



endless  
opportunities

Sports

SOUTHERN CROSS CATHOLIC COLLEGE





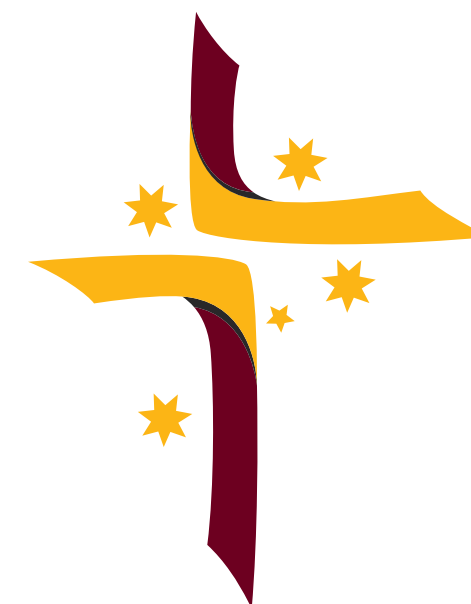
## Welcome

**Welcome to an insight to all things sport here at Southern Cross Catholic College. Here at Southern Cross we aim to develop self-discipline and leadership through all our sporting programs and beyond.**

Within all our programs at Southern Cross Catholic College we aim to develop our players both physically and mentally, while also providing a genuine pathway to higher levels of each sport.

### **Making better people, not just better players.**

This handbook was designed to give all readers an overview of the programs offered for students in Years 7-12 in 2023. This handbook will provide a general account of the requirements from both parents and students here at the college. Sport specific details are provided throughout each sports' respectful season such as training times, venues, coaches, contact numbers, uniform and other specific details. As a general overview, Southern Cross Catholic College is part of the Townsville Secondary Schools Sporting competition. The competition includes all schools from the Townsville region. In some cases schools from outside the district will also join the Townsville and District competition (e.g. Burdekin, Charters Towers and Hinchinbrook schools etc). As detailed within, there are a large number and diverse range of sports offered for students in Years 7-12. Within these sports, all students of various abilities are catered for. The college values sport as an important means of developing essential life-long physical skills, positive attitudes and healthy behaviours. We endeavour to provide every student with an opportunity to represent the college and aim to enhance their schooling experience through sport.



I thoroughly enjoy my role as the Sports Program Leader here at Southern Cross and I look forward to seeing what another year of sport brings to our College. I encourage all of our students to be heavily involved in the sporting opportunities that are available at this College. For any further questions or feedback, please do not hesitate to contact me as we all work together for the delivery of a quality program of sport at Southern Cross Catholic College.

### **Mrs Holly Harrison**

*Program Leader – Sports*

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# Sports Program Overview

**Southern Cross Catholic College has a growing representation with up to 11 competitive Senior sporting teams and up to 14 competitive Junior sporting teams representing the College in the Townsville Region and beyond.**

Our seven programs consist of Rugby League, Netball, Basketball, Touch Football, Football, AFL and Cricket. Each team has displayed varied success in their competitions and are growing to further develop their programs.

The Girls and Boys Rugby League team compete annually in the Queensland Independent Secondary Schools Rugby League (QISSRL) Confraternity Carnival. This is the largest schoolboy & schoolgirl Rugby League carnival in Australia with Catholic and Independent Schools from around Queensland taking part.

Our Girls Netball team represents the College annually in the Queensland Independent Secondary Schools Netball (QISSN) carnival. With 64 schools competing over five days, QISSN is by far the most competitive and in demand Netball Carnival in Queensland.

The Southern Cross Boys and Girls Basketball team competes annually in the highly competitive Champion Basketball School of Queensland (CBSQ) tournament. To maintain their position in the tournament, each year the teams must place in the top ten of their division.

Our Touch Football Program takes away a mixed Touch Football team to represent at Queensland All Schools – the largest touch carnival worldwide.

