



O PROSPER THOU OUR HANDIWORK

PULTENEY



Middle & Senior School

Sport Handbook 2023

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Sport at Pulteney will create an opportunity for students to come together, build confidence, develop leadership and skill set, acceptance and provide a sense of belonging through commitment and engagement.

- Emma Bahr, Pulteney Head of Sport



Aim

Pulteney Grammar School is a member of both the Sports Association of Adelaide Schools, Independent Girls' School Sports Association Competition and State Schools' Sports Programs. These aim to provide an opportunity for all students to be involved.

It is our vision that all students engage in sport regardless of their level of experience or talent.

Pulteney Sport is a vehicle through which students can learn and apply life skills that will serve them long after their days at Pulteney. These skills involve, but are not limited to:

- Commitment
- Teamwork
- Organisation
- Overcoming adversity
- Success is a result of 'following the process'
- Working outside one's comfort zone
- The importance of mateship.

School sport provides students with the ability to build a variety of relationships outside the academic classroom, increasing their day-to-day support network.

Further, Pulteney Sport assists students in understanding the importance of sport and physical activity for one's wellbeing management.

Developing their skills and fitness specific to sport can provide students the best opportunity to be the best version of themselves.

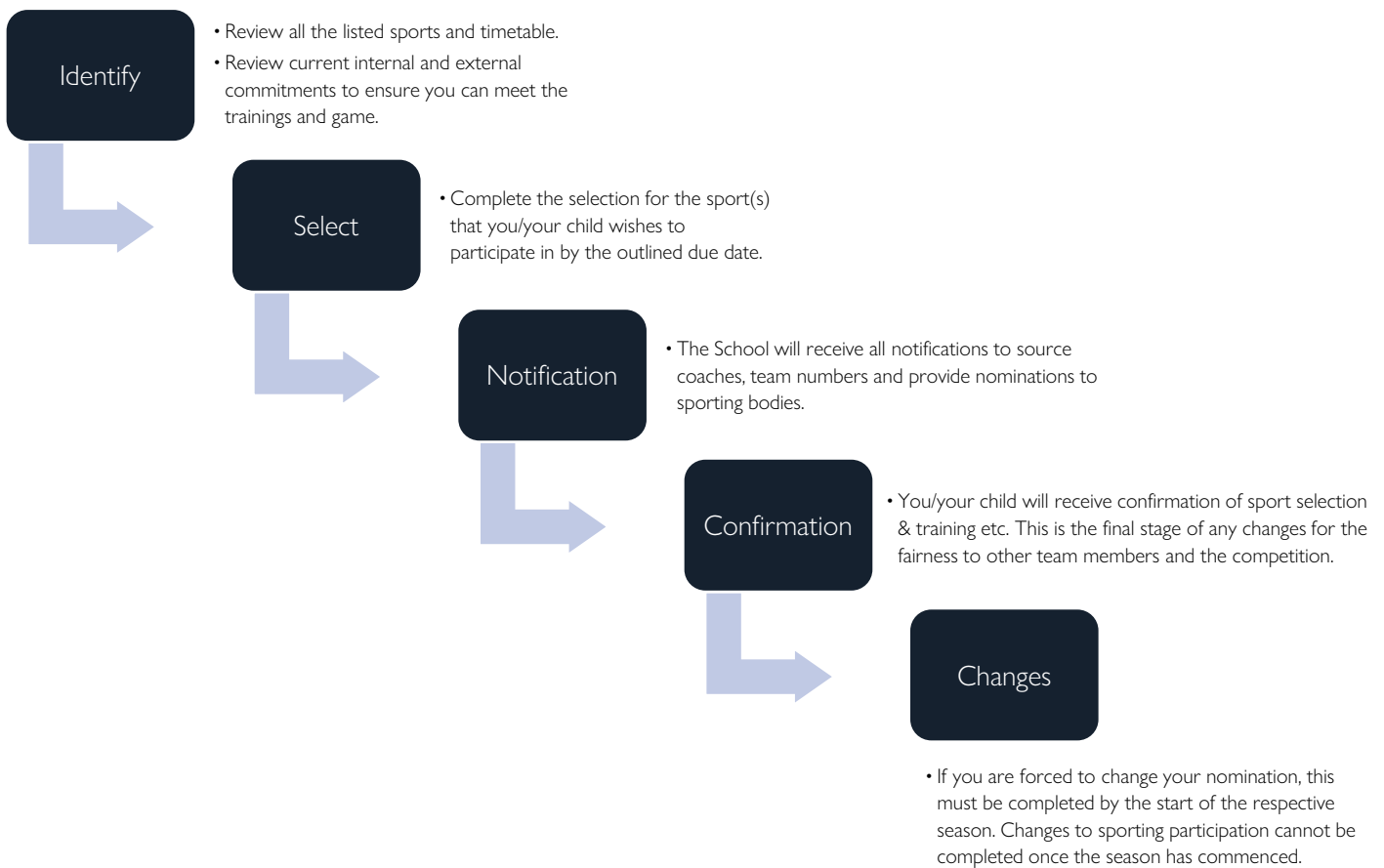
At Pulteney, sport provides the avenues for students not only to play but develop and explore a variety of pathways such as coaching, umpiring or game management. This ensures all students can pursue their passion in the sport community.

