblin@stbede's.school.nz
Cricket	Bruce Delvin (Chairman) Ben McCord (Director of Coaching)	chairman@stbede'scricket.school.nz
Cross Country	John Gamblin	jgamblin@stbede's.school.nz
Cycling	Clare Kissick	sport@stbede's.school.nz
Futsal	Clare Kissick	sport@stbede's.school.nz
Golf	Bill Hall	bhall@stbede's.school.nz
Indoor Football	Clare Kissick	sport@stbede's.school.nz
Indoor Netball	Clare Kissick	sport@stbede's.school.nz
Lawn Bowls	Clare Kissick	ckissick@stbede's.school.nz
Motor Cross	Clare Kissick	sport@stbede's.school.nz
Mountain Biking	Doug Palmer	dpalmer@stbede's.co.nz
Multi Sport	Clare Kissick	sport@stbede's.school.nz
Road Race	John Gamblin	jgamblin@stbede's.school.nz
Rowing	Kerry Sullivan	ksullivan@stbede's.school.nz

	Doug Palmer	dpalmer@stbede's.school.nz
Rugby 7's	Daniel Winchester	dwinchester@stbede's.school.nz
Softball	Brooke Rowlands	browlands@stbede's.school.nz
	Morgan Lynn	mlynn@stbede's.school.nz
Surfing	Clare Kissick	sport@stbede's.school.nz
Swimming	Peter Johnson	pjohnson@stbede's.school.nz
Touch	Clare Kissick	sport@stbede's.school.nz
Tennis	Fred De Marco	fdemarco@stbede's.school.nz
Volleyball	Clare Kissick	sport@stbede's.school.nz
Water Polo	Clare Kissick	ckissick@stbede's.school.nz

Winter Sport

Sport	Teacher in Charge	Email
Archery	Clare Kissick	sport@stbede's.school.nz
Badminton	Clare Kissick	sport@stbede's.school.nz
Basketball	Grant Ven	gven@stbede's.school.nz
	Grant MacKenzie	gmackenzie@stbede's.school.nz
Cycling	Clare Kissick	ckissick@stbede's.school.nz
Cross-Country	John Gamblin	jpgamblin@stbede's.school.nz
Football	Chris Hubble	chubble@stbede's.school.nz
Golf	Bill Hall	bhall@stbede's.school.nz
Hockey	Clare Kissick	ckissick@stbede's.school.nz
Indoor Cricket	Clare Kissick	sport@stbede's.school.nz
Motor Cross	Clare Kissick	sport@stbede's.school.nz
Rugby	Gerry Davidson	j davidson@stbede's.school.nz
Ski/Snowboarding	John McPhail	jmcphail@stbede's.school.nz
Squash	Clare Kissick	sport@stbede's.school.nz
Surfing	Clare Kissick	sport@stbede's.school.nz
Table Tennis	Clare Kissick	sport@stbede's.school.nz

Sample of a sport's sign-up sheet that will be available during the first week of term one



ST BEDE'S COLLEGE
TOUCH INFORMATION AND PERMISSION SLIP

To be returned to the Main School Office with your fee by TUESDAY 11TH FEBRUARY 2020

I give permission for my son to attend Touch games played on Wednesdays after school, starting Wednesday 19th February till 25th March 2020. These games could be held at different venues over Christchurch. I understand that my son has to find his own way to games. Playing uniform is St Bede's sports polo shirt, P.E. shorts and sports shoes. I understand there is a cost of **f\$10.00** payable at the School Office. This payment can be EFTOS, cheque or cash. Unfortunately, this cannot be put on your son's school fees account.

Please complete the following details (please print):

STUDENT FIRST NAME	SURNAME	YEAR LEVEL
Clare	Kissick	9

FORM TUTOR GROUP	EMAIL	STUDENT CELL PHONE NO
RBen	sport@stbedes.school.nz	021 2203 7180

ANY MEDICAL PROBLEMS OR OTHER CONCERNS? _____

PARENT/CAREGIVER NAME	ABLE TO ASSIST WITH TRANSPORT?
_____	YES / NO (CIRCLE ONE)

CONTACT PHONE NUMBER IF ABLE TO TRANSPORT
DAYTIME _____ EVENING _____

Names of other students you wish to play with

I _____ (student name) agree that as a member of St Bede's Touch Team, I will be available to play for my team every Wednesday. If I am unavailable I will notify the captain and the teacher in charge of the team as soon as possible. I authorise St Bede's College to obtain medical assistance on my behalf if this is necessary.

