

SPORT HANDBOOK



St Benedict's College



2022

SERVICE • BALANCE • COMMUNITY

St Benedict's College Sport Program

The Sport Program at St Benedict's College is designed to provide our students with many and varied opportunities for positive experiences through physical activity and competitive sport. Our focus in the sporting arena is always on inclusivity, competitiveness, pride in our College, respect for ourselves, our opposition and the officials, and, of course, having fun! The Sport Program at St Benedict's College supports the Benedictine values of Service, Balance and Community.

2022 SBC Sport Events

Term 1
Beach Volleyball Schools Cup (Coolangatta)
BOSL Touch
Pine Rivers District Swimming Carnival
SBC Cross Country Carnival
SBC Swimming Carnival
SECA NRL Referee Course
SECA Cricket Gala Day
SECA Swimming Carnival
Term 2
BOSL Basketball
Catholic Cup Netball
Intermediate Schools Cup Volleyball (Toowoomba)
Pine Rivers District Cross Country
SBC Athletics Carnival
SECA Cross Country Carnival
SECA Season 1
Term 3
Pine Rivers District Athletics
All Schools Oztag Championship (Sunshine Coast)
SECA AFL Gala Day
SECA Athletics Carnival
SECA Rugby Sevens Gala Day
SECA Season 2
Senior Schools Cup Volleyball (Gold Coast)
Term 4
Junior Schools Cup Volleyball (Gold Coast)
SECA North Junior and Intermediate Gala Days

Note: Dates are yet to be finalised and will be communicated once available. Some events may be added/removed due to various circumstances.

SECA Sport at St Benedict's College (Years 7-12)

St Benedict's College is a member of the South Eastern Colleges Association (SECA) Sporting competition in which we compete against other Catholic Secondary Colleges through the 'Big 3' Carnivals, Gala Days and weekly Interschool Sport.

In order to allow students to fulfil any club commitments they may have on weekends, most SECA Sports are scheduled during school hours. Training commitments are before and after school and it is an expectation that all students involved in a team attend training sessions.

SECA Sport Overview



SECA Sport Website – for all the latest information including by-laws, draws, results and carnival programs please visit the [SECA Sport Website](https://seca.sportzvault.com/default.aspx) (seca.sportzvault.com/default.aspx)

St Benedict's College SECA Sport: A New Look In 2022

We have now been a part of SECA Sport since 2019. Based on feedback from students, staff and parents, the way in which SECA Sport will run in 2022 is changing to give students more time on the field, and less time on the bus!

2022 will see students competing over six (6) full days across Terms 2 and 3, *doubling* the amount of playing time to over nine hours per season. In almost every sport, we will be able to provide two, twelve round seasons of quality interschool sport. We will also be able to offer more variety for students participating in our Non-SECA Activities cater for students interests and pastimes.

Summary Of Changes

	2019-2021	2022
SECA Sport	Spread across TWELVE Weeks in Terms 2 and 3	Spread across SIX Weeks in Terms 2 and 3
	SIX Competition Rounds per Season	TWELVE Competition Rounds per Season
	Classes on Wednesday PC-P4	Classes on Wednesday PC only
	Avg Weekly Travel Time 1.5 hours	Avg Weekly Travel Time 1.5 hours
	Total Travel Time per Season 9 hours	Total Travel Time per Season 4.5 hours
	Avg Weekly Playing Time 45 mins (1 match)	Avg Weekly Playing Time 3 hours (4 matches)
	Total Playing Time per Season 4.5 hours	Total Playing Time per Season 9 hours
Non-SECA Activities	SIX Half days in Terms 2 and 3	THREE Full Days in Terms 2 and 3
	EIGHT Options to choose from	FIFTEEN Options to choose from
	Students choose only ONE option	Students choose up to TWO options
	Complete ONE activity per round	Complete TWO activities per round

SECA Sport Timetable (followed on SECA Wednesdays)



