

Contents

Introduction:	Page
Structure of the Armidale Diocesan Primary Sport Council (ADPSC)	3
Contact People	4
<u>Section 1</u>	
1.1 Philosophy of Sport	5
1.2 Aims and Outcomes of Diocesan Sport	6
1.3 Code of Behaviour for :	7
1. Children 2. Teachers	8
3. Parents 4. Coaches	9
1.4 Brief History of Representative Sport	9-10
1.5 NSW Primary Schools Sports Structure	11
1.6 Critical Incident Plan	12
1.7 Sun Protection Policy	13
1.8 Risk Management Policy	
<u>Section 2</u>	
2.1 Role of ADPSC	14
2.2 Individual Roles of Executive Members of ADPSC	
(a) Chairperson	14
(b) Secretary	15
(c) Treasurer	15
2.3 Role of Cluster Representative	16
2.4 Role of Diocesan Sport Convener	16
2.5 Role of Diocesan Team Manager	17
<u>Section 3</u>	
3.1 Diocesan Carnivals : General Rules	18
3.2 Annual Fixtures and General Information Sheets:	19
3.2 (a) Summer Trials	20
3.2 (b) Swimming	21-23
3.2 (c) Winter Trials	24
3.2 (d) Rugby Union/AFL	24
3.2 (e) Cross Country	25
3.2 (f) Athletics	26-29
3.2 (g) Mixed Touch	30
3.2 (h) Netball Championships	31
3.2 (i) Rugby League	32
3.3 Selection of Representatives	33
3.4 Teacher Relief for Diocesan Sport	33
3.5 Criteria for Diocesan Sport Awards	33
3.6 ADPSC "Blue Award"	34
3.7 ADPSC "Half Blue Award"	34

Appendices

<u>Nomination Forms</u>	Page
<u>Summer Trials</u>	
Basketball (Girls & Boys)	35
Softball (Girls)	35
Cricket (Girls & Boys)	35
Tennis (Girls & Boys)	35
<u>Swimming</u>	
Team Entries Information Sheet/Helpers/Officials	36
Swimming Nomination Form (Girls)	37
Swimming Nomination Form (Boys)	38
<u>Winter Trials</u>	
Hockey (Girls & Boys)	39
Netball (Girls)	39
Rugby League 11 years & Open (Boys)	39
Soccer (Girls & Boys)	39
Rugby Union (Boys)	39
<u>Cross Country</u>	
Team Entries Information Sheet/Helpers/Officials	40
Cross Country Nomination Form	41
<u>Athletics</u>	
Team Entries Information Sheet	42
Athletics Nomination Form (Girls)	43
Athletics Nomination Form (Boys)	44
<u>Touch</u>	
Mixed Touch Nomination Form	45
<u>Netball</u>	
Netball Nomination Form	46
<u>Rugby League/Oz Tag</u>	
Rugby League Under 10's Nomination Form	47
Rugby League Opens Nomination Form	48
Oz Tag (Small Schools) Nomination Form	49
<u>General Diocesan Forms</u>	
Team Manager/Convener General Information	50
Team Manager/Convener Nomination Form	51
Team Manager's Report	52-53
Convener's Report Form	54-55
"Blues" Nomination Form	56
"Half Blues" Nomination Form	57
Accident Report Form	58
Risk Management Form	59/60

Armidale Diocesan Primary Sports Council (ADPSC)

This council consists of the following members:

Executive Members:

Chairperson (must be a Principal, elected by Principals' Association)

Secretary

Treasurer

Cluster Representatives:

One teacher represents each of the following groups of schools:

1. Mungindi, Walgett, Wee Waa;
2. Moree, Narrabri, Boggabri;
3. Warialda, Inverell, Glen Innes, Tenterfield;
4. Guyra, Armidale, Uralla, Walcha;
5. St Edward's, St Nicholas', St Joseph's Tamworth;
6. Werris Creek, Quirindi, Gunnedah;
7. Barraba, Manilla.

Meetings

The ADPSC meets twice a year. One meeting in Term 1 and one in Term 4.

Affiliation

To be eligible for participation in sporting fixtures organised by the ADPSC, schools are responsible for the payment of an annual Diocesan Levy. This levy is to be paid for each student in Year 3-6 by the Diocesan Swimming Carnival.

This levy is set in Term 4 each year, for the coming year.

ADPSC Contact People 2007

Chairperson

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Ph: 67657847 (Mon/Wed/Fri)
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Secretary

Mr Greg O'Toole
Assistant Principal
St Francis Xavier's Primary School
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Treasurer

Mrs Pauline Long
Assistant Principal
St Edward's Primary School
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Cluster Representatives

Tara Hogan	Mungindi, <u>Walgett</u> , Wee Waa.
Trish Dal Santo	Glen Innes, <u>Inverell</u> , Tenterfield, Warialda
Judi Frost	<u>Armidale</u> , Guyra, Uralla, Walcha
Pauline Long	<u>St Edward's</u> , St Nicholas', St Joseph's Tamworth
Scott Seymour	<u>Gunnedah</u> , Quirindi, Werris Creek
Ruth Anderson	<u>Barraba</u> , Manilla
Greg O'Toole	Narrabri, Moree, Boggabri

Cluster representatives for 2007 come from the school underlined and **it is each representative's responsibility to ensure information is forwarded to schools in their cluster group.**

Armidale Diocesan Primary Sports Council ADPSC

1.1 Philosophy of Sport

“The Church establishes her own Schools because she considers them to be a privileged means of promoting the formation of the whole person”

Catholic School Sport aims to create an atmosphere permeated with the Spirit of Christ, whereby opportunities are provided that will promote the harmonious growth of each individual. In so doing, we as educators accept that individual growth is a complex process.

This process has as its fundamental aim that children’s sport is to provide for involvement in physical activity in a way which promotes immediate and long-term benefits for participants. These benefits will be observed in terms of high levels of fitness, better health, pleasurable social involvement and the satisfaction derived from skilled performance in individual and group activities.

Catholic Primary Schools Sport should strive to:

1. create an environment that fosters in each child a sensitivity to, an appreciation of, and respect for the physical well being and good health of one’s self and others;
2. establish an environment in which each child is accepted as a unique individual so that all children will develop a positive self concept, with strengths and weaknesses so that individual capacities and abilities may be accepted and developed;
3. provide experiences that would enable all children to explore the full potential of their sporting gifts and to strive always to do their best with enthusiastic participation;
4. provide situations through co-operation, participation and skills practice in which the child is assisted to cope with success and failure;
5. develop the sporting potential of each child by guidance and example, teaching the correct skills and techniques required so as to provide a confident framework for life-long leisure pursuits.

If the extent to which the Christian message is transmitted through education depends to a very large extent on the teacher, then it is essential that all teachers, parents, coaches, managers and spectators share this same philosophy.

1.2 Aims

Aims of the Armidale Diocese in the areas of sport are:

- 1 To promote quality, quantity and variety of sporting activities available to children;
- 2 To provide all children with the opportunity to participate in appropriate sporting activities;
- 3 To encourage participation and skill development in a variety of sports;
- 4 To reduce the emphasis on “win at all costs” and to promote enjoyment and fair competition;
- 5 To promote the principles of good sporting behaviour;
- 6 To improve the quality of sports instruction available to children;
- 7 To provide the opportunity for children possessing outstanding talent to pursue excellence at a high level of competition.

1.2 Outcomes

Children should have the opportunity to:

- 1 Participate in a wide range of sports;
- 2 Participate at a level commensurate with each child’s age and ability;
- 3 Have qualified adult leadership;
- 4 Play as children not as adults;
- 5 Share in leadership and decision making roles, where applicable;
- 6 Participate in safe and healthy environments;
- 7 Be properly prepared for participation in sports;
- 8 Have an equal opportunity to strive for success;
- 9 Be treated with respect and dignity;
- 10 Have fun playing sport.

