

**Rainbow Street Public School
SPORT SELECTION GUIDELINES**

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NOTE: All school sport events are pet, alcohol and smoke free zones.

Revised June 2019

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SPORT SELECTION GUIDELINES

Rationale

Sport is a compulsory component of the Personal Development, Health and Physical Education syllabus. Students need to be provided with opportunities to participate in a range of sporting activities and programs suitable for their ability and interests. Sport assists in the development of a healthy lifestyle by promoting physical activity.

It is important that students' school experiences in physical activity are conducted in a safe and supportive environment. Schools that create safe and supportive environments will not only protect students from injury but will encourage their lifelong participation in regular physical activity.

Outcomes

The aims of this document include:

- Providing an understanding of the various School Sport Programs at this school;
- Establishing clear guidelines for the implementation of sporting programs;
- Establishing clear and consistent guidelines for the selection of school sporting teams; and
- Establishing clear and consistent guidelines for the selection of students to attend Zone representative sports trials.

Weekly Sports Programs – Years 3 to 6

All Primary students (Years 3 to 6) will participate in a weekly sports program on a Friday. Students will participate in one of the following programs:

- **School-Based Sport**
- **Primary School Sports Association (PSSA) Competitions**

School-Based Sport

The School-Based Sport program is for students not selected in PSSA. teams.

This program focuses on skill development and minor games. Fundamental Movement Skills relevant to various games and sports will be taught and practised, and these skills used in minor games at school. Fitness activities could also be undertaken as part of this program.

Fundamental Movement Skills selected for development will be done so according to the progression outlined in the Physical Development, Health and Physical Education K-6 syllabus document. The minor games selected to practice these skills will be selected according to the interest of the students, and relevance to the time of year.

An example of sports selected to practice Fundamental Movement Skills is:

<u>Summer</u>	<u>Winter</u>	<u>All Year Round</u>
Softball Cricket AFL	Netball Soccer Oz Tag/Touch Football	Basketball Volleyball Golf

School PSSA Sport

Representing the school provides an opportunity for talented athletes, who are proficient in the fundamental skills related to their chosen sport, to extend their skills and compete against similarly skilled students from other schools. Representing the school is an honour and students who represent the school have the responsibility to compete at all times in a manner that demonstrates good sportsmanship and exemplary behaviour.

Rainbow Street Public School is part of the Eastern Suburbs Primary School Sports (ESPSSA) zone. We participate in the Zone PSSA competitions in a variety of sports in both Junior (Years 3 and 4) and Senior (Years 5 and 6) divisions. The competitions are held over a two-season format.

	Girls Only	Mixed
Season 1: Summer (Terms 1 & 4)	T-ball/Softball	AFL
Season 2: Winter (Terms 2 & 3)	Netball	Football (Soccer)

NOTE: The rules and regulations surrounding the sports that boys or girls can play are set by the Eastern Suburbs PSSA and are in line with Sydney East PSSA rules and regulations.

NOTE: The number of teams entered into competitions will be dependent on student interest, staff availability and the ability of the draw to accommodate teams.

Students may choose to trial for these teams. If selected, it is expected that the students will fulfill their commitment to the team until the completion of the season, unless injured or another satisfactory reason is provided. If not selected, students will be given the opportunity to develop their skills in a controlled environment during school-based sports programs.

PSSA Training

PSSA training will run for one hour each week either before or after school, as negotiated by the teacher coordinating the team (Team Coach/Manager). It is expected that students selected in a PSSA team attend all training sessions, unless a satisfactory reason is provided from a parent or carer.

These training sessions are for students who have been selected in a PSSA team only. During these training sessions, these students will be working on fitness, skill-specific drills and tactical play. All students attending training sessions are expected to abide by the PSSA Code of Conduct outlined below.

Selection of School PSSA Teams

Students will have the opportunity to trial for relevant school PSSA teams.

The Team Coach/Manager and at least one other selector should select teams. This other person may be another teacher who is qualified or experienced in that sport, or another qualified person, such as a Development Officer.

