

SPORTS HANDBOOK

#Courage #Wisdom #Power

2019



St Francis College Crestmead
In Simplicity and Harmony





SPORTS HANDBOOK

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1 St Francis College Sport

Sport and Physical Activity is our vessel to providing supportive experiences to our students that love the great outdoors. Our inclusive approach caters for all skills and abilities in a variety of different sports with structured pathway approaches.

There are several dimensions to sport at St Francis College including our Sport Academy, River Gala Days, Pacific District, South Coast Regional and State pathways, physical education classes and an extensive range of sporting competitions.

Aims

- Identify and develop sporting talent;
- Teach life skills, including time management, balancing academic pursuits and how to be a positive role model for other students;
- Build knowledge of game rules and strategy;
- Develop game and team skills;
- Provide coaching and Specialist Training Clinics;
- Improve sporting ability;
- Facilitate pathways to representative and elite sport and sporting careers.

2 Expectations and Responsibilities of Students

- Attend all meetings, training sessions and functions including orientation sessions;
- Contribute to the development of St Francis College Sport Academy by assisting as an official, coach, or volunteer as required;
- Achieve and maintain a minimum “C” standard across all academic subjects or academic performances that demonstrate best efforts;
- Maintain consistent communication with the St Francis College Sport Academy Director;
- Notify the St Francis College Sport Academy Director of any changes in circumstances that may impact on my ability to fulfil my obligations;
- Actively engage in positive promotion of St Francis College Sport Academy by serving as a positive Role Model to my peers;
- Demonstrate positive sportsmanship, behavioural and leadership attributes to ensure the standard of the St Francis College Sport Academy and its members is maintained;
- Maintain compliance with entry requirements (reviewed each term).

3 St Francis College Sports Academy

St Francis College Sports Academy provides athletes with the opportunity to develop their skills and potential with the assistance of elite level coaches and access to competitions and inter-school events.

Sports Academy

The Sports Academy will provide talented athletes with the opportunity to develop their skills and potential with the assistance of elite level coaches from the various Sporting Associations as from suitably qualified St Francis College staff.

The program will provide students with the opportunity to access competitions beyond their local district and inter-school events. Some of these competitions include but are not limited to (please refer to the Sports Calendar): Titans Cup Rugby League, Vicki Wilson Cup Netball, Pacific District Gala Days etc.

Delivery

- Timetabled subject during school hours (Rugby League only);
- Professionally structured co-curricular program for Netball and Futsal;
- Compulsory afternoon training;
- Specialist Training Clinics for strength and conditioning, game rules and time management;
- Pathways to representative sport, elite sport and sporting careers.

Eligibility

- 90% attendance at school;
- Minimum C level achievement or academic performance that reflects best efforts;
- A clean Positive Behaviour 4 Learning record;
- Reviewed each semester.

4 Pathways for Representative Sport

Pacific District Gala Days

In 2019, St Francis College will participate in Pacific District Sports Gala Days. These days will provide all students with the opportunity to represent St Francis College, experience a team sport environment, develop sport specific skills and learn the value of Sportsmanship.

South Coast Regional Teams

Students selected in the Pacific District team for a sport will then compete in the South Coast Regional Trials for that sport.

Queensland State Championships

Students selected in State Teams will receive all information for the National Championships from the relevant Convenors at the State Championships.

5 Calendar – 2019 Overview

TERM 1			
30 January – 5 April			
SPORT	COMPETITION	DATES	COACH/MANAGER
Cross Country/Running Club	P-12 X-Country	2/4/2019	
Athletics			
Netball			
Rugby 7's	Daley Norton Knight Cup Primary Ipswich Festival of Rugby	TBA TBA	
Futsal	SEQ Futsal Titles Secondary – U12, U13, U14, U15, U16, U19 Boys U14, U16, U19 Girls Primary – U10, U11, U12 Boys U12 Girls	4/3/2019 – 8/3/2019 18/3/2019 – 21/3/2019	
Rugby League	Titans SchoolGirl Challenge U12, Yr7/8, Yr9/10, Yr11/12 Titans SchoolBoy Challenge U14, U16, U18 Broncos SchoolGirl Challenge U12, U14, U16, U18	14/3/2019 21/3/2019 28/3/2019	
GALA Days	Rivers Championship Day 1 Girls Volleyball Boys Touch Rivers Championship Day 2 Boys Volleyball Girls Touch Primary Gala Days	14/4/2019 22/3/2019 15/3, 22/3 & 29/3/2019	