1.3 Code of Behaviour

1 Children's Code of Behaviour:

- a) Play by the rules.
- b) Learn to enjoy all games that you play.
- c) Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the game.
- d) Control your temper. Verbal abuse of officials or players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- e) Work equally hard for yourself and for your team. Your team's performance will benefit...so will you.
- f) Be a good sport. Applaud all good plays whether they are by your team, opponent or the other team.
- g) Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- h) Co-operate with your coach, teammates and opponents. Without them there would be no game.
- i) Place in proper perspective isolated incidents of unsporting behaviour rather than make such incidents the "highlight" of the event.

2 Teachers' Code of Behaviour:

- a) Encourage children to develop basic skills in a variety of sports and discourage over specialisation in one sport or in one position.
- b) Create opportunities to teach appropriate sports behaviour as well as basic skills.
- c) Make sure that skill learning and appropriate sports behaviour has priority over highly structured competitions.
- d) Prepare children for school, Diocesan, Polding and PSSA competitions, by first providing instruction in the basic sports skills.
- e) Make children aware of the physical fitness values of sports and their life long recreational value.
- f) Make a personal commitment to keep yourself informed of sound coaching principles and the principles of physical growth and development.
- g) Help children to understand the fundamental differences between the games they play and professional sport.
- h) Help children understand the responsibilities and implications of their freedom to choose between fair and unfair play

3 Parents' Code of Behaviour:

- a) If children are interested, encourage them to participate. However, do not force a child who is not willing.
- b) Focus on the child's participation, enjoyment, effort and performance rather than the outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing emphasis on winning.
- c) Teach children that an honest effort is as important as victory, so that the result of each game is accepted without disappointment.
- d) Encourage children to participate according to the rules.
- e) Never ridicule or yell at a child for making a mistake or losing a game.
- f) Remember children are involved in organised sport for their enjoyment, not yours.
- g) Remember that children learn best from example. Applaud good plays by all teams.
- h) If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public.
- i) Support all efforts to remove verbal and physical abuse from sporting activities.
- j) Recognise the importance and value of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.

4 Coaches Code of Behaviour:

- a) Be reasonable in your demands on young players time, energy and enthusiasm.
- b) Teach your players that rules of the sport are mutual agreements which no one should evade or break.
- c) Avoid over playing the talented players. All team members deserve equal time.
- d) Remember that children participate for fun and enjoyment, and that winning is only part of their motivation.
- e) Never ridicule or yell at the children for making mistakes or losing a competition.
- f) Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- g) The scheduling and length of practice times and competition should take into consideration the maturity level of the children.
- h) Develop team respect for the ability of the opponents as well as for the judgment of officials and opposing coaches.
- i) Follow the advice of doctors when determining an injured player's readiness to recommence training and playing.
- j) Make a personal commitment to keep yourself informed of sound coaching principles and the principles of physical growth and development.

1.4 A Brief History of Representative Sport

Students in NSW Catholic primary schools had limited representative opportunities in sport prior to 1995. For some years leading to 1995, the Inter Diocesan Sports Council co-ordinated a variety of Major sports fixtures for Catholic primary schools in NSW.

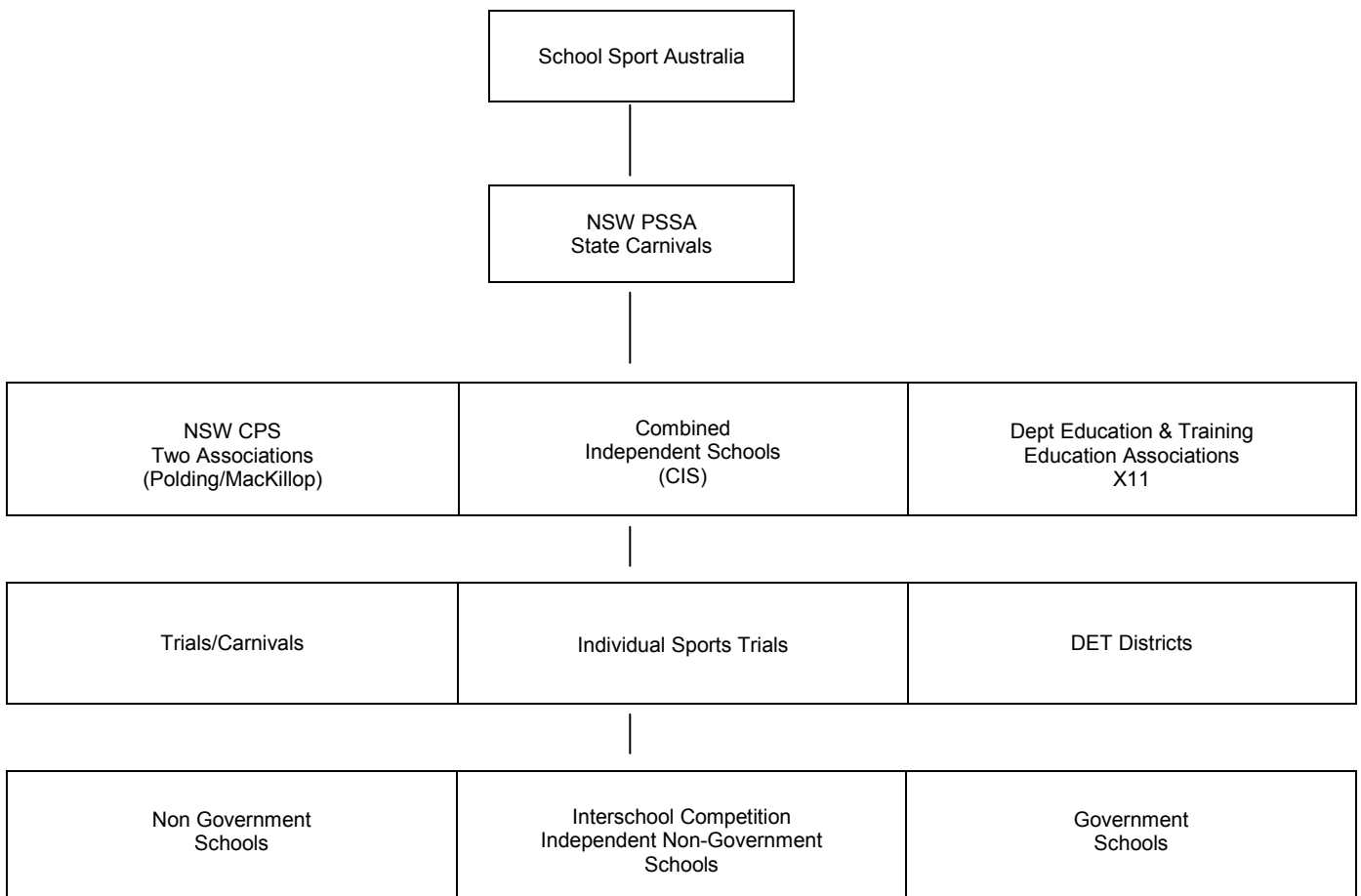
In 1995, two Catholic Regions (Polding & MacKillop) were established to ensure the involvement of Catholic schools in NSW PSSA State level competitions. The Armidale Diocese is a member of the Polding Region.

Polding Region

The Polding name is taken from Australia's first Catholic Bishop John Bede Polding (1794 -1877). Bishop Polding was appointed in 1835. He sought to provide efficient administrators to set up dioceses and to respond to the pastoral needs of the community.

