Welcome to Sport in 2013

Welcome back to a year which, as always, promises to be very busy. I hope you had a fantastic holiday with your families and friends. This year we commence with swimming trials, in preparation for the SAPSASA and SACPSSA swimming carnivals. During Physical Education lessons, in term 1, all students will be preparing for Sports Day and completing a basketball unit. On the 1st Saturday of the term 1 holidays, I will be getting married and therefore will no longer be Miss Woolford, rather Mrs Grbin, which I am very much looking forward to.

Again, this year I will be selecting the year 4-7 Athletics Squad based on students results during preparation for Sports Day. As last year SJH achieved pleasing results, due to this method of selection. Students will receive a letter of acceptance and before school trainings will be compulsory for these students to prepare further for the carnivals. I believe this approach assists a wider range of students to recognise their potential and provide them with an opportunity to develop their athletics skills.

All students in years 4-7 will be completing the beep test during term 2, from these results, students will be invited to be train for the Cross Country Carnival. However, all students will be invited to train for this carnival and increase their endurance, no matter what their result was. Selections for all other sports carnivals will done as previously, at before school try outs.

Like last year, swimming lessons for all students will be held in weeks 6 and 7 of term 4 at Payneham Swimming Centre.

Last year was the final year to transition into the new sports uniform, therefore this year all students are expected to be wearing the entire new sports uniform. This is also the case for Out of Hours Sport. Another reminder is that the school uniform policy states sneakers must be predominately white, a lot of coloured sneakers were sneaking in last year! Some very exciting news for our soccer teams, we have new guernseys this year! Please take great care with them, and ensure they are returned at the end of the soccer season.

The school’s hot weather policy states that when the temperature in 36°C or above children are not to be outside, therefore PE lessons will be conducted in an air-conditioned area. When the temperature is 36°C or below lessons will be held outside, however, as it is still hot, drink breaks in the shade are regularly provided. Children will need to bring their drink bottle, and wear their hats during their sports lessons.

Sports trainings will be automatically cancelled in extreme wet weather or if the temperature is advertised at 32 degrees and above on the news weather report the night before. Netball and Basketball games are held at indoor recreation centres which are air-conditioned so games will not be cancelled. Cricket games are up to the individual teams to decide if they will play or not.

Once sports teams are finalised, Tania Carosi and myself will be holding an Out of Hours Sport meeting for all coaches. This aims to update coaches on current policies, what to do on when parents or students are not following these policies and a time for coaches to ask any questions they may have.

If you have any questions or issues throughout the year please don’t hesitate to approach me or contact me or Tania Carosi (Out of Hours Sport Coordinator) on 8377 6044.

Many thanks

Jessica Woolford