



Carmel College Year 9-13 Sport

Carmel College is privileged to have many talented young sports women across all year levels and a variety of sports. We aim to continue to develop their skills and knowledge through providing high quality coaches who encourage an environment where winning games is accomplished through a strong team culture based on the special character of our school.

There are currently over 15 sporting codes available across a range of different grades. Regardless of whether your goal is to win, learn new skills, make friends or just have fun – all or four – there is definitely something for you. The Sports and P.E Department, teachers in charge, coaches, team managers, the Heads of Sport and Sports Council all devote time, energy and expertise to ensure that you have many exciting options.

We hope that you all will take advantage of the many opportunities that our sports and physical recreation programme provides and we look forward to seeing you all on the sports fields in whatever areas you chose to become involved in.

Best wishes for a successful sporting year

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Sports Information

This information is a guideline only. It can change based on competition requirements. All fees are indicative only. They will be confirmed at the beginning of 2018. The School newsletter will announce dates and times for each sport's registration, including links to signups.

Athletics

Athletics commences with the School Athletics day where all students can participate in a combination of competitive athletic events and fun Inter-House activities. To compete at the Zones and Championships students must qualify at the school athletics.

Carmel School Athletics Day: 13 Feb for Athletics Day

North Harbour Zone Day: March AUT Millennium

Auckland Championships: March Mount Smart Stadium

North Islands Championships: Term 1 April

New Zealand Championships: Term 4 December

Uniform: House colours. A loan singlet will be issued to the representative team

Cost: \$5 will be added to student account for the school athletics day

Badminton

The season runs Term 2 for Seniors and Term 3 for Juniors. This is a social sport and girls are required to create their own teams of 6-8 players

Training: There are three pre-season clinics for all players before the season Training is Tuesday lunchtime in the Carmel Gym. Training starts late Term 1 for Seniors and late Term 2 for Juniors

Competition: Senior - Term 2 Tuesdays for beginners. Wednesdays for those that have previously played.

Junior - Term 3 Tuesdays

Uniform: Seniors will get a Carmel badminton top on loan for the season, and black shorts. Juniors are required to wear their Carmel P.E uniform.

Cost: \$35 for the season

Basketball

The season runs Term 2 and 3.

Trials: Early Term 1

Competition: Premier—Friday 6pm Home and Away games over Auckland

Open - Thursday AUT Gymnasium or North Shore Events Centre

U17 - Thursday AUT Gymnasium or North Shore Events Centre

U15 - Wednesday AUT Gymnasium or North Shore Events Centre

Uniform: Carmel College Basketball singlet will be loaned for the season and Carmel black shorts.

Costs: Open/Prem - \$180

U17 & U15 - \$150

Cross Country

Competitions:

School Competition Early Term 2

North Harbour Championship May

Auckland Championship May

New Zealand Championship April

Uniform: A loan singlet will be issued to the representative team and black shorts

Dragon Boating

Dragon Boating is in Term 1 and is only open to 13 students

Training: Early Term 1, twice a week for 6 weeks

Auckland Championship: Sunday 24 March Killarney Park, Lake Pupuke

Uniform: Competition singlet and black shorts

Cost: \$60 for the training and event, plus the singlet

Equestrian

Equestrian is run throughout the year and open only to students who have a horse and are already experienced riders.

Competitions: NZPCA Mounted Games

NZSS Horse of the Year

NISS Dressage Championships

NZSS Horse Trials Teams

Football

The season runs Terms 2 - 3

Trials: Mid Term 1

Competition: Starts Term 2, Wednesday 4pm at various North Harbour venues

Winter Tournament: NZSS Championships in September

Uniform: Carmel College Football uniform on loan and black socks

Costs: \$60 for the season

Hockey

The season runs Terms 2 - 3

Trials: Mid Term 1 Held either North Harbour Hockey Stadium or Westlake Girls.

Competition: Starts Term 2. 1st - 3rd XI Thursday 4pm onwards, 4th XI Friday 4pm onwards. Various venues around North Harbour

Winter Tournament: NZSS Championships in September for the 1st XI team

Uniform: Carmel College Hockey uniform is a numbered singlet, skort and maroon socks. A dress will be loaned to the 1st XI team for the season.



Judo

Carmel College Judo Club is a year round sports club

Training: Friday 3.30pm - 5pm Carmel College Gym

Uniform: Judo uniform & belt - \$60

Cost: \$130 a year

Karate

Carmel College Karate Club is a year round sports club

Training: Wednesdays 3.30pm - Carmel College gym

Uniform: Karate uniform - not required until 2nd grading

Cost: \$20 per grading

Netball

Netball is the largest sport at Carmel with over 300 students consistently playing in competitive and social competitions at Netball North Harbour each year.