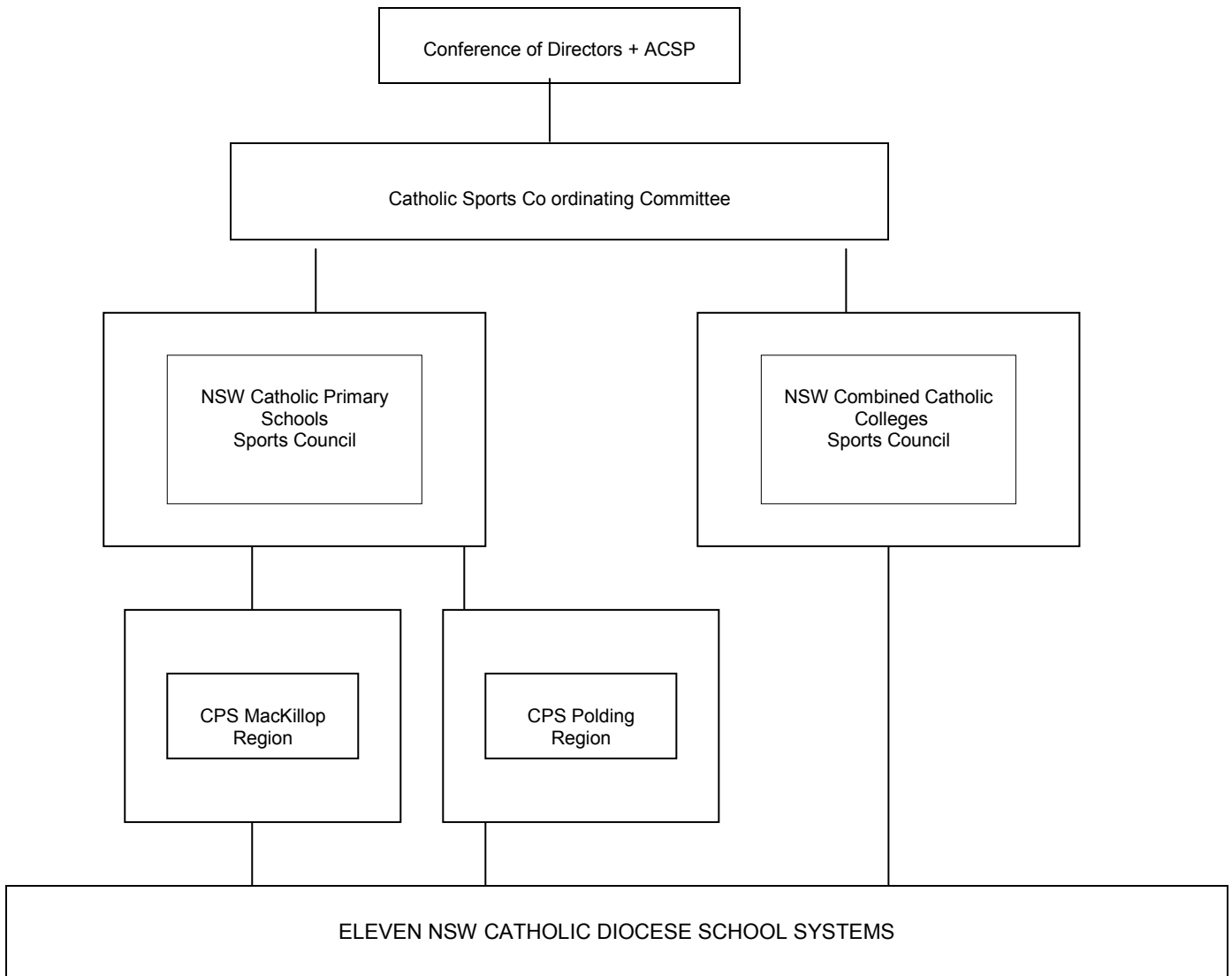
Armidale Diocese	White with Blue and Red
Bathurst Diocese	White with Bottle Green
Broken Bay Diocese	Royal Blue and White
Lismore Diocese	Pink and Black
Maitland/Newcastle Diocese	Emerald Green and White
Wilcannia Forbes Diocese	Bottle Green and Gold

1.5 NSW Primary Schools Sports Structure



1.5 NSW CATHOLIC SCHOOLS SPORTS STRUCTURE

The following structure exists in NSW for Catholic School.



Critical Incident Plan

Priorities in the management of an injured athlete

Prevent the Incident	Attempt to prevent the incident in the first place.
Prevent complications	Attempt to prevent complications arising from the incident. Control the dangers and ensure that the area is safe for everyone.
Ensure no life- threat	Ensure there is no life threatening problems to the athlete. Check clear airways and attend to severe external bleeding.
Prevent further injury	Having made sure there are no life threatening problems now attempt to prevent the athlete from becoming worse. If the athlete has more than one injury prioritise them.
Handle athlete carefully	Having managed the injuries, ensure the athlete is handled carefully. Consider the athlete's reaction to the injury: <ul style="list-style-type: none"> • emotion • reaction • attitude
Arrange further care	Arrange for further care of the injured athlete. this may include: <ul style="list-style-type: none"> • on field assistance • assistance from the ground • ambulance • transport to doctor or hospital • notification of parents and relatives • contact injured athlete's school Principal
Maintain adequate records	It is important to maintain adequate records. A report should be made and sent to the Chairperson of ADPSC including: <ul style="list-style-type: none"> • time of incident • how incident occurred • observations of the athlete's condition • management conducted <p>See appendix for Accident Report Form.</p>

Sun Protection Policy

The ADPSC is committed to promoting the awareness of the danger of exposure to the sun and ensuring a positive attitude and responsible behaviour towards skin protection.

All outdoor events should implement the following strategies:

- 1 Teachers and officials be role models by
 - Slip on a shirt with collar and sleeves
 - Slop on a broad spectrum 15+ sunscreen
 - Slap on a broad brim hat
- 2 Provide a “Slop Stop Station”. Place a sunscreen pump pack along with your drinks supply in an easily accessible shaded area.
- 3 Ensure there is shade provision for competitors and spectators.
- 4 If possible schedule events earlier in the morning or later in the afternoon to avoid the midday sun.
- 5 Be sun smart even on a cloudy or cool day. Ultra violet rays can be harmful all year round.
- 6 Ensure that uniforms are sun smart e.g. made of close weave fabric, high collar and long sleeves. Include a hat as part of the uniform.

Risk Management Policy

A Risk Management form (see appendix) must be completed for all Diocesan Sporting Fixtures prior to the event commencing.

This form is to be completed by the Convener and sent to the Chairperson of ADPSC for filing.

2.1 The Role of the ADPSC

- 1 Be responsible for the organisation of Diocesan Sport.
- 2 Plan venues and set dates for Diocesan Carnivals and Trials.
- 3 Select Diocesan Conveners and Team Managers.
- 4 Set Diocesan policy regarding the efficient running of all Diocesan fixtures including the setting of individual and team levies.
- 5 Ensure Diocesan Teams have correct uniforms.
- 6 Select candidates to receive special Diocesan Sports Awards according to the criteria set out in appendix section.
- 7 Ensure the Armidale Diocese is represented at CPSSC meetings.
- 8 Ensure the Affiliation Levy (per student from Years 3-6) set by the CPSSC is paid by the end of Term 1 each year.
- 9 Co-ordinate entry into Polding and PSSA Carnivals.
- 10 Ensure teachers have access to nominating to be a convener or Manager of a Polding Team.

2.2 (a) The Role of the Chairperson of ADPSC

- 1 Liaise with Catholic Schools Office and other relevant associations e.g. Principals' Association.
- 2 Send the Diocesan, Polding and PSSA Sporting fixture dates to the CSO in Term 4 each year for inclusion in the Diocesan Calendar.
- 3 Apply to the Director for, and keep accurate records of, teacher relief days needed for Diocesan sport.
- 4 Chair the ADPSC meetings held in Term 1 and Term 4 each year.
- 5 Be the first point of contact for sport inquiries from within the Diocese.
- 6 Be responsible for following up complaints regarding Diocesan Sport Fixtures or Personnel.
- 7 Communicate information to all Diocesan Schools.
- 8 Respond to any extraordinary requests for inclusion in Diocesan Teams.