The AFL, Football, Cricket, and Boys Rugby League teams are highly competitive in their respective competitions and are striving to gain selection in their next level competitions.

These programs are supported by the High Performance and Fitness program, with structured training delivered by a qualified conditioning coach.

The coaching group at Southern Cross Catholic College is highly experienced and have brought their vision of engaging students in sport into alignment with the College's mission of inclusivity and self-development through a growth mindset. The expansion of the program to include students from both primary and secondary school and both male and female teams has been well supported by the families and this is a tribute to the hard work of the sports leaders and academy coaches.

Southern Cross Catholic College offers a vast co-curricular program, with sport being a major part of this extended educational experience.





THE FOLLOWING SPORTING PROGRAMS ARE OFFERED  
AT SOUTHERN CROSS CATHOLIC COLLEGE:

NETBALL	LEVEL	SEASON
Townsville City Netball Season	Year 7-9	Term 1-3
St Mary’s Shield	Year 10-12	Term 1
St Catherine’s QISSIN “Hit Out”	Year 10-12	Term 2
Vicki Wilson Cup & Shield	Year 7-12	Term 2
Mary Help of Christians Shield	Year 10-12	Term 2
McDonald’s Cup	Year 7-9	Term 3
TCEO Catholic Schools Series	Year 7-12	Term 2
QISSN Carnival	1st VII	June/July Holidays
Queensland Mental Health Week Challenge	Year 7-9	Term 4

RUGBY LEAGUE	LEVEL	SEASON
NQ Cowboys “Matthew Bowen 9s”	1st XIII	Term 1
Mt Carmel Shield	1st XIII	Term 1
NRL Karyn Murphy Cup	Year 7-12	Term 2
TCEO Catholic Schools Series	Year 7-12	Term 2
Statewide NRL Schoolboy Trophy	Year 9/10 & 1st XIII	Term 2
Herbert River Charity Shield	1st XIII	Term 2
O’Kane Cup	7-12 Boys/Girls	Term 2
QISSRL Confraternity Carnival	RLW 1st XIII	June/July Holidays
Queensland Mental Health Week 9s	9-11 Boys/Girls	Term 4

CRICKET	LEVEL	SEASON
Queensland Cricket T20	Boys/Girls (7-9 & 1st XI)	Term 3
Southern Cross Regional Tour	1st XI	Term 3/4
International Cricket Tour	Year 9-11	January Holidays

FOOTBALL	LEVEL	SEASON
Bill Turner Cup / Shield	Year 7 – 10	Term 2
Burdekin Soccer Carnival	Year 7 – 12	Term 2