TERM 2			
23 April – 28 June			
SPORT	COMPETITION	DATES	COACH/MANAGER
Cross Country/Running Club	Pacific District 10-12yrs Beenleigh Zone	11/6/2019 & 12/6/2019	
Athletics	FG Athletics Carnival Track & Field 10-12yrs Beenleigh Zone	30/4/2019 11/6/2019 & 12/6/2019	
Netball			
Rugby 7's			
Futsal			
Rugby League	Karen Murphy Cup Yr7/8, Yr9/10, Yr11/12 Titans Cup NRL Challenge North U10, U11, U12	24/4/2019 TBA 13/6/2019	
GALA Days	Primary Gala Days	26/4/2019 & 3/5/2019	

TERM 3			
15 July – 20 September			
SPORT	COMPETITION	DATES	COACH/MANAGER
Cross Country/Running Club			
Athletics	Pacific District 10-19yrs	23/7/2019	
Netball	Vicki Wilson Cup (Grade 10&12) Vicki Wilson Shield (Grade 7-9)	17/7/2019 & 31/7/2019	
Rugby 7's	West Moreton Primary School 7s Logan 7s All Saints 7s	26/7/2019 18/8/2019 – 23/8/2019 14/9/2019	
Futsal			
Basketball			
Rugby League	Trinity Invitational R.L. Carnival Yr7-10 Boys U15 & U16 Girls NRL Challenge South U10, U11, U12	9/8/2019 14/8/2019	
GALA Days			

TERM 4			
8 October – 6 December			
SPORT	COMPETITION	DATES	COACH/MANAGER
Cross Country/Running Club			
Athletics			
Netball	Primary Schools Cup Yrs 4-6	14/9/2019 & 15/9/2019	
Rugby 7's	MaryMac 7s	6/11/2019	
Futsal			
Basketball			
Rugby League	Kingfisher Cup U10, U12	17/9/2019 & 18/9/2019	
GALA Days			

