

ST ORAN'S COLLEGE

SPORTS HANDBOOK



General School Information

Welcome to all students and parents, and a special welcome to those new to St Oran's. There is a wide range of choice on offer so be active, be adventurous and try something new. Have fun, make new friends, enjoy your sport, and represent St Oran's with pride.

The Sporting Year

Summer sport is Term 1 and Term 4, and winter sport is Term 2 and Term 3. Registrations for the complete year are to be done online via the St Oran's website www.storans.school.nz or via the St Oran's app. These are due no later than **Tuesday 28 January 2025**.

These **registrations are for the complete year** not just for Term 1. If you have any queries please contact Barb Bialy, Director of Sports on 0274184560 or bbialy@storans.school.nz.

Sports Registration

Contained within this booklet are lists of sports available for summer, winter, and all year round. If your daughter competes in a code other than those listed, please register these individually under **"other codes"** together with an expression of interest to compete in any specific events. This will help when opportunities arise to compete in sanctioned events. There is also a list of CSW and NZSS sanctioned codes that we can only offer if numbers dictate.

It is important to note that to be eligible to receive any School Award for sport you must represent St Oran's in that code – the exemption being where we are unable to offer a specific code which is sanctioned by CSW (College Sport Wellington) and SSSNZ (Secondary School Sports New Zealand).

When completing registrations for summer and winter sport we ask you to keep in mind all our coaches and managers are volunteers, and in many cases, take time off work to assist with sport. Therefore, it is important that the commitment is taken seriously. This includes being available for all practices and games unless otherwise arranged with coaches or managers.

All sports codes and teams are subject to numbers and the availability of coaches and managers.

Please note that the competition days stated within this booklet are subject to change. Students will be notified of any changes.

Sports Notices

All Students should regularly check for any updates regarding sports.

- Sports Notice Board – Draws etc
- Daily Notices – read in Whānau Group each morning.
- Assemblies
- TV Monitor in the gym foyer

Newsletter and Facebook Page

Regular newsletters and Facebook (St Oran's Sports page) updates keep the community updated on life and events at St Oran's. Please keep us informed of your daughter's achievements so that all relevant

information is available when organising the St Oran's Sports Awards evening, end of year Prize Giving and the CSW Sportspersons of the Year Awards.

Coaches, Managers and Officials

For St Oran's to be able to offer sports we need your support. Coaches, managers, and officials are always in short supply. Please do not hesitate to come forward to help. Basic, refresher and advanced courses are available to you on request. Senior students have done an excellent job in 'filling the gaps,' however, the reality is that the pressure of juggling their own academic work, culture and sporting commitments sometimes takes its toll. A copy of the Coach and Manager Guidelines can be found at the bottom of the Sports page on the St Oran's College website.

Uniforms

Students representing St Oran's must be in the correct uniform as per the code. These are available for purchase through the uniform shop unless otherwise stated.

This includes the St Oran's school hoodie to be worn with **plain black** bottoms ie trackpants, leggings, shorts to and from venues and events when representing St Oran's. This includes individuals and teams competing in local, regional, or national events. The only exception will be Premier teams with specific attire.

Socks

Plain white ankle socks except for hockey and football who have uniform socks.

Shoes

Please ensure appropriate sports shoes are worn. Bare feet or socks only are not acceptable at any time for any code.

Polyprops

For added warmth a plain black polyprop/thermal may be worn underneath uniforms. This is an approved part of St Oran's sports uniform.

Supplied Uniforms

Supplied uniforms are the responsibility of the student. These are to be returned in good and clean condition at the end of the season. The cost of lost, repairs or cleaning of uniforms will be passed on and will be reflected on your daughter's end of year Clearance Form and subject to the clearance process.

Premier teams may have additional team attire and generic premier uniform items available for purchase through the Sports Office.

Loss of Equipment

Where equipment is issued, they are the responsibility of the student. If the items are lost or stolen, they will be reflected on your daughter's end of year Clearance Form and subject to the clearance process.

Transport

Please be aware that transport to and from venues is your own responsibility. Demands on the School vans are becoming greater and greater, and the need cannot always be met.

Adults may drive school vans, if available, to transport teams. For insurance purposes the school requires a copy of the driver's full license, (front and back).

Coaches or Managers can request a van booking by contacting Barb Bialy or Megan Bailey in the Sports Office on BBialy@storans.school.nz 0274184560 or MBailey@storans.school.nz 0276639868.

Sports Fees

A list of fees relating to various codes are listed below. Please think carefully when committing to a sport or sports. Sports fees will be **charged on registration** and billed to you through your daughter's account along with your school attendance and donations fees. Please do not send any money with sports registrations.

