



Middle & Senior School

Sport Handbook 2024

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Pulteney's approach to sport is one of inclusivity, commitment, and engagement. Driven by experienced, dedicated coaches, it develops students' diverse skills sets and builds confidence to last a lifetime.

- Michelle den Dekker, Pulteney Head of Sport



Aim

Pulteney is a member of the Sports Association of Adelaide Schools, the Independent Girls' School Sports Association Competition and State Schools' Sports Programs. These aim to provide an opportunity for all students to be involved.

It is our vision that all students engage in sport regardless of their level of experience or talent.

Pulteney Sport is a vehicle through which students can learn and apply life skills that will serve them long after their days at Pulteney. These skills involve, but are not limited to:

- Commitment
- Teamwork
- Organisation
- Overcoming adversity
- Success is a result of 'following the process'
- Working outside one's comfort zone
- The importance of mateship.

School sport provides students with the ability to build a variety of relationships outside the academic classroom, increasing their day-to-day support network.

Further, Pulteney Sport assists students in understanding the importance of sport and physical activity for one's wellbeing management.

Developing their skills and fitness specific to sport can provide students the best opportunity to be the best version of themselves.

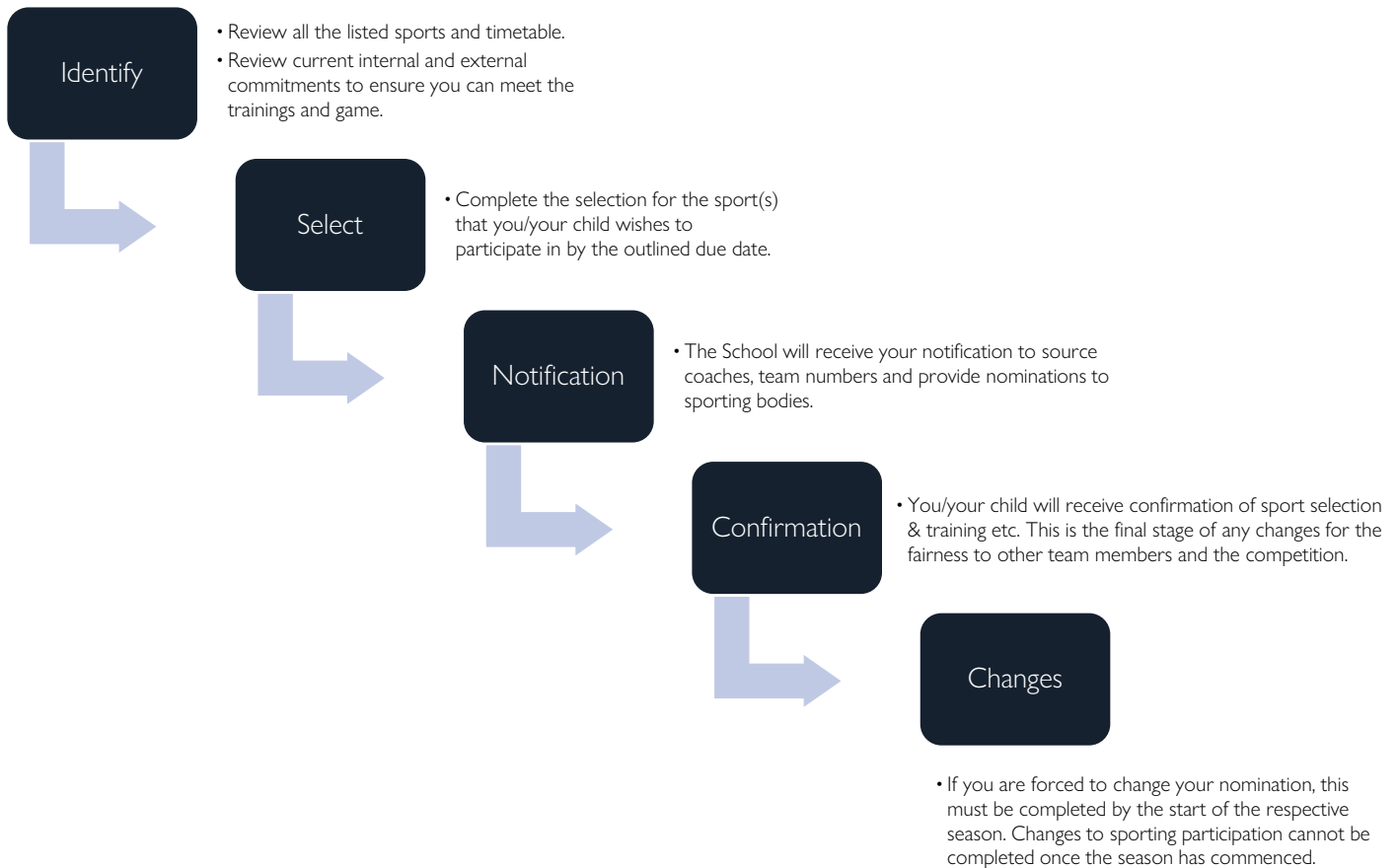
At Pulteney, sport provides the avenues for students not only to play but develop and explore a variety of pathways such as coaching, umpiring or game management. This ensures all students can pursue their passion in the sport community.

