



Carmel College
Year 7/8
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 2019. 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: 18 February for Athletics Day

Zone Day: Term 4 November

Interzone: Term 4 December

Uniform: House colours. PE Uniform/Singlet for the representative team

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

Archery

Run through the Shore Archery Club and at Carmel College all year round.
Contact Harry Kim at hkim@carmel.school.nz for further information

Badminton

Social Competition at Carmel College Y7-10 - Term 3

Teams are to consist of 4 or 5 players, they will need to create their own team uniform and name.

The cost for the social Badminton season is \$10 per player to cover equipment upkeep and replacement.

Rackets and Shuttlecocks will be provided.

Basketball

The season runs all year, trials for these teams will be run early Term 1.

Competition: Monday 4pm onwards at AUT Gymnasium or North Shore Events Centre

Training: Coach dependent in the Carmel College Gym

Zone Day: Term 3

Uniform: Carmel College Numbered Singlet and PE Shorts. Basketball shorts will be loaned for the AIMS Games Tournament team.

Costs: \$110 for Term 1 and 2 and \$110 for Term 3 and 4

Beach Volleyball

The league runs in Term 4. This is a social sport and girls are required to create their own teams for this competition

Competition: Wednesday 4pm onwards at Mairangi Bay Beach Volleyball Centre

Zone Day - Term 4

Uniform - Carmel PE Gear, numbered singlet or Carmel Crop Top

Cheerleading

All Year round for Y7-13 Students

Trainings: Monday 5pm - 6pm. Training to be held at All Stars Cheerleading, 62B Diana Drive, Glenfield. Additional training can be held at Carmel College leading up to competitions if required.

Cost: \$95 per term, payable to All Star Cheerleaders (plus reduced prices for current All Star members)

Uniform: White sneakers and socks, Carmel College Cheerleading uniform for purchase or hire.

Competitions: Eutopia Cheer, Schools Spectacular, Spring Carnival New Zealand Nationals

Cross Country

The school representative cross country team will comprise of up to 10 girls from each year level based on the results from the school cross country

Zone Day: Term 3

Uniform: Carmel College P.E uniform and shoes

Equestrian

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

Competitions: Inter-Collegiate Ribbon Day, Secondary Schools Equestrian Cup, Intermediate Ribbon Day, New Zealand Secondary Schools Horse Trials Teams

Uniform: Blue Carmel long sleeve Equestrian top. Competitors must wear hard hats at all times when mounted.

Cost: \$70 per event (approx).



- Back row (left to right):
 - Player 36
 - Player 50
 - Player 7
 - Player 22
 - Player 3
- Front row (left to right):
 - Player 97
 - Player 74
 - Player 6
 - Player 22 (holding ball)
 - Player 10

Football

Zone Day: Term 2

The team selected for the Zone Day will also be selected to attend the AIMS Games Tournament in Term 3

Trials: Lunchtime on school fields, late Term 1/early Term 2.

Training: Lunchtimes on Carmel fields, starts 6 weeks before zone day.

Uniform: Carmel College Football uniform on loan and black socks

Y7/8 Players are welcome to trial for the 2nd XI team to play for the season

Gymnastics

Students can be entered into the following competitions:

College Sport Gymnastics Events

- Artistic, Rhythmic, Tumbling & Trampoline Championships
- Aerobics Championships

New Zealand Secondary Schools events

- NZSS Aerobic Gymnastics Championships
- NZSS Trampoline and Tumbling Championships
- NZSS Artistic Gymnastics Championships
- NZSS Rhythmic Gymnastics Championships
- NZSS Gymnastic Sports Event

Hockey

The season runs Terms 2 – 3.

Competition: A Team – Tuesday 4pm onwards at North Harbour Hockey.

B Team – Saturday 8am onwards or a 6-side team playing on Tuesday nights

Zone Day: Term 2

Uniform: Carmel College Hockey uniform is a numbered singlet, skort and blue school socks.

A deposit of \$100 for a players must be paid through the school online shop prior to trials. The remaining amount is due once teams are named. \$50 administration fee will be retained if you pull out during the season, due to reasons other than injury.

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.

