As a co-educational College founded in the Anglican tradition, we will:

- Celebrate our Christian faith
- Encourage excellence
- Promote life-long learning
- Engage positively with communities and the environment

**Sport Handbook**
INTRODUCTION

The College has a strong belief in education and the development of the whole person. As such, sport and physical activity are an integral part of the educational program at Emmanuel Anglican College.

The College believes that the sporting program is a vital part of a balanced educational program. It provides students with a range of experiences and opportunities that are unique in the educational setting and as such we expect every student to participate in these activities.

For students, we hope that sport at EAC will offer constructive and positive pathways, where the willingness to be actively involved is just as important as the final results. At the same time, we are striving for excellence and would like to see every student maximise their physical potential and experience, across a range of different sports.

This handbook has been designed to provide parents and students with the key sporting information for the year ahead.

Aims and Objectives

As a College, our aim is to provide a balanced program for students that involves regular, constructive and enjoyable sporting opportunities. In doing this we are hoping to foster and the development of:

- character that reflects the Christian ethos of the College.
- skills and physical abilities that enhance personal and team performance.
- a sense of team, house and College spirit.
- attitudes and interests that will see students maintain a lifelong commitment to an active lifestyle.
- fitness and personal health related to physical activity.
- expertise that allows students to pursue representative sporting opportunity

College Sport Contact Information

Sport and Coaching Administrator - Graham Walker
Email: gwalker@eac.nsw.edu.au
Phone: 6681 5054
WEEKLY SPORT PROGRAM

As part of their timetable, students from Kindergarten to Year 10 will participate in a weekly sports program. Participation in sport is compulsory for all students.

Primary Weekly Sport

The Primary School weekly sport program is designed to develop the student’s physical ability by participating in a variety of team and individual sports throughout the year. Sport classes are run by specialist development officers and coaches with the assistance of class teachers. In 2018 Primary students will participate in the following program:

Term 1: Martial Arts  
Term 2: Little Athletics  
Term 3: Dance  
Term 4: Intensive Swimming and Team Sports

Secondary Weekly Sport (Year 7 to 10)

Secondary Sport provides students with the opportunity to enjoy a variety of sports and recreation based physical activities each week. Secondary Sport is conducted on Friday afternoons in Periods 5 and 6. During 2018 the Friday afternoon sport choices will include:

- Tennis  
- Martial Arts  
- Golf  
- Lawn Bowls  
- Skateboarding  
- Gym classes  
- Cross Fit  
- Futsal  
- Basketball  
- Field Sports  
- Ten Pin Bowling  
- Walking

Dress Requirements / Uniform

Students are required to wear correct sport uniform when participating in all sporting activities.

For representative sports teams, students will be provided with a team uniform appropriate to the sport. The College Sport Uniform is available at the School Locker.
# EAC KEY SPORT DATES 2018

## Term 1

<table>
<thead>
<tr>
<th>Event</th>
<th>Venue</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAC Primary Swimming Carnival</td>
<td>Mullumbimby</td>
<td>Thursday 8 February</td>
</tr>
<tr>
<td>EAC Secondary Swimming Carnival</td>
<td>Mullumbimby</td>
<td>Friday 9 February</td>
</tr>
<tr>
<td>NCIS Hockey Trial Day</td>
<td>Grafton</td>
<td>Tuesday 20 February</td>
</tr>
<tr>
<td>NCIS Swimming Carnival</td>
<td>Murwillumbah</td>
<td>Tuesday 27 February</td>
</tr>
<tr>
<td>NCIS Football (Soccer)</td>
<td>Armidale</td>
<td>Monday 12 &amp; Tuesday 13 March</td>
</tr>
<tr>
<td>NSW CIS Primary Swimming</td>
<td>Sydney</td>
<td>Thursday 22 March</td>
</tr>
<tr>
<td>NSW CIS Secondary Swimming</td>
<td>Sydney</td>
<td>Wednesday 4 &amp; Thursday 5 April</td>
</tr>
<tr>
<td>EAC Cross Country</td>
<td>Ballina</td>
<td>Friday 13 April</td>
</tr>
</tbody>
</table>

## Term 2

<table>
<thead>
<tr>
<th>Event</th>
<th>Venue</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCIS Cross Country</td>
<td>Ballina</td>
<td>Friday 18 May</td>
</tr>
<tr>
<td>NCIS Touch Football</td>
<td>Goonellabah</td>
<td>Monday 4 June</td>
</tr>
<tr>
<td>NSW CIS Cross Country</td>
<td>Sydney</td>
<td>Thursday 14 June</td>
</tr>
<tr>
<td>EAC Primary Athletics</td>
<td>Cumbalum</td>
<td>Thursday 28 June</td>
</tr>
<tr>
<td>EAC Secondary Athletics</td>
<td>Cumbalum</td>
<td>Friday 29 June</td>
</tr>
<tr>
<td>EAC K &amp; 1 Athletics Mini Carnival</td>
<td>EAC</td>
<td>Tuesday 3 July</td>
</tr>
</tbody>
</table>