The Sports Department at Pulteney Grammar School prides itself on inclusivity and for many students sport provides an opportunity for the building of social connections and enhances a sense of community. Consequently, our philosophy emphasises improvement, enjoyment, connection and equality.

In some of our sports (from Middle School upwards), there is the opportunity for students to extend themselves in game knowledge and fitness to provide best opportunities for success. This may result in specific skills training, holiday training and preseason.



Nomination process



On completion of your sport selections, the School determines the number of teams nominated and division within the various sporting associations. Selections determine the number of coaches and umpires we are required to support, recruit and train.

Late additions or withdrawals have a significant ripple effect across all sporting offerings at Pulteney. We therefore ask when making your selection, you do so with care so that each student fulfils their role within the team.

When making your selection for activities, please be aware of the following:

It is important for all nominations to be submitted on time and in line with the due dates to ensure that the appropriate number of teams are submitted to the sporting associations and contracts for third party coaches.

Sport nominations for 2024 close on by Friday 8 December 2023.

Please see page 12 of this booklet for further information and for the link to nominate.

Sports Policy

Student participation - Year 7 - 12

All students are recommended to participate in a minimum of one season (2 terms) of co-curricular sport activities each year.

Once nominations for sporting activities are confirmed, students are expected to honour their obligation for all programmed practices and match fixtures. Failure to honour this obligation to the School and team members without prior notification and approval of absence will be followed up with a consequence commensurate to the infraction.

We understand students playing club sport in conjunction with School sport. We support these opportunities, providing any clash in timetabling does not impact the School team.

Students will only be considered for Pulteney representative teams, state knockout competitions and individual SA sport-based competition in sports in which they currently participate for the weekly School competition. Students playing club sports only in club competition are not eligible to participate in the school representative teams.

Late nomination:

Late nominations will only be accepted if there is space available in the requested sport.

Please email: sportsdepartment@pulteney.sa.edu.au

Waiting Lists

Waiting lists will be kept for sports/activities that are capped by numbers. Being on a waiting list does not mean a student will gain a place in the activity. Being offered a place from a wait list does not necessitate a change; a child may choose not to accept the offered place.

If team numbers are large, a roster will be established to ensure fair participation.

First Aid/ Medical:

- Students participating in Middle and Senior co-curricular sport are required to supply their own medical needs including Epi-pens/asthma/diabetic medications. Items/medications such as these are not provided for in the team's first aid kits.
- Coaches have been provided with up-to-date student medical details to ensure they can contact parents and caregivers in case of emergency.
- Coaches are provided with first aid kits + ice to provide basic first aid at training and games.
- All coaches have Injury Reports to document injures /illness that occur at co-curricular sport.

External First Aid Providers

For all co-curricular combat sports fixtures, a first aid officer is booked by the Sports Department.



General information

Changes of sport

It is not usually permitted to withdraw or change sport once nominations have been submitted to the Head of Sport. If exceptional circumstances arise, parents are invited to contact the Head of Sport to discuss the situation.

Team selections/trials

Where Pulteney submits more than one team for a particular sport or age group, trials will be undertaken. This is not to determine if you are selected into the sport or not but merely to identify the level to which students will be best suited from a skill and commitment basis. Selection will take into consideration but is not solely dependent on the skill level of the child.

Co-curricular sport uniform

Pulteney co-curricular sport uniforms, as detailed in the uniform regulations, are to be worn when representing Pulteney Grammar School. The uniform requirements will be communicated upon confirmation. It is the responsibility of the parent/caregiver and student to ensure the correct uniform is worn at each training and match.