The Chairperson of Diocesan Sport also has the role of Diocesan Sports Representative for the Armidale Diocese. The duties of this role include:

- 1 Attend NSW CPSSC meetings held each term.(Sydney)
- 2 Communicate information to the CPSSC.
- 3 Distribute NSW PSSA Sports Journals to all Diocesan Primary schools.
- 4 Organise collection of annual CPS student levies to NSW CSCC.
- 5 Assist the CPSSC in conducting annual fixtures.
- 6 Conduct appointments of annual CPS Team Managers.

2.2 (b) Role of the Secretary of ADPSC

- 1 Record and distribute minutes of the ADPSC meetings to all Diocesan Primary Schools.
- 2 Accept incoming correspondence and present at ADPSC meetings.
- 3 Conduct all correspondence arising from ADPSC meetings.
- 4 Communicate relevant sport information to all Diocesan primary schools.

2.2 (c) Role of The Treasurer of ADPSC

- 1 Keep financial records.
- 2 Bank all monies pertaining to Diocesan Sport and issue receipts for all monies received.
- 3 Collect affiliation fees.
- 4 Be responsible for payment of accounts.
- 5 Submit a financial statement to the ADPSC meeting held in Term 4 each year.
- 6 Order appropriate supplies of Diocesan Uniforms and keep records of uniforms in stock.
- 7 Order trophies and ribbons for Diocesan Carnivals.

2.3 Role of Cluster Representative

- 1 To represent the Cluster at the two meetings of the ADPSC each year.
- 2 Liaise with and pass information to cluster schools on any issues arising regarding Diocesan Sport.
- 3 Cluster Representatives are to contact their schools after each meeting to keep them informed of relevant issues.

2.4 Role of Diocesan Convener for a Diocesan Carnival or Trial

- 1 Book venue and stand by date.
- 2 Ensure the venue is adequately prepared and safe.
- 3 Organise a good PA system.
- 4 In case of inclement weather have a plan in place e.g. schools are given a contact number to ring or the convener contacts all schools by a given time. Consider using local radio stations if applicable.
- 5 Arrange for canteen facilities to be available.
- 6 Ensure First Aid equipment is readily available and a qualified First Aid Person is present at each venue.
- 7 Distribute to schools nomination forms at least four weeks prior to the event.(See appendix section of handbook.)
- 8 Ensure a program of events is available on the day for team managers and parents.
- 9 Prepare all recording sheets and equipment for officials and judges.
- 10 Liaise with Treasurer of ADPSC regarding ribbons, medallions and trophies.
- 11 Meet with officials and clearly define roles and rules prior to the commencement of the carnival.
- 12 Arrange media coverage.
- 13 Collect entry levy and pass onto Treasurer.
- 14 Present an itemised account of expenses incurred to the Treasurer of ADPSC.
- 15 Complete a Convener's Report and fax to the Chairperson of ADPSC within one week of holding the trials or carnival.(See appendix section of handbook.)
- 16 Please ensure that all helpers complete a Child Protection Form and then forward forms to the Chairperson of ADPSC for filing.

2.5 Role of Diocesan Senior Team Manager for a Polding Fixture

- 1 Confirm with School principal that appointment as manager has been made.
- 2 Check date and venue of event and make contact with Chairperson of ADPSC.
- 3 Inform Chairperson of ADPSC of teacher relief required. Team Managers are granted relief for the day of the Polding Trials and the day preceding Trials (except if the Polding Trials are held in Tamworth.)
- 4 Write the information note to ensure all appropriate information is given to selected students. (Carnival date, venue, costs, uniform, travel and accommodation, parental permission, medical facts.)
- 5 Collect all permission notes and notify Treasurer of ADPSC of uniform requirements.
- 6 Provide nametags for team members.
- 7 Collect all Team Levies and pass onto the Treasurer of ADPSC for banking.
- 8 Present an itemised account of expenses incurred to the Treasurer of ADPSC.
- 9 Send team nomination to Polding Convener by due date.
- 10 Arrange for payment of team levy with ADPSC Treasurer.
- 11 Be responsible for any medical emergencies. Please read 'Critical Incident Plan' Section 1.6.
- 12 Collect Diocesan Banner from St Edward's School Tamworth and return banner after the carnival.
- 13 Return all laundered Diocesan Team Uniforms to St Edward's School Tamworth.
- 14 Write a carnival report and send it to the Chairperson of ADPSC (Refer to appendix for report form.)
- 15 Write a carnival report and send it to the Diocesan paper 'Viewpoint' (with a photograph if possible.)
- 16 Write a letter of thanks to the Polding carnival convener on behalf of the Armidale ADPSC.

3.1 Diocesan Carnivals: General Rules

- 1 Carnivals will be held annually at a time and a place determined by the ADPSC.
- 2 Dates of Carnivals are set by the Chairperson according to Polding and PSSA fixtures. See PSSA Website for PSSA dates and rules.
- 3 Venues and Conveners of Diocesan Carnivals and Team Managers of Diocesan Teams will be decided at the ADPSC meeting held in Term 4.
- 4 All carnivals will be run in accordance with the rules set down in the NSW PSSA Handbook. Schools are also asked to read the PSSA Sports Journal which is sent to each school in the Armidale Diocese, twice a year, for any changes in rules.
- 5 All competitors must be bona fide pupils of, and enrolled at a primary school in the Armidale Diocese.
- 6 All team managers must be currently employed on a permanent or temporary basis by the Catholic Schools Office, Armidale.
- 7 Team managers **must have a current Emergency Care and CPR qualifications.**
- 8 When schools send out Permission Notes for their students to attend a Diocesan Carnival, they must inform parents the date of the Polding and PSSA Carnivals. Parents are also asked to sign a form noting their child is available for further selection. If a student withdraws from a Diocesan team (without a valid reason) he/she may be disqualified from future Diocesan Representative Sport. The Chairperson will notify the school if a student breaks this rule.

Students who are not available for Polding selection **should not** attend the Diocesan Carnival.

- 9 In order to be considered for selection in a Diocesan team, students must attend selection trials. If extenuating circumstances prevent attendance at trials, application for inclusion may be made in writing, to the Chairperson of ADPSC, prior to the event being held.

3.2 Annual Fixtures

The following fixtures are held annually at Diocesan, Polding and PSSA levels:

- a) Summer Trials: Basketball (Boys & Girls)
Cricket (Boys & Girls)
Softball (Girls)
Tennis (Boys & Girls)

- b) Touch (Boys & Girls)

- c) Swimming

- d) Winter Trials: Hockey (Boys & Girls)
Netball (Girls)
Rugby League: 11years & Open (Boys)
Soccer (Boys & Girls)

- e) AFL (Boys)

- f) Rugby Union (Boys)

- g) Cross Country

- h) Athletics

- i) Mixed Touch : Each year the Armidale Diocese holds a “Mixed Touch Carnival”. This is not a fixture for Polding and PSSA carnivals.

- j) Netball/Rugby League/Soccer Gala Day

NB : See Appendix Section for Team Nomination forms for each fixture.

3.2(a) General Information for Sporting Fixtures

Summer Trials

Aim:

The aim of the trials is to select a Diocesan team to represent the Armidale Diocese at the Polding Summer Trials. All teams are Open Primary Teams and the trials are for Year 6 students. Talented Year 5 students will be considered at the discretion of the convener. It is a PSSA rule that students turning 13 years in Primary School are not eligible for selection.