Trials: Senior 1—3 —March Carmel Gym 3.30pm - 5.30pm. *These trials are only open to players from Team 1 - 5 from 2019*

Yr 11 - 13 -February at Carmel Netball Courts 3.30pm - 5.30pm

Yr 10—March Carmel Netball Courts 3.30pm - 5.30pm

Yr 9—March Carmel Netball Courts 3.30pm - 5.30pm

Competition: Yr 10 - 13 - Saturday 8am onwards, season starts early Term 2

Yr 9 - Monday 4.50pm onwards, season starts early Term 2

Tournaments: Premier 1 and 2 - May NNH Secondary Schools Tournament

9/1 and 9/2 - May NNH Secondary Schools Tournament

Premier 1, 10/1 and 9/1 - August Auckland Netball Combined Points Tournament

Uniform: Carmel College Netball Uniform, Skort \$56 and Top \$51. White socks and netball shoes. A loan dress will be given to Senior 1 and 2 for the season.

Costs: Senior 1 and 2 \$200, Team 3 onwards \$160 for the season, this must be paid before trials. A \$50 administration fee will be retained if you pull out during the season, due to reasons other than injury

Rowing

Carmel College Rowing is facilitated through the North Shore Rowing Club on Lake Pupuke all year round.

Competitions: February Head of Harbour, Lake Pupuke.

March NISS Regatta, Lake Karapiro. NZSS Maadi Cup, Cambridge

Uniform: Carmel maroon zoot suit to be purchased

Cost: North Shore Rowing Club - Club subscription and expenses related to Club
School - Regatta entry fees, transport and accommodation for regattas

Skiing

The school enters two teams with 5 skiers in each, into the North Island Secondary Schools Ski Championships held at Turoa in September. Keep an eye out on in the school notices for more information.

Trials: Students will have to attend two trainings and trials at Snowplanet early Term 2. These two dates are compulsory for any girl wanting to compete.

Auckland Competition: Early June at Snowplanet, \$65 for the day

North Island Competition: Late September three day event at Turoa, \$200-400

Uniform: The girls are to supply their own gear

Swimming

Swimming at Carmel commences with the School Swimming day where all students can participate in a combination of competitive swimming events and fun Inter-House activities. To compete at the Zones and Championships students must qualify at the school swimming day.

Carmel School Swimming Sports Day: 18 Feb at Point Erin Pools

Zone Day: Term 1 February, AUT Millennium

Auckland Championship: Term 1 March, West Wave Aquatic Centre

Uniform: House colours

Cost: \$7 will be added to your student account for the school swimming sports

Tennis

The tennis is in Term 1 and Term 4. Girls The teams of 4 - 6 girls will be based on their current club rankings

Competition: Term 1 Saturday mornings, Term 4 Monday 4pm onwards or Saturday 8am onwards Home and away venues.

Uniform: Carmel PE top or Singlet and blue skort

Touch Rugby

The season runs Term 1 for Seniors and Term 4 for Juniors for 6-8 weeks

Trials: Seniors - First week in Term 1

Juniors - Late Term 3

Competition: Tuesday 4pm onwards at Hato Petera, Northcote

Uniform: Carmel College touch singlet and own black shorts

Costs: \$30 for the season

Volleyball

The season runs Term 1 for Seniors and Term 4 for Juniors

Trials: Seniors - First week in Term 1

Juniors - Late Term 3

Competition: Senior Premier - Wednesdays 4pm onwards, Netball North Harbour Stadium

Senior - Thursdays 4pm onwards, venues TBA

Junior Premier - Wednesdays 4pm onwards, AUT Gymnasium

Junior - Thursdays 4pm onwards, Netball North Harbour Stadium

Auckland Tournament: Senior - 3 day competition early Term 1, Trust Stadium

Junior - 3 day competition early Term 4, Trust Stadium

North Islands Tournament: Senior - 5 day competition Term 1, Palmerston North

Junior - 5 day competition Term 4, Auckland

Uniform: Carmel College Volleyball singlet \$51 for the season and black shorts

Costs: \$50 for the Senior season and \$40 for the Junior season

Waterpolo

The season runs Term 1 for Seniors and all year for Juniors in various leagues

Trials: Seniors - Trials for this team occurred late 2019

Juniors - Early Term 1

Competition: Senior - Friday and Sunday nights at various venues, starts first week of Term 1

Junior - Term 1 and Term 4 - North Harbour Junior League Friday games

Term 4 - Auckland Junior League, Friday and Sunday games at various venues

North Islands Tournament: Senior - Term 1 various venues around Auckland

Junior - Term 4 November various venues around Auckland

New Zealand Tournament: Senior - Term 1 holidays Wellington

Uniform: Carmel College Waterpolo Togs - \$115.



Uniform

Teams must all be in the same current sports uniform and outerwear. This includes travelling to and from games and formal team events such as awards ceremonies or opening/closing events. Sponsors branding is not permitted on any clothing or items associated with Carmel College.