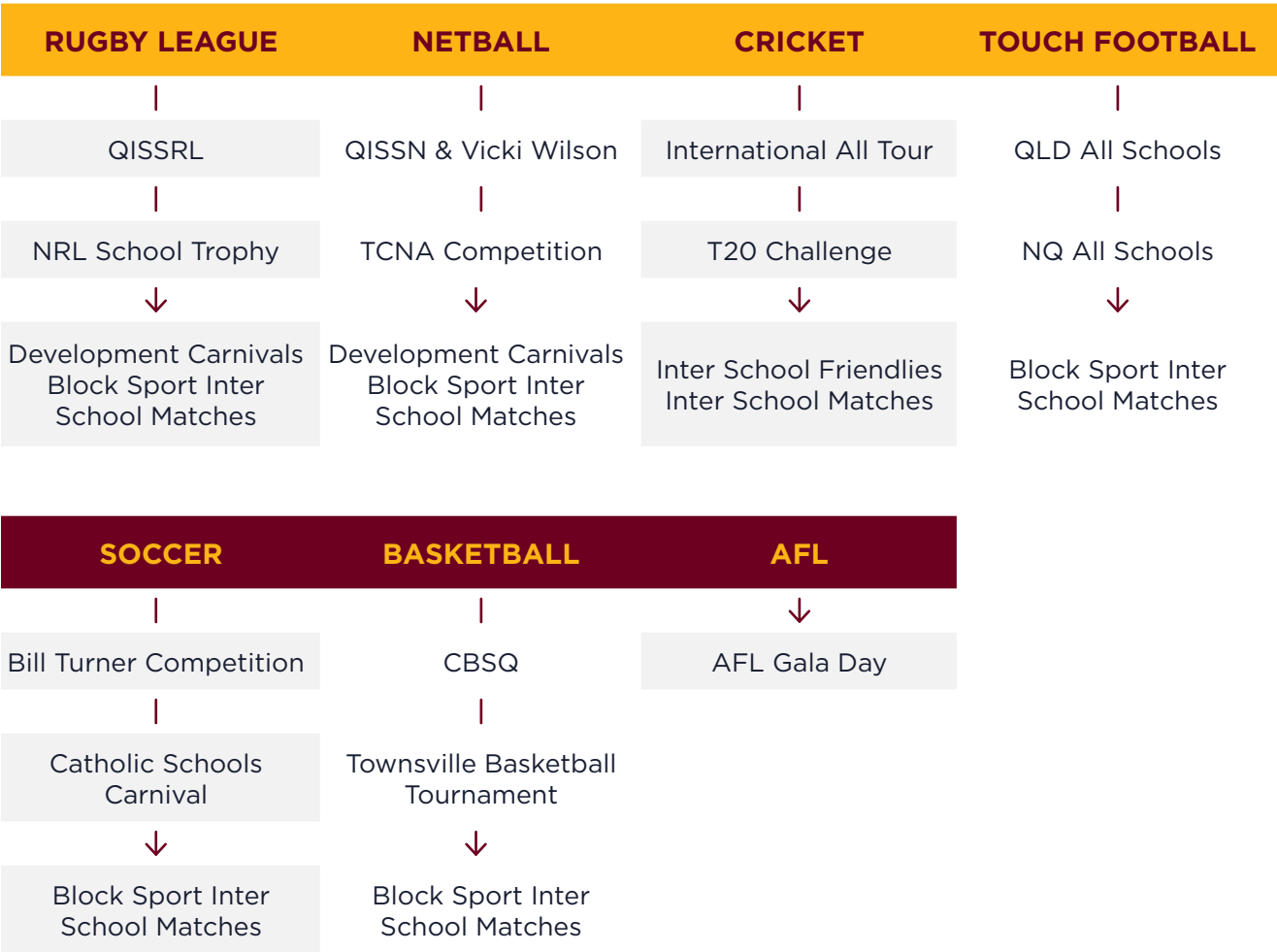
TOUCH FOOTBALL	LEVEL	SEASON
North Queensland All Schools	Year 7 – 12	Term 3
Queensland All Schools	Year 10 – 12	Term 3
TCEO Catholic Schools Series	Year 7 – 12	Term 3

BASKETBALL	LEVEL	SEASON
Champion Basketball Schools Comp	1st V	Term 3
TCEO Catholic Schools Series	Year 10 – 12	Term 3
Townsville Basketball Tournament	Year 10 – 12	Term 3

AUSTRALIAN RULES FOOTBALL	LEVEL	SEASON
AFL Schools Cup	Year 7 – 9	Term 2

# Sports Program Overview

## SECONDARY SPORT SOUTHERN CROSS CATHOLIC COLLEGE



## TRAINING MATCHES

During the season, training generally consists of a minimum of one or two sessions per week for all teams. All students are expected to be in attendance to ensure appropriate preparation for the upcoming season and for team selections. Details for pre-season and in-season training are detailed within the student notices, student notice boards and all information is available on the school website / social media. Matches for most sports are played on various days throughout the week and depend on the sport.

The Southern Cross Catholic College website and Facebook are generally the most up to date and therefore parents and students are asked to consult it for the most up to date information. Sport specific information is also provided to parents and students before commencement of each season. The information has all the necessary details and requirements to be involved in the sport. Such details include team coach, contacts, training, match times, match venues, uniform requirements and any other relevant information.





