



REDLANDS COLLEGE

Sports@Redlands



Handbook

Mission

Our mission is to foster a Christ-centered school community which, through the co-operation of staff, students and their families, provides students a quality education which values respect for the individual, a commitment to excellence in all endeavors and the desire to develop one's God-given abilities.

Vision

Our vision is to shape the future in a powerful and positive way by engaging the hearts, minds and hands of our students; from Prep to Year 12. It is our expectation that boys and girls, with promise, become men and women of substance. We recognise the seasons of learning in the lives of our students – exploring their God-given abilities in Junior School, expanding their God-given abilities in Middle School, and extending these in Senior School. Redlands College allows students to experience the full learning journey, facilitated by supportive, meaningful teaching and learning relationships.



Values and Philosophy in Sport

The core value of sport at Redlands College is to support and coach every student to achieve their very best. Our aim is to create better people first and foremost. Through mentoring relationships, coaches nurture and develop athletes physical, social, emotional, spiritual and cognitive capabilities. Better people create better athletes.

Sport is an integral part of College life. Our extra-curricular program delivers elite coaching to teams that compete in a range of tournaments. We have a 'sport for all' philosophy and highly encourage all to participate by providing a level of inclusion that covers competitive, non-competitive and representative level sports through a range of tiers and divisions.

Our Values we uphold

1. *Building Community*

I will be the custodian
I will unite others through inclusion
I will leave it in a better place
No one person's is bigger than the team.

2. *Exhibiting Integrity*

I will always keep my word
I will have belief in myself, coach and my team
I will practice what I preach
I will uphold the College colours.

3. *Being Courageous*

I will take risks to improve my skills
I will challenge myself and teammates to reach our full potential
I know my place and I own my space
I will embrace errors and grow from them.

4. *Leading with Commitment*

I give my all on and off the court or field
I am committed to my team and the program
I will attend all sessions and competitions
I will bleed for the team.

5. *Demonstrating Respect*

I don't make excuses and I am accountable
I will act respectfully towards coaches, players, officials and opposition
I will honour and uplift our core values
I will challenge myself and team mates.

6. *Showing Focus*

I will play with purpose and conviction
I will keep setting higher standards
I know my job and I'll focus on it
My mindset will be positive
I will focus on the next action.

Sport Aims

- To promote the opportunity for all students to actively participate in a wide range of individual and team sports
- To develop student qualities of: self-esteem, personal fitness, team commitment, sense of fair play and school spirit
- To provide pathways and support for students to achieve sporting success at the highest levels
- To develop physical skills and strength to ensure that Redlands College fields competitive school sporting teams
- To enhance each student's capacity to make informed lifestyle decisions upon leaving Redlands College
- To pursue excellence at all levels, for individuals and for teams.

Sport Structure

Students develop their God-given talents and take on new challenges by participating in a range of sporting activities. There are plenty of opportunities to join sporting teams, however, all sport is subject to sufficient student interest and adequate staff / coach availability. Students who nominate to participate in sport are expected to be committed for the season and to fully adhere to the Redlands College Sport Policy. (*See below*)

Students successful at College level have the opportunity to progress through to the Annual Bayside District carnivals and further, with access to local and interstate level tournaments. We also undertake national tours to further extend athlete and staff experience in order to facilitate engaging sporting platforms.

Weekly overview for Middle and Senior students only

Year level	Internal Timetabled Sport		External Competitions (Rep Level Sport)	Outdoor Recreational
	Sport	Day		
6 - 7	Football Basketball Tennis Softball Baseball Netball Volleyball Futsal Touch Football	Friday	Football Basketball Tennis Netball Volleyball Touch Football	Not applicable
8 - 9	Dance Basketball Tennis Baseball Softball Touch Football Weight Training Outdoor rec Cheerleading Rugby League	Tuesday	Basketball Volleyball Netball Beach Volleyball Touch Football Soccer Tennis	Rock climbing Trampolining Kayaking Paddle boarding Canoeing Parkour Sailing Archery Orienteering
10 - 12	Basketball Volleyball Netball Soccer Futsal	Wednesday	Basketball Volleyball Netball Beach Volleyball Touch Football Soccer Tennis AFL Futsal	Access program <i>(Booklet found on website)</i>

Inter-school timetabled sport teams

Bayside interschool sport is a great opportunity to make new friends, be a part of a team, further develop sporting skills, keep fit and represent proudly Redlands College.