No refunds will be issued unless we are unable to place you in a team.

Please note these fees do not include the cost of one-off events or costs associated with teams or individuals travelling to tournaments. These are billed separately.

Summer Sports - Your registration for summer sport covers **both Term 1 and Term 4.**

Winter Sports - Your registration for winter sport covers **both Term 2 and Term 3.**

Individuals or Teams attending SSSNZ Summer and Winter Tournament Week, AIMS games and other sanctioned events will be billed up to \$500 deposit as soon as entry is confirmed. As per draft budget all money is due in full, two weeks prior to departure. After the event, on reconciliation, any refunds or additional charges will be billed/refunded to accounts.

NB: All students, a condition of selection into a Premier Team will be their availability to attend Regional and National Tournaments and this includes full commitment to team trainings. No refunds of fees or tournament week deposits for withdrawal.

- 2025 NZSS Summer Tournament Week – Monday 24 March – Friday 28 March
- 2025 NZSS Winter Tournament Week – Sunday 24 August – Friday 29 August
- 2025 AIMS Games – Sunday 31 August – Friday 4 September
- 2025 Junior Tournament Week – Monday 17 November – Friday 21 November

Plus, any other teams who qualify to attend NZSS Events throughout the year.

No Pay No Play

In 2017 the Board of Trustees approved a process called “no pay no participation”. This means that as 31 December any student with unpaid extra-curricular charges on their Account will be ineligible to participate for St Oran's College in extra-curricular activities the following year.

Trial Dates

Trial dates for all codes, summer and winter will be out January 2025 and will also be posted on the Sports noticeboard in the gym. Any changes will be notified, and it is in the best interests of students to attend all trials. If unable to attend a trial students must notify either Barb Bialy or Megan Bailey at least 48 hours before the scheduled trial. (NB: Trials take a lot of planning, and it is out of courtesy we request this.)

Health and Safety

Just a friendly reminder:

- The speed limit in the St Oran's driveway is always 5km.
- Coaches and managers please report any injuries during practices or competition via the St Oran's app.
- Sports shoes must be worn for all sports both inside and outside.

Good luck to everyone involving themselves in sport for 2025. I hope you find it fun and rewarding. If you have any queries, please do not hesitate to contact either Barb Bialy or Megan Bailey in the Sports Office.

Look forward to meeting and working with you.

Yours in sport

St Oran's Sports Dept

Barb Bialy

Director of Sport

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Megan Bailey

Sports Coordinator

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Codes of Behaviour

Outlined are the broad principles of acceptable behaviour at St Oran's College. Breaches of this, or any other code, could lead to disciplinary action being taken. Please note that discrimination and sports rage in any way, shape or form is unacceptable and will not be tolerated.

Players Code

- Play to the best of your ability, but within the rules of the game.
- Recognise and respect the abilities and disabilities of others – both teammates and opponents.
- Accept the officials' decision without gesture or argument.
- Represent your college with pride and privilege.
- Be humble in victory and gracious in defeat.
- Support the coaches and their requests of you.
- Attend all trainings and games.
- Thank the coach, officials, opponents and supporters.
- Give it heaps but don't get ugly.

Coaches/Managers Code

- Set affirmative and appropriate guidelines and behavioral standards for yourself and your players on and off the playing arena.
- Except for Premier Teams, give all players the same opportunity to play.
- Assume responsibility for your players' conduct both on and off the playing arena.
- Ensure players are wearing the correct uniform.
- Instill a sense of pride and respect in players' performance.
- Treat all players, including the opposition, with dignity and respect and always demonstrate positive examples of sportsmanship.
- Respect and accept the judgement and decisions of officials without remonstrations.
- Report all injuries related to practices and games via the St Oran's app.

Parents Code

- Positively encourage and support the efforts of all players.
- Try to understand the rules of the game.
- Refrain from any criticism or abuse directed at coaches, managers or officials.
- Put an emphasis on genuine effort ahead of victory and encourage players to accept the outcomes of all games, irrespective of the result.
- Recognise good play by either team and never ridicule an individual player in either team.
- Ensure the use of any form of violence is actively discouraged.

Supporters Code

- Encourage all participants to play within the rules of the game.
- Display self-control on the sideline.
- Show appreciation to coaches and officials who facilitate the game.
- Remember young people play sport for their satisfaction not yours.
- Never place undue pressure on a child to play or perform

Officials Code

- Control the game in a fair and positive manner.
- Be consistent and objective in your rulings.
- Modify your approach to suit the level of player skill.
- Help players learn the rules by explaining decisions where appropriate.
- Do what you can to make sure that everyone enjoys the game (including you).
- Encourage fair play and not tolerate foul play of any kind.
- Be a positive role model.