TOWNSVILLE SECONDARY SCHOOL

Block Sport Overview

Southern Cross Catholic College nominates teams in TSSS Block Sport competitions, with all inclusive opportunities listed in this table:

TERM 1:

- Year 7/8 Boys Rugby League
- Year 9/10 Boys Rugby League
- Year 7/8 Girls Basketball
- Year 7/8 Boys Basketball
- Year 7/8 Netball
- Year 9/10 Netball
- Year 11/12 Volleyball

TERM 2:

- Year 9/10 Basketball (Boys & Girls)
- Year 11/12 Netball (B)
- Year 9-10 Girls Soccer
- Year 9-10 Boys Soccer / Futsal (TBC)
- Year 7/8 Girls Rugby League
- Year 9/10 Girls Rugby League
- Year 11/12 Girls Rugby League

TERM 3:

- Year 11/12 Basketball (Boys & Girls)
- Year 11/12 Futsal
- Year 7/8 Touch Football (3 weeks)
- Year 9/10 Touch Football (3 weeks)
- Year 11/12 Touch Football (3 weeks)

TERM 4:

- Year 7/8 Boys Soccer
- Year 9/10 Volleyball







PARTICIPATING SCHOOLS

Below are the names of each of the schools involved in the Townsville Secondary Schools Sport. There is a nomination process for each term and not all schools participate in every sport provided. Southern Cross nominations teams based on student interest and staff availability. Please note that numerous sports are played at alternate venues and playing fields that are not located at our college. You will be required to play matches at other schools throughout the year and our values/standards will be of the highest order.

Other Participating Schools:

- Annandale Christian College
- Calvary Christian College
- Heatley Secondary College
- Ignatius Park College
- Kirwan State High School
- Northern Beaches State High School
- Shalom Christian College
- The Cathedral College
- Thuringowa State High School
- Townsville Christian College
- Townsville Grammar School
- Townsville State High School
- William Ross State High School
- Pimlico State High School
- Ryan Catholic College
- St Anthony’s Catholic College
- St Margaret Mary’s College
- St Patrick’s College



STUDENT EXPECTATIONS,

Standards & Responsibilities

STANDARDS

Honour School

Honour the Sport

Honour the Jersey

*Set the highest standards in training, discipline and in the public eye. Better people make better SCCC athletes....Always honour the jersey and leave it in a better place.*

*Wear it with pride during your time at SCCC and hand it onto the next generation in a better position than you received it.*

ATTENDANCE

In planning training sessions and fixtures, the College attempts to minimise the likelihood of clashes between other activities. In the event that a clash occurs between activities, the student is to advise their coach of the situation. The coach will then explore the situation and advise the student of the solution. Rolls are kept by the coach in order to monitor the commitment of players throughout the season and will become a record of player's participation and eligibility for various awards, team photographs and so on. It is therefore essential that players advise their coach PRIOR to the session of any absences that will occur during the season. This includes absences due to illness, injury, music, drama and other school commitments and applies to both TRAININGS and FIXTURES. Failure to attend training without a satisfactory explanation may result in players not being allowed to participate. Dedication and enthusiasm of all students who have been chosen in the team will mean that this situation will not arise.

COMMITMENT

The College expects all students to actively participate in the sporting program here at Southern Cross Catholic College. Students who accept membership to an academy, development program or block sport team must also accept all the commitments that are associated with being part of a team.

The core commitments include:

- Giving maximum effort and commitment to team members and coaching staff at all times.
- Being punctual in attending all training sessions and games/fixtures.
- Completing any officiating or duty requirements.
- Supporting fellow team members in their matches.
- Taking responsibility for communicating training times, fixtures details and transport arrangements on a weekly basis to parents and guardians.
- Bringing all necessary equipment to training and matches. This includes personal safety equipment such as mouth guards, shin pads and water bottles.
- Meeting all uniform and behavioural requirements for all training and games.

