

# 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 2021. The School newsletter will announce dates and times for each sport's registration, including links to signups.

## Archery

Run through the Shore Archery Club and at Carmel College all year round.

Contact Harry Kim at [hkim@carmel.school.nz](mailto:hkim@carmel.school.nz) for further information

## 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

**North Harbour Zone Day:** 4 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:** Carmel P.E. uniform or Carmel Singlets

**Cost:** \$35 for the season

## **Badminton**

Social Competition at Carmel College

Y11-13 - Term 2

Y7-10 - Term 3

Term 3 at Carmel College

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 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 Home and Away strip will be loaned for the season and Carmel black shorts for the Premier Team. Other teams will be required to purchase a numbered singlet, Basketball shorts will be loaned for the season.

## **Beach Volleyball**

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

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

**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 National

## **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 14 March Killarney Park, Lake Pupuke

**Uniform:** Competition singlet and black shorts

**Cost:** \$90 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. These are events and entries are parent run and organized.

**Competitions:** Inter-Collegiate Ribbon Day, Secondary Schools Equestrian Cup, 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.).



## Football

The season runs Terms 2 – 3

**Trials:** Mid Term 1

**Competition:** Starts Term 2, Wednesday 4pm at various North Harbour venue.

**Winter Tournament:** NZSS Championships in September.

**Uniform:** Carmel College Football uniform on loan and blue socks for 1st XI, black socks for 2nd XI

## 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.

Year 9-13

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

**Winter Tournament:** New Zealand Secondary Schools Tournament in September for the 1st XI team.

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

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.

The season runs Terms 2 – 3

### **Competition:**

Year 10 – 13 – Saturday 8am onwards, season starts early Term 2

Year 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

### **Winter Tournament:**

Premier 1 – Upper North Island Secondary Schools Tournament. End of August – 1st week of September, cost \$600 – \$900

**Uniform:** Carmel College Netball Uniform plus white socks and netball shoes

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

## **Orienteering**

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 Rugby Tournaments

- U15 Girls Development 7's - Monday nights in Term 4
- NHRU Secondary School 7's - Term 3 or 4
- NHRU Community 7's Festival – Term 4

Uniform - Carmel top on loan and PE shorts



## 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 College 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

The North Shore Rowing Club welcomes Year 11 Carmel girls who are keen to row into their club in September each year.

They join the club 'Learn to Row' programme which consists of 8 two hour lessons costing \$80.00+ tax.

Those who wish to continue and show promise move into the club's Development Squad the following year, in September, where they will train for 12 months in preparation for racing. The cost for this stage is \$300.00 + tax.

Once they are selected to represent NSRC as a novice, they become full club members and train and race competitively. The cost of this is \$1,100.00 plus additional costs for regattas, rowing camps and the NZ Club Rowing Champs in either Twizel or Cambridge.

Initial training is done on lake Pupuke at 3.30 pm twice a week and after that, training also includes regular sessions at Greenhithe.

## Sailing

Students are entered into the College Sport Fleet Racing Regatta - March Term 1  
Wakatere Boating Club, Narrowneck Beach, Devonport

An adult must be present at all times to supervise students



## **Skiing/Snow sport**

The school enters teams/individuals into the North Island Secondary Schools Ski Championships held at Turoa and Y7/8 students to 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.

**Auckland Competition:** Early June at Snowplanet, \$75 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:** Tuesday 2 March 2020

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

**North Harbour Zone:** Term 1 4 March Northern Aquatic Centre

**Auckland Championship:** Term 1 14 April, West Wave Aquatic Centre

**Uniform:** Carmel College House colours

## **Tag Football**

**Y11-13:** College Sport North Western Zone Tournament March Term 1

**Y9/10:** College Sport North Western Zone Tournament November Term 4

**Uniform :** Carmel Singlet/PE top and Carmel Tag Shorts

## **Tennis**

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

Your daughter must already be currently playing Tennis and have a ranking to be entered

**Uniform:** Carmel tennis shirt and own black or white shorts/skirt to match

**Cost:** \$35 for the season

The teams of 4-6 girls will be based on their current club rankings

## **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 numbered singlet and own black shorts

**Costs:** \$30 for the season

## **Volleyball**

The season runs Term 1 for Seniors and Term 3 and 4 for Juniors

**Uniform:** Carmel College numbered singlet and black shorts

### **Y11-13**

**Competition:** Senior Premier – Thursdays 4pm onwards, Netball North Harbour Stadium

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

**North Islands Tournament:** 5 day competition Term 1, Palmerston North

### **Y9/10**

**Competition:** **Junior** Premier – Wednesdays 4pm onwards, AUT Gymnasium

Junior Social – Thursdays 4pm onwards, Netball North Harbour Stadium

**Auckland Tournament:** 3 day competition early Term 4, Trust Stadium

**North Islands Tournament:** 5 day competition late Term 4, Auckland

## **Waterpolo**

**Competition:**

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

**Junior:**

Term 1 – Auckland Junior League, tournament held over three Saturdays at Diocesan and St Cuthbert's school

Term 2- 4 – North Harbour Junior League Friday games from 3.45pm at Millennium

Term 4 – Auckland Junior League, Friday or Sunday games at various venues

**North Islands Tournament:**

Senior – Term 1 April, Wellington; Junior – Term 4 November Auckland

**New Zealand Tournament:**

Senior A – Term 1 holidays Auckland; Senior B – Term 1 holidays Rotorua

## 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	Numbered Singlet	PE Shorts
Badminton	Singlet/PE Shirt	PE Shorts
Basketball (Y7-U17)	Numbered Singlet	PE Shorts
Basketball Premier	Singlet (Hand out)	Basketball Shorts (Hand Out)
Cheerleading	Long Sleeved Top	Skirt
Dragon Boating	Competition Singlet	Black Shorts
Equestrian	Long Sleeved Top	
Hockey Premier	Dress (Hand Out)	Blue Socks
Hockey	Numbered Singlet	Skort and Blue Socks
Football 1st XI	T Shirt (Hand Out)	Blue Shorts (Hand Out) and Blue Socks
Football 2nd XI	Numbered PE Shirt (Hand Out)	Black Shorts (Hand Out) and Black Socks
Netball Premier	Netball Dress Handout	
Netball	Netball Top	Skort
Rowing	ZOOT Suit	
Tag Football	Numbered Singlet	Tag Shorts (Hand Out)
Tennis	Singlet/PE Shirt	Skort/PE shorts
Touch	Numbered Singlet	PE Shorts
Volleyball Premier	Numbered Shirt (Hand Out)	Black Spanx and Knee pads
Volleyball	Numbered Singlet	Black Spanx and Knee pads
Waterpolo	Carmel Togs and Cap	Warm-up Top

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SPORTING NORTH HARBOUR WATERPOLO



## **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.

