MERIDEN
JUNIOR SCHOOL
SPORT HANDBOOK

MERIDEN
AN ANGLICAN SCHOOL FOR GIRLS

Meriden girls
make their *marks.*



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WELCOME

Meriden's cocurricular sport program promotes fitness and teamwork in a fun environment.

Our programs are designed to meet the needs of beginners, right through to athletes who compete at an elite level.

This booklet contains information to help guide you through sport at Meriden.

For further information regarding the Junior School Sports program, parents are encouraged to contact the Junior School PE Office on 9752 9491.



Sport is an important part of school life at Meriden.

STAFF

Meriden's sports staff are dedicated to teaching and inspiring our students to achieve well.

Mr Mark Heathcote
DIRECTOR OF SPORT (YEARS 3-12)
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Miss Belinda Wilsher
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Miss Wilsher oversees all areas of Junior School Sport, including coordinating the following sports: Athletics, Basketball, Cross Country, Diving, Flippa Ball, Football (Soccer), Netball, Swimming, Tennis and Touch Football.

Miss Rebecca Dennis
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Miss Dennis assists with the organisation of Junior School Sport.

Mr Ben Wheen
OLYMPUS PROGRAM COORDINATOR

Mr Wheen manages our manages our Junior School Olympus program.

Head Coaches

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SPORT AT MERIDEN

Students are provided with the opportunity to strive for excellence within their chosen sport at Meriden.



Sport helps students to become confident, responsible, well-rounded and resilient.

Meriden competes in the Independent Girls' Schools Association (IGSA). Each term, IGSA hosts Saturday morning sport competitions.

Students who register for a Saturday sport will have one training session per week, between 3:10pm–5:00pm. Venues will be published on the Meriden Parent App a few weeks prior to the season commencing.

Students will need to be available to play a Saturday morning match between the hours of 8:00am and 12:00pm. Girls are expected to attend all training sessions and matches. Parents should be aware that matches are played anywhere in the Sydney Metropolitan area.

Throughout the year, students also have the opportunity, if selected, to represent Meriden at the IGSA Athletics, Cross Country, and Swimming and Diving Championships.



TRIALS, TEAM LISTS AND SPORTS DRAWS

All students who trial for a Saturday sport are placed into a graded team according to their performances in trials.

Trials for Saturday sports are usually held in the last week of the term prior to the sport commencing. For example, if a student is registered to play Term 2 IGSA Netball, she will trial in the last week of Term 1 and complete her first training session in Week 1 of Term 2.

All Saturday sport team lists, draws with playing dates, and venue information are published on the Meriden Parent App, before the season commences. If there are changes during the term, a notification will be published on the Meriden Parent App for all sports.

TRANSPORT

Depending on the sport, return buses are provided when offsite venues are used for sport training sessions. For afternoon sessions, buses will depart from Vernon Street at 3:25pm and arrive back at school at 5:00pm.

For Saturday matches, parents must transport their child to and from venues. If parents have difficulty arranging transport, they could consider arranging a lift with another student in the team.



TENNIS ACADEMY

The Meriden Tennis Academy offers a range of programs that caters for players from first-timers through to Australian ranked players (and every level in between).

The Tennis Academy aims to develop:

– Outstanding tennis skills

– Physical fitness and stamina

– Teamwork skills

– The desire to strive for excellence

– Uncompromising values of sportsmanship, commitment and generosity.

While tennis coaching is available to everyone in the local community, priority is given to Meriden students.

For further information about the Meriden Tennis Academy, email tennis@meriden.nsw.edu.au or contact Mr Brian Ly, Head Coach – Tennis, on 9752 9456 or email bly@meriden.nsw.edu.au.

OLYMPUS PROGRAM

Meriden's Junior School Olympus Program is designed to help cater for our emerging student-athletes who compete at an elite level.



SPORT SELECTIONS

Meriden offers a wide range of sports each term to students in the Junior School. Please see below the sports on offer along with the weekly commitments:

TERM 1	**Badminton**	One afternoon training session per week
	Diving	One to two lunchtime training sessions per week
	IGSA Flippa Ball	One afternoon training session per week and a Saturday match
	IGSA Football	One afternoon training session per week and a Saturday match
	Pre-K-1 Fundamental Movement Skills	One to two afternoon training sessions per week
	Run Club	One morning training session per week
	Specialised Athletics	One afternoon training session per week
	Swim Development	One to two afternoon training sessions per week
	Years 1–2 Touch Football	One afternoon training session per week