TEAM SELECTIONS

Different competitions have rules around the number of teams that can be entered in the various age groups for each sport. Where possible, the College attempts to place each student in an appropriate team. There are, however, some activities that require a selection process to occur. In these instances, trials will occur prior to the season. Students will have multiple opportunities to demonstrate their abilities and talents. Teams are selected by the relevant coach on the criteria of physical performance, attendance, attitude, behaviour and team balance. Team selections for each game will be communicated by the coach to the students, generally in the final training session of the week. The grading of these teams is both from the benefit of the competition and to ensure that students are playing at an appropriate level. As most school teams are selected on a weekly basis, there is always the opportunity for students to move between teams based on their ability and attitude to training.

SELECTION POLICY

The major criterion for selection will be the performance of the player at trials or training sessions while also taking into consideration the below factors:

Areas of performance considered should be:

- The skill level of the athlete and specific physical qualities (anatomical; physiological) required
- The fitness level of the athlete
- The performance of the athlete within the team
- The attitude and behaviour of the athlete on and off the field
- A player absent due to injury, illness competing demands (representative duties) may be considered if appropriate advice has been provided (medical certificate, verification of representative trials etc.)

Southern Cross Catholic College selection Panel:

If there is an issue around selection, please contact the Sports Coordinator and the matter will be dealt with in an appropriate manner.

To Love. To Serve. To Shine



## Equipment & Safety

### PLAYING & PERSONAL SAFETY EQUIPMENT

The College provides sufficient general equipment for students to undertake all the sports offered. For some activities such as tennis and cricket, it is acceptable for students to have their own personal sporting equipment. Some sports offered at the College require compulsory safety items such as mouth guards, shin pads, protectors and boots.

### UNIFORM

#### Competition Day

As an ambassador for the College, the playing uniform should be worn with pride and in the correct manner at all times. In some cases it is expected that when students are traveling to an away game outside the Townsville region that they dress in full academic uniform. Other cases sports uniform is acceptable. Staff will communicate these expectations prior to all games. Please consult the Academy Handbooks for specific information on the uniform requirements of each sport.

#### Training Day

Students are expected to wear appropriate clothing to training. It is a requirement that students have appropriate footwear for their specific sport.

Open shoes such as thongs or sandals are not suitable. All students are required to be in their school uniform before the first lesson if training before school.



#### Water and Food

It is the responsibility of the individual to ensure that they have their own water bottle and that it is not shared. All necessary precautions should be taken in this regard. Not all schools will be providing a canteen or morning/afternoon tea at the away venues so students will need to bring a snack and drink if they require food before or after matches.

#### Medical Forms

Parents/guardians are asked to ensure the College has updated student medical details. This information will be obtained and kept confidential by the coach/coordinator to assist if there is an accident. All accidents and injuries will be reported to the College on Student Incident Report forms by the authorities' in-charge at the time of the incident.

## Training, Transport & Weather

### TRANSPORT

The College will provide supervised transport to all carnivals that occur during regular school hours. Transport details will be communicated in the weekly Sports Update, Student Notices and the Website/Social Media. If a student cannot make a fixture due to transport, parents are asked to attempt to organise alternative arrangements with another student in that particular team. If this is not possible, parents are then asked to contact the Sports Coordinator to see if alternative arrangements can be made.



### TRAINING

Changes to training times will be communicated by the Head Coach of each program or the Sports Coordinator. Information regarding changes will be disseminated via the college website, social media and student notices. In the event of illness or an unavoidable appointment, please contact the Sports Coordinator via phone (email is a secondary communication tool) in relation to training and fixtures. In most cases training will still occur in the event of WET WEATHER as teams will often work undercover for training or in classrooms.

If for some reason training cannot occur, coaches and players will be notified as soon as possible. This information will also be posted to the Southern Cross Catholic College website and social media. Coaches will endeavour to dismiss students from training sessions at the advertised time.