SIGNATURE OF PARENT/CAREGIVER	SIGNATURE OF STUDENT
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PLEASE NOTE that forms will not be accepted at the office without fee payment attached – due Tuesday 11th February 2020

Summer Sports

Archery

This is not offered at the College but your son can do this at the Christchurch Archery Club, on a Thursday night. They are located at Rawhiti Ave in New Brighton. They offer beginners courses which are \$100.00 for four 2 hour sessions, this includes equipment hire and target fees for the duration of the courses. For more information go to <https://www.archerychch.co.nz> and go to beginners course.

Athletics

School Athletics Sports will occur in Term 1, where they compete in houses, for house point. This will be held on Tuesday, 11 and Thursday, 13 February. This is compulsory for all students and they are encouraged to compete in as many events as possible for house points. Qualification for finals on the Thursday is based on performance in the preliminary events. Students will then be selected to attend Canterbury Secondary School Athletic finals. This is a great day for students, staff and parents. St Bede's College has a very strong Athletic programme.



- **Required Uniform** House coloured t-shirt, PE shorts and school tracksuit.

The Canterbury Secondary School Athletic Sports is on Tuesday, 17 March for the preliminary events and the finals will be held on Saturday, 21 March at Nga Puna Wai track. Entry into the Canterbury Championships is based on performances at the St Bede's College School Championships.

- **Required Uniform** School athletics singlet which can be purchased from the College uniform shop and PE shorts and school tracksuit.

The South Island Secondary School Championships are on the Friday 3 to Sunday 5 April at Nga Puna Wai track in Christchurch and the National Secondary School Championships will be held on Friday 4 to Sunday 6 December at Tauranga Domain, Tauranga. Students will be selected by the College to attend this event.

Cricket

Cricket is played on Saturdays and training occurs twice a week, depending on coach and facility availability. We encourage all students to play regardless of their ability. Teams for new entrants are selected during a two-day cricket

camp which was held on Thursday, 23 and Friday, 24 January, for those players who have indicated their availability by registration form, which was on our Cricket website. Those not available for the camp will be trialled in the 1st week of Term 1. The St Bede's College Cricket Club has been set up and will be looking to develop a strong cricketing programme at the College to allow all boys interested in playing to achieve to their highest level. The season is now running during the calendar year from late January until March, then from October through to December and if you play in Term 1 you are expected to play again in Term 4. St Bede's College Cricket holds monthly meetings and new members are always welcome to join.



- **Required Uniform** St Bede's College Cricket
White cricket shirt, St Bede's College Cricket Cap, White cricket trousers
- **Subs** will be set at the Annual General Meeting and are charged for a full year.

St Bede's College cricket website is:

<https://www.stBede's.school.nz/co-curricular-2/sports/cricket-2/>

Cycling

We offer cycling at school on a Wednesday after school and is run by School Sport Canterbury who hold time trials every Wednesday at Old Tai Tapu Road in Halswell (1.5 from Main Akaroa Highway just past Rossendale Wines). Scratch Races, Hill Climbs, Time Trials and Teams Races, will be offered on the day, all start at 3.30pm. Parents are required to transport your son to this venue or if you are happy for your son to bike then permission by parents must be given. Boys may compete in the Cycling component of the Canterbury Secondary Schools Triathlon at Scarborough Beach on Friday 20 March, and the South Island Championships is in Oamaru on the Sunday, 1 March 2020.

The Canterbury Secondary Schools Cycling Champs (Litoff Cup) is held each year with dates yet to be set.

The South Island Road Race Champs is being held on 4 and 5 July in Christchurch.

- A competent level of ability is required and students must have a roadworthy bike.

Futsal

Futsal is similar to indoor football except there are nets or walls for the ball to bounce off and the ball is smaller and harder. Competition is played at different venues and is run by Mainland Football. Secondary Schools Futsal Competition is played on Wednesday during Terms 1 and 4, after school at Mainland venues. Teams are made up of 5–7 players, grades are Year 9 and 10 and Years 11 to 13. There is a cost involved for each player for court hire.