At least one trial will be conducted before selecting the team, although two trials are preferable if time permits. This will allow all students to be given an equal opportunity to exhibit their ability and natural athleticism before the team is finally selected.

Team Coaches/Managers may use the early rounds of the competition as further trials before finalising the team.

Selection Criteria

The criteria for selection includes:

- *Student ability and natural athleticism:*
Students need to demonstrate an ability or natural athleticism in the sport that they are trialing for;
- *Behaviour at school, sport and on other school activities:*
The behaviour of students at school and on school activities and excursions will be considered before selecting teams. If the student has regularly displayed inappropriate behaviour they may be excluded from representing the school at sport;
- *Attitude and sportsmanship:*
Students need to display a positive attitude and good sportsmanship;
- *Commitment and reliability:*
Students need to commit to the team for which they trial for the duration of the season. This includes the attendance at any scheduled training sessions;
- *Previous playing experience:*
Previous playing experience of the student while representing the school will be considered when selecting the teams.

NOTE: Coaches need to prepare their own specific selection criteria that details what is being assessed and be prepared to give specific feedback to parents if requested.

Player Rotation Policy – Teams

Rainbow Street Public School endeavours to provide opportunities for appropriate playing time for team members of teams in qualifying rounds in competitions that takes into account the ability and experience of the player, and the level of competition in which the team is competing.

Player rotation of team members in finals matches will be at the discretion of the Coach, in consultation with team members prior to the commencement of matches.

Code of Conduct

Students selected in any of the PSSA teams will be provided with a copy of the school's Code of Conduct. The Code of Conduct outlines what is expected of all players and supporters at games. The Code of Conduct will then need to be signed by both the student and their parent/guardian and returned to school before they participate in any match. *(See Attachments)*

Students who breach the Code of Conduct will not be permitted to represent the school at PSSA events. Penalties may be for one match or the remainder of the season. The penalty is determined by the Coach and Principal.

Eastern Suburbs PSSA Values

Rainbow Street Public School believes in values in sport and will ensure they are not just words but have strong meaning in the lives our students. All students are to embrace these Values when representing the school:

- **TEAM WORK**
- **EXCELLENCE**
- **ENJOYMENT**
- **RESPECT**
- **FAIR PLAY**

Eastern Suburbs Zone Carnivals Team Selection Policy – Swimming, Athletics & Cross Country

Individual Entry

The school team will be selected on performance at school carnivals. However, if a talented athlete is unable to compete at the school carnival, consideration will be given to them becoming an **additional entry** based upon proven past performance.

Relay Teams

Relay Teams will be selected by the Carnival Coordinator based upon results at the school carnival, and other factors such as previous performance within school competition and training. If necessary, selection trials may be held to determine the relay positions.

Rainbow Street Public School Relay Policy

Children selected into school representative relay teams to contest at Zone, Region and State levels in Swimming and Athletics will be selected on merit, the basis of which will be the times recorded at the annual school carnivals in Swimming and Athletics. The fastest four place-getters will represent the school at the Eastern Suburbs Zone Carnival.

It should be noted, however, that if a student is absent for the school carnival and this student has achieved outstanding results at Zone/Regional/State level in previous years, he/she will be considered for selection and will be able to progress to Zone level as a relay competitor and/or individual competitor. This decision will be the responsibility of the Carnival Coordinator in consultation with the school principal.

If a reserve is called into the relay team (because a student who is chosen to be part of the relay team is unable to compete due to illness or unforeseen circumstances), **the reserve will only compete at the next specified carnival** to replace the original team member.

The reserve will not replace the original team member at any subsequent carnivals but will have the choice to accompany the team as a reserve if they progress further. The original school team selected takes selection precedence over any reserve being brought in to compete at a Zone or Regional carnival.