6 Calendar – Pacific District Trials

Noms Due Date	District Trial Date	Sport	Gender	Age Group	Trial Time	Convenor	Trial Venue	Regional Date
31-January-2019	Paper Nomination No Trial	Water Polo	B&G	17yrs	No Trial	Katherine Brown Pimpama SSC	No Venue	05-February-2019
31-January-2019	Paper Nomination No Trial	Cricket	Boys	15-19 yrs	No Trial	Michael Prigg Trinity College	No Venue	07-February-2019
31-January-2019	Paper Nomination No Trial	Softball	Girls	13-19 yrs	No Trial	TBC	No Venue	07-February-2019
28-January-2019	31-January-2019	Tennis	B&G	13-19 yrs	3:30pm–5:30pm	Lauren James	Pimpama SSC	07-February-2019
12-February-2019	20/02/2019 & 27/02/2019	Rugby League	Boys	12 yrs	3:30pm–5:30pm	Jesse Bramwell Trinity College	Ormeau Shearers JRLFC	30/04/2019 & 01/05/2019
12-February-2019	21/02/2019 & 28/02/2019	Rugby League	Boys	10-11 yrs	3:30pm–5:30pm	Blake Trace Beenleigh SHS	Ormeau Shearers JRLFC	30/04/2019 & 01/05/2019
01-February-2019	08-February-2019	Rugby League	Boys	10-12 yrs	9:00am–2:30pm	Steve Moriarty McAuley College	Beaudesert Rugby Grounds	30/04/2019 & 01/05/2019
08-February-2019	Paper Nomination No Trial	Baseball	Boys	15-18 yrs	No Trial	David Lewis Beaudesert SHS	No Venue	19-February-2019
01-February-2019	07-February-2019	Volleyball	Boys	13-15 yrs	3:30pm–5:30pm	Tayem Renton Shailer Park SHS	Shailer Park SHS	21-February-2019
01-February-2019	07-February-2019	Volleyball	Girls	13-15 yrs	3:30pm–5:30pm	Brendan Rayner Beaudesert High School	Shailer Park SHS	21-February-2019
08-February-2019	13-February-2019	Netball	Girls	12 yrs	3:30pm–5:00pm	Anita Sherwood *Kimberley Park SS	Kimberley Park SS	27-March-2019
08-February-2019	14-February-2019	Netball	Girls	11 yrs	3:30pm–5:00pm	Rebecca Muscat Anita Sherwood Norfolk/KPSS	Kimberley Park SS	27-March-2019
08-February-2019	14-February-2019	Netball	Girls	10-11 yrs	9:00am - 2:30pm	Jessie Vudrag	Jimboomba Netball Grounds	27-March-2019
08-February-2019	14-February-2019	Netball	Girls	12 yrs	9:00am - 2:30pm	Jessie Vudrag	Jimboomba Netball Grounds	27-March-2019
08-February-2019	14-February-2019	AFL	Boys	13-15 yrs	3:30pm–5:30pm	Rhys Hamilton Ormeau Woods SHS	Ormeau Woods SHS	21-February-2019
08-February-2019	14-February-2019	AFL	Girls	13-15 yrs	3:30pm-5:30pm	Nat West Ormeau Woods SHS	Ormeau Woods SHS	21-February-2019
08-February-2019	14-February-2019	Rugby Union	Boys	17-18 Yrs	3:30pm–5:30pm	Jake Gaskin Windaroo Valley SHS	Noyea Park	21-February-2019
08-February-2019	14-February-2019	Rugby League	Boys	14-15 yrs	3:30pm–5:30pm	Josh Lennox Trinity College Beenleigh	Bill Norris Oval Beenleigh	28-February-2019
08-February-2019	14-February-2019	Rugby League	Boys	16-18 yrs	3:30pm–5:30pm	Jake Whittle Beenleigh SHS	Bill Norris Oval Beenleigh	28-February-2019
08-February-2019	18-February-2019	Swimming	B&G	10 – 19 yrs	8:30am–3:30pm	Alan Smith Beaudesert SHS	Chandler Aquatic Centre	04-March-2019
15-February-2019	Paper Nomination No Trial	Baseball	Boys	12-14 yrs	No Trial	David Lewis Beaudesert SHS	No Venue	26-February-2019
15-February-2019	21-February-2019	Basketball	Girls	16-18 yrs	3:30pm–5:30pm	Rhys Hamilton Ormeau Woods SHS	Ormeau Woods SHS	14-March-2019
15-February-2019	21-February-2019	Basketball	Boys	16-18 yrs	3:30pm–5:30pm	Cameron Puddey Windaroo Valley SHS	Windaroo Valley SHS	14-March-2019
15-February-2019	20-February-2019	Netball	Girls	16-19 yrs	3:30pm–5:30pm	Deanne Hamilton Canterbury College	Canterbury College	07-March-2019
15-February-2019	21-February-2019	Netball	Girls	13-15 yrs	3:30pm–5:30pm	Roxy Heap/PSSC	Canterbury College	07-March-2019
19-February-2019	26/02/2019 & 28/02/2019	Football (Soccer)	Boys	10-12yrs	2:30pm–5:00pm	Arnie Marralya Canterbury College	Canterbury College	07-May-2019
19-February-2019	26-February-2019	Football (Soccer)	Boys	10-12yrs	3:30pm–6:00pm	Josh Bridge Beaudesert SS	Beaudesert SS	07-May-2019
22-February-2019	Paper Nomination No Trial	Golf	B&G	10-18yrs	No Trial	Ken O'Donnell Edens Landing SS	No Venue	11-March-2019
Only students selected from BL and BD trials.	27-February-2019	Netball	Girls	12 yrs	3:30pm–5:00pm	Rebecca Muscat Anita Sherwood Norfolk/KPSS	Kimberley Park SS	27-March-2019
Only students selected from BL and BD trials.	28-February-2019	Netball	Girls	10-11 yrs	3:30pm–5:00pm	Rebecca Muscat Anita Sherwood Norfolk/KPSS	Kimberley Park SS	27/03/2019 Invitational
22-February-2019	28-February-2019	Football (Soccer)	Boys	17-19 yrs	3:30pm–5:30pm	Brett Ludwig *Beenleigh SHS	Beenleigh SHS	14-March-2019
22-February-2019	28-February-2019	Football (Soccer)	Girls	16-19 yrs	3:30pm–5:30pm	Alan Cappleman *LORDS	LORDS	14-March-2019
22-February-2019	28-February-2019	Basketball	Boys	13-15 yrs	3:30pm–5:00pm	Michelle Trinder Windaroo SS	Mt Warren Indoor Sports	14-March-2019
22-February-2019	28-February-2019	Basketball	Girls	13-15 yrs	3:30pm–5:00pm	Geoff MacLeod Trinity College	Mt Warren Indoor Sports	14-March-2019
01-March-2019	07-March-2019	Touch	Boys	10-12 yrs	3:30pm–5:30pm	Chris Humphries Beaudesert SS	Emmaus College	21-March-2019
01-March-2019	07-March-2019	Touch	Girls	10-12 yrs	3:30pm–5:30pm	Chris Humphries Beaudesert SS	Emmaus College	21-May-2019
Only students selected from BL and BD trials.	06-March-2019	Rugby League	Boys	12 yrs	3:30pm–5:30pm	Jesse Bramwell Trinity College	Ormeau Shearers JRLFC	30/04/2019 & 01/05/2019
Only students selected from BL and BD trials.	07-March-2019	Rugby League	Boys	10-11 yrs	3:30pm–5:30pm	Blake Trace Beenleigh SHS	Ormeau Shearers JRLFC	30/04/2019 & 01/05/2019 Invitational

