

SPORT HANDBOOK



St Benedict's College



2023

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 in 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, the officials and enjoyment.

Sport at SBC is offered in four different streams to cater for as many of our students as possible. We aim to provide opportunities focussed on maximum student participation, as well as chances for our best athletes to excel.

Term	SBC Intraschool Sport	SECA Sport	Representative Sport	Extracurricular Sport
1	SBC Swimming Carnival	SECA Cricket Gala Day	PRD/MN Team Sports	BOSL Touch
	Bennie's @ Home 1	SECA Swimming	PR Swim	Futsal State Champs
	SBC Cross Country		MN Swim	eSports QUT Tournament
2	Bennie's @ Home 2	SECA Interschool Season 1	PRD/MN Team Sports	BOSL Basketball
	Non-SECA Season 1	SECA Cross Country	PR Cross Country	College Cup League
	SBC Track and Field		MN Cross Country	Catholic Cup Netball
	Interhouse Challenge			Int Schools Cup Volleyball
				AFLO Schools Cup
				Vicki Wilson Cup
3	Bennie's @ Home 3	SECA Season 2	PRD/MN Team Sports	All Schools OzTag
	Non-SECA Season 1	SECA Track & Field	PR Track & Field	Snr Schools Cup Volleyball
	Interhouse Challenge	SECA AFL Gala	MN Track and Field	CBSQ Wildcard Seniors
		SECA Sevens Gala 1		
4	Bennie's @ Home 4	SECA Sevens Gala 2	PRD/MN Team Sports	All Schools Touch
		Cross River Challenge		CBSQ Jnr Secondary
				Jnr Schools Cup Volleyball
				Matt Gillet Cup League

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

SBC Sport – Intraschool Sport Program

With a focus on maximal participation and involvement from students and staff; the Intraschool Sport Program provides opportunities for everyone to be involved throughout the year. The biggest of these events are our Inter-House Big 3 carnivals where students in each of the four houses (Petronax; Maurus; Scholastica or Hildegard) battle it out for supremacy.

Big 3 Carnivals

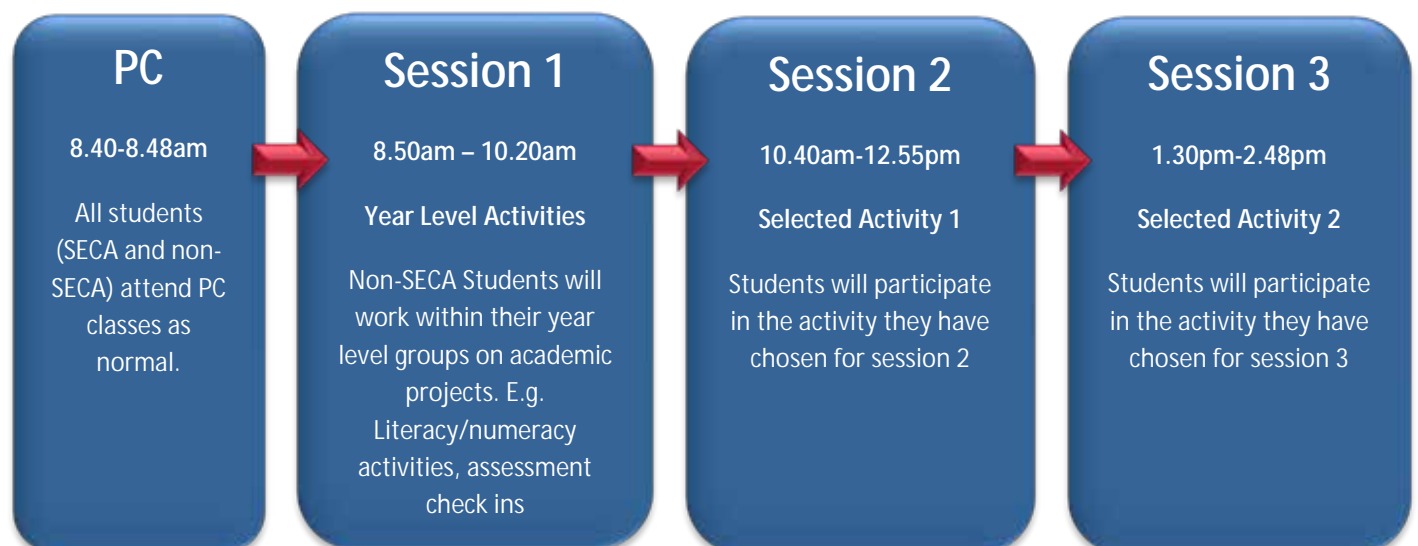
Carnival	When	Location
SBC Swimming	Term 1: Week 2 - Wednesday	Lawnton Aquatic Centre
SBC Cross Country	Term 1: Week 10 - Wednesday	SBC Oval / Moreton Bay Cycleway
SBC Track and Field	Term 2: Week 10 - Thursday	SBC Oval

Non-SECA Activities

Competitive interschool sport is not for everyone and as such, we take great pride in offering non-competitive activities for these students to take part in during SECA Sport Days. Each student is able to select up to TWO of these options to complete on SECA Sport Days. Places within these groups are limited, students are given the opportunity to sign up prior to the SECA Seasons in Terms 1 and 2. These offerings regularly change based on student, staff and parent feedback – below are some examples of what has been recently offered. Unless specified, students from all year levels can join these groups.