Teams can also be entered for the Canterbury and National Secondary School Championships which are held in Wellington on 30 March to 3 April 2020.

- **Required Uniform:** Sports Polo shirt and PE shorts are to be worn with indoor court shoes or non-marking sneakers.



Golf

Golf is played on Wednesdays after school during summer and winter terms at Waitikiri Golf Club and is open to students with official handicaps. For those who do not have official handicaps we encourage them to become involved in their local club where resources and coaching are available. From here boys will be selected into teams that compete against other schools in the local competition and at the Canterbury Secondary Schools Team Golf Championships on Monday 21 September 2020.

There is also the opportunity to compete in an exchange against Marlborough Boys College and in the New Zealand Secondary School Nationals which are being held on Monday 31 August at the Ngaruawhia Golf Course in Hamilton.



Indoor Football

Indoor Football is played at various venues throughout Christchurch on Wednesday after school in teams of 5–7 players. Most games start at 3.15pm. There will be a cost per student to cover court hire.

- **Required Uniform:** College Polo shirt and PE shorts, indoor court shoes or non-marking soles are to be worn.

Lawn Bowls

Lawn Bowls is played on Wednesday afternoon at Bowls Canterbury Centre Green at 28a Makora Street, Fendalton.

Individuals can play or teams of two or four are required. Bowls are provided as well as tuition on the sport.

Teams or individuals are selected to compete at Canterbury Secondary Schools Champs.

- **Required Uniform:** College Polo shirt and PE shorts, flat sole shoes are to be worn.

Motor Cross

Students can compete as individuals in one off competitions.

The South Island Secondary School competition hopefully will be held this year. There is a North Island and National event in Palmerston North that Students can enter in under the College and we support this event but students must find their own way to the competition.

- Students must have their own bikes with current compliance up to date, as required by the Ministry of Transport.

Mountain Biking

Mountain biking does happen in the College but at present I do not have a staff member to organise this, so I rely on parents and students coming to me with events they would like to enter in and then if possible, I will arrange these events with parents.

Term 1 sees a competition run at Halswell Quarry on a Wednesday afterschool that students can take part in. Parents are required to transport your sons to the Quarry. More information will be available at the start of Term 1. This event is run by the Singletrack Club in Christchurch.

There are numerous events that the students can compete in, such as the Canterbury rides organised by the Huxster group more details can be found on their website www.huxster.org.nz There are also opportunities for boys to enter the South Island Champs 27 to 29 March at Mt Hutt bike Park.



The National MTB Championships will be held on 3 to 4 October in Waitangi, Bay of Islands.

- A competent level of ability is required and students must have a good quality bike and suitable safety gear.
- Cost will vary depending on transport, accommodation and food requirements.

Multi-Sport – Triathlon/Duathlon

The main event that students enter is the Canterbury Secondary School Triathlon Championships that are held on Friday 20 March at Scarborough Beach. Students can enter as individuals or in teams in U14, U16 and U19 age groups. Each age group will swim 500m in the lake, cycle 14km and run 4km.

The South Island Championships for Triathlon and Duathlon are held on Sunday 1 of March in Oamaru and the New Zealand Secondary Schools Triathlon is being held on Sunday 16 February in Wanaka.

Selection for the SI and Nationals is based on performances in the Canterbury event. Suitable bikes and safety gear, wetsuits and swimming cap are required.

Rowing

Rowing is a very traditional sport at the College and has continued to grow and achieve great success over the years. Students, and parents, need to be very committed to the sport as it involves numerous weekends and week-long training camps along with weekend regattas. Due to the costs involved, rowing is an expensive sport. Please email the Sport's Director if you would like a 2019-2020 Handbook emailed to you which has all the information of last year's season that might help making a decision regarding rowing. The rowing season begins in Term 4, and finishes in the following year in Term 1 as it culminates with the National Secondary School Championships (Maadi Cup) to be held at Lake Ruataniwha in Twizel, beginning Monday, 30 March and finishes on Saturday, 4 April 2020. South Island Secondary School Championships are held at Lake Ruataniwha in Twizel on Friday 13 and Sunday 15 of March 2020.

Required Uniform: Rowing uniform is purchased from the College Shop, the



Club pays for part of the uniform but some items are an extra cost over and above fees. A complete list is provided in the rowing handbook.