### EXTREME WEATHER

Southern Cross Catholic College has a set of guidelines which involves a consultative process in relation to fixtures being cancelled due to poor weather conditions. In relation to cancelling matches due to the weather, a decision is usually left to the early morning for fixtures. If there is no word, please assume the game is on and follow the advertised playing details. In the event of WET WEATHER during FIXTURES, the Sports Coordinator will contact the coach to confirm play if possible. Cancellation of games made on match day will be determined from the venue and teams will need to be present. Whenever possible, the College website and Facebook will provide the most up to date information on the status of training and fixtures due to weather.



# Representative Teams

Southern Cross Catholic College students are entitled to attend the Townsville District selection trials in the sports they currently play in. All students must nominate through the Southern Cross Catholic College Sports Department and comply with the following expectations:



1. Southern Cross Catholic College views Townsville District Trials as an avenue for our athletes to reach state representation.
2. It is the student's responsibility to print a nomination form from the Compass News Feed and return it to the Sports Coordinator for signing before the due date.
3. Students are to be made aware that there are qualifying standards for certain sports and if these standards are not met; students will not be eligible to attend.
4. Students, who have met the criteria and have been permitted to attend Townsville District Trials, will be excused from classes.
5. Transport to and from the trial is the parents'/guardians' responsibility.
6. The Principal in consultation with the Sports Coordinator will approve a student's application.
7. Application to attend the trials will not be approved unless the student represents the College in the sport for which they intend to trial for.
8. If the school does not actively participate in their chosen sport, the student must at least represent an outside club.
9. Students who attend these trials must have their parent's permission and are responsible for catching up on work missed whilst at trials.
10. Students attending these trials should minimise their time away from classes and return to College after their event is finished.
11. The Principal reserves the right to withdraw students from attending trials or competing in Townsville District and North Queensland representative teams.





## SOUTHERN CROSS CATHOLIC COLLEGE

# Sport Code of Conduct 2023

### COACHES

- Remember that young people participate for pleasure – winning is only part of the fun.
- Never ridicule or yell at a player for making a mistake or not coming first.
- Operate within the rules and spirit of your sport – help your players to understand that playing by the rules is their responsibility.
- Relate to officials in a courteous and polite manner.
- Implement relevant sport safety policies and practices.
- Ensure that the time players spend with you is a positive experience.
- Encourage young people to participate in coaching and officiating – as well as playing.
- Respect the rights, dignity and worth of all participants – regardless of their gender, ability, cultural background or religion.
- Promote a culturally tolerant environment.
- Keep up to date with coaching practices and qualifications – ensure you understand the principles of physical growth and development.
- Avoid overplaying the talented players: the 'just average' need and deserve equal time.
- Ensure you are aware of the schools' child safety policy – ensure you are aware of your mandated responsibility to report suspicion of child abuse and neglect.
- Avoid developing any 'special' relationships with children – ensure that you show no favouritism such as the offering of gifts or special treatment. This includes intimate relationships and personal online social networking with team members.

### PLAYERS

- Play by the rules.
- Never argue with an official – if you need clarification, have your captain, coach or manager approach the official during a break or after the competition.
- Work equally hard for yourself and your team – your team's performance will benefit – so will you.
- Be a good sport – applaud all good plays whether they are made by your team or opposition.
- Show respect to and acknowledge opponents and officials (e.g.: shake hands before and after the game and say things like 'good luck', 'thanks for the game', 'thanks ref', 'three cheers for...').
- Cooperate with your coach, teammates and opponents – without them there would be no competition.
- Participate for your own enjoyment and benefit – not just to please parents and coaches.
- Play fair – no verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent.
- Respect the rights, dignity and worth of all participants – regardless of their gender, ability, cultural background or religion.
- Do not expect or accept "special" favours from a coach or person involved in team or club management.
- Speak to an adult you trust if you have an issue, feel unsafe or are concerned about someone else.

### PARENT/ SPECTATORS

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation to volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.







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