TERM 2	**Badminton**	One afternoon training session per week
	Diving	One to two lunchtime training sessions per week
	Athletics Fundamentals	One afternoon training session per week
	IGSA Netball	One afternoon training session per week and a Saturday match
	Pre-K-1 Fundamental Movement Skills	One to two afternoon training sessions per week
	Run Club	One morning training session per week
	Specialised Athletics	One afternoon training session per week
	Swim Development	One to two afternoon training sessions per week
	Years 1–2 Netball	One afternoon training session per week



TERM 3	**IGSA Badminton**	One afternoon training session per week and a Saturday match
	Diving	One to two lunchtime training sessions per week
	Athletics Fundamentals	One afternoon training session per week
	IGSA Touch Football	One afternoon training session per week and a Saturday match
	K–1 Fundamental Movement Skills	One to two afternoon training sessions per week
	Run Club	One morning training session per week
	Specialised Athletics	One afternoon training session per week
	Swim Development	One to two afternoon training sessions per week
	Years 1–2 Basketball	One afternoon training session per week

TERM 4	**Badminton**	One afternoon training session per week
	Diving	One to two lunchtime training sessions per week
	Flippa Ball Pre-Season	One afternoon training session per week
	IGSA Basketball	One afternoon training session per week and a Saturday match
	IGSA Tennis	One morning training session per week and a Saturday match
	K–1 Fundamental Movement Skills	One to two afternoon training sessions per week
	Run Club	One morning training session per week
	Specialised Athletics	One afternoon training session per week
	Swim Development	One to two afternoon training sessions per week
	Years 1–2 Football	One afternoon training session per week

MERIDEN PARENT APP

AN ESSENTIAL COMMUNICATION TOOL FOR SPORT PARTICIPANTS

The Meriden Parent App provides instant communication of important sport information to parents and students. One of its many features is the ability to receive push notifications (instant alerts) and updates about sport activities through your smart phone or device.

The Meriden Parent App enables you to receive:

– notifications about wet weather cancellations or changes to sport sessions

– sport or venue changes

– registration links for sports

– results and standings.

Parents are automatically subscribed to receive notifications when they register their daughter for a sport.





SPORT REGISTRATIONS

Sport registrations are completed through Parent Lounge. To log in to Parent Lounge you will need your Meriden Username and Password. If you require assistance accessing Parent Lounge, please call Meriden ICT Department on 9752 9444.

Sport registrations open in Week 4 of the term prior to sport commencing. If a student misses the registration period and would still like to enrol in a sport, parents are encouraged to email Miss Wilsher (bwilsher@meriden.nsw.edu.au) to ask if a late registration can be accepted.

How to Complete Sport Registrations Through Parent Lounge

1. Log in to Parent Lounge using your Meriden Username and Password.
2. From the menu on the left side of screen, click on "Cocurricular Activities". This will bring you to a short list of sports and other activities currently open for registration.
3. Click the green "Sign up Now" button.
4. Go through the list of sports and click the grey "Sign up" button next to the sport/s for which you wish to register.
5. As you click the grey "Sign up" button you will see a window asking you for confirmation. On this screen:
   a. *Check and verify your daughter's medical details*
   b. *Read the Sign-up note (if relevant)*
   c. *Download and read the Sign-up document (if relevant)*
   d. *Answer any additional questions such as preferred positions and/or preferred training days (if relevant) and*
   e. *Click "Sign up".*
6. You can sign up for multiple sports at the same time, and if you have more than one daughter at the School you can make selections for multiple daughters. Once you have made your selections click the green "Submit to School" button.
7. You will see a confirmation of the sports you are registering for plus the total amount owing. Select or enter an email address to receive a receipt after payment.
8. Click "Pay Now".
9. Follow the prompts to pay by credit card. You will receive a receipt confirming registration upon completion.

For further assistance with the registration process, please email sport@meriden.nsw.edu.au.

EXPECTATIONS AND CODE OF BEHAVIOUR

EXPECTATIONS

– Students need to attend all training sessions and matches and will be excused only in exceptional circumstances or in the case of illness.

– If a student is to miss a Saturday match, a parent must inform Miss Wilsher via email three days prior to the match. Only exceptional circumstances will be approved.

– When it is unavoidable for a student to miss a training session, a parent must inform Miss Wilsher via email prior to the session explaining the reason.

– Students will be attentive and cooperative and will participate with full effort in all training sessions and matches.

– Students need to arrive to a match at least thirty minutes prior to the commencement of the game to complete a proper warm-up and skills practise session.