Softball

Softball is offered as Wednesday Sport and is played at different diamonds around Christchurch. South Island Competition is offered and we have entered a team in the Softball NZ division 2 to be played on 31 March to 3 April in Nelson.

Summer Hockey

Summer Hockey is offered as a Wednesday Sport in Term 1 and 4. This is a 6-side competition, played at Nunweek Park, with most games starting at 3.15pm.

Surfing

St Bede's College has produced some great surfers and each year have students in the selected Canterbury Secondary Scholastic Surfing Representative team competition at the Nationals.

Surf lessons are available in each of the summer terms through an external group. The costs are \$128 for four hours (one hour per week) or six lessons for \$168. These are held at Sumner Beach on various days, including Saturday and Sunday. A full registration and information package is available through www.surfcoach.co.nz. There is also the Canterbury Secondary Scholastic Championships that is held every Wednesday starting at 3.30pm at New Brighton Pier for more advanced surfers.

- Aaron Lock can be contacted on 0800 80 SURF (7873) or aaronlock@surfcoach.co.nz

Swimming

The College Swimming Sports occurs in Term 1, on Friday 7 February. Participation is compulsory for all students and they are encouraged to compete in as many events as possible for house points. Heats and finals for Championship races will be held one afternoon during Term 1.

The Canterbury Secondary School Swimming Sports will be held on Thursday 26 March and these are timed finals. This event will be held at Jellie Park Swimming Pool. Entry into



the Canterbury Championships is based on performances at the School Championships races.

New Zealand Div 2 Champs are on 6 to 9 May in Dunedin.

South Island Secondary School Champs are on 4 to 6 September in Blenheim. New Zealand Nationals will be held on 20 to 23 August 2020, at Te Rapa, Hamilton.

Touch

Touch is played on Wednesday after school at various venues around the city for teams of 7–9 players. During Term 4 a Junior and Senior Inter-House competition is run which proves very popular.

Our Senior A team is our Super Touch team which is selected as they attend the South Island finals held on Saturday, 28 of March. Open entry to the New Zealand Secondary School Touch final is on Friday 11 to 13 December 2020, at Rotorua International Stadium, Rotorua.

- **Required Uniform:** College sport polo shirt and PE shorts and suitable footwear are required in order to play.

Tennis

Tennis is played in Terms 1 and 4 on Wednesday after school at various venues around the city. Now that we have no Tennis courts at St Bede's College all teams have to travel on a Wednesday.

This competition is not as strong as inter-club tennis. Canterbury Secondary School Champs Tennis Tournament is held for Seniors players in Term 1 on Monday 10 and Tuesday 11 of February at Wilding Park. The Juniors Champs are held on Tuesday 24 and 25 November, in Term 4 for players of a suitable level of ability.

The Senior A tennis team will compete at the South Island Championships on Friday 29 February to 1 March to be held at the South Canterbury Tennis Centre, in Timaru, where they qualify for the National Finals to be held 29 - 30 March at Wilding Park and Nga Puna Wai Tennis Centre in Christchurch.



- **Required Uniform:** College sports polo shirt and PE shorts. Suitable footwear and own rackets are required to play.

Volleyball

Volleyball is played in Terms 1 and 4 on Monday after school and evenings at various venues around the city. Junior Volleyball consists of Year 9 and Year 10s of 8–10 players and a Senior Volleyball League run on the same night. Training is at various times during the week depending on coach and facility availability. Seniors and Junior teams play in the Canterbury Championships and South Island Champs respectively.

- **Required Uniform:** College sports polo shirt and PE shorts. Indoor court shoes or non-marking sneakers are to be worn.



Water Polo

With Water Polo one of the fastest growing sports at St Bede's College, we decided to form a Water Polo Club late last year and had an overwhelming turnout of parents to our first meeting where we formed a club, which will give all parents a greater say of how Water Polo is run in the College and parents will be able to be more involved in supporting the College the way the sport is run. The Club will meet monthly and all parents are invited to attend all meetings and be well informed on the sports progress.

St Bede's College is very strong at St Bede's College and we are currently the Junior and Senior South Island Championship holders. Trials are held for both teams. Water Polo is played on a Wednesday or Thursday evenings at Jellie Park during Term 1 for the Senior Competition and during Term 4 a Junior Competition is run at Jellie Park. These competitions are run by Canterbury Water Polo so fees are charged for the Wednesday competitions, which includes pool hire and coaching resources.

