



Penryn College

SPORT INFORMATION BOOKLET

2010



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Should you have any queries regarding the contents of this booklet, please feel free to contact me:

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1. The Goal of Penryn Sport

The Goal of Penryn Sport is to be competitive amongst the top independent schools in South Africa, and in local leagues.

2. Sports participation

2.1 Minimum requirements: All scholars must

- Play at least one team sport in Term 2: either Hockey, Netball or Rugby (you may play more than 1 of these);
- Play at least one team sport in Term 3: either Cricket or Soccer (you may play both of these);
- Play the chosen sport for a Penryn team – playing for a club does not count towards school participation.

If a scholar is not selected for a team sport, he/she must participate in one of the following: Swimming (Terms 1 & 4), Tennis (Terms 2 & 3); Run/Walk (Terms 2 & 3); Chess (Terms 2 & 3); Yoga (Terms 2 & 3) and Rock Climbing (Terms 2 & 3). It is possible to participate in any of these sports in addition to playing a team sport. It follows that a scholar may play more than one team sport per term.

2.2 Compulsory events: Attendance at the following sports fixtures is compulsory for all scholars, whether participating or not: Derby vs. Uplands (Home and Away); Inter House Athletics/Cross Country/Swimming Gala. Roll call will be taken at various times during these events. Should a scholar not be able to attend one of these fixtures, a letter requesting absence must be sent to the Deputy Head, before the event.

2.3 Age groups: Scholars are encouraged to participate in their age group; however it may on occasion happen that a scholar who is old for his/her grade, requests to play with his/her peers, rather than in the age group. These cases will be dealt with on an individual basis, bearing in mind the needs of the child and school, as well as provincial regulations.

2.4 Clashes between sports: A scholar may choose to play two team sports in a term (e.g. Netball and Girls Hockey). Every effort is made to accommodate these scholars when scheduling fixtures: however should match times clash, the scholar will be required to inform both coaches of the clash, and to choose which fixture he/she will fulfil. Except under exceptional circumstances, scholars may not represent the 1st team in

two sports in any one term. The final decision rests with the Executive Head, who will consult with the Director of Sport.

2.5 External sports: Scholars who participate in external sports (i.e. sports that are not played at Penryn, e.g. Squash, Equestrian etc) must still fulfil the requirements of the school as per Item 2.1 (unless they are given written permission by the Executive Head not to do so); they are eligible for Awards and Colours, provided they submit the necessary documentation – the onus rests with the scholar to apply for recognition by the Awards Committee, and to provide the committee with sufficient information to make a decision as to whether colours should be awarded.

2.6 Time Trials: As part of their portfolio requirements, all scholars are required to run six 3km Time Trials (except for Grade 12 scholars, who run five) which are held throughout the year, and to update their portfolios with the times. Time Trials are run on Thursday afternoons at 3.00pm, from the main gate to the school. Scholars unable to run on the day that their grade runs (whether because of a doctor's appointment, external sport or lessons etc) are required to submit a letter from their parents before the relevant date, requesting that they be excused and indicating an alternative date on which they will run. Where a scholar is unable to run due to school play practice, or another school event, they are required to submit a note written by themselves, with the same information. Failure to run the Time Trial will result in a Sin Bin, and no mark will be awarded in their portfolio.

Dates are as follows:

- Grade 8: 14 January, 25 February, 8 April, 15 July, 5 August, 16 September
- Grade 9: 21 January, 4 March, 15 April, 22 July, 19 August, 14 October
- Grade 10: 28 January, 4 March, 22 April, 29 July, 2 September, 21 October
- Grades 11 & 12: 4 February, 18 March, 29 April, 12 August, 9 September, 28 October (Grade 12s do not run this one)

Scholars are required to run in normal sports practice kit – anyone not wearing the correct kit will be disqualified. Scholars are required to complete the Time Trial in less than 25 minutes: scholars not meeting this requirement will have to run again the next time a Time Trial is run.

3. Practices & Matches

3.1 Times: Practises are normally held from 3:00 pm to 5:00 pm, as per the practice schedule circulated at the start of each term, and listed on the school intranet. Scholars are to ensure that they arrive at the practice on time, in the correct uniform and ready to practice. Before 3.00 pm, fields are use by the Prep school, so College scholars may not start practices early.

3.2 Attendance: Scholars who are unable to attend a practice must inform their coach personally, and submit a letter where necessary. Injured players who are unable to participate in a practice, are to continue attending practices, and to assist the coach wherever possible in supervising drills etc. Should a scholar miss a practice without excusing him/herself, they may receive a Sin Bin. Missing a match without excuse will result in a Head's Detention.

3.3 Cancellation: Sports practises will only be cancelled due to inclement weather (heat or lightning) by the Director of Sport, or the Executive Head. This will be communicated to scholars by means of a notice on the sports notice board and an SMS to coaches, and parents (where appropriate). If no official notification has been received, practise will continue as scheduled. Practices will normally not be cancelled if it is raining.

