



**TMC**

Thomas More College

# **THOMAS MORE COLLEGE SPORTS' POLICY**

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### **SPORTS POLICY DOCUMENT – EXTRA CURRICULAR SPORT**

#### **MISSION STATEMENT:**

Thomas More College strives to encourage every individual to become actively involved in a wide variety of sporting activities, providing them with the opportunity to participate at their personal level of ability. We believe that a healthy balance between competitiveness, teamwork, acknowledgement of responsibility and fun should be obtained. Both their teammates and their coach, irrespective of their level of achievement, should value every child.

To ensure that this credo is met, there are responsibilities required from all the parties involved in the sporting life of the Thomas More College pupils:

#### **VISION:**

To be a school where we support and encourage balanced education through an extra-mural programme and we give our learners the opportunity to develop to their full potential by using life skills and sporting skills through the excitement of participating at a competitive level.

#### **GOALS:**

Encourage the following through active participation:

- Healthy sportsmanship and camaraderie
- Allow each player to reach their full potential
- Develop leadership skills
- Encourage a healthy lifestyle
- Develop emotional intelligence

#### **MINIMUM EXPECTATIONS IN THE COLLEGE**

- Given the innate importance of every child's growth journey, the College has set out a minimum expectation:
- All Grade 8 and 9 students are required to participate fully in the ECP. Involvement in Sport (Physical Wellness) over all 4 terms is an expectation but the activity may vary from term to term. Involvement in the cultural programme is subject to audition and availability of meaningful interaction opportunities.
- All Grade 10 and 11 students are required to participate fully in the ECP, over 3 of the 4 terms. Involvement in Sport (Physical Wellness) is an expectation but the activity may vary from term to term. Involvement in the cultural programme is subject to audition and availability of meaningful interaction opportunities.
- Gr 12's must do at least one sport in the year or a meaningful cultural activity as determined by Mrs. Logan.

## **PLAYERS CODE OF CONDUCT:**

- Should strive for 100% attendance at both practices and matches.
- They should be in the correct dress code in both instances and be punctual.
- In the case of illness / absence, the coach and manager should be timeously informed and an appropriate letter of excuse written by the parents, explaining the inability to participate.
- In some instances players may be required to collect and return the required equipment for their practice/match.
- Players will be expected to look after and treat with respect the equipment they utilise (both their own and the schools).
- Should players wish, their Coach/Manager/Sports Co-ordinators may be approached to address any concerns.
- At all times they should exhibit a disciplined and sportsmanlike demeanour.
- Players should strive for excellence whilst maintaining humility.
- Have Fun!

## **REWARDS AND INCENTIVES:**

- Players receive participation points relative to their level of commitment and performance. This is an important aspect of their life at Thomas More as it encourages, amongst other things, an awareness of community responsibility, growth and success and sometimes may be considered in discussion regarding presentation of awards.
- There are also accolades read out in assemblies with participants also receiving Certificates/Colours/Honours etc. This is an important part of acknowledging individual excellence and service and serves as additional motivation towards which others can aspire. Receipt of such often serves to assist pupils to gain placing/acknowledgement beyond the bounds of Thomas More College.
- Rewards are also made to players at the various Awards Evenings for their performance, attitude and attendance.

## **SPECTATORS CODE OF CONDUCT:**

Whilst Thomas More College encourages and appreciates the support given to our sports teams, we respectfully request that, in doing so, you abide by the following:

- Encourage all players to play by the rules.
- We wish to inculcate a love for sport – allow your child to enjoy the game.
- Good play from both teams needs to be encouraged and applauded.
- Support the referee's decision (even though you may disagree with a ruling).
- Do not abuse the referee, players or other spectators.
- Do not run onto the field at any time.
- No alcohol may be present or consumed on Thomas More College premises during any sporting activities. Alcoholic beverages purchased at the Robin Savory Pavilion may only be consumed on its premises, and nowhere else on the campus.
- Siblings must be discouraged from running onto the field and must be supervised.
- Use the litter-bins that have been provided.

## **COACHES:**

- Set an example to your players, upholding the values and principles of Thomas More College
  - Be punctual for practices and matches.
  - Always display a sportsman-like attitude (even when frustrated/angry with players/officials/parents/opposition)
  - Dress appropriately, wearing the Thomas More College coaching staff shirt for both practice and matches. Black shorts/track-suit pants or chinos for practices and matches. No Jeans or other kit to be worn.
  - Strive for 100% attendance at both practices and matches. If you cannot attend a practice/match, organise someone to take the practice/match and liaise with the manager regarding the arrangement.
  - Coaches are not allowed to organise extra or unsupervised practices/matches without getting permission from the sports department.
- Sportsmanship and Teamwork
  - Always teach/coach fair and reasonable play.
  - Reinforce the quality of teamwork as this also ensures performance at the best possible level and also allows for life skills to be taught.
  - Do not allow participants to demoralise nor degrade the less-skilled team members.
  - Teach your players to have respect and be friendly towards visiting coaches and opponents.
  - Teach your players to win humbly & lose graciously
  - Remove from the field of play any of your players whose behaviour is not acceptable.
  - Ensure you thank the opposition players and coach.
  - Ensure your players shake the ref. and opposition's hands.
- Attend coaching clinics and courses. In the case where the school expects a coach to attend a coaching course, the school will pay for the course fee.
- Do umpiring or refereeing courses and renew these as often as possible.
- Be well-prepared for trainings with appropriate drills and practices which will ensure that every child, irrespective of their level of ability, reaches and performs to the best of their ability.
- Try avoid cancelling a practice session; in bad weather coaches should try to substitute practices with either a board talk or discussing team tactics.
- Always be encouraging and enthusiastic whilst striving to correct weaknesses.
- Strive to improve self confidence in your players.
- Ensure that players are not marginalised because they are not the "shining star".
- Never allow parents of players to influence your decisions as a coach.
- Be aware of players who are displaying exceptional talent so that mention can be made after each match and also, where appropriate, awards can be made. Pass on this information to your manager.

## **REMEMBER THE FOLLOWING:**

- Regular attendance of players at practice means that participants play in the matches.
- Children are not professional sportsmen/women.
- When selecting a captain for your team, the team members must nominate who they would like as a captain. The name with the most nominations needs to be submitted to the HOD: Sport for ratification.