Suitable togs must be worn, St Bede's College togs are available from the College Shop.

South Island Senior Water Polo champs are held on 29 March to 1 of April in Dunedin, if the team finishes in the Top 3 then they qualify for the National Championships to be held 20 to 23 April in Wellington 2020.

South Island Junior Champs being held on 26 to 29 of November at Jellie Park, Christchurch.



Winter Sports

Badminton

Badminton is played on Wednesday after school in Term 2 and 3 at various venues around the city. Competitions are played in three grades depending on ability. Students can enter the Canterbury Teams Championships date that these will be held on is TBC.

- **Required Uniform:** College sport polo shirt and PE shorts. Indoor court shoes or non-marking sneakers are to be worn. Students will need to provide their own rackets.

Basketball

Basketball is one of our major winter sports this is played on Wednesday after school, and or Friday after school and evenings. Wednesday Basketball is played in three grades at various venues around the city - Year 9, Junior (Year 9 and 10) and Senior (U19).

Friday Basketball also has three grades with the Year 9 team playing at various venues from 4:00pm, onwards. The Intermediate grade is for Year 9–11 players and the Open grade is for U19s. These games are played either at Pioneer Stadium, Cowles Stadium, Celebration Church, Condon Centre or at school gymnasiums.

The Senior A team play in the Canterbury Basketball Secondary Schools Competition on a Tuesday night in school gymnasiums with games starting at 6.00pm. This gives these players a chance to play against club team on Saturdays in the U20 grade.

South Island tournament for the Seniors in 2 to 5 September in Invercargill but venue is to be confirmed.

The College also enters three Under 17 teams and an Under 15 team into the Canterbury Basketball Association Competition which is played on a Saturday in various venues or school gyms throughout Christchurch.

A Junior team made up of Year 9 and 10 players is selected to play in the South Island Junior Tournament which is being held in Nelson from 28 August to 1 September 2020.

Required Uniform: Basketball Singlet for Wednesday or Friday nights, must be ordered and purchased from the College Shop and PE Shorts are to be worn along with suitable indoor court shoes and white socks. Mouth guards are compulsory to be worn when playing.

- **Subs** will be \$55 (these are subject to change) for all teams, except Senior A and Under 17 and 15 teams, which will be in line with Canterbury Basketball Fees that they charge to enter these grades.

Cross Country / Road Race

St Bede's College Cross Country will be held at the College on Tuesday 7 April. The first 10 places in all age groups will be chosen to represent the College at the Canterbury Secondary School Road Race on Thursday 7 May at the A and P showgrounds. The same teams will represent the College at the Canterbury Secondary School Cross Country will be held on Tuesday 26 of May at the Ascot Golf Course, Q E 2 Park. The National Cross Country Champs will be held on the same course on Saturday 20 June at Hawera A and P showgrounds.

- **Required Uniform:** athletic singlet that can be purchased from the College shop and PE shorts. Suitable footwear must be worn.



Cycling

See *Summer Sports* – page 8

Football

Football (Soccer) is played during the winter Terms 2 and 3 on Saturday and training occurs twice a week depending on coach and facility availability.

It is an expectation that all students play Football for St Bede's College. We enter teams in the 14th Grade (Year 9), 15th Grade (Year 10), and U17 Boys. The Football Club meet monthly on Wednesday evening which is open to all parents and interested parties. They hold their Annual General Meeting in early February (date to be confirmed).

A more detailed handbook will be made available early in Term 1 outlining pre-season training, trials and season dates, as well as codes of conduct and specific football details.

1st XI play on a Wednesday night competition and by doing this, it allows our players to go and play club football on a Saturday. These games are either at either English Park or Christchurch Football venue in Yaldhurst Road.

St Bede's College also has a enters a Junior XI (Under 15) that play in the School Sport Canterbury Wednesday after school competition.

- **Required Uniform:** Football shirts will be provided and black PE shorts and red football socks (\$20.00) will need to be purchased from the College uniform shop. Shin pads and football boots will need to be provided by students.
- **Subs** for 2020 are yet to be confirmed but will be approximately \$145 for each player except the 1st XI members. Note: This sub may change depending on the outcome of the AGM in February.
- All players are required to register online to Mainland Football, instructions will come home with the registration form.