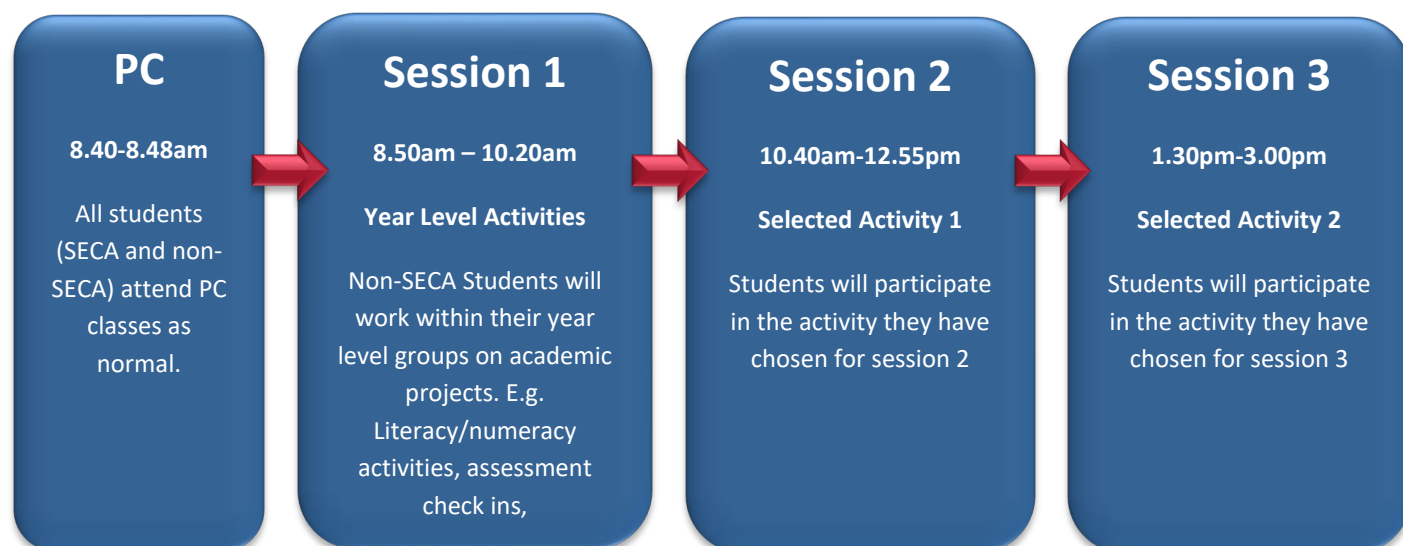
Non-SECA Options

The 2022 plan for sport at SBC means that we can offer more non-SECA Activities for our students who do not wish to engage in competitive sport but are still keen to develop new skills and interact with their teachers and peers outside of the classroom environment. Students who choose a non-SECA option in Terms 2 and 3 must choose from the following activities:

Non-SECA Double Session Options		
Students that select these options remain at the activity across Sessions 2 and 3		
E-Sports League of Legends	Students will prepare for external, interschool competitions playing League of Legends. The program includes a minimum of 45 mins of outdoor, physical activity per week.	Student Limit 50
Chess	Students will engage in tournament game play facilitated by our SBC chess masters. 45mins per week of outdoor physical activity is included.	Student Limit 40

Non-SECA Single Session Options		
Students will select TWO of the following options to join. They will participate in both options each SECA Wednesday (for 1.5-2hrs each) in Sessions 2 and 3		
Social Sport Soccer, AFL + OzTag	Students will participate in Soccer, AFL (non-contact) and OzTag on the SBC oval in a non-competitive/social environment	Student Limit 30
Social Sport Team Games	Students will participate in team games like Capture the Flag and various Indigenous Games on the SBC oval in a social environment	Student Limit 30
Social Sport Volleyball	Students will be given the opportunity to develop their volleyball skills in a non-competitive environment with high quality coaching	Student Limit 40
Art	Student will have access to SBC Art Facilities and expertise in order to create individual art projects in a less structured environment than class	Student Limit 50
Indigenous Culture Club	Students will participate in a planned curriculum focused on education about on Australian Indigenous Culture	Student Limit 30
Lego Masters	Student teams will battle it out to win Lego Challenges set by our team of Brickmasters	Student Limit 20
Dance	Opportunity for students of all dancing abilities to learn and rehearse with expert teacher input	Student Limit 30
Robotics	Students will learn to plan, create and program a variety of robots for a variety of purposes	Student Limit 30
Media Art	Students will have the opportunity to learn and put into practice all they need to know about planning, filming and editing professional media	Student Limit 30
Master Chef	Students will create ingenious culinary masterpieces in response to the challenges set out for them by our judges	Student Limit 40
Gym	YEARS 11 and 12 ONLY: Opportunity for students to train in the College gym under supervision of qualified staff	Student Limit 20
Study	YEARS 11 and 12 ONLY: Opportunity for Senior Students to study for any upcoming internal and/or external assessments	Student Limit 25

Non-SECA Activity Timetable (followed on SECA Wednesdays)



2022 Sport Selection Process

In 2022, students will select the option/s that in which they would like to participate by using Subject Selection Online (SSO). As outlined above, there are limited student numbers for the non-SECA options.