School Representation to Eastern Suburbs Zone or Sydney East Regional Team Trials

Rainbow Street Public School will nominate students to attend Zone and/or Regional trials based on the following criteria:

- Students must be bona fide pupils enrolled at Rainbow Street Public School;
- Students must have the school's permission to trial, nominated by the School Sports Coordinator and endorsed by the Principal. Both the School Sports Coordinator and Principal must sign the Zone or Regional permission note;
- Students must meet the age requirement and any other criteria if specified;
- Students must have ability in the sport they are trialling for, determined by either by past school experience, including Zone/Region representation, or school coach recommendation if the sport is played at school level; and
- Students must have a good behaviour record and cannot be under school suspension.

PSSA Sports Played At School Level:

PSSA sports played at school level include football/soccer (boys and girls), Australian Rules Football (boys and girls), netball (girls) and T-ball/softball (girls).

If the school participates in PSSA competitions, supervising teachers will nominate students from school teams who are deemed suitable for representative trials. These students will generally be senior students (aged 11 and above). Junior students will only be considered in exceptional circumstances and where outstanding ability, experience and achievement have been demonstrated.

PSSA Sports NOT Played At School Level:

PSSA sports NOT played at school level include hockey (boys and girls), touch (boys and girls), rugby union, cricket (boys and girls), softball (boys), water polo (boys and girls), tennis (boys and girls) and golf (boys and girls).

For sports NOT played at school level, students are able to nominate their interest in attending Zone or Regional trials. They will need to meet any criteria specified by

the relevant Association and/or Convener. In addition, students will also need to demonstrate appropriate experience and ability to the School Sports Coordinator. This will include years of playing and any club or representative teams of which the student plays. Senior students will be considered upon meeting any criteria, and junior students will only be considered in exceptional cases.

The School Sports Coordinator will then determine which students will be nominated to attend trials based on Zone or Regional trial information and student demonstration of experience and ability.

Eastern Suburbs PSSA and Sydney East SSA Selection Policies

The Selection Policies of both the Eastern Suburbs PSSA and Sydney East SSA must be followed in order for students of Rainbow Street Public School to be eligible for selection.

These policies are as follows:

Eastern Suburbs PSSA Selection Policy

1. Carnivals:

i) Students must in all circumstances be in attendance and compete at an ESPSSA Zone Carnival in order to allow them to be considered for selection in the ESPSSA Zone team to compete at a Sydney East PSSA Carnival.

ii) Students must compete at the ESPSSA Zone Carnival in order to allow them to be considered for selection in the ESPSSA Zone team to compete at the Sydney East PSSA Carnival, unless they are:

a) Competing at a higher level school sport competition

In this case, a *Consideration For Inclusion Into Eastern Suburbs PSSA Zone Carnival – Application Form* must be presented to the Convener. This is to be verified/endorsed by the student's Sports Coordinator or Delegate and Principal, listing the student's school performance and any relevant previous Zone/Sydney East performance in that sport. This will then be considered for selection by a panel - i.e. ESPSSA Executive and Convener. Inclusion in the ESPSSA Zone team under these circumstances will not be at the expense of individuals who have competed at and qualified for the zone team based on the qualification procedures determined by the Sydney East PSSA, and is also subject to approval from the relevant Sydney East PSSA Convener. Submitting a consideration for inclusion does not guarantee inclusion in the ESPSSA Zone team. In these cases, a request for inclusion form must be presented to the ESPSSA Zone Convener at least one week prior to the ESPSSA Zone Carnival.

iii) If a student is not available for the Sydney East trial or the NSW State Carnival, then the student is deemed ineligible to be chosen in the ESPSSA Zone team.

iv) Member schools should contact the relevant ESPSSA Zone Convener and discuss exceptional circumstances for zone inclusion. ESPSSA Zone Conveners must seek ratification through the ESPSSA Zone Executive.

v) ESPSSA Zone Convener and the ESPSSA Executive will make the final decision on any inclusion into the ESPSSA Zone team.

vi) ESPSSA Zone Conveners are to organise all aspects of running the zone carnival e.g. venue, format, program, jobs, bookings for following year, dissemination of information in sufficient time prior to carnival being held, information regarding dates and organisation for the regional carnival.