3.4 Uniform: The dress code for sports practices and matches can be found on the school website. In summary, no scholar may practice or play in non – Penryn kit, and which has not been purchased from the Penryn uniform shop. The only exception to this is approved tour kit. Scholars are required to travel to sports fixtures, festivals and tours (both Home and Away) in their sports uniform (white Penryn sports shirt and Penryn board shorts) – the school tracksuit may be worn on cold days. Please note that jeans, sandals, slippers, “pumps” and coloured “takkies” do not form part of the sports uniform, and may not be worn with the sports uniform. On certain occasions, the 1st teams may choose to dress in Formals for fixtures. This will be decided on by the relevant coach. First teams normally play in white tops – on occasion tour tops of a different colour may be approved. Scholars who attend sports fixtures as spectators may wear the new House golf shirts and (neat) jeans: at Derby fixtures however school Formals are to be worn by all spectators.

3.5 **Other:** Scholars are responsible for ensuring they avoid excessive exhaustion and dehydration, by means of regular drinking of water. Hats/caps and sunscreen must be worn when necessary.

4. Selection Policy

This policy is implemented to: -

1. Ensure the long-term sporting success of the school,
2. Foster a spirit of competition and discipline among all the school players,
3. Provide clear guidelines to coaches and players,
4. Protect the interests of all players at the school,
5. Minimise disputes and confusion regarding selection.

This policy is based on two overriding principles:

1. The best player in that position will be selected, if 100% fit, and bearing in mind points 1 – 4 below
2. The coach of the relevant team has the final say in terms of who is selected, subject to the school's selection policy.

When deciding on matters of selection, the coach shall bear in mind the following

1. The skills level exhibited by the player,
2. The performance of the player as a member of the team,
3. Practise attendance,
4. The attitude and behaviour of the player on and off the field.

Selection Procedure

1. Where possible pre-season selections will be held over more than one trial.
2. Where possible a training squad should be selected prior to the naming of the final teams.
3. Students absent for selection process will be considered at the discretion of the coach.
4. If in the opinion of the coach panel scholars of different age groups are of equal ability, the oldest child will be selected.
5. Where provincial representatives need to be identified before school teams have been chosen, selection will be based on the coach's knowledge of scholars.
6. Selection for the tennis team will be based on results of the Challenges held prior to the first match. These challenges are based on the school's Challenge Rules.

7. In general Under 14 and Under 15 players will not be selected for a 1st team (rules differ from sport to sport – please discuss this with the head of the relevant sport).
8. Where scholars are of a different age group to their class peers, they may request to participate in the same age group as their peers. These cases will be dealt with on an individual basis, bearing in mind the needs of the child and school, as well as provincial regulations. They will obviously not be eligible for provincial selection in the lower age group.

5. Code of Conduct

At Penryn our scholars are guided by the Honour Code and to supplement this, we have introduced the following guidelines which we expect our scholars to adhere to when representing Penryn on the sports field. We expect Penryn scholars to

- Act responsibly
- Respect officials, coaches, and participants
- Respect the rules
- Always try their hardest, whether in practice or matches

6. Transport

Sports teams normally travel to sports fixtures by bus, supervised by sports coaches. Team members are expected to travel with the team bus – should a scholar not be able to do so, he/she needs to submit a letter from his/her parents to that effect, to the Director of Sport. Buses will normally depart from, and return to, Penryn – scholars will not normally be dropped off en route.

7. Injuries

First Aid equipment for injuries sustained during practice can be found at Reception. Injuries sustained during matches will be dealt with by the paramedics on duty. Scholars and their parents are responsible for payment of all costs relating to sports injuries while representing Penryn.

8. Colours & Awards

The Awards Policy can be found on the school website, but can be summarised as follows:

- **Team Scroll:** 1st team in 80% of matches and practices, or 3 years in the A team in an age group team
- **Half Colours:** Regional or Provincial B team
- **Full Colours:** Provincial A, National Academy or National B team
- **Honours:** Full national representation (South Africa, South African Schools). National teams based on ethnicity, and National Development or B sides are not eligible for Honours.
- Scholars who received school colours in the previous year for a sport (e.g. Hockey), who do not play that sport in the current year, may have their colours revoked. In such a case, the scholar will no longer be allowed to wear the colours.
- Scholars who receive a 1st team badge for more than one sport may only wear one badge.
- If a scholar received a 1st team badge in a previous year, but does not represent the relevant sport 1st team in the current year, he or she may not wear the 1st team badge.
- Awards (scrolls, braiding) may only be worn from Grade 9 onwards, even if Colours were received in Grade 8.
- For external sports, the onus rests with the scholar to apply for recognition by the Awards Committee, and to provide the committee with sufficient information to make a decision as to whether colours should be awarded.

9. Tours

Periodically sports teams will undertake tours that require transport by bus or school Quantum. Touring teams that use the school Quantums cross – subsidise those that have to use external transport. All scholars are expected to pay for tours, by the due date specified. Non – payment may result in a scholar being excluded from a tour. Parents will be informed of all details regarding a tour, by letter.

10. Sports Information

All information regarding transport, teams, and general fixture arrangements for sport, will be posted on the sports notice board at the lockers. Scholars are to check this notice board regularly.