Golf

See Summer Sports - page 8

Hockey

Hockey is in very good heart at the College. We are very proud of the 1st XI who won the India Shield for the first time last year. The 1st XI play in the Rankin Cup tournament during Winter Tournament. David Brydon has made College history being selected as the College's first Black Cap in 2016.

St Bede's Hockey Club have a very good alignment with the Marist Hockey Club which sees us share Marist Park for practices and some games.



Hockey is played on Friday nights at Nga Puna Wai, Nunweek Park and sometimes we are lucky that teams are drawn to play at Marist Park, which is located at St Bede's College. Training also occurs at various times during the week depending on turf availability at Marist Park. A new Youth Grade has been introduced with three different divisions. There will be no age restriction between the Divisions (outside a maximum age of 18). Based on this season's rankings St Bede's would have a team in the Div I & Div II sections.

The purpose of the grade changes will allow coaches/selectors to make selections on ability rather than age. Therefore, a brand new Year 11 hockey player who is best suited on ability could start his hockey career in the Div II side rather than automatically having to play in an Under 18 side under last season's rules.

A more detailed handbook will be made available early in Term 1 outlining pre-season training, trials and season dates as well as codes of conduct and specific hockey details.

- **Required Uniform:** Hockey tops and shorts will be provided. Socks can be purchased from the Club. Suitable turf shoes, shin pads and mouth guards will need to be provided by all players.
- **Subs** for 2019 and were \$290 for junior teams and \$390.00 for 1st XI players but these are subject to change and will be confirmed at the Club's annual general meeting in March 2020.

Indoor Cricket

Indoor cricket is played on Wednesdays after school at Action Indoor or Howzat Stadiums in teams of 8 players. Teams are entered in junior (Year 9-11) or senior grades. Each player will need to pay approximately \$30 to cover court hire.

Required Uniform: College sports polo shirt and PE shorts, indoor court shoes or non-marking sports shoes are to be worn.

Rugby

Rugby is the major sporting code at the College with well over 300 students playing in the following grades, U13 (under 58kg), U14, U15, U16, U18 and The University of Canterbury Secondary School 1st XV Competition. Depending on numbers, we may have up to three teams in each grade in various divisions.

All players are encouraged to play Rugby for St Bede's College.

St Bede's College registration day will be held Sunday 24 February at St Bede's College from 11.00am to 1.00pm, this is held at the main school office, all players are encouraged to come along and register for the College, and to make sure they are registered with the Canterbury Rugby Union and NZRAFU).

Pre-season skills, conditioning training and team trials will occur on various days during term one but these are designed not to interfere with summer sports.

A detailed handbook will be available in Term 1 outlining pre-season training, trials and season dates, as well as codes of conduct and specific rugby details. First competition game this year is on Saturday, 4 May 2020. But there may be grading games prior to this date.



- **Required Uniform:** SBC Rugby Jersey supplied by the Club, SBC Rugby Shorts (\$45), SBC Rugby Socks (\$20). Rugby boots, head gear and shoulder pads are to be provided by students. Students will be given a mouth guard on registration day.
- **Subs:** \$120 per boy (to be confirmed).
- More information is available on their website:
www.stbede'scollegerugby.co.nz

Skiing and Snowboarding

A Skiing and Snowboard Academy runs in Term 2 and 3 on a Wednesday after school where they attend training at the Rangiora trampoline centre, anyone can join this.

Sunday trips to Ski fields are held during July and August and parents are encouraged to get involved to take these trips.

Skiing and Snowboarding teams are selected for the Canterbury Secondary School Championships that are held at Mt Hutt on Thursday, 13 August. If successful in qualifying the South Island Secondary Schools will be held on Saturday, 19 and Sunday, 20 September at Cardrona Ski Fields, Wanaka.

- A competent level of ability is required and students must have their own skis and/or snowboard.

Squash

Squash is played on Wednesday after school at various venues throughout the city in Terms 2 and 3. The Canterbury Secondary School Team Championships will be held on 16 and 17 May 2020.

South Island Squash Championships are held on 28 to 29 June in Timaru and the National Championships will be held on 7 to 9 August in Tauranga.

- **Required Uniform:** College polo shirt and PE shorts, suitable footwear and own rackets are required to play.