Co-curricular sports uniforms can be purchased from the Pulteney Uniform Shop. Visit the [Parent Portal](#) for more information about the Uniform Shop.

Extreme Weather and other policies

Please familiarise yourself with the extreme weather policy, available via the [Parent Portal](#).

Commitment to the School Sport Program

Pulteney offers a wide range of sporting programs within the Independent Schools' Sport Associations and the State Schools Competition. The School strongly encourages all students to participate in regular physical fitness. This provides students with improved cognitive function, development, independence, soft skill and leadership opportunities. Students are expected to participate in all training and games in their chosen sport.

It is acknowledged that there may be exceptions circumstances because a student may not be able to commit to the School team. These are outlined below.

- Existence of a chronic medical condition.
- Your child is unable to attend training due to illness.
- Student is participating in elite level sport/activities that impact their full engagement in School program.

If your child is injured, they are still expected to attend their sport to engage in game strategy discussions and carry out support roles such as scoring.

If a student is unwell, they are to contact the Director of their specific sport, the Head of Sport or the Sports Department via sportsdepartments@pulteney.sa.edu.au

Notification of exceptional circumstances must be communicated to the Sports Department by the student's parents at the commencement of the season or as soon as identified to ensure alternative arrangements can be made. This helps us to ensure Pulteney can fulfil commitments to the student's peers, School and opposition.

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Commitment to the School Sport Program

Commitment

- Once a student has made a commitment to a sport, they must complete the season. Attendance at matches and practice is compulsory.
- Absence from a match or practice for unavoidable reasons (eg illness) must be communicated to the Director of Sport prior to absence.
- Parents seeking permission for a student to be excused from a match must apply in writing to the Director of Sport of the respective activity at least 48 hours prior to the match.
- Students are expected to be punctual to all practices and arrive at least 30 minutes prior to the scheduled match for appropriate warm up and team meeting.

Good sportsmanship

- Unsporting behaviour is not permitted. Verbal or physical abuse of an opponent/team member or umpire/referee is forbidden.
- Umpire/referee decisions are to be obeyed and respected without question.
- Students must not criticise their own player and/or teammates on or off the field.
- It is the responsibility of every team member to strive for good team and School spirit.

Sports Captains

Sports Captains are selected annually by the Directors and Senior A grade coaches based on:

- Commitment
- Reliability
- Ability to connect across multiple year levels
- Engagement
- Leadership



Awards

On completion of each season (or annually for year-round sports), students are eligible to be nominated by coaches for the following awards:

Coach's Award

The Coach's Award is awarded for a season and offered to the player in each team who demonstrates the most growth/development, sportsmanship, leadership, punctuality and/or has positively contributed to building team spirit throughout the season, on and off-court.

Most Valuable Player (MVP)

The MVP (Most Valuable Player) award is an honour typically bestowed upon an individual as the most performing player in a specific team. The recipient brings that "extra something" to their game. Usually awarded for outstanding skills performance.

Team Player Award

At the end of the season each coach will select one player from their team to receive a Team Player Award. The winner will have increased the impact they have on the team in a positive way from the beginning to the end of the season. This is achieved by improving the overall skill level of play but other factors, such as attitude towards teammates, coaches and umpires are also considered.



Sports Practice and Match Attendance

Majority of sports practices are held before (7.30am – 8.15 am) and after school (3.45pm – 5.00pm) once or twice per week. Students are expected to attend all scheduled practices. If a student is unable to attend a practice for any valid or exceptional circumstance, their parent is expected to notify the Sports Department via email explaining the reason of absence from practice.

Parents are asked to arrange any external appointments at times that avoid designated practice or game times.

Please note a student must be available for the entire allocated game time-slot in the event they are required to fill in for an alternate team.

Travel to and from fixtures

Pulteney will provide a bus to all mid-week away games. The School will provide return transport for all mid-week games that are played at locations 5km from the CBD or further. For games that are less than 5kms from the CBD, a bus will be provided to the venue, however parents will be required to collect students from the venue upon conclusion of the game.

If your child is making their own way home from trainings/games, permission from the parent must be provided to the Sports Department via email prior to the training/game.

No student is permitted to travel with a student driver unless parental permission is provided via email to the sports department.

Students are required to make their own transport arrangements for ALL weekend games.