The Sports Department at Pulteney Grammar School prides itself on inclusivity and for many students sport provides an opportunity for the building of social connections and enhances a sense of community. Consequently, our philosophy emphasises improvement, enjoyment, connection and equality.

In some of our sports (from Middle School upwards), there is the opportunity for students to extend themselves in game knowledge and fitness to provide best opportunities for success. This may result in specific skills training, holiday training and preseason.



Nomination process



On completion of your sport selections, the School determines the number of teams nominated and division within the various sporting associations. Selections determine the number of coaches and umpires we are required to support, recruit and train.

Late additions or withdrawals have a significant ripple effect across all sporting offerings at Pulteney. We therefore ask when making your selection, you do so with care so that each student fulfils their role within the team.

When making your selection for activities in 2023, please be aware of the following:

It is important for all nominations to be submitted on time and in line with the due dates to ensure that the appropriate number of teams are submitted to the sporting associations and contracts for third party coaches.

Sport nominations for 2023 close on by Friday 2 December 2022.

Please see page 12 of this booklet for further information and for the link to nominate.

Sports Policy

Student participation - Year 7 - 12

All students are recommended to participate in a minimum of one season (2 terms) of co-curricular sport activities each year.

Once nominations for sporting activities are confirmed, students are expected to honour their obligation for all programmed practices and match fixtures. Failure to honour this obligation to the School and team members without prior notification and approval of absence will be followed up with a consequence commensurate to the infraction.

We understand students playing club sport in conjunction with School sport. We support these opportunities, providing any clash in timetabling does not impact the School team.

Students will only be considered for Pulteney representative teams, state knockout competitions and individual SA sport-based competition in sports in which they currently participate for the weekly School competition. Students playing club sports only in club competition are not eligible to participate in the school representative teams.

Late nomination:

Late nominations will only be accepted if there is space available in the requested sport.

Please email: sportsdepartment@pulteney.sa.edu.au

Waiting Lists

Waiting lists will be kept for sports/activities that are capped by numbers. Being on a waiting list does not mean a student will gain a place in the activity. Being offered a place from a wait list does not necessitate a change; a child may choose not to accept the offered place.

If team numbers are large, a roster will be established to ensure fair participation.

First Aid/ Medical:

- Students participating in Middle and Senior co-curricular sport are required to supply their own medical needs including Epi-pens/asthma/diabetic medications. Items/medications such as these are not provided for in the team's first aid kits.
- Coaches have been provided with up-to-date student medical details to ensure they can contact parents and caregivers in case of emergency.
- Coaches are provided with first aid kits + ice to provide basic first aid at training and games.
- All coaches have Injury Reports to document injures /illness that occur at co-curricular sport.

External First Aid Providers

For all co-curricular combat sports fixtures, a first aid officer is booked by the Sports Department.



General information

Changes of sport

It is not usually permitted to withdraw or change sport once nominations have been submitted to the Head of Sport. If exceptional circumstances arise, parents are invited to contact the Head of Sport to discuss the situation.

Team selections/trials

Where Pulteney submits more than one team for a particular sport or age group, trials will be undertaken. This is not to determine if you are selected into the sport or not but merely to identify the level to which students will be best suited from a skill and commitment basis. Selection will take into consideration but is not solely dependent on the skill level of the child.

Sport uniform

Pulteney sport uniforms, as detailed in the uniform regulations, are to be worn when representing Pulteney Grammar School. The uniform requirements are outlined in each specific sports section. It is the responsibility of the parent/caregiver and student to ensure the correct uniform is worn at each training and match.

Sports uniforms can be purchased from the Pulteney Uniform Shop. Visit the [Parent Portal](#) for more information about the Uniform Shop.