vii) It is the responsibility of all school sport coordinators to submit entries to the ESPSSA convener by the published due date. Sport coordinators should ensure entries are correct and no changes are made after the date specified by the convener. They should also notify the relevant convener immediately if a student who is scheduled to compete at the regional carnival is unable to compete. Sport coordinators should also communicate to their community information relevant to carnival events for students with a disability, including the need for an official classification to be obtained prior to entry dates.

vii) The Zone pathway is for students who are able to demonstrate they are gifted and talented athletes. Students must have demonstrated competence in the relevant event at the school level. Each school may send a maximum number of students to a Zone carnival. These numbers are as follows:

- Swimming: three representatives for 50m Freestyle events, two representatives for all other events in each age division for boys and girls (medley events subject to qualifying times as determined by the Zone Convener each year)

- Athletics: three representatives for 100m, two representatives for all other events in each age division for boys and girls

- Cross Country: four representatives per age division for boys and girls

In exceptional circumstances, dispensation may be given by the Zone Convener, in consultation with the Eastern Suburbs Zone PSSA Executive, to allow additional students to compete. Schools are not obliged to send the maximum number of entries for each event.

ix) In the event that an ESPSSA Zone Carnival is cancelled due to poor weather or other such circumstances, the Zone team will be selected on an alternative date being available prior to the Sydney East Carnival for the same sport. If an alternative date is not able to be arranged for any reason, competitors will be invited to submit

times/heights/distances to be considered by the ESPSSA Zone Convenor and Executives. These submitted entry marks should be from the School Carnival, with the exception that it does not necessarily have to meet the PSSA qualifying standards. Entry marks must have been achieved in the same year of competition prior to the ESPSSA Zone Carnival, and must be ratified by the School Principal of the school that the student attends, as well as the School Sport Convener.

x) The first two or three place getters (dependent on the zone entry requirements for each event as determined by Sydney East) will be considered for selection into the Sydney East representative team. In case of a tie for third place, the Convener shall determine selection for the third position using the following criteria:

a) Field: the tie will be resolved at the event through a countback of the results, or a 'jump/throw off' if still unresolved.

b) Track: heat times will first be considered. If the tie is still not resolved, the position will be resolved by the toss of a coin.

xi) The ESPSSA Zone Convener is responsible for naming the Zone team and subsequently contacting Zone Executive and all member schools of chosen students to compete at Sydney East trials. This should be done in the immediate days following the ESPSSA carnival. The Convenor is also responsible for managing the ESPSSA Team at the Sydney East carnival, including dissemination and collection of permission notes, uniform, etc. A copy of all permission notes for regional, state and national carnivals must be retained by the student's school.

Please note: Students on school suspension at the time of any Zone Carnival will not be allowed to compete, nor will they be considered as an extra inclusion in the ESPSSA Zone team.

2. Teams

i) Students must in all circumstances be in attendance and compete at the ESPSSA Zone Trial in order to allow them to be considered for selection in the ESPSSA Zone team to compete at the Sydney East PSSA Trial.

ii) Students must compete at the Zone Trial in order to allow them to be considered for selection in the ESPSSA Zone team to compete at the Sydney East PSSA Trial, unless they are:

a) Competing at a higher level school sport competition

In this case, a *Consideration For Inclusion Into Eastern Suburbs PSSA Zone Team – Application Form* in the ESPSSA Zone team must be presented to the ESPSSA Convener. This is to be verified/endorsed by the student's Sports Coordinator or Delegate and Principal, listing the student's school performance and any relevant previous Zone/Sydney East performance in that sport. This will then be considered for selection by a panel - i.e. ESPSSA Executive and Convener. Inclusion in the ESPSSA Zone team under these circumstances will not be at the expense of individuals who have competed at and qualified for the ESPSSA Zone team based on the qualification procedures determined by the Sydney East PSSA, and is also subject to approval from the relevant Sydney East PSSA Convener. Submitting a consideration for inclusion does not guarantee inclusion in the Zone team. In these cases, a request for inclusion form must be presented to the Zone Convener at least one week prior to the ESPSSA Zone Trial.