Sports :

Basketball	Girls / Boys
Cricket	Girls / Boys
Softball	Girls only
Tennis	Girls / Boys
Touch	Girls/Boys

Entries :

Basketball	4 Girls / 4 Boys
Cricket	3 Girls / 3 Boys
Softball	4 Girls
Tennis	4 Girls / 4 Boys
Touch	5 Girls / 5 Boys

General Information :

- 1 All competitors must arrive at the Venue by 9.30am
- 2 Trials start at 10.00am sharp and should conclude by 2.00pm.
- 3 Conveners will inform schools of uniform and equipment requirements.
- 4 Trials will be held in one town to reduce travel costs.
- 5 Children attending these trials must be available for selection in Polding and State PSSA teams.
- 6 When schools send out Permission Notes for their students to attend a Diocesan Carnival, they must inform parents the date of the Polding and PSSA Carnivals. Parents are also asked to sign a form noting their child is available for further selection. If a student withdraws from a Diocesan team (without a valid reason) he/she may be disqualified from future Diocesan Representative Sport. The Chairperson will notify the school if a student breaks this rule.

Students who are not available for Polding selection **should not** attend the Diocesan Carnival.

3.2 (b)

Swimming Events

Events are conducted in both boys and girls divisions.

Age Divisions are: 8 years
9 years
10 years
11 years
12 years
13 years

Senior: 11 years, 12 years, 13 years.

Junior: 8 years, 9 years, 10 years.

A competitor whose significant birthday occurs during the current year is eligible for that age event only. No competitor shall enter both junior and senior events, nor in two age events, including relays. Events are conducted in both boys and girls divisions.

50 metres Freestyle :	8 years, 9 years, 10 years, 11 years, 12 years, 13 years.
100 metres:	All age event
50 metres:	Breaststroke - Junior Division; 11 years; 12/13 years
50 metres:	Backstroke - Junior Division; 11 years; 12/13 years
50 metres:	Butterfly - Junior Division; 11 years; 12/13 years
4x50 metres Individual Medley	Junior, Senior
4x50 metres Relays:	Junior, Senior, Small Schools(PP5 25-54 pupils/ PP6 <24)

Small Schools' Relay:

- 1 PP5 Relay - The Peter Dobson Trophy**
(Total school enrolment of more than 24 pupils but not exceeding 54 pupils) or
- 2 PP6 Relay – The Earl McGee Trophy**
(Total school enrolment not exceeding 24)

The composition of girls and boys is the school's responsibility but all children must be enrolled in the same school. Enrolment will be determined by the February census.

NB: CHILDREN MAY ONLY ENTER ONE RELAY

Swimming Rules

Touching the Wall:

Breaststroke

In breaststroke when touching at the turn a simultaneous uneven touch is permitted but the shoulders must remain in the horizontal plane. The touch may be made at, below or above the water level.

Backstroke

Any competitor leaving his/her normal position on the back before his/her head, shoulder, foremost hand or arm has touched the end of the course for the purpose of turning or finish shall be disqualified.

Butterfly

When touching at the turn or on finishing a race the touch will be made with both hands simultaneously on the same level and with shoulders in the horizontal position. The touch may be made at, above, or below the water level.

Freestyle

When turning or finishing a race the swimmer is required to touch the wall with any part of the body, not necessarily the hand. However, at the finish of the race it is necessary for contact to be made with the wall of the pool. A hand touch is not obligatory.

3.2 (b)

<p style="text-align: center;">Swimming Diocesan Carnival Qualifying Times (updated 20th November, 2007)</p>

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
<u>Freestyle</u>		
100m	1.30.00	1.30.00
50m		
8 years	57.00	57.00
9 years	49.30	49.30
10 years	46.70	46.70
11 years	43.50	43.50
12 years	41.50	41.50
13 years	-	-
<u>Breaststroke</u>		
Junior	1.00.00	1.00.00
11 years	55.50	55.50
12/13 years	52.00	52.00
<u>Backstroke</u>		
Junior	56.50	56.50
11 years	52.60	52.60
12/13 years	50.50	50.50
<u>Butterfly</u>		
Junior	55.00	55.00
11 years	48.70	48.70
12/13 years	46.90	46.90
<u>Medley</u>		
Open	3.55.00	3.55.00
Junior	4.15.00	4.15.00

NB: If your students have not achieved these standards they are not eligible to participate in the Diocesan Carnival

3.2 (c)

Winter Trials

Aim:

The aim of the trials is to select a Diocesan team to represent the Armidale Diocese at the Polding Winter Trials. All teams are Open Primary Teams (11years League is the exception) and the trials are for Year 6 students. Talented Year 5 students will be considered at the discretion of the convener. It is a PSSA rule that students turning 13 years in Primary School are not eligible for selection.

Sports:

Hockey	Girls / Boys
Netball	Girls
Rugby League	Boys: 11years and Open Divisions
Soccer	Girls / Boys

Entries:

Hockey	6 Girls /6 Boys
Netball	4 Girls
Rugby League	6 Boys: 11years and Open Divisions
Soccer	4 Girls / 4 Boys

General Information:

- 1 All competitors must arrive at the Venue by 9.30am
- 2 Trials start at 10.00am sharp and should conclude by 2.00pm.
- 3 Conveners will inform schools of uniform and equipment requirements.
- 4 Trials will be held in one town to reduce travel costs.
- 5 Children attending these trials must be available for selection in Polding and State PSSA teams.
- 6 When schools send out Permission Notes for their students to attend a Diocesan Carnival, they must inform parents the date of the Polding and PSSA Carnivals. Parents are also asked to sign a form noting their child is available for further selection. If a student withdraws from a Diocesan team (without a valid reason) he/she may be disqualified from future Diocesan Representative Sport. The Chairperson will notify the school if a student breaks this rule.

Students who are not available for Polding selection **should not** attend the Diocesan Carnival.

3.2 (d)

Rugby Union

Rugby Union Trials are held on a different day from other Winter Sports.
Schools may send a full team or individuals to these trials.

AFL

Diocesan Trials will be held if enough boys nominate, otherwise competitors will go straight to the Polding Trials.

3.2.(e)

Cross Country

Age Divisions and Distances:

8 & 9 Years Girls	2km
8 & 9 Years Boys	2km
10 Years Girls	2km
10 Years Boys	2km
11Years Girls	3km
11Years Boys	3km
12 Years Girls	3km
12 Years Boys	3km
13 Years Girls	3km
13 Years Boys	3km

Entries:

6 children per age division

3.2 (f)

Athletics Events

Events are conducted in both boys and girls divisions.

Age Divisions are: 8 years
9 years
10 years
11 years
12 years
13 years

Senior: 11 years, 12 years, 13 years.

Junior: 8 years, 9 years, 10 years.

A competitor whose significant birthday occurs during the current year is eligible for that age event only. No competitor shall enter both junior and senior events, nor in two age events, including relays.

Track Events

100 metres: 8 years, 9 years, 10 years, 11 years, 12 years, 13 years.
200 metres: Junior, 11 years, 12/13 years.
800 metres: Junior, 11 years, 12/13 years.
4x100m Relays: Junior, Senior,
Small Schools (PP5 25-54 pupils/ PP6 <24)

Small Schools' Relay:

- 1 **PP5 Relay – The Nigel Bagel Trophy**
(Total school enrolment of more than 24 pupils but not exceeding 54 pupils) or
- 2 **PP6 Relay – The Norm & Elizabeth Austen Trophy**
(Total school enrolment not exceeding 24)

The composition of girls and boys is the school's responsibility but all children must be enrolled in the same school. Enrolment will be determined by the February census.