Absentee

If absent on Friday, please leave a message with the coach or email the Sports Department regarding availability for the fixtured weekend game. This message should be received no later than 1.00pm.

Match and training cancellation

- Cancellation of matches will be communicated to students via Clipboard.
- Cancellation of matches will be communicated to parents via text message and Clipboard.

Parents

Commitment

- Emphasise to your child the importance of fulfilling their commitment. Allow your child to choose a sport which satisfies their interests and passions.
- Emphasise to your child the importance of correct uniform, punctuality, respect of equipment and responsibility toward a commitment.

Sportsmanship

- Focus upon your child's effort, performance and process of improvement rather than the overall outcome of the event and applaud the process by the team.
- Umpire/referee decisions are to be obeyed and respected without question.
- The use of violence, profanity, acts of sexism or racism in any form be it by spectator, coach, official or players is not accepted under any circumstances.
- Pulteney is a smoke and alcohol-free environment.

Sporting activities – nominations

Students are to select one option per season, Summer (Terms 1 & 4) and Winter (Terms 2 & 3).

Students can apply to the Head of Sport if they wish to commit to multiple sports. This application is to identify the sports they wish to participate in and work strategically around any potential clash that may exist in the timetabling of trainings and games. These applications can be sent directly to the Sports Department via sportsdepartment@pulteney.sa.edu.au

Nominations for 2024 are to be made via the Pulteney Sport Nomination e-form below:

[CLICK HERE FOR NOMINATION FORM](#)

Nominations close Friday 8 December 2023.

Please be aware that times and days are subject to change.

SUMMER SPORT

Middle / Senior Term 1 and 4 2024 – GIRLS

Sport	Training Sessions	Training Times	Competition Days	Competition Times
Basketball	Tuesday	3.45pm – 5.00pm	Wednesday	4.00pm – 6.00pm
Cricket	Thursday	1.10pm – 1.45pm	Friday	4.00pm – 6.00pm
Tennis	Tuesday Thursday	7.00am – 8.15am 7.00am – 8.15am	Saturday	8.00am – 10.00am
Volleyball	Monday Wednesday	3.45pm – 5.15pm 7.00am – 8.15am	Saturday	8.00am – 11.00am
Archery – mixed	Wednesday	3.45pm – 5.00pm	NA	-
Badminton – mixed	Thursday	1.10pm – 1.50pm	Saturday	8.00am – 10.30am
Swimming – mixed	Monday Friday	6.30am – 8.00am 6.30am – 8.00am	NA	-
Rowing – mixed Years 7 – 8	Monday Tuesday Wednesday Saturday	4.00pm – 5.30pm 4.00pm – 6.00pm 4.00pm – 5.30pm 8.00am – 10.00am	Saturday Regattas	
Years 9 – 12	Monday Monday Tuesday Wednesday Thursday Saturday	6.30am – 8.00am 3.45pm – 6.00pm 4.00pm – 6.00pm 6.00am – 7.30am 4.00pm – 6.00pm 8.00am – 10.00am	Saturday Regattas	
Athletics – mixed	Monday	3.30pm – 4.45pm	Meets	
Joggers Club – mixed	Friday	7.30am – 8.15am	NA	-

SUMMER SPORT

Middle / Senior Term 1 and 4 2024 – BOYS

Sport	Training Sessions	Training Times	Competition Days	Competition Times
Basketball Off season training	Tuesday	3.45pm – 5.00pm	NA	-
	Friday	7.15am – 8.25am		
	High Performance Sessions	Tuesday Thursday (Group 1)		
	Thursday (Group 2)	3.45pm – 4.45pm		
Cricket Opens	Tuesday	7.30am – 8.15am	Saturday	8.15am – 11.30am
	Wednesday	3.45pm – 5.00pm	Friday (Term 4 only)	4.00pm – 6.45pm
	Middle	Wednesday Thursday	7.30am – 8.15am 3.45pm – 5.00pm	Saturday
Tennis	Tuesday Thursday	7.00am – 8.15am 7.00am – 8.15am	Saturday	8.00am – 10.00am
Volleyball	Monday Thursday	6.45am – 8.15am 3.45pm – 5.30pm	Friday	4.00pm – 6.00pm
Archery – mixed	Wednesday	3.45pm – 5.00pm	NA	-
Badminton – mixed	Thursday	1.10pm – 1.45pm	Saturday	8.00am – 10.30am
Swimming – mixed	Monday Friday	6.30am – 8.00am 6.30am – 8.00am	NA	-
Rowing – mixed Years 7 – 8	Monday	4.00pm – 5.30pm	Saturday Regattas	
	Tuesday	4.00pm – 6.00pm		
Years 9 – 12	Wednesday	4.00pm – 5.30pm	Saturday Regattas	
	Saturday	8.00am – 10.00am		
	Monday	6.30am – 8.00am		
	Monday	3.45pm – 6.00pm		
	Tuesday	4.00pm – 6.00pm		
	Wednesday	6.00am – 7.30am		
	Thursday	4.00pm – 6.00pm		
Saturday	8.00am – 10.00am			
Athletics – mixed	Monday	3.30pm – 4.45pm	Meets	
Joggers Club – mixed	Friday	7.30am – 8.15am	NA	-