Table Tennis

Table Tennis is played on Wednesday after school at the Canterbury Table Tennis Stadium in Blenheim Road, during Term 2 and 3. Four different grades are played.

Canterbury Secondary School Team Championships will be held Sunday 14 June at the Canterbury Table Tennis Stadium in Blenheim Road.

Required Uniform: College Polo shirt and PE shorts, suitable footwear and own bat are required to play.

From the Director of Sport

I am more than happy to answer any questions on Sport here at the College. I am also very happy to have a chat if there is something your son wishes to do and it is not on the list.

Parents play a huge part in sport at this College, please feel free to come along and join in. We welcome any expertise you may have in any areas of sport, but most of all we welcome you to join our clubs. This is a great way to meet fellow Bedean parents, who you will become lifelong friends. Without your help we would not be able to run such a successful sports programme here at the College.

During last winter, St Bede's College put out 50 different teams on the sports fields, stadiums and turf. We cannot do this without parents help so please get involved in your son's sports.

I welcome any results/achievements that your son has achieved and this does not have to be sports played at the College, as I understand your son may have outside interests that we may not offer at the College, and I would like to acknowledge these achievements in our College weekly newsletter.

Please feel free to contact me regarding anything to do with sport, my contact details are:

Director of Sport

Clare Kissick

Direct Dial: 375 1877

Cell: 021 220 3718

Email: sport@stbede's.school.nz



ST BEDE'S COLLEGE



1. Applaud the performance of both teams.
2. Be positive with the referee.
3. Acknowledge the efforts of the referee.
4. Let players play their game, not your game.
 5. Praise efforts, not results.
6. Set an example for the players.
 7. Support the coaching staff.

**SEE THE NEXT PAGE FOR PLAYER'S CODE OF CONDUCT*

CAN YOU HELP?

COACHES AND MANAGERS REQUIRED

St Bede's College invites you to assist with one of our sports teams as Coach or Manager

We would particularly like to hear from people interested in coaching, Cricket, Hockey, Football, Basketball, and Rugby, but any sport would be very much appreciated. Positions could be for either mid-week or weekend teams.

Please contact Clare Kissick

If you can help or for more information

Phone 375 1877 (direct dial) or email sport@stbede's.school.nz



ST BEDE'S COLLEGE

SPORT CODE OF CONDUCT

My behavior will always reflect positively on myself, my family and St Bede's College, both on and off the field, when travelling, supporting or competing at other schools and grounds.

I will play hard but by the rules and treat all players as I would like to be treated myself. I will conduct myself in a sportsman-like manner and respect fellow players, coaches, managers, referees and the achievements of my opponents.

I will never argue or abuse an official and always accept responsibility for my actions.

I will always win with humility and accept defeat as part of competition.

CODE OF CONDUCT

1. **Commit** to training and being part of the team for the entire season and always compete for the entire game. **Never Give Up!**
2. **Concentrate** on being the best you can be all the time.
3. Be **proud** of the team and be the best team player you can be by being a 'giver' and giving your best.

You are required to:

- Comply to all instructions given by the Director of Sport, Coaches, Managers, Parents in charge and host families
- **Inform coaches of any health or Injury problems.**
- **Respect** and care for all equipment, returning uniforms that have been issued to you.
- **Respect** others and their property – verbal, physical abuse or stealing will not be tolerated and may lead to dismissal from your team, tournament or trip.
- **Respect your opposition and their supporters when you are either a player or a spectator – instances of verbal or physical abuse and any disciplinary action by a governing body could lead to withdrawal from a team in the case of an individual and from the competition in the case of a team.**
- **Players must abide by the rules of the Absence and Activity policy**
- Be correctly equipped at all times
- Wear the St Bede's College uniform correctly and with **pride (respect the crest – do your best)**
- **Ensure** you are at the right place at the right time.
- Keep your environment clean and tidy – includes modes of transport, changing and meeting rooms
- Respect yourself and your training programme – **drugs, alcohol or cigarettes are NOT PERMITTED**
- Abide by all College and societal rules and laws

Any serious breach of this Code of Conduct will result in you being sent home / withdrawn from the team, tournament, or trip at your own expense.