NB: CHILDREN MAY ONLY ENTER ONE RELAY

Field Events

High Jump: Junior, 11 years, 12/13 years.
Long Jump: Junior, 11 years, 12/13 years.
Shot Put: Junior (2kg), 11 years (2kg), 12/13 years (3kg)
Discus: Junior (500g), 11 years (750g), 12/13 years (750g)

Athletics Carnival Rules

Age Divisions

- Junior: 8 years, 9 years, 10 years
 - 11 years:
 - 12 years and 13 years
- Relays: Junior** 8/9/10years; **Senior** 11/12/13years

No competitor may enter both Junior and Senior Events
 No competitor may enter in more than one age division.

Track

- 800m** Straight final or timed finals depending on the entries.
200m Timed (seeded) heats. **No Finals.** Children must run in allocated lanes. Failure to do so may result in disqualification.
100m Timed heats. Heat winners plus next fastest times to equal 8 finalists.
Relays 4x100m (Circular). A team shall consist of 4 runners and a baton shall be carried. Timed heats. **No Finals.** Lines shall be drawn 10 metres before each take over zone and the person receiving the baton may stand anywhere within the area. Competitors may commence running not more than 10metres before the **“take over zone” of 20 metres.** Changes must be made within the zone.

Disqualification will occur if:

- a) any runner does not remain in allotted lane.
- b) the change is not taken in the 20m change over zone.

Starting Blocks

Must be used when they are a condition when hiring the Venue. They will be used at Polding and PSSA Carnivals.

False Starts:

A competitor causing a false start shall be warned for the first breach and disqualified for the second breach.

Shoes

For safety reasons, children **must wear** shoes for all **field events.**

Spikes

Shoes with spikes must be carried to the start of an event and removed immediately after the event. Spikes may be worn for 100m, 200m, Relay, Long Jump and High Jump. Spikes are not permitted in 800m. Spikes for Long Jump must be 7mm.

Long Jump

Take off: Jumps will be measured from the front of the “board”
 Each competitor will be given three jumps but **only jumps past the qualifying standard** will be measured/recorded.

Shot Put

Due to the large number of entries in this field event each competitor will be given **two** throws. Then the best six will have a third throw.

- The shot must be put legally (i.e. it must not lose contact with the neck below the ear until it is put.
- To be a legal put, competitors must enter the back half of the circle, remain within the circle until the shot has landed and then leave by the back half of the circle.
- The measurement of each throw will be made from the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line from the mark to the centre of the circle.

3.2 (f)

Athletics Carnival Rules (continued)

High Jump

Each participant will be allowed **three** attempts at each height. Shoes **must** be worn for high jump.

Increments: Those who successfully jump the starting height are eligible to continue in the competition. The bar will be increased initially in 5cm intervals and then in 2 cm intervals at the judge's discretion.

Placings: A count back system will be used to determine the place getters. There will be **no** jump offs.

Count back:

- In the event of a tie, the competitor with the lowest number of jumps at the **last** successful height shall be awarded the higher place;
- If the tie still remains, the competitor with the lowest **total** of failures throughout the competition, shall be awarded the higher place.

Competitors: There are four rules that all competitors need to be made aware of:

- each competitor must use a one foot take off;
- a successful jump is determined by the judge **not** by the speed with which a competitor leaves the mat. If, at the discretion of the judge, a 'reasonable time' has elapsed following the jump it shall be deemed to be successful;
- competitors have 2 minutes to complete their jump before the jump is declared to be forfeited.

A baulk is a failed jump if :

- the bar is removed **and/or**
- the mat is touched **and/or**
- there is contact with the ground beyond the uprights.

Disputes: Any disputes must be lodged with the Carnival Referee through a Team Manager. Parents are not allowed to lodge a dispute.

Discus Safety Issues:

- 1 All discuses must be of rubber compound not wooden or metal.
- 2 Ensure discus being returned to the throwing area are carried.
- 3 For group instruction of the standing throw ensure:
 - throwers are at least 5m apart.
 - left-handed throwers are placed on the left side of the group.
- 4 For group instruction of the turning throw ensure:
 - ensure the turn is practised with modified equipment or without a discus and one individual throws at a time.
 - ensure other students are behind protective barriers well clear of the wire.
 - where no barrier is available, ensure other students are at least 20m behind and to the non- throwing side.

3.2(f)

Athletics
Qualifying Standards for Field Events
UPDATED 27/07/2015

High Jump

Junior Girls 1.10m Boys 1.15m
11 years Girls 1.15m Boys 1.20m
12/13 years Girls 1.15m Boys 1.25m

Long Jump

Junior Girls 3.10m Boys 3.10m
11 years Girls 3.20m Boys 3.20m
12/13 years Girls 3.20m Boys 3.50m

Shot Put

Junior (2kg) Girls 5.50m Boys 6.50m
11 years (2kg) Girls 6.50m Boys 7.50m
12/13 years (3kg) Girls 6.00m Boys 7.50m

Discus

Junior (500g) Girls 15.00m Boys 17.50m
11 years (750g) Girls 18.00m Boys 20.00m
12/13 years (750g) Girls 20.00m Boys 22.00m

NB: If your students have not achieved these standards they are NOT eligible to participate in the Diocesan Carnival.

If large schools have another competitor deemed competitive and well within the qualifying distance he/she may be nominated but this must be confirmed with the Carnival Convener.

Track Events

Three entries per event except for 800m, which has a maximum of 2 competitors. At the Diocesan Carnival, Track Events take precedence over Field Events. If there is a clash in the timing of an event competitors leave the Field Event and compete in the Track event and then return to the Field Event.

3.2 (g)

Mixed Touch

During Term 4 each year, the Armidale Diocese holds a **Mixed Touch Carnival**.

- 1 NSW Touch Association rules will be followed.
- 2 All children are to wear shoes for safety reasons.
- 3 Children from Year 3-6 are eligible.
- 4 Schools may enter as many teams as they like.
- 5 There is a maximum of 12 players per team. 7 players take the field and there must be at least 3 girls on the field at all times.
- 6 Games will commence promptly at 9.00am. A team managers meeting will be held at 8.30am.
- 7 Games will be 15 minutes each with a straight turn around after each touchdown. There will be no half time. The Grand Final will be 15 minute halves with a 3 minute break at half time.
- 8 The competition will be divided into pools. After each team has played each other in their pool, the leading team on points will progress to the next stage.
- 9 Trophies will be awarded to the Grand Finalists and Medallions to the Runners Up.
- 10 Each team will be expected to pay a nomination fee to cover costs. Cheques are to be made out to ADPSC.
- 11 Each team is asked to provide a referee.
- 12 Full canteen facilities will be available at the grounds.

Netball Championships

General Information

- 1 The Carnival will start promptly at **9.30am**. Teams are asked to arrive **half an hour before their first game and report to the recording table**. Late arrivals must forfeit the game if they are more than 5 minutes late. No matches will be rescheduled.
- 2 The Carnival will be run according to Netball Australia Rules not modified rules in the following divisions: Opens, 10 years and under.
- 3 Each team must provide one umpire per game (i.e. umpire your own team.) Umpires will be provided for finals.
- 4 Teams must supply their own ball and bibs.
- 5 Games will be 2 x 10 minute halves with a 2 minute break at half time.
- 6 Please read the draw carefully as some teams may need to play two consecutive games.
Point Score: 3 = Win, 2 = Draw, 1 = Loss
- 7 Score sheets will be placed on a board in the centre of the court for all games played on that court. Each team is asked to provide an adult scorer. Scorers are to sit together and score half the game each. If teams do this we can avoid disputes arising. If a problem occurs disputes must be lodged in writing by the designated Team Manager within 10 minutes of the conclusion of the game.
- 8 If teams are on equal team points at the end of the Round Robin, the team with the most goals scored will progress to the final. (**NO** playoffs)
- 9 If a Division has three Pools the Semi finalists will be decided in the following way:
 - Winner of each Pool plus the team with the highest differential between goals scored for and against.
- 10 If there is a draw in the Semi Final there will be 5 minutes extra time. If there is no result the team who scores the next goal will be declared the winner.
- 11 In the Finals if the score is even at full time “Joint Premiers” will be declared. Winners will receive a banner.
- 12 The Blood rule will apply. There is no injury time.
- 13 Canteen facilities will be provided.
- 14 A levy per player will be set by ADPSC.