Extreme Weather

Please familiarise yourself with the extreme weather policy, available via the [Parent Portal](#).

Commitment to the School Sport Program

Pulteney offers a wide range of sporting programs within the Independent Schools' Sport Associations and the State Schools Competition. The School strongly encourages all students to participate in regular physical fitness. This provides students with improved cognitive function, development, independence, soft skill and leadership opportunities. Students are expected to participate in all training and games in their chosen sport.

It is acknowledged that there may be exceptions circumstances because a student may not be able to commit to the School team. These are outlined below.

- Existence of a chronic medical condition.
- Your child is unable to attend training due to illness.
- Student is participating in elite level sport/activities that impact their full engagement in School program.

If your child is injured, they are still expected to attend their sport to engage in game strategy discussions and carry out support roles such as scoring.

If a student is unwell, they are to contact the Director of Sport, Head of Sport or direct coach via email, Teams or telephone.

Notification of exceptional circumstances must be communicated to the Head of Sport by the student's parents at the commencement of the season or as soon as identified to ensure alternative arrangements can be made. This helps us to ensure Pulteney can fulfil commitments to the student's peers, School and opposition.

Commitment to the School Sport Program

Commitment

- Once a student has made a commitment to a sport, they must complete the season. Attendance at matches and practice is compulsory.
- Absence from a match or practice for unavoidable reasons (eg illness) must be communicated to the Director of Sport prior to absence.
- Parents seeking permission for a student to be excused from a match must apply in writing to the Director of Sport of the respective activity at least 48 hours prior to the match.
- Students are expected to be punctual to all practices and arrive at least 30 minutes prior to the scheduled match for appropriate warm up and team meeting.

Good sportsmanship

- Unsporting behaviour is not permitted. Verbal or physical abuse of an opponent/team member or umpire/referee is forbidden.
- Umpire/referee decisions are to be obeyed and respected without question.
- Students must not criticise their own player and/or teammates on or off the field.
- It is the responsibility of every team member to strive for good team and School spirit.

Sports Captains

Sports Captains are selected annually by the Directors and Senior A grade coaches based on:

- Commitment
- Reliability
- Ability to connect across multiple year levels
- Engagement
- Leaderships



Awards

On completion of each season (or annually for year-round sports), students are eligible to be nominated by coaches for the following awards:

Coach's Award

The Coach's Award is awarded for a season and offered to the player in each team who demonstrates the most growth/development, sportsmanship, leadership, punctuality and/or has positively contributed to building team spirit throughout the season, on and off-court.

Most Valuable Player (MVP)

The MVP (Most Valuable Player) award is an honour typically bestowed upon an individual as the most performing player in a specific team. The recipient brings that "extra something" to their game. Usually awarded for outstanding skills performance.

Team Player Award

At the end of the season each coach will select one player from their team to receive a Team Player Award. The winner will have increased the impact they have on the team in a positive way from the beginning to the end of the season. This is achieved by improving the overall skill level of play but other factors, such as attitude towards teammates, coaches and umpires are also considered.

Criteria:

Greatest improvement over the season, considering the following factors:

- Improvement in playing performance over the season (in terms of skill and 'for the team' factors)
- Commitment and effort at training and games
- Willingness to listen and learn at training and games
- General team behaviour and improvement (ie relating to others in the team, coach and officials)
- A player that shows keen interest in advancing their specific skills
- A player that shows commitment and genuine interest in the game
- Shows good sportsmanship by accepting umpires' decisions at weekly games and coach's decision in position placements each week.

Sports Practice and Match Attendance

Majority of sports practices are held before (7.30am – 8.15 am) and after school (3.45pm – 5.00pm) once or twice per week. Students are expected to attend all scheduled practices. If a student is unable to attend a practice for any valid or exceptional circumstance, their parent is expected to notify the Head of Sport via email explaining the reason of absence from practice.

Parents are asked to arrange any external appointments at times that avoid designated practice or game times.

Please note a student must be available for the entire allocated game timeslot in the event they are required to fill in for an alternate team.

Travel to and from fixtures

Pulteney will provide a bus to all mid-week away games. The School will provide return transport for all mid-week games that are played at locations 5km from the CBD or further. For games that are less than 5kms from the CBD, a bus will be provided to the venue, however parents will be required to collect students from the venue upon conclusion of the game.

If your child is making their own way home from trainings/games, permission from the parent must be provided to the Director of Sport via email prior to the training/game.

No student is permitted to travel with a student driver unless parental permission is provided via email to the sports department.