iii) If a student is not available for the Married trial, or Sydney East trial or NSW State Carnival, then the student is deemed ineligible to be chosen in the ESPSSA Zone team.

iv) Member schools should contact the relevant ESPSSA Zone Convener and discuss exceptional circumstances for zone inclusion. ESPSSA Zone Convener must seek ratification through the ESPSSA Zone Executive.

v) ESPSSA Zone Convener and the ESPSSA Executive will make the final decision on any inclusion into the Zone team.

vi) ESPSSA Conveners are to organise all aspects of running the ESPSSA Zone Trial - i.e. venue, permission notes, format, referee/umpire. The selection panel of personnel choosing the Zone team will be determined by the ESPSSA Convener and/or Executive, if deemed necessary.

vii) All students trialling for an ESPSSA Zone team need to have the school's permission to attend the ESPSSA trial. The school Sports Coordinator or Delegate and Principal must sign the student's ESPSSA Zone consent/permission form prior to the ESPSSA Zone trial to allow participation in the ESPSSA Zone trial. The school Sports Coordinator or Delegate must collate all signed permission notes from students at their school and forward a list of students who have been permitted to attend the Zone trial to the Eastern Suburbs Zone Convener via a mode of communication specified by the Convener by the Friday of the week prior to the trial. Students who have not been permitted to attend by the Sports Coordinator or Delegate will not be allowed to trial. It is the responsibility of all school sport

coordinators to notify the relevant convenor immediately if a student who is scheduled to compete in an ESPSSA team is unable to participate for any reason.

viii) The ESPSSA Zone pathway is for students who are able to demonstrate they are gifted and talented athletes. Zone trials are not a “come and try” day. Each school may send a maximum of 6 students to an ESPSSA Zone trial. In exceptional circumstances, dispensation may be given by the Zone Convener in consultation with the ESPSSA Executive, to allow additional students to trial. Schools are not obliged to send the maximum number of trialists. The ESPSSA Convenor is responsible for sending information regarding the trial, including a permission note, trial details and school return form at least two weeks prior to the trial date. A nil return is required to be sent to the ESPSSA Convener if a school is sending no students to trial.

ix) The ESPSSA Zone Convener is responsible for naming the Zone Team and subsequently contacting the Zone Executive and all member schools of chosen students to compete at the Sydney East trials. The Convenor is also responsible for managing the ESPSSA Team at the married or Sydney East trials, including dissemination and collection of permission notes, uniform, training, etc.

Please note: Students on school suspension at the time of any Zone trial will not be allowed to trial, nor will they be considered as an extra inclusion in the ESPSSA Zone team.

Always check the Eastern Suburbs PSSA website for the latest information:
<http://easternsuburbs.sessazones.com/>

Rainbow Street Public School: Guidelines For Determining Sports Boy And Sports Girl Champions

Throughout the year, a points system will be collated by the carnival coordinators, the sports coordinator and the team coaches. The boy or girl who has attained the most points in a calendar year will be awarded the Sports Boy or Sports Girl title at the annual Presentation Day. Points will be awarded for the following achievements:

<i>Achievement</i>	<i>Points Awarded</i>
Selection in a school PSSA team	5 points/team
Best and Fairest in a school PSSA team	5 points/award
Selection in an ESPSSA Zone team	10 points/team
Selection in a SEPSSA Regional team	15 points/team
Selection in a NSWPSSA State team	20 points/team
Placing 1 st – school carnival event	3 points/event
Placing 2 nd – school carnival event	2 points/event
Placing 3 rd – school carnival event	1 point/event
Placing 1 st – ESPSSA Zone carnival event	6 points/event
Placing 2 nd – ESPSSA Zone carnival event	5 points/event
Placing 3 rd – ESPSSA Zone carnival event	4 points/event
Placing 1 st – SEPSSA Regional carnival event	9 points/event
Placing 2 nd – SEPSSA Regional carnival event	8 points/event
Placing 3 rd – SEPSSA Regional carnival event	7 points/event
Placing 1 st – NSWPSSA State carnival event	12 points/event
Placing 2 nd – NSWPSSA State carnival event	11 points/event
Placing 3 rd – NSWPSSA State carnival event	10 points/event