Rugby League Championships

General Information

- 1 The Rugby League will be run in three divisions:
 - Opens (Mod Rules 13 a side)
 - 10 years and under (Mod Rules 11 a side)
 - Small Schools: Enrolments less than 100 (Oztag 8 a side)
- 2 The Small Schools Division is designed to encourage our smaller schools to participate as a school in a team sport where children from Years 3 – 6 can play in one team. All teams in this division will be similar in make up and gives all children in the Diocese the opportunity to participate. Oz tag is a non contact version of Rugby League.
- 3 The winner of the Open League will represent the Armidale Diocese in the next round of the State Catholic School Knockout.
- 4 Rugby League will have referees provided.
- 5 An entry levy per child will be set by the ADPSC. All levies should be paid by one school cheque prior to the commencement of the Championship.
- 6 Winning teams in each division will receive a Diocesan Banner.
- 7 Canteen facilities will be provided.

3.3 Selection of Representatives

- 1 Teams in Swimming, Cross Country and Athletics will be selected on order of finishing according to the number of entries permitted at the Polding Carnivals.
- 2 Selection of teams for Summer and Winter Sports will involve a selection panel of at least three persons who have expertise in that sport. It is recommended that this panel includes the Diocesan Team Manager, a Development Officer for the sport and officials from local sporting associations. Parents whose children are trialing for a particular sport should not be included in selection panels.

3.4 Teacher Relief for Diocesan Sport

The Chairperson of Diocesan Sport must be notified if relief is taken.

- 1 Cluster Representatives are eligible for relief for the two ADPSC meetings each year.
- 2 Conveners of Diocesan Fixtures are eligible for relief on the day of the carnival they are convening.
- 3 Conveners of Diocesan Swimming, Athletics and Cross Country are also eligible for relief for a planning day.
- 4 Armidale Diocesan Team Managers are eligible for relief for Polding Carnivals

Please note teachers accompanying school teams to Diocesan Carnivals are not eligible for relief.

3.5 Criteria for Diocesan Sport Awards

Swimming and Athletics Carnivals

Children gaining 1st, 2nd or 3rd in a final will receive a Diocesan Ribbon.

A trophy will be given to the individual girl and boy with the highest point score in the following divisions:

- Junior Champion
- 11 years Champion
- 12/13 years Champion

A runner - up will be awarded a medallion in each division.

Cross Country

A medallion will be given to each girl and boy who gains first place in their respective age groups.

Children gaining 2nd and 3rd place will receive a Diocesan Ribbon.

A **team trophy** will be presented to the winning school team in each age division. Each team member will also receive a merit certificate. The school team must consist of a minimum of four runners who have their respective scores tallied and the school with the lowest overall score wins.

3.6

ADPSC “Blue Award”

Diocesan “Blues” are to be awarded to those Diocesan Representatives who meet the following criteria:

- Gain selection in a state or national team.
- Gain first place in an individual event at a State Championship.
- Gain 1st, 2nd, or 3rd place at a National Championship.
- Display exemplary behaviour, attitude and sportsmanship throughout the year.

Nomination forms need to be sent to the Chairperson of ADPSC by the end of Week 5 in Term 4, each year.

Principals will be informed of successful nominees.

Medallions and certificates will be sent to schools to be given out at a School Presentation Ceremony.

3.7

ADPSC “Half Blue Award”

The nominated athlete must meet the following criteria:

- After attending a Polding fixture a student must be selected to represent Polding at a State Carnival or Championship.
- Please note the selected student MUST compete at the State Carnival/Championships.

Nomination forms need to be sent to the Chairperson of ADPSC by the end of Week 5 in Term 4, each year.

Principals will be informed of successful nominees.

Certificates will be sent to schools to be given out at a School Presentation Ceremony.

Summer Sports Nomination Form

Girls / Boys

School: _____ Town: _____ Contact Person: _____

Sport:

- Basketball:* (4 nominations);
- Softball:* (4 nominations);
- Cricket:* (3 nominations);
- Tennis:* (4 nominations)

Please rank players in order of ability

<p>1. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p> <p>.....</p>
<p>2. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p> <p>.....</p>
<p>3. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p> <p>.....</p>
<p>4. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p> <p>.....</p>

Swimming Information

Please fax this sheet with Team Entries

School: _____ **Town:** _____

Total number in team: _____

Team Manager: _____ **Teacher or Parent ?** _____

Each School is asked to provide 2 helpers/officials. Please note preferred job and any area of expertise.

1. _____ Preferred Job _____ Teacher or Parent? _____

2. _____ Preferred Job _____ Teacher or Parent? _____

In case of postponement:

Time and date Team will leave for Carnival

Contact Name: Phone:

Diocesan Swimming Nomination Form Girls

School: _____ Town: _____

<u>Competitor No.</u>	<u>Name</u>	<u>Date of Birth</u>	<u>Event No.</u>	<u>Time</u>

**Diocesan Swimming Nomination Form
Boys**

School: _____ Town: _____

<u>Competitor No.</u>	<u>Name</u>	<u>Date of Birth</u>	<u>Event No.</u>	<u>Time</u>

Winter Sports Nomination Form

Girls / Boys

School: _____ **Town:** _____ **Contact Person:** _____

Sport:

Hockey: (6 nominations); Netball: (4 nominations); Soccer: (4 nominations); AFL (no limit); Rugby League: 11 yrs/Opens (6 nominations); Rugby Union: (Team or individual nominations)

Please rank players in order of ability

<p>1. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p>
<p>2. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p>
<p>3. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p>
<p>4. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p>
<p>5. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p>
<p>6. Full Name D.O.B.Grade</p> <p>Does your child require medication?.....If yes what?</p> <p>Medicare No: Expiry Date:.....</p> <p>Preferred position: 1st preference.....2nd preference</p> <p>List of any details that would help this nominee gain selection</p> <p>.....</p>

Cross Country Information

Please fax this sheet with Team Entries

School: _____ **Town:** _____

Total number in team: _____

Team Manager: _____ **Teacher or Parent ?** _____

Each School is asked to provide 2 helpers/officials. Please note preferred job and any area of expertise.

1. _____ Preferred Job _____ Teacher or Parent? _____

2. _____ Preferred Job _____ Teacher or Parent? _____

In case of postponement:

Time and date Team will leave for Carnival

Contact Name: Phone:

Armidale Diocese Cross Country Nomination Form

<u>Girls</u>	<u>Boys</u>
<u>8/9 years (2 km)</u>	<u>8/9 Years (2 km)</u>
<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>
<u>10 years (2 km)</u>	<u>10 years (2 km)</u>
<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>
<u>11 years (3 km)</u>	<u>11 years (3 km)</u>
<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>
<u>12 years (3 km)</u>	<u>12 years (3 km)</u>
<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>
<u>13 years (3 km)</u>	<u>13 years (3 km)</u>
<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>
<u>4</u>	<u>4</u>
<u>5</u>	<u>5</u>
<u>6</u>	<u>6</u>

Athletics Information

Please fax this sheet with Team Entries

School: _____ **Town:** _____

Total number in team: _____

Team Manager: _____ **Teacher or Parent ?** _____

Each School is asked to provide 2 helpers/officials. Please note preferred job and any area of expertise.