WINTER SPORT

Middle / Senior Term 2 and 3 2024 – GIRLS

Sport	Training Session	Training Times	Competition Days	Competition Times
Netball	Tuesday	3.45pm – 5.15pm	Saturday	8.00am – 10.15am
Soccer	Monday	3.45pm – 5.00pm	Wednesday	4.00pm – 6.00pm
Football (AFL)	Thursday	3.45pm – 5.00pm	Friday	4.00pm – 6.00pm
Volleyball	Monday Wednesday	3.45pm – 5.15pm 7.00am – 8.15am	Friday	6.00pm – 10.00pm
Fitness (girls only)	Thursday	7.00am – 8.15am	NA	-
Hockey – mixed	Tuesday	3.45pm – 5.00pm	Wednesday (Middle) Saturday (Senior)	3.45pm – 5.30pm 8.00am – 10.30am
Table Tennis – mixed	Tuesday	3.45pm – 5.00pm	Friday	3.45pm – 5.15pm
Athletics mixed, cross country + Jogger's Club	Friday	7.30am – 8.20am	NA	-

Please Note:

- Practice sessions times, some competitions, venues and days are a guide only
- Please do not choose a sport with training sessions (early morning trainings or afternoon trainings) if you cannot attend the training session
- Please note Open A/Senior A Grade Teams may have a pre-season. This will be communicated by the Director.
- Nominating for a sport in Term 1 requires it to be continued in Term 4, except rowing, which is a Term 4 sport that continues to Term 1.

WINTER SPORT

Middle / Senior Term 2 and 3 2024 – BOYS

Sport	Training Session	Training Times	Competition Days	Competition Times
Basketball ABC	Tuesday Thursday	7.00am – 8.20am 5.15pm – 6.30pm		
Middle A Squad	Tuesday	7.00pm – 8.20pm	All games played Saturday	8.00am – 11.45am
Middle NOT (Middle A)	Tuesday	3.45pm – 5.15pm		
All Middle	Friday	7.00am – 8.15am		
Soccer Open A Seniors	Monday Monday	7.00am – 8.20am 7.00am – 8.20am	Wednesday Saturday	4.00pm – 6.00pm 8.15am OR 9.15am
Middle	Thursday	3.45pm – 5.00pm	Saturday	8.15am OR 9.15am
Football (AFL) Seniors	Monday Friday	3.45pm – 5.00pm 7.00am – 8.15am	Wednesday	4.00pm – 6.00pm
Middle	Monday or Thursday	3.45pm – 5.00pm	Saturday or Wednesday	8.30am – 10.30am 3.45pm – 5.15pm
Volleyball	Monday Thursday	7.00am – 8.15am 3.45pm – 5.30pm	Friday	6.00pm – 10.00pm
Hockey – mixed	Tuesday	3.45pm – 5.00pm	Wednesday (Middle) Saturday (Senior)	3.45pm – 5.30pm 8.00am – 10.30am
Table Tennis – mixed	Tuesday	3.45pm – 5.00pm	Friday	3.45pm – 5.15pm
Athletics mixed, cross country + Jogger's Club	Friday	7.30am – 8.20am	NA	-

Please Note:

- Practice sessions times, some competitions, venues and days are a guide only
- Please do not choose a sport with training sessions (early morning trainings or afternoon trainings) if you cannot attend the training session
- Please note Open A/Senior A Grade Teams may have a pre-season. This will be communicated by the Director.
- Nominating for a sport in Term 1 requires it to be continued in Term 4, except rowing, which is a Term 4 sport that continues to Term 1.