## Term 3

<table>
<thead>
<tr>
<th>Event</th>
<th>Venue</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>EAC Primary Tennis Championships</td>
<td>Ballina</td>
<td>Thursday 26 July</td>
</tr>
<tr>
<td>EAC Secondary Tennis Championships</td>
<td>Ballina</td>
<td>Friday 27 July</td>
</tr>
<tr>
<td>NCIS Athletics</td>
<td>Coffs Harbour</td>
<td>Wednesday 21 August</td>
</tr>
<tr>
<td>NCIS Netball, AFL 9’s &amp; Tennis</td>
<td>Grafton</td>
<td>Wednesday 5 September</td>
</tr>
<tr>
<td>NSW CIS Primary Athletics</td>
<td>Sydney</td>
<td>Thursday 13 September</td>
</tr>
<tr>
<td>NSW CIS Secondary Athletics</td>
<td>Sydney</td>
<td>Tuesday 25 September</td>
</tr>
</tbody>
</table>

## Term 4

<table>
<thead>
<tr>
<th>Event</th>
<th>Venue</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCIS Secondary Basketball</td>
<td>Coffs Harbour</td>
<td>Tuesday 30 October</td>
</tr>
<tr>
<td>NCIS Primary Basketball</td>
<td>Byron Bay</td>
<td>Thursday 8 November</td>
</tr>
</tbody>
</table>
COLLEGE INTERHOUSE SPORT COMPETITION

House Structure

All students and staff at the College are allocated to one of the four houses: Brockington, Purcival, Smith, Walker.

Each year students from Year 2 to Year 12 represent their houses at the three major sports carnivals; Swimming, Cross Country and Athletics. The winning houses are presented with a shield for each competition.

Participation in the college carnivals is compulsory for all students from Year 2 to Year 12. Swimming and Athletics Carnivals are full school days and therefore students will not be permitted to leave the carnivals early.
REPRESENTATIVE SPORT

EAC students have the opportunity to participate in representative school sport pathway from a local level to a national level.

As a College, we are very proud of the achievements of our students who have represented the College in a variety of sports up to a National Level.

In 2017 we had NSW Champions and representatives in Swimming, Cross Country, Athletics and Hockey.

Representative Pathway

North Coast Independent Schools Sports Association (NCIS)

EAC is part of the North Coast Independent Schools Association (NCIS). NCIS comprises the following 13 schools:

- Bishop Druitt College, Coffs Harbour
- Blue Hills College, Goonellabah
- Byron Community Primary School, Byron Bay
- Cape Byron Rudolph Steiner School, Byron Bay
- Clarence Valley Anglican School, Grafton
- Emmanuel Anglican College, Ballina
- Hare Krishna School, Eungella
- Kempsey Adventist School
- Lindisfarne Anglican Grammar School, Terranora
- Sathya Sai School, Murwillumbah
- Shearwater Mullumbimby Steiner School, Mullumbimby
- The Armidale School, Armidale
- Tweed Valley Adventist School, Murwillumbah
EAC students have the opportunity to represent the College at NCIS competitions in a variety of sports each year. NCIS holds interschool sports competitions for the following sports each year:

- Swimming, Year 2 to Year 12
- Cross Country, Year 2 to Year 12
- Athletics, Year 2 to Year 12
- Football (Soccer), Year 5 to Year 12
- Touch Football, Year 5 to Year 12
- Netball, Year 5 to Year 12
- AFL 9s, Year 5 to 12
- Tennis, Year 5 to Year 12
- Basketball, Year 5 to Year 12
- Hockey, Year 5 to Year 12

NCIS Sport Website: [https://sites.google.com/site/northcoastissa/](https://sites.google.com/site/northcoastissa/)

**NCIS Sports, Team Selections, Training**

**Team Selections**

Selection of students for events and teams is conducted on a professional basis by experienced staff and coaches. Students are selected based on merit, attitude and commitment. We ask all parents to support our decisions with regard to team selections.

**Training Sessions**

Training sessions are held for all NCIS representative teams prior to competitions. For team sports training sessions are compulsory for all students selected. Failure to attend training sessions except in the event of illness may result in students being dropped from the team.

**EAC Representative Sport Team Trials**

<table>
<thead>
<tr>
<th>Team</th>
<th>Ages</th>
<th>Trials From</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football (Soccer)</td>
<td>Stage 3, 15 &amp; Under, Open</td>
<td>Week 1 Term 1</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Stage 3, 15 &amp; Under Open</td>
<td>Week 8 Term 1</td>
</tr>
<tr>
<td>Netball (Girls)</td>
<td>Stage 3, 15 &amp; Under, Open</td>
<td>Week 8 Term 2</td>
</tr>
<tr>
<td>AFL 9’s (Boys)</td>
<td>Stage 3, Under 15, Open</td>
<td>Week 8 Term 2</td>
</tr>
<tr>
<td>Tennis</td>
<td>Stage 3, 15 &amp; Under, Open</td>
<td>Week 1 Term 3</td>
</tr>
<tr>
<td>Basketball</td>
<td>Stage 3, 15 &amp; Under, Open</td>
<td>Week 8 Term 3</td>
</tr>
</tbody>
</table>

Training for these sports will commence after trials and continue until the NCIS competition.