01-March-2019	07-March-2019	Volleyball	Boys	16-19 yrs	3:30pm-5:30pm	Angela King Shailer Park SHS	Shailer Park SHS	28-March-2019
01-March-2019	07-March-2019	Volleyball	Girls	16-19 yrs	3:30pm-5:30pm	Brendan Rayner Beaudesert High School	Shailer Park SHS	28-March-2019
01-March-2019	07-March-2019	Touch	Boys	10-12 yrs	3:30pm-5:30pm	Pat Grehan St Josephs Beenleigh	Bill Norris Oval Beenleigh	21-March-2019
01-March-2019	07-March-2019	Touch	Boys	16-18 yrs	3:30pm-5:30pm	Wilson Marsh Ormeau Woods SHS	Ormeau Woods SHS	21-March-2019
01-March-2019	07-March-2019	Touch	Boys	13-15 yrs	3:30pm-5:30pm	Ash Coburn Ormeau Woods SHS	Ormeau Woods SHS	21-March-2019
01-March-2019	12-March-2019	Basketball	Boys	10-12 yrs	4:00pm-5:30pm	Geoff MacLeod Trinity College	Trinity College	19-March-2019
01-March-2019	12-March-2019	Basketball	Girls	10-12 yrs	4:00pm-5:30pm	Michelle Trinder Windaroo SS	Trinity College	19-March-2019
08-March-2019	13-March-2019	Football (Soccer)	Girls	10-12 yrs	3:30pm-5:30pm	Aimee Nolan Pimpama State Secondary College	Pimpama SSC	07-May-2019
08-March-2019	Paper Nomination No Trial	Hockey	B&G	13-19yrs	No Trial	Kula Bhullar FSCC	No Venue	21-March-2019
08-March-2019	14-March-2019	Touch	Girls	16-18 yrs	3:30pm-5:30pm	Erin White Ormeau Woods SHS	Ormeau Woods SHS	21-March-2019
08-March-2019	14-March-2019	Touch	Girls	13-15 yrs	3:30pm-5:30pm	James Ucoq Ormeau Woods SHS	Ormeau Woods SHS	21-March-2019
Only students selected from BL and BD trials.	14-March-2019	Touch	Boys	10-12 yrs	3:30pm-5:30pm	Pat Grehan St Josephs Beenleigh	Bill Norris Oval Beenleigh	21-March-2019
08-March-2019	18-March-2019	AFL	Boys	10-12 yrs	3:30pm-5:30pm	Daniel Spiers /Kurtis Ferris Livingstone	Ormeau Bulldogs	26-March-2019
08-March-2019	18-March-2019	AFL	Girls	12yrs	3:30pm-5:30pm	Peter Esposito Kimberley College	Ormeau Bulldogs	26/03/2019 Invitational
15-March-2019	20-March-2019	Softball	Girls	12 yrs	3:30pm-5:30pm	Tracy Shaab Windaroo SS	Windaroo SS	21-May-2019
15-March-2019	21-March-2019	Softball	Girls	10-11 yrs	3:30pm-5:30pm	Tracy Shaab Windaroo SS	Windaroo SS	21-May-2019
Only students selected from BL & BD Trials	28-March-2019	Football (Soccer)	Boys	10-12yrs	3:30pm-5:30pm	Arnie Marraiya Canterbury College	Canterbury College	07-May-2019
22-March-2019	28-March-2019	Football (Soccer)	Boys	13-16 yrs	3:30pm-4:30pm	Brett Ludwig Beenleigh SHS	Logan Lightning	02-May-2019
22-March-2019	28-March-2019	Football (Soccer)	Girls	13-15 yrs	3:30pm-4:30pm	Tiarnan Greene Trinity College	Logan Lightning Chris Green Park	02-May-2019
25-March-2019	Paper Nomination No Trial	Hockey	Boys	10-12 yrs	3:30pm-5:00pm	Andrew Ward Pimpama SSC	Pimpama SSC	24-April-2019
25-March-2019	Paper Nomination No Trial	Hockey	Girls	10-12 yrs	3:30pm-5:00pm	Nikki Taylor Mt Warren Park SS	Pimpama SSC	24-April-2019
18-March-2019	27/03/2019 & 28/03/2019	Touch	Girls	10-12 yrs	3:30pm-5:30pm	Jayde Chivers Trinity College	Bill Norris Oval Beenleigh	21-May-2019
No written noms required	01-April-2019	Cross Country	B&G	10-12 yrs	9:00am-2:00pm	Arnie Marraiya Canterbury College	Canterbury College	04-June-2019