High Performance Programs

High Performance Volleyball

The High-Performance Volleyball Program is for those students who wish to further develop their volleyball skills and be challenged outside the school competition. This program is offered in Terms 2 and 3.

This level of competition is stronger than the school-based competition and is held on a Friday night from 6pm – 10pm in the Junior League Competition. Those who participate in the Junior League Competition and compete in an Opens Level are offered the opportunity to attend the Nationals Schools Volleyball Competition (AVSC) held on the Gold Coast, Queensland in December every year.

This program involves a user-pay registration fee for your child to participate in the Junior League competition.

Basketball High Performance Program

Pulteney's 'Basketball High Performance Programs' are run in the off season to provide an opportunity for students to continue to develop their skills and engage in the sport they enjoy. The High Performances program is a trialed and selected based program, whilst off training is provided for those who love the sport and want to continue to develop their fitness, technical and tactical ability whilst having fun with their peers.

High Performance Mentoring

Pulteney's High Performance Mentoring program is managed by Scott Camporeale. The program is an individually trialed program from Years 9 – 12. The program is of a holistic nature enabling students to develop an understanding of the skill set of operating in a high-performance environment.

The students will undertake one on one sessions with their allocated mentor at least twice per term.

The program will cover the following:

- Goal setting in their chosen sport
- Self-reflection and the art of an action plan
- Fitness testing
- Sports nutrition and recovery
- Importance of wellbeing
- Introduction into mindset
- Talent identification testing
- The journey of success
- Strength and conditioning

As a guide, the selection criteria will be:

- High level of ability and performance in both a training and competitive environment.
- Positive and enthusiastic attitude to support their personal development.
- High potential for future development and growth in their identified sport.
- High level of coachability that enables all individuals to seek and accept a variety of feedback.
- High level of ability to improve their skills and knowledge in all aspects of their schooling.
- Provide a positive role model for others in their approach to learning, school rules and behavior.
- Demonstrate academic effort and achievement.
- Must play/compete for a peak body affiliated club or have represented at State/National level or received School honours/award for their chosen sport.

High Performance Programs

Rowing

Pulteney has a strong rowing program. This program commences in Term 4, working towards the main regatta, Head of the River. Head of the River is held annually at West Lakes in March. This program involves two rowing camps in the October and January school holidays.

Rowing obtains a maintenance component over Terms 2 and 3, whilst students participate in their winter sports of choice. The students will undertake one on one sessions with their allocated mentor at least twice per term.

Pulteney – Pathways in Sport

Pulteney currently runs Pathways in Sport programs for Middle and Senior School students who wish to increase their involvement in sport outside of playing. These pathways are offered in Terms 2 & 3.

You may submit an expression of interest for your child on the online nomination form. Students/families will receive email notification upon their child's shown interest in being involved in these pathways.

These programs currently offered in:

Officiating

- Australian Rules Football
- Netball Umpire Academy
- Soccer Umpire Academy

Coaching

- All Sports (Offered to Students in Years 10-12)
- General Principles of Coaching.

SAAS and State-Wide Knock-out Competitions

Pulteney actively participates in SAAS and IGSSA carnivals and State-wide Knock-out competitions throughout the year, including Achilles Cup / IGSSA Athletics Carnival.

Students who participate in the school's specific sports teams are given first preference to fill these events.

The Sports department will select and nominate students for these events in consultation with the Director of the specific sport. Parents will be notified of their child's selection via email.

Sport staff

Head of Pulteney Sport

Michelle den Dekker

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Head of Lead Programs

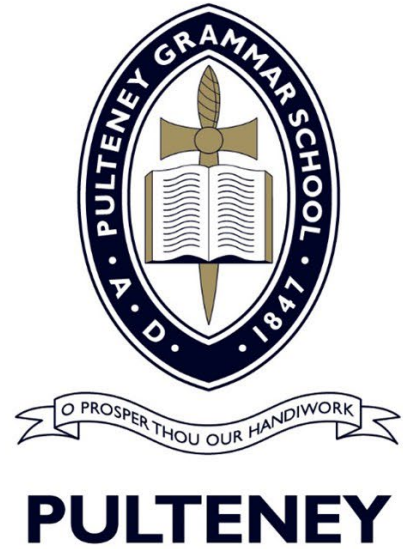
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Sports Administrator – Middle / Senior

TBC 2024

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For further information
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