I (*print your name clearly*) _____ have read and will abide by the above Code of Conduct

Signature: _____



We are very fortunate to have a first class facility in the Fitness Centre with state of the art equipment in it for students to use. This facility is available to Year 9 to 13 students. A fee is charged to use it and a top class qualified trainer supervises the Centre and will set your son a personalised programme, and oversee him doing it making sure he is using the equipment in the correct manner. Year 9 will mainly work on strength, resistance work and core. Please see the following information.

Fitness Centre

Available to all Students Years 9-13

Information & Membership Details

Please Note: The Fitness Centre is a new facility to the College with over \$45,000 of new equipment, which has only been open a year. The Fitness Centre is completely funded by membership fees. Fees also fund a qualified instructor who will set and oversee the boys fitness programme.

All students using the facility need to pay the membership fee. Please accept that the facility risks closure unless all users are contributing. Please respect this and help to keep the facility running.

The more members we have the longer the opening hours.

What is Weight Training?

Weight training or resistance training is a type of conditioning which involves lifting or moving sub-maximal weights in a repetitive fashion. Sub-maximal weights are those that can be taken through a full range of joint motion, three or four times. The major benefits of such training are:

- Increases muscle strength
- Improves joint stability
- Improves flexibility
- Improves motor skills
- Improves physical performance
- Increases muscle endurance
- Provides positive psychological affects

Is Weight Training Safe For Adolescents?

The question of whether children under the age of 16 years should include the use of weights in a training or physical activity programme has been debated for many years by authorities in physical education and medicine. The 'absolute' answer is still under careful consideration however, it is commonly believed that children aged from 11 to 12 years may incorporate a strength training component in their exercise programme provided trained supervision is available and carefully monitored.

In 1998 an international meeting was convened to debate the issue surrounding safe use of weights by children. The major decision was that "strength training with proper programme design, instruction and supervision is a safe activity for prepubescent boys and girls".

The Myths Surrounding Weight Training

1. Proper weight training will not cause abnormally large increase in muscle size or loss of flexibility.
2. Weight Training will not slow down muscle movement.
3. Weight Training will not stunt your growth.

Instruction for Members

Rules:

1. The Fitness Centre is open after school (3.00pm to 5.00pm) for members only.
2. The space is for people working out. Non-members and spectators will be asked to leave.
3. No play fighting in the Fitness Centre.
4. Please look after the equipment and return all weights to their respective places.
5. Please notify supervisor or PE Staff of any damaged equipment or items requiring attention.
6. The Fitness Centre must be left clean and tidy. **RETURN ALL FREE WEIGHTS TO RACKS.**
7. Students must be changed before entering fitness centre. Please use the changing rooms or toilet areas.
8. You must be suitably attired. Sports shoes must be worn (no bare feet/jandals). School uniform is not acceptable. **PLEASE BRING A TOWEL TO WIPE DOWN EQUIPMENT.**
9. Water bottles only. No fizzy drink or food in the Fitness Centre.

Any members not adhering to these rules or inviting non-members in may have their membership revoked / suspended. If offenders cannot be identified then the Weights Room may be closed off indefinitely.

Supervision / Induction / Programmes

Supervisor

- Mark Vanner – Crusaders International High Performance Strength and Conditioning Trainer will supervise Monday to Friday sessions from 3.00pm to 5.00pm

Induction

- An induction session is compulsory for all new members.
- Inductions will be held throughout the year. These will be run by the Instructor.
- All induction sessions will be run by the Fitness Centre Supervisor after school.

Programmes

- Training Programme cards will be available to members and can be stored in the Fitness Centre. It is recommended that all members use them to record their training sessions.
- Members should sign in to help monitor use of the facilities and to enable the school to better meet peak training demands.

Opening Hours

The Fitness Centre will be open for two hours after school Monday to Friday from 3-5pm. Hours will be reviewed in relation to student demand.

St Bede's College Weight Training Facilities

The Fitness Centre is located upstairs in the new Gymnasium extension. It contains all the equipment for a balanced effective resistance training programme. The facility has equipment that requires specific instruction for its proper and safe use.

Membership

Only members of the SBC Fitness Centre may use the school facility. This includes boarders using the facility in a supervised situation outside the normal operating hours.

Subscription for 2020

- Yearly Membership \$200.00
- Term Membership \$60.00 Term 1 / 2 / 3 / 4

Method of payment: Cheque / Cash / Internet Banking



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