Pre-Season Training: Times and sessions are TBC

Trials: Yr 7 - March 2020 at Carmel Netball Courts 3.30pm - 5.30pm

Yr 8 - March 2020 at Carmel Netball Courts 3.30pm - 5.30pm

Competition: Season starts first week of Term 2 at Netball North Harbour

Y7—Tuesday 4pm onwards

Y8—Thursday 4pm onwards

Zone Day: Term 3 Tuesday July, Netball North Harbour for 7/1 and 8/1 team only

Tournament: Term 3 August, Netball North Harbour for 7/2 - 7/4 and 8/2 - 8/4

Uniform: Carmel College Netball Uniform, plus socks and netball shoes

Costs: Season fees must be paid before trials. \$50 administration fee will be retained if you pull out during the season, due to reasons other than injury

Orienteering

North Harbour Zone Day in Term 1

Weekly competition on Thursdays in Term 1 around North Harbour, run by College Sport

North Island Secondary Schools Championship

New Zealand Secondary Schools Championship

Rugby 7s

North Harbour Zone Day Term 2

Uniform - Carmel top on loan and PE shorts

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: Tuesday 2 March 2020 Point Erin Pools

North Harbour Zone: Term 1 March Northern Aquatic Centre

Interzone: Term 1 Diocesan Aquatics Center

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

Tag Football

North Harbour Competition on Fridays in Term 4 at Sunnynook

Uniform - Carmel Singlet/PE top and Carmel Tag Shorts

Cost - \$30 for the season

North Harbour Zone Day in Term 1

Tennis

Term 4 Junior Tennis Season

Saturday Auckland Competition at Various Venues

Monday North Harbour Competition at Various Venues

Uniform - Black Shorts/Skirt and Carmel Singlet

Cost - \$35 for the season

Minimum of four and maximum of six players needed for a team to be created

Teams will be created based on rankings

Y7/8 Tennis Zone day

When: Term 1 March

Where: North Harbour Tennis Centre, Bond Cres, Forrest Hill

Cost: \$5 for the day

Uniform: Carmel College P.E gear, own skirt is allowed.

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SPORTING NORTH HARBOUR WATERPOLO



Touch Rugby

The season runs in Term 4. Trials for the teams will be held late Term 3

Competition: Thursday 4pm onwards at Hato Petera

Zone Day: Term 4 for the A team only

Uniform: Carmel College P.E gear

Costs: \$45 for the season

Volleyball

The season runs Term 4. This is a social sport, girls are required to create their own teams for this competition

Competition: Term 4 Thursdays at Netball North Harbour

Zone Day: Term 3, September, at Netball North Harbour

Uniform: Carmel College P.E gear

Waterpolo

The season runs Terms 1 – 4. Trials for the teams will be held early in Term 1

Training: Year 7/8 – Monday pm (Time TBC) at AUT Millennium Pool. This may change throughout the year.

Competition: Year 7/8 – Friday 3.45pm onwards at AUT Millennium Pool

Tournaments:

Winterfest – August, AIMS GAMES – September, Tim Sonderer – September

North Islands Intermediate School Championship – Late October. Venues around the North Island

Uniform: Carmel College Waterpolo Togs – \$115. These are compulsory for tournaments

Skiing/Snow sport

The school enters teams/individuals into the North Island Intermediate Championships in September

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.

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

Uniform: The girls are to supply their own gear

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	School PE Gear/school singlet
Basketball	Purchased Numbered Singlet and School Shorts
Beach Volleyball	School PE Gear
Cross Country	School PE Gear/school singlet
Football	School PE Gear and loan T-Shirt for AIMS Games
Hockey	Numbered Singlet and Skort
Netball	Netball Singlet and Skort
Tennis	Borrowed school singlet
Touch Rugby	Purchased Numbered Singlet and School Shorts
Volleyball	PE Gear/ Numbered Singlet
Waterpolo	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.

AIMS Games

Each year Carmel sends a group of students to compete in the AIMS Games at Mount Maunganui. In 2019 a Netball, Basketball, Waterpolo, Football and Hockey team, and a number of individuals attended this week long event. The dates for this year are Sunday 5 September to Friday 10 September . For any individuals who are wishing to attend this event please get in contact with the Sports Department, parent help is crucial for this to go ahead.

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 6 weeks 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.