Protocol for complaints: Should in the first instance be communicated in writing to Barb Bialy.

Coach and Manager Guidelines

Coach:

- Set and attend all trainings and games or make alternative arrangements. Check with the Head of Sport to ensure the time and venue you have chosen is available.
- As a team set individual and team goals and values.
- Look after equipment.
- Coach the skills of the game.
- Inform the team members of the importance of warming up, cooling down and stretching.
- Encourage your players to bring nutritious food and plenty of fluid (preferably water) for before, during and after trainings and games.
- Except for premier teams ensure all players have the same opportunity to play.
- In conjunction with your team manager ensure that the details and results of your game are notified to the Director of Sport by early the following day. Either by email, BBialy@storans.school.nz or by cell 0274184560.
- Please remember you are representing St Oran's and are a role model for the students.
- Record all injuries that occur during practices or competition through the St Oran's App.

Manager:

- Attend all games or make alternative arrangements.
- Attend practices where necessary.
- Collect and look after equipment.
- Organise transport where necessary.
- Ensure uniform and behavioral standards are being met.
- Ensure players are aware of game times.
- Distribute and collect uniforms and equipment where applicable and keep a record of who has what.
- Organise fundraising where applicable.
- Where necessary organise an official (umpire/referee). (NB: Netball it is compulsory for all our teams to supply their own umpire and whistle.)
- In conjunction with the Coach be aware of any medical or health problems, injuries your players have and know what and where their treatment is. E.g. – asthma – where their inhaler is kept etc.
- For elite teams attending SSSNZ Tournaments liaise with the Director of Sport regarding transport, accommodation and any other related costs.
- Record all injuries that occur during practices or games through the St Oran's website (incident, extra-curricular form) or via the QR Code.

Coaches and Managers are to work together to ensure all above areas are covered. Weekly draws will be sent from College Sport Wellington and any other relative Sporting Bodies and will be posted on the sports notice board. The College Sport website is www.collegesport.org.nz.

NB: cancellations for weekday sports are notified to the School by 2pm. We will email or text once we know. We will also post on the white board in the gym foyer so please encourage your students to check before leaving school. We will also post on the sports Facebook page where applicable. Weekend cancellations are on the CSW website or cancellation line 04 939 1103. The exception is HV Netball Centre (yr 7 & 8 teams) cancellations are on Atiawa Toa FM – 96.9.

Summer and Full Year Sports Codes 2025 - (Term 1 & Term 4)

Summer Codes	Year Levels	Venues	Uniform Required	Day	Fees
Cheerleading (All year round)	Yr 11-13 Yr 7-10	Ignite Cheer (Minimum 12 per team)	TBA for the two competition events.	Training 7.30am week day Or 4.30pm Saturday	\$150 per term plus any uniform costs
Cricket	Yr 7 – 13 NB: (Yr 7&8 Club players only)	Various (Term 1 & 4)	Top supplied with own White pants	Thursday	\$50
	Yr7&8 beginners (Term 1 only - 6 weeks)	St Oran's Gym (Term 1 only - 6 weeks)	PE uniform	Wed lunch time	\$10
Croquet (Term 1 only)	Yr 9 - 13	Taita Croquet Club	PE uniform	Thursday 4pm	\$15
Dragon Boating (Term 1)	Yr 11 - 13	Regatta Lambton Harbour	Team singlets & plain black bike pants	Monday & Thursday	\$135 + Singlet/Pants cost
Futsal	Open	Walter Nash	Top supplied and black shorts	Friday	\$60
	Yr 7 - 10	Walter Nash	PE uniform	Thursday	\$50
Touch Rugby	Open (Term 1)	Fraser Park	PE or SOC top & black shorts	Tuesday	\$60 (Term 1 – yr 9-13)
	Yr 9 – 10	Fraser Park	PE or SOC top & black shorts	Tuesday	\$60 (Term 4 only)
	Yr 7 – 8 (Int A ?? CSW comp T4 Tues avo)	Fraser Park (Term 1 & 4)	PE uniform	Thursday from 4pm	\$90 (Int A \$150 if incl TT & CSW)
Volleyball	Senior A	Various (Wgtn Region)	SOC top supplied with own black shorts	Friday from 4pm	\$90
	Senior B	Various (HV Region)	SOC top supplied with own black shorts	Friday from 4pm	\$60
	Senior Social	Various (HV Region)	PE or SOC top & black shorts	Friday (Term 1)	\$50
	Junior A	Various	SOC top supplied with own black shorts	Wednesday from 4pm	\$80
	Yr 8*-10 NB: (Yr 8 competitive only)	Various	PE uniform or SOC top & black shorts	Wednesday from 4pm	\$60
		SOC Gym	PE Uniform	Monday lunch time	N/C

	**Yr 7&8 beginners				
** If there is enough interest, ability and depth we may enter a year 7&8 beginners' team into the CSW Junior weekly competition in Term 4. To be decided end of T1. The cost will be \$50 per player.					