- To secure their place in their preferred options, students must make their selections as quickly as possible.
- Once a group is filled, it will no longer be available as an option in SSO for *any* other students.
- SSO will open at the same time for all students from Yr 7-12 and we will operate a 'First In, First Served' basis.
- Information about how to operate the SSO system is outlined below and will be communicated with all students prior to its activation date.
- It is strongly advised that students and parents familiarise themselves with the options available, as well as the SSO selection process, which will be communicated to students in early Term 1.

2022 Change of Sport Procedure

In 2022, the criteria to process a Change of Sport request will be stricter than in previous years. This is for a variety of reasons, most notably due to the increased number of options available to students their strict number limits, and the reduced number of sport days. This means students do not have to stay in their selections for over half the term as they do currently.

The following are the only reasons that will be accepted for a Change of Sport:

- Recommendation of change from College Administration and/or Pastoral Leader
- Recommendation of change from Guidance Counsellor
- Injury preventing participation (to be accompanied with Medical Certificate)

If a student requires a Change of Sport, they must collect a red Change of Sport Form from Student Services, complete it (including a parent/carer signature) and submit to the Sport Program Leader (Mr Clarke) and/or the Sport Program Administration Officer (Ms Stewart) on the Thursday prior to the next SECA Wednesday.

Representative School Sport

St Benedict's College students are encouraged to participate in the Australian School Sport Representative Pathway. This involves trialling and competing at the Pine Rivers District, Metropolitan North Regional and Queensland State Levels in many sports throughout the year.

Students wishing to trial at the District and Regional Level (including Swimming, Cross Country and Athletics) are required to inform the Sport Program Leader at least one month prior to the trial date via the Online Form (available on Teams, Student Notices, and the Parent Portal). This ensures any information required for the College to nominate students is collated in full, in a reliable location.

All information about upcoming trials is available at the relevant District or Regional websites.

Please note that it is the responsibility of students to organise all paperwork required for trials. This generally includes a Permission to Trial Form (to be signed by the Sports Program Leader or Principal), medical information and media consent permissions. Every effort will be made to ensure students can assess all the correct documentation before trialling, although ultimately this responsibility lies with them.

District and Regional Trial Information is available at the following websites:

Pine Rivers District Sport
www.pineriverssport.qld.edu.au



Metropolitan North Regional Sport
www.metnorthsport.qld.edu.au



Representative School Sport Pathway at St Benedict's College



Other Sporting Opportunities at St Benedict's College

In addition to the SECA and Representative Sports offered, there are many different sporting opportunities in which we encourage our students to participate and compete each year. These are sports that have more limited places available and give our athletes the chance to shine in higher level competitions. These include Brisbane Outer Schools League (BOSL) Touch, Basketball and Netball, Catholic Cup Netball, Queensland and National Volleyball Schools Cup, Queensland Schools Cup OzTag, and various Queensland Rugby Sevens tournaments. (Our involvement year to year in these varies based on student interest, and as such they are encouraged to seek information about each opportunity as it arises throughout the year.) Preliminary details of the major competitions can be found below.

For the majority of these sporting opportunities it is the responsibility of the student and their families to provide transportation and/or accommodation for the various events. All event specific information will be communicated to families well in advance of the event to facilitate this planning.

Brisbane Outer Schools League (BOSL)

The Brisbane Outer Schools League (BOSL) competition provides an opportunity for our students to play outside of school time against teams from many different schools in our region in Touch, Basketball, Netball, and Volleyball. We can only nominate one team per age group in BOSL competitions so trials are conducted to select the best teams possible. This is a competition for our athletes who are interested in a higher level of interschool competition.

Basic details for teams nominated for the 2022 BOSL seasons are as follows:

Term 1	BOSL Touch Jnr, Int, Snr Boys and Girls – Wednesday afternoons at Caboolture Touch Fields
Term 2	BOSL Basketball Jnr, Int, Snr Boys and Girls - Monday and Thursday afternoons at Boondall Ent Centre and/or South Pine Sports Complex
Term 3	BOSL Netball (to be confirmed) Jnr Girls, Int Girls, Snr Girls – Monday Afternoons at Redcliffe Netball Association and/or Les Hughes Sporting Complex BOSL Volleyball Jnr Girls, Int Girls, Snr Girls – Monday Afternoons at Grace Lutheran College Rothwell from Term 3 Week 2 to Term 3 Week 9

St Benedict's College Volleyball

The SBC Volleyball program has been building since the earliest days of the College. Students prepare each year to compete at various Volleyball Queensland tournaments throughout the year. Please contact our Volleyball Manager, Director of Coaching and/or Sport Program Leader for more information.