**EAC Swimming, Cross Country and Athletics Training**

Training programs will be offered in the lead up to our major College Carnivals and representative carnivals. Training programs are conducted by College staff along with specialist sports coaches.
NSW Combined Independent Schools Sporting Competitions (NSW CIS).

Students selected in NCIS teams are eligible to compete at the NSW Combined Independent Schools Sporting Competitions (NSW CIS).

NSW CIS operates the following sports each year: AFL, Athletics, Baseball, Basketball, Canoeing, Cricket, Cross Country, Diving, Football (Soccer), Golf, Hockey, Rugby League, Rugby Union, Sailing, Softball, Swimming, Tennis, Touch Football, Triathlon, Volleyball and Water Polo,

Where NCIS does not compete or select a team nominations of eligible individual students can be made. Nomination dates and further details can be found on the NSW CIS Sport Website.

NSW CIS Website: https://www.aisnsw.edu.au/Services/CIS/Pages/default.aspx

NSW All Schools

Students selected in NSW CIS teams are able to compete in the NSW All Schools Championships.

School Sport Australia

Students selected in NSW All Schools Teams are able to compete in the School Sport Australia Championships.

School Sport Australia Website: http://www.schoolsport.edu.au/
During 2018 EAC will compete in the following additional Sporting Competitions

- Bill Turner Cup Soccer: Boys Under 15
- Bill Turner Trophy Soccer: Girls Under 15
- NSW CIS Cup Boys and Girls Open competition
- NSW Netball Cup Year 5 & 6, Year 7 & 8, Year 9 & 10

Sporting Schools Program

The College is fortunate to be a recipient of the federal government Sporting Schools Grant. This enables the College to operate after school sports programs. Depending on continued funding these programs will operate again during 2018.
SPORT CODE OF CONDUCT - COLLEGE AND REPRESENTATIVE SPORT

Student / Player Code of Behaviour

Students will:

a. Always gracefully accept the decision of a match official. Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.

b. Ensure all your dealings with players, officials and spectators is respectful. Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.

c. Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.

d. Be a good sport. Applaud all good plays whether they are made by your team or the opposition.

e. Cooperate with your coach, team-mates and opponents. Without them there would be no competition.

f. Attend matches, trials, carnivals and events punctually.

g. Wear appropriate team Colours, apparel and correct footwear.

h. Refrain from using offensive language on or off the field.

i. **At all times** play within the rules of the game. Fair play is to be encouraged. Deliberate fouling or provoking an opponent, or throwing equipment is not acceptable or permitted in any sport.

j. Must abide by the decision of the referee or game officials. Players are never right in expressing disapproval of a referee or umpire’s decision.

k. Treat all competitors or players, as they would like to be treated. Student players or competitors must not interfere with, bully or take unfair advantage of other players or competitors.

l. Be modest in success and generous in defeat, not showing in either case undue emotion in word or in action.

m. Participate for your own enjoyment and benefit, not just to please parents and coaches.

n. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
Parent and Spectator Code of Behaviour

Parents and Spectators will:

a. Use assigned seating area or alternatively remain a reasonable distance from the playing or competing area.

b. Respect the official's decision regardless of their own opinion and encourage players to participate as good sports.

c. Display self-control and avoid verbal abuse towards any player/s, officials or spectators, as in the use of offensive language. Support all efforts to remove verbal and physical abuse from sporting activities.

d. Barrack positively and enthusiastically and never be directed at the opposition. The following are examples of bad spectator sportsmanship:
   i. Booing
   ii. Whistling
   iii. Barracking during a kick at goal
   iv. Attempting to influence a referee’s of official’s decision
   v. Applauding a player’s dismissal from the game

e. Cooperate to the full with any regulations, instructions or requests, made by the home school or Convenor concerning car parking, use of facilities, seating, dressing rooms and the movement of spectators on and off the grounds or playing field.

f. Be expected to set an example by their self-control at carnivals. Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.

g. Use common sense regarding the consumption of alcohol and smoking at carnivals should prevail. The policy of some schools that there is no alcohol at their grounds must be respected. At some school events venues smoking is not permitted.

h. Remember that children participate in sport for their enjoyment, not yours.

i. Focus on the child’s efforts and performance rather than winning or losing.

j. Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.

k. Never ridicule or yell at a child for making a mistake or losing a competition.

l. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.

m. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.