Bayside members: Wellington Point State High School, Brisbane Bayside State College, Cleveland District State High School, Wynnum State High School, Capalaba State College, Victoria Point State High School and Alexandra Hills State High School.

Inter-house carnivals

Students are encouraged to participate in these carnivals and represent their House to the best of their ability. It is from here that the Inter-school teams are selected for the Bayside District competitions and this then opens the gateway for higher-level representative sporting platforms.

Extra-curricular competition

Teams and squads have mandatory training either before and / or after school. Training sessions are organised in order to improve skill set, fitness level, and encourage a cohesive team culture. This is an expectation of all team players.

Independent representation of the College in a District team

Students can nominate themselves to be involved in higher levels of competition and may progress through the Representative selection pathway.

The Bayside District will annually provide a selection of sporting trials for all students who wish to participate. We encourage students that regularly participate in team sports to independently nominate for their preferred sport. All the documentation will be available for them through our Schoolbox platform under Sports Trials and further communication will be provided via other avenues.

Students participating in sport are required to wear their College sports uniform, or their College team uniform. There are team sports that will require the purchase of specialty clothing and this will be outlined prior to the commencement of the sporting season. All required sports items can be purchase at the College's uniform shop.

Communications

We will endeavor to inform the Colleges' sporting community about imminent sporting events. Our sporting communications are delivered using a number of avenues. It is important to vigilantly read your emails through your Family account as this is where the initial communications of all sports will be done.

The Redlands College App is available through the App store and is where Students, Parents, Team Coaches and the Director of Sport will further communicate regarding training times, team attire, tournaments and the like.

Inclement weather

The Sports office will communicate with all stakeholders informing them of all cancellations. Do not assume games will be cancelled unless you receive notification.

Team selection

We believe that sport should be safe, enjoyable, inclusive, and should maximise individual participation. We believe that a positive experience in sport will contribute to students developing a lifelong love of sport.

What we will do:

- Provide students with a broad range of experiences
- When squad training, consider the level of commitment to each training session
- When team training, continue to monitor attitude and commitment in the selected team.

Sports Policy

1. All players are required to attend all meetings, training sessions and games.
2. Notification must be given from a parent or guardian if a player is going to be absent from a game or training session. Their Sport Coordinator must be notified via the Redland College App.
3. Students are required to be at all games at least 15 minutes prior to the starting time.
4. As you are representing Redlands College we expect every student to wear their full, correct uniform to the game, during sport and leaving the game.
5. Students, parents and staff must follow the Redlands College Sport Code of Conduct for all sporting events.

Transport and supervision

- 6 Parents and Guardians must collect their child / children from external / extra-curricular sport at the completion time. Parents/Guardians are expected to be punctual and considerate of supervising staff.
- 7 Staff, or at times, coaches will supervise for 15 minutes prior to each game and a further 15 minutes at its conclusion.
- 8 Parents and Guardians have provided all contact and emergency contact details to the College. Please ensure that these remain up-to-date so that the stakeholders can be notified promptly in an emergency.

Sport Code of Conduct

All players, teachers, coaches and spectators are required to follow the codes of behavior outlined below:

for Players

- Be a good sport
- Play for enjoyment
- Work hard for your team as well as yourself
- Treat all team members and opponents as you enjoy being treated yourself
- Play by the rules
- Cooperate with team and game officials
- Control your behaviour on and off the field
- Learn to value honest effort, skilled performance and improvement.

for Coaches

- Set a good example for your players
- Encourage and create opportunities
- Teach a wide range of team skills
- Ensure that the sport is appropriate for the age group and the skill development level of the players involved
- Teach your players to be friendly towards officials and opponents
- Give all selected students a chance to participate in training and in games
- Remove from the field of play any players whose behaviour is not acceptable
- Keep your own knowledge of coaching and the developments of the game up to date.

for Parents

- Encourage participation of your children
- Provide a model of good sporting spirit for your child to copy
- Be courteous in your communication with players, team officials, game officials and sport administrators
- Encourage honest effort, skilled performance and team loyalty
- Make any new parents feel welcome on all occasions
- Do not interfere with the conduct of any events
- Support skilled performances and team play with generous applause
- Demonstrate respect for opposing players and their supporters.

Thank you in advance for your child / children's' participation in sports@redlands. We are consistently encouraged by the willingness of Parents to uplift their child / children and encourage them in a sporting activity.

Mr Malcolm Oosterbeek
Director of Sport and Activities