Volleyball Queensland Tournaments

Term 1	Term 2	Term 3	Term 4
Queensland Beach Volleyball Schools Cup Coolangatta Beach Boys and Girls Yrs 7-12	Queensland Intermediate Schools Cup Volleyball Toowoomba (Various) Boys and Girls Yrs 9-10	Queensland Senior Schools Cup Volleyball Gold Coast (Various) Boys and Girls Yrs 11-12Yrs 7-12	Queensland Junior Schools Cup Volleyball Gold Coast (Various) Boys and Girls Yrs 7-8



St Benedict's College Sport Contacts

Sport Program Leader	Mr Dominic Clarke	dominic.clarke@bne.catholic.edu.au
Sport Administration Assistant	Ms Caitlin Stewart	Caitlin.Stewart@bne.catholic.edu.au
Volleyball Manager	Mr Josh Carseldine	joshua.carseldine@bne.catholic.edu.au
Director of Volleyball Coaching	Mr Chris Carlill	ccarlill@bne.catholic.edu.au

St Benedict's College Sport: Code of Conduct

Representing St Benedict's College in any sport is a privilege. The importance of adhering to a Code of Conduct ensures that players, coaches and officials can perform their tasks to the best of their ability, unhindered by inappropriate conduct.

The following Code of Conduct highlights the level of expected behaviour of players when participating in sport at St Benedict's College, whether that be training or in competition. Consequences for not honouring this Code of Conduct are listed below. Please ensure that you have read and understand this code prior to participating in training and competitions. For further information please contact the Sports Program Leader.

Expectations of members and supporters of St Benedict's College teams

- Exhibit behaviour within the College community **prior** to and **during** representation that signifies a capacity to represent St Benedict's College to an acceptable standard. Students who fail to demonstrate these capacities may be **withdrawn from a College team**.
- College behaviour and commitment to studies will be of an acceptable standard. A student may not be permitted to represent the College in co-curricular activities if this standard is not met. This decision could be made at any time leading up to or during a sporting competition.
- Be on time to all training sessions and notify the coach if you are unable to make it. Provide a valid explanation for the absence, ideally in the form of a note from a parent/guardian.
- Follow all directions of the coach (including playing to the team structures) as stipulated by the coach.
- Show respect for yourself, your teammates, officials, your opponents and their abilities.
- Never argue with or question the officials' decisions.
- Control your temper – no criticism by word or gesture.
- Compete by the competition conditions and rules.
- Exhibit exemplary integrity in the sporting arena above everything else. Encourage and support your own team members.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your own.
- Behave in a manner that respects the rights of others regardless of mediums of communication used e.g. digital mediums such as Social Media, email and texts.
- Always wear the official team uniform, including purchasing items if needed, as directed by team coach/College.
- Stay in the designated team area and support other team members during times when you are not competing.
- Ultimately, take responsibility for your own behaviour and performance.

Student Consequences for Breaches of the Code of Conduct

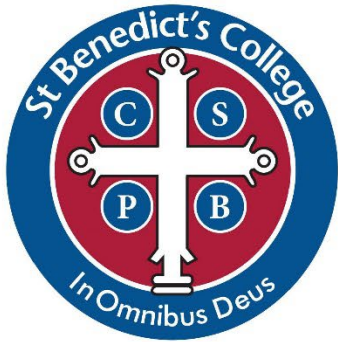
Team coaches will deal immediately with any breaches of this code by imposing appropriate consequences. Some of these may include:

- Verbal warning to student identifying breaches of the code
- Formal meeting with coach and Sports Coordinator
- Notification to parents
- Removal from the team
- Suspension from all College and representative sport

Additional information for Supporters

Please note, all St Benedict's supporters, including family members (not limited to parents/guardians), friends and student supporters are expected to conduct themselves in a manner which reflects the values, beliefs and expectations of St Benedict's College.

Identified breaches will be reported to the College Principal and supporters may be banned from attending St Benedict's College sporting events.



St Benedict's College
Mango Hill