Non-SECA Activities		
Social Volleyball	Social Team Games	Dance
Master Chef	eSports	Chess
Media Arts	Robotics	Art
Social Soccer	Gym Training (Yr 11/12 only)	Study (Yr 11/12 only)

Non-SECA Activity Timetable (followed on SECA Wednesdays)

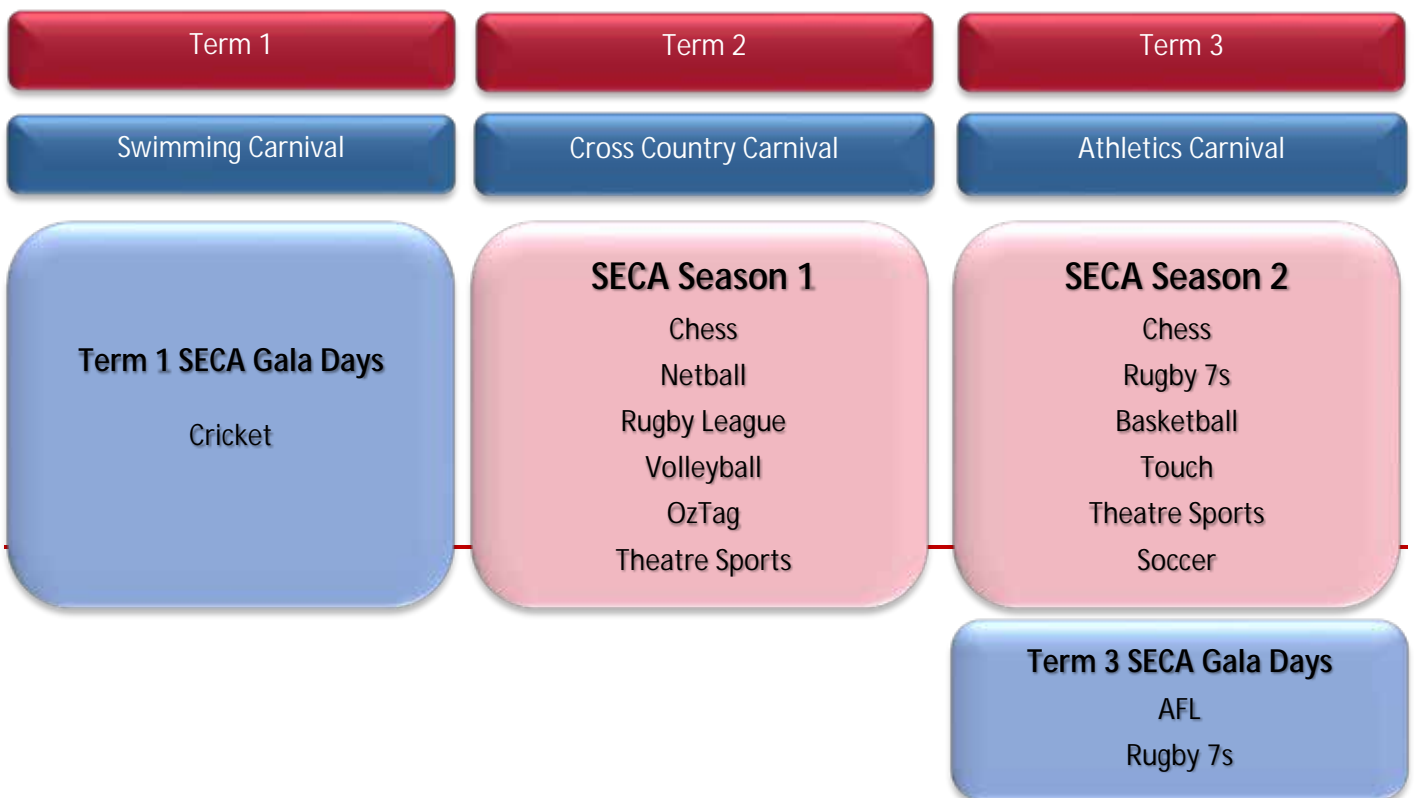


SBC Sport – SECA Sport Program

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.

2023 SECA Sport Summary



SECA Sport Timetable (followed on SECA Wednesdays)



2023 Sport Selection Process

In 2023, 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.

- Trials for Division 1 Teams will run in Term 1, Week 6 and 7.
- 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.

2023 Change of Sport Procedure

In 2023, 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 and/or the Sport Program Administration Officer on the Thursday prior to the next SECA Wednesday.

SBC Sport - Representative School Sport

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

SBC 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 and/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 possess 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.metnorthschoolsport.eq.edu.au/district-sport/our-districts/pine-rivers1019-years



Metropolitan North Regional Sport

www.metnorthschoolsport.eq.edu.au



Representative School Sport Pathway at St Benedict's College



SBC Sport - Extracurricular Sport

In addition to the SECA and Representative Sports offered, there are many different sporting opportunities that we encourage our students to take up each year. These are sports that have more limited places available and give our athletes the chance to shine in higher level competitions. 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.

Current extracurricular sport offerings are:

Sport	Competitions	Sport	Competitions
Touch	BOSL Touch	Rugby League	Brisbane Schoolboy Challenge
	Gold Coast Titans All Schools Touch		NRL Schoolboy Trophy
			Matt Gillett Cup
Futsal	QLD Futsal State Championships	OzTag	QLD All Schools
Basketball	BOSL Basketball	Volleyball	QLD Schools Cups
	CBSQ Championships		QLD Beach Schools Cup
Netball	Catholic Cup Netball	eSports	QUT Schools Challenge
	Vicki Wilson Cup Netball		
AFL	AFLQ Schools Cup		

For these sporting opportunities, students will be required to trial and expected to train in the lead up to the events. Specific training information will be provided it will be the responsibility of the student and their families to provide transportation and/or accommodation at the various events. All specific information regarding this will be communicated to families well in advance.

SBC Sport Contacts

Sport Program Leader

Mr Dom Clarke

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Sport Administration Assistant

Ms Caitlin Stewart

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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