25-March-2019	02-April-2019	Cross Country	B&G	10-12 yrs	3:30pm - 5:30pm	Mk Oberle Emmaus College	Emmaus College	04-June-2019
26-April-2019	30-April-2019	Rugby Union	Boys	14-15 yrs	3:30pm-5:30pm	Jake Gaskin Windaroo Valley SHS	Windaroo Valley SHS	09-May-2019
22/04/2019 with exception for some	09-May-2019	Cross Country	B&G	10-19 yrs	8:30am-2:00pm	Andy Knapper Judy Bell Rivermount/Trinity	Rivermount College	04-June-2019
Only students selected from BL and BD trials.	13-May-2019	Touch	Girls	10-12 yrs	3:30pm-5:30pm	Jayde Chivers Trinity College	Bill Norris Oval Beenleigh	21-May-2019
10-May-2019	Paper Nomination No Trial	Surfing	B&G	13-18yrs	No Trial	Josh Sealey Ormeau Woods SHS	No Venue	23-May-2019
10-May-2019	16-May-2019	Rugby League	Girls	14-15 yrs	3:30pm-5:30pm	Daniel Mortimer Pimpama State SC	Bill Norris Oval Beenleigh	28-May-2019
10-May-2019	16-May-2019	Rugby League	Girls	16-18 yrs	3:30pm-5:30pm	Lachlan Grove St Francis College	Bill Norris Oval Beenleigh	28-May-2019
03-May-2019	10-May-2019	Tennis	B&G	10-12 yrs	9:00am-2:00pm	Mk Oberle Emmaus College	Beenleigh Tennis Centre	27-May-2019
24-May-2019	30-May-2019	Rugby Union	Boys	11-12 yrs	3:30pm-5:30pm	TBC	TBC	11-June-2019
03-June-2019	11-June-2019	Athletics/Track & Field	B&G	10-12 Yrs	8:30am - 2:30pm	Jessie Vudrag Jimboomba SS	St Mary's School	26/07/2019 & 27/07/2019 & 30/07/2019
03-June-2019	11/06/2019 (A&D)	Athletics/Track & Field	B & G	10-12Yrs	9:00am - 2:00pm	Peter Esposito, Jenny Mabarrack - KimberlyPark/LLCC	Windaroo SS	26/07/2019 & 27/07/2019 & 30/07/2019
03-June-2019	12/06/2019 (B&C)	Athletics/Track & Field	B & G	10-12Yrs	9:00am - 2:00pm	Peter Esposito, Jenny Mabarrack - KimberlyPark/LLCC	Windaroo SS	26/07/2019 & 27/07/2019 & 30/07/2019
	14/06/2019 Championship	Athletics/Track & Field	B & G	10-12Yrs	9:00am - 2:00pm	Peter Esposito, Jenny Mabarrack - KimberlyPark/LLCC	Windaroo SS	26/07/2019 & 27/07/2019 & 30/07/2019
10-June-2019	17-June-2019	Cricket	Girls	10-12 yrs	3:30-5:30pm	Peter Esposito Kimberley College	Trinity College	22-July-2019
14-June-2019	18-June-2019	Rugby League	Girls	11-12 yrs	3:30pm-5:30pm	Josh Lemox Trinity College Beenleigh	Bill Norris Oval Beenleigh	23-July-2019
12-June-2019	19-June-2019	Cricket	Girls	13-15 yrs	3:30pm - 5:30pm	Michael Prigg Trinity College Beenleigh	Canterbury College	05-August-2019
15-July-2019	23-July-2019	Athletics/Track & Field	B & G	10-19 yrs	8:00am-6:00pm	Josh Sealey Ormeau Woods SHS	QSAC	26/07/2019 Twilight 29/07/2019 & 30/07/2019
12-August-2019	Paper Nomination No Trial	Cricket	Boys	13-14 Yrs	3:30pm-5:30pm	Glenn Walker Canterbury College	Canterbury College	21/08/2019 & 12/09/2019(if selected from previous trial)
09-August-2019	14/08/2019 & 15/08/2019	Cricket	Boys	10-12 yrs	3:30pm-5:30pm	Warwick Cook Norfolk Village SS	Canterbury College	28/08/2019 & 29/08/2019
	3rd September 2019	Futsal	B&G	13yrs	3:30-5:30	Alan Cappelman "LORDS"	TBC	TBC
	Paper Nomination No Trial	Aquathlon for 2019	B&G	11-12 yrs	No Trial	Judy Bell	No Venue	04-November-2019
	Paper Nomination No Trial	Triathlon for 2019	B&G	13-19 yrs	No Trial	Phil Hyam Beaudesert SHS	No Venue	01-December-2019