– Students will be correctly attired and will have the appropriate equipment for all training sessions, matches, carnivals and competitions.

– In the event of wet weather, a parent/student must not assume that training or matches have been cancelled. The PE staff will post a notification on the Meriden Parent App as soon as a cancellation occurs. If there is no notification posted, the session or match will be held.

– The student must be a good ambassador of the School at all inter-school sporting activities.

– The student must abide by the expectations and code of behaviour.

CODE OF BEHAVIOUR FOR STUDENTS

General

– Be a good sport. Applaud all good play, whether by your team or by your opponent.

– In individual or team sports, shake hands with your opponent after the game or race. Treat all players as you would like to be treated.

– Accept winning or losing graciously. Be modest in success and appreciate the opponent's fine performance in victory or defeat.

– Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.

– Cooperate with your coach, teammates, umpires and opponents; without them you do not have a game.

– Once you commit yourself to a team for a season, honour that commitment.

– Play by the rules, never argue with an umpire or official or other players.

– Let your captain or coach ask any necessary questions.

Matches and Training

– Be punctual to games and training sessions. Players should be at the match venues half an hour before the game commences to allow enough time for your team to warm up correctly.

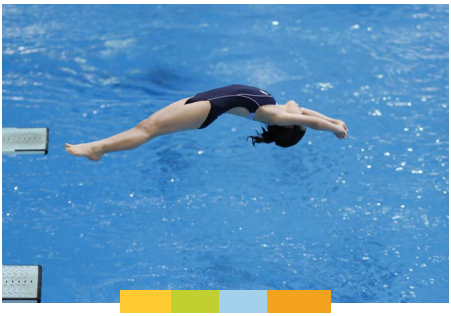
– Always be dressed in the correct uniform. At training sessions, you are to wear your PE uniform and at matches, the specific uniform which is required by that particular sport must be worn. Safety equipment is also required at times, for example, mouthguards and shin pads.

Communication

– If parents have difficulty in arranging transport to matches, an option is to arrange a lift with a teammate.

– If a team member or parent is unsure of any aspect of Meriden sport, they should see the Junior School Sports Coordinator for assistance.

Please refer to the Code of Behaviour for School Sport in the Junior School Planner.



CODE OF BEHAVIOUR FOR PARENTS AND GUARDIANS

The IGSA Saturday Sports Competitions provide opportunities for student's physical, cognitive and social development. Attendance at matches by parents is mandatory. Parents and guardians are the first role models for students; the behaviours and etiquette parents and guardians exhibit have a significant influence on children. Meriden has clear expectations of parent conduct at school and offsite for sporting events.

– The authority of coaches and managers should be respected, and it is inappropriate to question or confront them at the sports venue or during training sessions in front of other spectators and players.

– Do not approach another parent or student with grievances.

– Under no circumstances should parents approach or make contact with the opposition's coaches, parents, students or school directly.

– Applaud good performance and efforts by your team and opponents. Congratulate both teams on their performance and efforts regardless of the game's outcome.

– Respect the official's decision, regardless of your opinion. Sometimes an umpire makes a mistake and the decision may be wrong. Accept this as part of the game and encourage players to participate as good sports.

– Do not ridicule a player for a mistake. Encouragement will prove more valuable.

– Support all efforts to remove foul language and harassment of players, coaches or officials. Condemn the use of any form of unsportsmanlike behaviour.

– Avoid the use of derogatory language.

– Respect the wishes of the Conveners at any venue in relation to parking, designated spectator areas and any other requirements, which may be specific to the venue.

– Understand the rules of the game and the modifications of the rules necessary for the standard of development.

– Courtesy should be shown towards staff members.

– Parents should not take or post photographs of other students, whether from Meriden or an opponent school, without the express consent of the other child/children's parents.

– Visitors should leave a school or other sporting venue tidy and rubbish free.

– Do not bring pets to the venues unless you are sure that the venue is animal friendly.

SPORT AWARDS

For each IGSA Saturday sporting team, including Tennis, Basketball, Football, Netball, Badminton, Touch Football, and Flippa Ball, the coach of the team will keep a record of a girl's attendance. A central register of all teams will be kept in the PE Office.

At the completion of the season, the supervising staff member of each sport will, with the advice of each coach, make nominations for the following two awards.

Best and Fairest Player and Most Improved

Effort, attitude and skill level will be considered for both awards. Only the girls who excel in these attributes can be nominated for the award, and only one player per team will receive the award.

Annual Sports Awards

These awards have been developed to encourage continued participation in more than one school sport. Students are awarded one point for participation in each IGSA sport each year, and points are cumulative.