1. _____ Preferred Job _____ Teacher or Parent? _____
2. _____ Preferred Job _____ Teacher or Parent? _____

In case of postponement:

Time and date Team will leave for Carnival

Contact Name: Phone:

Diocesan Athletics Nomination Form

Girls

School: _____ Town: _____

<u>Name</u>	<u>Date of Birth</u>	<u>Event No.</u>	<u>Time</u>
(SAMPLE) Pauline Long	28.09.1994	8	12.2
		16	29.8
		28	
		52	23.6

Diocesan Mixed Touch Carnival

	<u>Full Name</u>	<u>Date of Birth</u>	<u>Grade</u>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

School: _____

Team Name: _____

Team Coach: _____

Team Manager: _____

Referee: _____ Level: _____

Netball Nomination Form

School:

Division:

Colours:

Umpire:

Coach:

Contact Person:

Wet Weather Contact Number:

No	Name	Date of Birth	Grade
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Signed:(School Principal)

Date:

Rugby League Nomination Form

School: Division: **Under 10's**

Colours:

Coach:

Contact Person:

Wet Weather Contact Number:

No	Name	Date of Birth	Grade
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Signed:(School Principal)

Date:

Rugby League Nomination Form

School: Division: **Open**

Colours:

Coach:

Contact Person:

Wet Weather Contact Number:

No	Name	Date of Birth	Grade
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Signed:(School Principal)

Date:

Oz Tag Nomination Form

School: Division: **Small School**

Colours:

Coach:

Contact Person:

Wet Weather Contact Number:

No	Name	Date of Birth	Grade
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Signed:(School Principal)

Date:

General Information

Nomination Diocesan Conveners and Team Managers

Nominations are called for teachers in the Armidale Diocese who would like to **convene** a Diocesan fixture and / or would like to be a **Team Manager** for a Diocesan Team at a Polding Carnival.

Please note it is usual practice for the 'Diocesan Convener' to then go on to be the Diocesan Team Manager at a Polding Carnival or Trial.

The Sports include:

- 1 Summer Trials: Basketball (Boys & Girls)
 Cricket (Boys & Girls)
 Softball (Girls)
 Tennis (Boys & Girls)

- 2 Touch (Boys & Girls)

- 3 Swimming

- 4 Winter Trials: Hockey (Boys & Girls)
 Netball (Girls)
 Rugby League 11 years & Open (Boys)
 Soccer (Girls & Boys)

- 5 Rugby Union (Boys)

- 6 AFL

- 7 Cross Country

- 8 Athletics

- 9 Mixed Touch

Nomination form is to be completed and faxed to:

Chairperson of ADPSC
Gary McSweeney
Fax: 67620 376
By Friday of Week 1 Term 4

\

**Nomination Form
for
Diocesan Conveners and Team Managers**

Name: _____

School: _____

I would like to be a Convenir for the following sports:

I would like to be a Team Manager for:

Experience / Qualifications

NB: PLEASE ATTACH CURRENT EMERGENCY CARE AND / OR CPR QUALIFICATIONS

Teacher's Signature: _____ Date: _____

Principal's Comment: _____

Principal's Signature: _____ Date: _____

Please fax this Nomination to the

**Chairperson of ADPSC
Gary McSweeney
Fax: 67620 376
By Friday of Week 1 Term 4**

Armidale Diocesan Primary Sports Council

Manager's Report

1. **Carnival:** _____ (boys / girls)

2. **Venue:** _____

3. **Date(s):** _____ (inclusive)

4. **Travel by:** _____
(Mode/Name of Company)

5. **Problems with Transport:**

6. **Team Accommodation:**

7. **Armidale Representatives selected in the Polding Team:**

8. **Carnival Comments:**

9. Uniform and Equipment: (problems and recommendations)

10. General Comments on Team: (behaviour, presentation etc.)

11. Incidents involving Armidale Representatives: (injury, awards, problems etc – attach separate sheet if necessary)

12. Acknowledgements:

13. Recommendations:

14. Signed:

Manager

School

Armidale Diocesan Primary Sports Council

Convener's Report

1 Carnival: _____ (boys / girls)
(Sport)

2 Venue: _____

3 Date: _____

4 Suitability of Venue: _____

5 Team selected:

<u>Name</u>	<u>School</u>	<u>Event</u>

Please attach separate sheet if insufficient space

6 Uniform and Equipment: (access, availability, problems)

7 Carnival / Trials comments: (organisation, protests, complaints)

8 Acknowledgements:

9 Recommendations:

Signed: _____
(Convener)

School: _____

Date: _____

ADPSC “Blue Award” Nomination Form

Criteria for Award:

The nominated athlete should meet one of the following criteria:

- 1 Gain selection in a State or National Team;
- 2 Gain 1st place in an individual event at a State Championship;
- 3 Gain 1st, 2nd or 3rd at a National Championship.

It is also important the nominated athlete displays exemplary behaviour, attitude and sportsmanship throughout the year.

Nomination Form for ADPSC “Blue Award”

Athlete’s Full Name:

School: Town:

Nominated Sport:

List reasons for nomination:

NB: Please indicate clearly the level of achievement obtained by the student

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.....

Nominated by: Date:

School Principal: I endorse this nomination

School Principal’s Signature: Date:

The nomination must reach the Chairperson of ADPSC by the end of Week 5, Term 4

ADPSC “Half Blue Award” Nomination Form

Criteria for Award:

The nominated athlete must meet the following criteria:

1. After attending a Polding fixture, must be selected to represent Polding at a State Carnival or Championship.
2. **MUST** compete at the State Carnival/Championships.

It is also important the nominated athlete displays exemplary behaviour, attitude and sportsmanship throughout the year.

Nomination Form for ADPSC “Half Blue Award”

Athlete’s Full Name:

School: Town:

Nominated Sport:

List reasons for nomination:

NB: Please indicate clearly the level of achievement obtained by the student

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...

Nominated by: Date:

School Principal: I endorse this nomination

School Principal’s Signature: Date:

The nomination must reach the Chairperson of ADPSC by the end of Week 5, Term 4.

**Armidale Diocese
Accident Report Form**

Full Name: _____

School: _____

Event: _____

Date: _____

Time of Accident: _____

Person in charge of team: _____

Description of events leading to accident: _____

Immediate steps taken: _____

Witness' account of event: _____

Witness signature: _____ Date: _____

Signature of person in charge of team: _____ Date _____

Follow up: _____

NB: This form must be sent to the Chairperson of ADPSC to be kept on file.

Risk Management Form

This form needs to be completed **prior to starting the Trials**, to ensure that the adverse impact of all activities and events can be eliminated or minimised.

(please circle) Summer / Winter Trials: Rugby League, Soccer, Hockey and Netball
Swimming
Cross Country
Athletics
Touch
Rugby Union

Date of Trial: _____

Location: _____

Convener: _____

Date form completed _____

Signature of Convener _____

Risk Management

<u>Area of Concern</u>	<u>Tick/Cross</u>	<u>Comment</u>
<u>Fields</u>		
Free of holes		
Free of loose objects		
Grass lengths appropriate		
Fields marked adequately		
Goal Post secured		
Goal Post padded		
Corner Flags – correct material		
Nets provided and correctly fixed to ground		
<u>First Aid</u>		
Emergency access clear		
Qualified First Aid Personnel		
Numbers for Local Medical Services provided		
Ice available		
First Aid Kit available		
<u>Change Rooms</u>		
<u>Canteen</u>		
Refreshments available		
Water and Tap proximity adequate		
<u>Supervision</u>		
Adequate number of supervisors		
All areas supervised		
Non teaching staff PED completed		
Qualified supervisors available		
Student areas clearly defined		
<u>Communication</u>		
Mobile phone available		
P/A System available and adequate		
<u>Shelter</u>		
Rain/Sun Protection areas available		
Sunscreen available		
<u>Referees</u>		
Qualified referees		
Adequate numbers provided for carnival selections		
<u>Miscellaneous</u>		
Competitors equipment checked prior to game		
<u>Other</u>		
Mark N/A if not applicable to you		