7 Nomination Process

This process must be followed by all students or nominations will not be accepted by the District Convenor for that sport.

- Notify the College Sport Leader P-12 (Mrs Davren) **BEFORE** the due date for nominations. You must provide the nomination form (over page) and any other information requested by Mrs Davren including your date of birth, Club and/or representative experience, preferred playing position etc;
- The College Sport Leader P-12 (Mrs Davren) will forward your nomination to the District Convenor by the due date;
- All students attending Pacific District Trials must complete a Parental Permission Booklet. This booklet must be completed online, printed and brought back to school for signing **BEFORE** attending Pacific District Trials;
- Convenors will not allow students to take part in the trials if they do not bring the completed booklet to the trial.

<https://southcoastschoolsport.eq.edu.au>

8 Contact Details

St Francis College

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Phone: (07) 3489 4800 | Fax: (07) 3803 4507

Web: www.sfcc.qld.edu.au

Sport Leader P-12: Mrs Renita Davren

Email: sfcsport@bne.catholic.edu.au



PACIFIC DISTRICT TRIALS INFORMATION

NAME: _____

Has nominated to attend the PACIFIC DISTRICT TRIALS for:

SPORT: _____

DATE: _____

VENUE: _____

TIME: _____

- Students must provide a hard copy of the Parental Permission Booklet at the trials. NO BOOKLET = NO TRIAL. The booklet can be found on the following website:
<https://www.southcoastschoolsport.eq.edu.au>;
- Print a copy of this booklet and bring to school for Mrs Davren to sign;
- There is no cost to attend Pacific District Trials;
- Students must take the appropriate equipment, clothing and shoes to trials. Mouthguards are compulsory for all contact sports;
- The Convenor will notify students at the end of the trial if they have been successful;
- Students selected to represent the District at the South Coast trials will have to pay a \$20 levy to South Coast Sport.

Yours sincerely

Mrs Renita Davren
Sport Leader P-12