Athletics	A School Singlet for the day or own Numbered Singlet
Badminton	School t-shirt or PE gear
Basketball	Purchased Numbered Singlet and School Shorts
Premier Basket-	School Numbered Singlet and School Shorts
Beach Volleyball	Purchased crop top and shorts
Cross Country	A School Singlet for the day
Dragon Boating	Purchased Singlet for the event
Football	School t-shirt for the season, black shorts and socks
Hockey	Purchased Numbered Singlet and Skort
1st XI Hockey	School Hockey dress for the season
Netball	Netball Singlet and Skort
Rowing	Purchased Zoot Suit
Senior 1/2 Net-	School Netball dress for the season
Tennis	School singlet and own skirt
Touch Rugby	Purchased Numbered Singlet and School Shorts
Volleyball	Purchased Numbered Singlet and Shorts
Waterpolo	Purchased Carmel College Togs and Caps

Available for all individuals to purchase from the uniform shop is Carmel track pants, black and maroon sports jumper and a warm up t-shirt. These are the only items permitted to be worn at sports events and games. All Premier teams can purchase the Elite Warmup T-Shirt.

Student Sports Council

The emphasis for this year's sports council will be to continue to develop leadership and responsibility for sports at Carmel. The sports council plays an integral part in linking students to sport and encouraging girls to participate in sport.

This involves running Friday lunchtime activities for your portfolio sports, taking photos of coaches/games, organising competitions, coaching a team if needed, helping with the Sports Awards and assisting in major sporting events at Carmel College e.g: Swimming Sports and Athletics Days.

Students involved are expected to do the following :

- Liaise with each sport and see how they can assist with the delivery of the sport.
- Run a have a go day for each of the sports within their portfolio at least
- Understand the rules for each sport to run effective have a go days.
- Organise coaches or other students to assist with the have a go day as required.
- Complete sport plan template and share with sport council
- Market your initiative and attract students to your session.
- Report back to council on initiative and recommendations for the next session.

Fundraising

All fundraising activities must be approved by the principal or the designated senior manager and applied for at least 4 weeks prior to the commencement of the activity. Any money raised through fundraising needs to be predetermined and communicated to all involved as to the application of funds at the completion of the activity e.g.: split equally or divided between individual efforts. To maintain financial integrity all monies collected must be banked and accounted for in the school banking system. A final tally is to be sent into the Sports Department, once all activities are finished and the money is collected. The final amount is then removed from the student accounts. Fundraising ideas that other teams have used are movie nights, raffles, market stalls, bake sales and sausage sizzles.

Coaches and Managers

We are always in need of coaches and managers. Coaching support is provided before and during the season should you wish it. Teams are not possible if we do not have adult help. Please contact us if you can help in any way.

Event Organisation

School events and school competitions are to be organized 2 months prior if applicable. 3-4 months for school National competitions. We need ample time to organize as letters need to be sent to the board of Trustees by the Sports Department. RAMS and EOTC (safety forms) are required by Senior Management 4 weeks before hand.

There are a number of sports we do not offer at school but we are more than happy to help students enter into various competitions, as a representative of Carmel. Any out of school events, where the student is not representing Carmel, i.e., club competitions or Nationals, need to be organised by parents and rung into school. This is 'self-interest' leave.

Sporting Achievements

During the course of the year there are a number of occasions where the school recognises the sporting achievements of its students. The Sports and PE departments generally hear of such successes but there are some girls who reach representative status outside of the school's domain, particularly in minor codes, which we don't know about. It would be great if you let us know about significant achievements.

Player Code of Conduct

- Play for the “fun of it” and not just to please parents and coaches
- Play by the rules
- Wear your uniform correctly at all times
- Be punctual and attend all practices and games. You have made a commitment for the entire season
- If you are unable to attend any game or practice you must notify your coach as soon as possible.
- Never argue with an official. If you disagree, have your captain or coach approach the umpire during a break or after the game.
- Control your temper. Verbal abuse of officials or other players, deliberately contacting or provoking an opponent is not acceptable under any circumstance.
- Work equally hard for yourself and your team. Your team’s performance will benefit and so will you.
- Be a good sport. Cheer all good play, whether it is by your team or the other team.
- Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Co-operate with your coach, teammates and opponents. Without them there would be no game.

Parent/Spectator Code of Conduct

- Encourage your child to always play by the rules.
- Never ridicule or shout at a child for making a mistake or losing a game.
- Remember children are involved in organised sport for their enjoyment, not yours.
- Set a good example for all players
- Applaud good play by both teams.
- Recognise and value the importance of volunteer coaches. They give their time and resources to provide recreational activities for the children and deserve your support.
- Praise effort and results
- Notify the Sports Department of any issues, do not go to student coaches with concerns.

