



EAST ADELAIDE SCHOOL

After School Sports

Parents' Information

The focus of After School Sport at East Adelaide School is to provide the opportunity for all players to develop their skills and understanding of their preferred sport, in a pressure free enjoyable environment.

Uphold the School's code of conduct

(Available via the school website)

- Understand, uphold and support the school's code of conduct list.
- If you have put your hand up to be an official or coach in junior sport, or are there to support your child, it's important to understand all your school's rules and regulations, the spirit of the game and the relevant codes of conduct.

Role of the Parents/Caregivers

- Provide written consent for their child to participate in trainings and games. This is done in the registration process.
- Ensure your child attends training and matches on time and is collected promptly at the end of training sessions and matches.
- Closely supervises their child if their child is a risk to themselves or others.
- The responsibility of supervision of children at After School Sports training and matches lies with the parent/guardian of the child participating in the sport and not the volunteer coach. As a school and Governing Council we strongly encourage all parents to ensure they are either supervising their child/children themselves or have negotiated the supervision to another family member or family friend. Therefore parents are to attend trainings and matches, and if not able to attend, to inform the coach of who will be supervising their child and who their child is going home with. Contact details for this person must be sent to the coach for contacting if required.

How to get involved

As a school we participate in various team sports in both a Summer and Winter competition. The Summer competition is run in Term 4 and continues in Term 1, while the Winter competition runs in Term 2 and Term 3. Team sports are open to year 2 to 7 students, while Netball, Soccer and Basketball Skills are available to Reception to year 2 students. To complement the team sports played each week, there is a training session once a week that participants are required to attend. Training is either before school or directly after school. Training times are negotiated with the volunteer coach and their availability.

Nominating for sports

All nominations are available via the QKR! App. Nominations for Summer sports are open mid-term 3 and Winter nominations mid-term 1. All communications regarding sports (including information for registrations) will be posted on the school Konnective App and included in the school newsletter and on the school website.

The nominations for the respective sports open for 2 weeks. Nominations that miss the cut-off date will be placed on a standby list and cannot be guaranteed a place in a team. There is a cost involved in running the After School Sports Program. These costs vary between sports according to the associations we participate in. Costs for each sport are published prior to and at time of registration.

Sports dates to remember

Term 1

Cricket Season begins
Netball and Basketball season resumes
Mid Term 1: Nominations for Winter sports open

Term 2

Winter Netball, Basketball, AFL, Soccer and Volleyball commence
Soccer, Netball and Basketball Skills commence

Term 3

Winter Netball, Basketball, AFL, Soccer and Volleyball continue
Soccer, Netball and Basketball Skills continue
Mid Term 3: Nominations for Summer sports open

Term 4

Cricket Season resumes
Summer Netball, Basketball and Volleyball commence
Mid Term 4: Nominations for Cricket open

The below table shows the “Teams” and ‘Skills” competitions/sessions.

Term 1	Term 2	Term 3	Term 4
Summer Basketball	Winter Basketball	Winter Basketball	Summer Basketball
Summer Netball	Winter Netball	Winter Netball	Summer Netball
Summer Volleyball	Winter Volleyball	Winter Volleyball	Summer Volleyball
Cricket			Cricket
	AFL	AFL	
	Soccer	Soccer	
	Soccer Skills	Soccer Skills	
	Netball Skills	Netball Skills	
	Basketball Skills	Basketball Skills	

Role of Out of School Hours Care

- For students who attend OSHC but also have a school sports training session (held on site either before or after school), OHSC educators will escort children from OSHC to the training session. The student remains signed into OSHC.
- In accordance with Department policy, volunteer coaches hold zero responsibility for children attending school sports training. During these times, children are under the responsibility of the School Principal or delegate.
- Once the school sports training session has concluded, OHSC educators will escort children from the training session to OSHC.
- Parents/Caregivers are reminded that children that had been registered with OHSC but are collected from a school sports training must still be signed out of OHSC.
- In emergency circumstances concerning serious situations in OSHC, After School Sport training or Vacation Care, the OSHC Director or delegated leader will contact the Principal. If the Principal is off site or cannot be

contacted, the OSHC Director or delegated leader must contact the Deputy Principal or Assistant Principal, whose mobile numbers will be provided to the Director.

COVID-19 Restrictions

- Parents are encouraged to download the Covid-19 App and seek further information via <https://www.covid-19.sa.gov.au/> if required.

Rewarding effort in junior sport

- Cheer and acknowledge good plays by both teams.
- Never ridicule or yell at a child for making a mistake.
- Emphasise trying hard and having fun, not only winning.
- Encourage fair play

Respect officials and the opposition

- Accept decisions by officials – they are only human and can make mistakes.
- Deal with any issues in a controlled and professional manner **after** the game.
- Understand that yelling at officials, particularly verbal abuse, can have serious ramifications.
- Thank the officials, coaches and other team after the game.

Poor behaviour in sport results in:

- Risks to people's wellbeing.
- Reduced enjoyment for everyone.
- Children and adults giving up sport/coaching.
- Fewer people willing to volunteer for coaching, officiating and other roles.

Keep your emotions in check

- Be enthusiastic, but don't scream instructions from the sideline.
- Don't get into shouting matches with anyone.
- Never use bad language or harass others.
- Remember, **it's just a game**. The children are here for fun and to learn a sport plus good sports behaviour.
- Children can learn as much from losing as from winning.

Game day tips for parents

Before the game:

- Tell your child you are proud of them regardless of the outcome.
- You don't need to tell your child that winning doesn't matter because they know it has some meaning. Instead, help them to develop a healthy competitive attitude for trying hard and having fun.
- Tell your child to "go for it, give it your best shot and have fun".

During the game:

- Don't yell instructions at your child during the game. The coach has given them instructions and their team mates are also calling out to them; too much input is confusing.
 - Cheer and acknowledge good play by both teams
 - Never criticise a mistake, only make motivational comments
 - Respect the decisions made by the officials. Your child will learn to respect authority by seeing you do the same.

After the game:

- Thank the officials and the coach.
- Thank the other team for a good game.
- Congratulate your child and their team mates on their efforts.
- Compliment individual players on good plays they made during the game.
- Focus on the way your child played rather than winning or losing.
- If your child is upset with losing, help them not to focus on the outcome.

During the car ride home:

- Point out a good play your child made during the game.
- Avoid criticising or correcting mistakes.
- Ask questions like:
 - Did you have fun?
 - Did you give it your best effort?
 - What did you learn from the game?
 - What was the best play you made and how did it feel?

REMEMBER



**AS YOUR CHILD
APPROACHES THE COURT
OR FIELD, THEY ARE EITHER
EXCITED TO PLAY OR
AFRAID OF MESSING UP.
BOTH FEELINGS ARE
INFLUENCED BY YOU.**