Rainbow Street Public School: Guidelines For Determining Junior/Senior Athletics, Swimming And Cross Country Champions

The student who attains the highest individual achievement in Athletics, Swimming and Cross Country will be awarded carnival champion at the annual Presentation Day. Champions will be awarded in the categories of Junior (10 years and younger) and Senior (11 years and older). The award will be given to the student who represents at the highest level (i.e. School, Zone, Region, State). If more than one student represents at this level, the points system outlined above will be used to determine the overall winner.



Eastern Suburbs ZONE PSSA Rainbow Street Public School



Teachers' and Coaches' Code of Conduct

- Encourage students to develop basic skills in a variety of sports and avoid over specialisation in positional play during their formative years.
- Create opportunities to teach appropriate sporting behaviour as well as basic skills.
- Teach your players to play by the rules. The rules are designed to maximise enjoyment and safety.
- Give all players equal time in the game or competition. They need and deserve it.
- Remember that students play for the fun and enjoyment and that winning should not be over emphasised. Never ridicule students for making mistakes or losing a competition.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- When scheduling and determining the duration of training sessions and competitions, take into consideration the age and maturity levels of the students.
- Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
- Follow medical advice when determining when an injured player is ready to play again.
- Remember that students need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
- Keep abreast of sound coaching principles and the principles of growth and development.
- Develop in students an awareness of the physical fitness values of sports and their life-long health and recreational value



Eastern Suburbs ZONE PSSA Rainbow Street Public School



Players' Code of Conduct Contract

- Play for the fun of it.
- Play by the rules and always abide by the decisions of officials.
- Control your temper. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.
- Be willing to train and prepare for the game or competition. Preparation helps prevent injury and increases the level of enjoyment.
- Play only when you are fully fit. To play with injury will handicap your team, and may expose you to the risk of further and more serious injury.
- Be a good sport. Applaud the good play of your team mates and that of your opponents.
- At all times cooperate with your coach, team mates and opponents, for without them you do not have a competition.
- Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

I agree to follow this Code of Conduct at **all times** and understand that if my behaviour is unsatisfactory, I may be suspended from the team for a period of time as decided by my coach or principal, and/or, I may be asked to no longer play on the team or in the ESPSSA Sport Program.

(Student's Signature)

(Parent/Carer Signature)

(Date)



Eastern Suburbs ZONE PSSA Rainbow Street Public School



Parents'/Spectators' Code of Conduct Contract

- Encourage your child to always play by the rules.
- If children are interested in sport, encourage them to participate. Refrain from forcing an unwilling child to participate.
- Remember that children participate in organised school sports for their enjoyment and fulfilment, not yours.
- Teach your child that honest effort is as important as winning so that the result of each game is accepted without undue disappointment.
- Encourage your child to work towards skill improvement. Never ridicule your child for making a mistake or losing a competition.
- Always encourage the principle of good sportsmanship.
- Children learn best by example. Applaud good play by all individuals and all teams.
- Do not publicly question the officials' judgement and never their honesty.
- Appreciate the contribution and commitment of teachers in coaching positions. They give their time and resources to provide sporting activities for your child and deserve your support.
- Have realistic expectations for your child and her or his team. Do not expect more than they can give.
- Support all efforts to remove verbal and physical abuse from sporting activities. Condemn the use of violence in any form.

I agree to follow this Code of Conduct at **all times** and understand that if I am not able to do so, I may be asked not to attend further school sporting events.

(Parent/Carer Signature)

(Parent/Carer Name)

(Date)