Students are also awarded points based on the level of competition in which they are competing. Points will be calculated on a full calendar year's participation in sport.

MULTIPLE SPORTS AWARD

This award is presented to students who have participated in multiple sports for IGSA.

COMMENDED AWARD

This award is presented to students who have competed at a New South Wales CIS Championships.

HIGHLY COMMENDED AWARD

This award is presented to students who have competed at a New South Wales State Championships.

HIGHEST ACHIEVEMENT AWARD

A student who is eligible for this award has been selected and represented Australia in their respective sport. This award is only given if there is an appropriate candidate.

THE STOJCEVSKI SPORT'S CAPTAINS ENCOURAGEMENT AWARD

This award is presented to a student who has demonstrated excellent participation and performance in a range of sports.



SPORTSWOMAN OF THE YEAR

The criteria for this award include the level of participation in school teams, team awards, and IGSA representative selections. Trophies are also presented to girls who are Commended (second runner up) and Highly Commended (runner up). The point system is as follows:

Meriden Sporting Team	*1 point*
Most Improved Award	*1 point*
Best and Fairest Award	*1 point*
IGSA Competitor	*1 point*
Primary Swimming Runner Up	*2 points*
Primary Cross Country Runner Up	*2 points*
Primary Athletics Runner Up	*2 points*
Primary Swimming Champion	*3 points*
Primary Cross Country Champion	*3 points*
Primary Athletics Champion	*3 points*
NSWCIS Competitor	*3 points*
NSWPSSA Competitor	*3 points*
School Sport Australia	*3 points*

IGSA SPORT CANCELLATIONS

IGSA SPORT CANCELLATIONS

Due to the short seasons for all IGSA sports, every attempt is made to play the inter-school matches. Cancellations of a Saturday sport is, therefore, rarely made before Saturday morning.

There are two ways to gain information concerning play:
1. IGSA website: igsasport.spawtz.com
2. myIGSA mobile screens

To access all mobiles screens, you should set up a bookmark.

These screens allow you to:
– find games for selected teams (including links to maps)
– check results and ladders (full point score tables will still be available on the website)
– check venue closures

To receive information on whether a venue is open or closed, please follow these steps:

1. Check with your service provider before Saturday that you have access to this number – 199 25465
2. Know the exact name of the venue and sport you are playing (listed on the draw)
3. Text the name of the sport and the first initial of that venue to 199 25465. For example, if playing Netball at Pymble, text 'netballp'.
4. A text message listing all venues for that sport, starting with that same initial will be sent, eg: PLC Sydney – OPEN | Pymble – CLOSED.
5. To access information about another venue, repeat steps 1 and 3.

SPORT UNIFORM REQUIREMENTS

JUNIOR SPORT

Years 3-6

	Athletics	Badminton	Basketball	Cross Country	Football	Netball	Swim Development	Swimming, Diving and Flippa Ball	Tennis	Touch Football
Polo shirt		•			•	•			•	
Shorts	•	•	•	•	•	•				•
Skort (optional for Netball)						•			•	
Athletic singlet	•			•						
Basketball/Touch singlet			•							•
Competition socks					•					
Sport socks	•	•	•	•		•			•	•
Swimming costume							•	•		
House cap							•	•		
Swimming rash shirt*							•	•		
Training t-shirt (Years 3-12)*	•	•	•	•	•	•	•	•	•	•
Training fleece (Years 3-12)*	•	•	•	•	•	•	•	•	•	•

** Non compulsory*

RISK WARNING

(Under Section 5M of Civil Liability Act 2002)
On Behalf of Meriden School and IGSA.

Sporting Activities 2027

Meriden School organises many individual and team sporting activities during the course of a year. Some of these are organised in conjunction with IGSA Sport, a sub-committee of the Association of Heads of Independent Girls' Schools NSW (AHIGS), now trading as IGSA. Students participating in these sporting activities may take part in practice and in competitions.

Meriden School and IGSA Sport expect students to take responsibility for their own safety by wearing / using compulsory safety equipment and considering wearing / using recommended safety equipment. Participants are expected to behave in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

Meriden School and IGSA Sport also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the Codes of Conduct and to set a good example for the students.

While Meriden School and IGSA Sport take measures to make the sporting activities are as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events.

Such injury can occur while the student is engaging in or watching a sporting activity or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.



This publication outlines customs and practices of Meriden School. The arrangements outlined in this publication are subject to change at the discretion of the School.

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MERIDEN
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