Students are required to make their own transport arrangements for ALL weekend games.

Absentee

If absent on Friday, please leave a message with the coach/Director of Sport and Head of Sport regarding availability for the fixtured weekend game. This message should be received no later than 1.00pm.

Match and training cancellation

- Cancellation of matches will be communicated to students via Teams.
- Cancellation of matches will be communicated to parents via text message.

Parents

Commitment

- Emphasise to your child the importance of fulfilling their commitment. Allow your child to choose a sport which satisfies their interests and passions.
- Emphasise to your child the importance of correct uniform, punctuality, respect of equipment and responsibility toward a commitment.

Sportsmanship

- Focus upon your child's effort, performance and process of improvement rather than the overall outcome of the event and applaud the process by the team.
- Umpire/referee decisions are to be obeyed and respected without question.
- The use of violence or racism in any form be it by spectator, coach, official or players is not accepted under any circumstances.
- Pulteney Grammar is a smoke and alcohol-free environment.

Sporting activities – nominations

Students are to select one option per season, Summer (Terms 1 & 4) and Winter (Terms 2 & 3).

Students can apply to the Head of Sport if they wish to commit to multiple sports. This application is to identify the sports they wish to participate in and work strategically around any potential clash that may exist in the timetabling of trainings and games. These applications can be sent directly to Emma Bahr, Head of Sport, via emma.bahr@pulteney.sa.edu.au

Nominations for 2023 are to be made via the Pulteney Sport Nomination e-form below:

[CLICK HERE FOR NOMINATION FORM](#)

Nominations close Friday 2 December 2022.

Please be aware that times and days are subject to change.

Girls' summer sport program (Terms 1 & 4)

Sport	Practice Sessions	Practice Times	Competition Days	Competition Time
Girls' Basketball All	Tuesday	3.45pm – 5.00pm	Monday (C Grade) Wednesday (A/B Grade)	3.30pm – 5.30pm 3.30pm – 5.30pm
Girls' Cricket	Thursday lunchtime		Friday afternoon	4.00pm – 6.00pm
Girls' Tennis Premier League (selection based)	Tuesday & Thursday	7.15am – 8.15am	Monday	4.00pm – 5.30pm
Year 7 – 12 (including Drive for selected players)	Tuesday & Thursday	7.15am – 8.15am	Saturday	8.00am – 12.00pm
Volleyball All Girls	Monday Wednesday	3.45pm – 5.15pm 7.00am – 8.15am	Saturday	8.00am – 11.30am

Girls' winter sport program (Terms 2 & 3)

Sport	Practice Session	Practice Times	Competition Days	Competition Times
Netball All	Tuesday Wednesday	3.45pm – 5.00pm 7.15pm – 8.15am	Saturday	8.00am – 11.30am
Shooters	Monday (gym)	1.10pm – 1.50pm		
Soccer All Girls	Monday	3.45pm – 5.00pm	Wednesday	3.30pm – 6.00pm
Football All Girls	Thursday	3.45pm – 5.00pm	Friday	4.00pm – 6.00pm

Please Note:

- Practice sessions times, some competitions, venues and days are a guide only
- Please do not choose a sport with training sessions (early morning trainings or afternoon trainings) if you cannot attend the training session
- Please note Open A/Senior A Grade Teams may have a pre-season. This will be communicated by the Director .
- Nominating for a sport in Term 1 requires it to be continued in Term 4, with the exception of rowing, which is a Term 4 sport that continues to Term 1.

Boys' summer sport program (Terms 1 & 4)

Sport	Practice Session	Practice Times	Competition Days	Competition Times
Cricket Opens	Tuesday Wednesday	7.15am – 8.15am 3.45pm – 5.00pm	Saturday (2 nd) Saturday (1 st)	8.15am – 11.45am 12.15pm – 5.30pm
First XI T20 (selected players)			Friday	4.00pm – 6.30pm
Middle	Wednesday Thursday	7.15am – 8.15am 3.45pm – 5.00pm	Saturday	8.15am – 11.45am
Tennis All	Tuesday and Thursday	7.15am – 8.15am	Saturday	8.00am – 12.00pm
Volleyball All	Monday Thursday	6.45am – 8.20am 3.45pm – 5.30pm	Friday	3.45pm – 6.30pm

- Practice sessions times, some competitions, venues and days are a guide only
- Please do not choose a sport with training sessions (early morning trainings or afternoon trainings) if you cannot attend the training session
- All Term 1 sports continue in Term 4 with the exception of rowing, which is a Term 4 sport that continues to Term 1.