Winter Sport Codes 2025 - (Term 2 & Term 3)

Winter Codes	Year Levels	Venues	Uniform Required	Day	Fees
Badminton	Senior A	Mainly NBH & HBH	Top supplied	Friday 4pm	\$80
	Yr 11 - 13	Various	PE top & black shorts	Friday 4pm	\$50
	Yr 7&8* – 10	Various	PE uniform	Thursday 4pm	\$60
	NB: (Yr 7&8 competitive only)				
	Yr 7&8 beginners **	SOC Gym	PE uniform	Thursday lunch time (T2)	
** If there is enough interest, ability and depth we may enter year 7&8 beginners' badminton team/s into the HV Badminton yr 7 and 8 competition in Term 3. Games are Thursday's from 4pm. To be decided end of T2. Those players/teams will continue to train in T3. The cost will be \$50 per player.					
Basketball (All players must wear mouth guards)	Senior A	WNS & ASB	Uniform provided	Friday evening	\$90
	Senior Social	Various	Top provided & black shorts	Friday evening	\$70
	Yr 9-10	Various	Top provided & PE shorts	Tuesday evening	\$70
	Yr 7 - 8	WNS	Top provided & PE shorts	Wed/Thur Evenings	\$90
Football (All players must wear shin pads)	1 st X1	Various	Uniform provided	Wednesday evening	\$90
	2 nd X1	Various	Top provided & Black shorts	Wednesday from 4pm	\$70
	Senior Social	Various (HV grounds)	Top provided & Black shorts	Tuesday 4pm	\$50
	Yr 7 - 10	Various	Top provided & PE shorts	Tuesday from 4pm	\$70
	(NB: Yr 7 must be club players.)				
Hockey (All players must wear shin pads and mouth guard)	1 st X1	Various Stadiums	Uniform provided	P1 – Friday nights	\$250
	Yr 11-13	Various Stadiums	Uniform provided or PE uniform	P3 – Thursday nights	\$200
	Yr 7-10	Various Stadiums	PE uniform	Yr 9&10 Grade – Wednesday nights	\$180
	(NB: Yr 7 must be club players.)				

Thai Boxing (All year round)	Yr 9-13	SOC (Gym)	TBC	One week morning before school. Day TBC.	\$50 per term Optional own gloves & wraps
Netball	Senior A Club Teams Yr 9 - 13 Yr 7 - 8	Various & Walter Nash Walter Nash NHV Courts & Taita Col NHV Courts	Dress to be purchased Existing uniform Netball Uniform PE Uniform	Mon Evening & Saturday Saturday Saturday Saturday	\$250 Club Inc \$150 Casuals \$60 \$90 \$90
Water Polo	Yr 7 - 8	Hutt Pools	Plain black togs	Wednesday evening (Term 2&3)	\$90
Yoga (TBC)	Yr 9-13	St Oran's Gym	Relaxed	Before school – Day TBC (Terms 2& 3)	TBC

Other sanctioned and competition codes

If you compete in any of the above codes on a regular basis please email Barb Bialy bbialy@storans.school.nz or Megan Bailey mbailey@storans.schooo.nz to be added to our database for any events. Depending on the number of registrations per code there is a possibility we could look at entering a St Oran's Team into competitions or events. It would be great if you could also keep me informed as to any outstanding achievements throughout the year.

Student Coaching and Officiating (Umpire/Referee) 2025

Students who are available and keen to be involved in coaching or officiating for any code please complete the online registration. Support will be available and if you have a qualification, please note that on your registration.

NB: Senior A & Junior A teams will need to be rostered in these roles as necessary

Code	Venue	Day
Basketball	St Oran’s	Tuesday and Friday evenings
Football	Various	Tuesday – senior social grades, Wednesdays
Hockey	Various	Grade dependent
Netball	Taita College, Netball HV (Taita Courts)	Saturday
Touch Rugby	Fraser Park	Tuesday at Fraser and Thursday at Fraser Park
Volleyball	St Oran’s	Wednesday and Friday evenings

Please feel free to add any other codes you may be able to assist with.



WWW.STORANS.SCHOOL.NZ