Boys' winter sport program (Terms 2 & 3)

Sport	Practice Session	Practice Times	Competition Days	Competition Times
Basketball Opens A/B/C	Tuesday Thursday	7.15am – 8.20am 5.15pm – 6.30pm	Saturday	8.00am – 12.00pm
Middle A Squad	Tuesday	7.15am – 8.20am		
Middle School (all but Middle A)	Tuesday	3.45pm – 5.00pm		
All Middle	Friday	7.15am – 8.20am		
Football Middle School	Monday or Thursday	3.45pm – 5.00pm	Saturday or Wednesday	8.30am – 10.30am 3.45pm – 5.30pm
Opens	Monday Friday	3.45pm – 5.00pm 7.00am – 8.00am	Wednesday	3.45pm – 5.30pm
Soccer Open A Grade	Monday	7.00am – 8.00am	Wednesday	4.00pm – 6.00pm
Seniors	Monday	7.00am – 8.00am	Saturday	8.15am or 9.45am
Middle	Thursday	3.45pm – 5.00pm	Saturday	

Mixed sports – summer program (Terms 1 & 4)

Sport	Practice Session	Practice Times	Competition Days	Competition Times
Archery	Wednesday	3.30pm – 5.00pm	Nil	Nil
Athletics Term 1 Week 2- 9 Term 3 Week 1- 9 Term 4 Week 1 - 7	Monday (run) Tuesday (field) Friday (run)	3.30pm – 4.30pm 7.30am – 8.20am 7.30am – 8.20am	Various competitions IGSSA (Girls) Achilles Cup (Boys) Co Education – (Mixed)	
Badminton	Thursday	7.15am – 8.20am	Saturday morning	8.30am – 12.00pm
Swimming	Monday & Friday (Term 1 and 4)	6.30am – 8.00am	Wednesday (Term 1 only)	3.40pm – 5.00pm
Rowing	Term 4 & 1	TBA	Saturday	
Joggers Club	Friday mornings	7.30am – 8.20am		

Mixed sports – winter program (Terms 2 & 3)

Sport	Practice Session	Practice Times	Competition Days	Competition Times
Hockey Term 2 & 3	Tuesday & Thursday	3:45 – 5:00pm	Middle (Wednesday) Opens (Saturday)	3:45 – 5:30pm 7:45- 10:30am
Table Tennis	Tuesday	3:45 – 5:00pm	Friday	3:45 – 6:00pm
Cross Country Term 1 Week 7-10 Term 2 Week 1 - 9	Monday Friday	3:30 – 4:30 pm 7:30 – 8:20 am	Wednesday	3:45 – 6:00pm
Joggers Club – Anyone	Fridays	7:30 – 8:20 am		

Please be aware that all fixtures and trainings are subject to change.

High Performance Programs

Sport	Practice Session	Practice Times	Competition Days	Competition Times
Volleyball Junior League (Boys)	Monday Thursday	7.00am – 8.20am 3.45pm – 5pm	Friday	6.00pm – 10.00pm
Volleyball Junior League (Girls)	Monday Wednesday	3.45pm – 5pm 7.00am – 8.20am	Friday	6.00pm – 10.00pm
Netball Academy Program	TBA	Lunchtime	Tuesday or Thursday (age and div dependent)	6.00pm – 10.00pm
Basketball High Performance (selected players)	Tuesday	7.15am – 8.15am	No Games	
Maintenance Program	Friday	7.15am – 8.15am	No Games	

High Performance Volleyball

The High Performance Volleyball Program is for those students who wish to further develop their volleyball skills and be challenged outside the school competition. This program is offered in Terms 2 and 3.

This level of competition is stronger than the school-based competition and is held on a Friday night from 6pm – 10pm in the Junior League Competition. Those who participate in the Junior League Competition and compete in an Opens Level are offered the opportunity to attend the Nationals Schools Volleyball Competition held on the Gold Coast, Queensland in December every year.

This program involves a user-pay registration fee for your child to participate in the Junior League competition.

Academy Netball Program

On completion of the 2023 netball season, students will have the opportunity to express their interest and try out for the Academy Netball Program. This program will provide students the opportunity to participate in the Summer SAUCNA competition outside of the school sports program. Game times and night will depend on the age group and divisions in which the student is entered.

This program will require a user-pay registration fee charged directly to the participants.

Basketball High Performance & Maintenance Program

Pulteney Grammar School's 'Basketball High Performance And Maintenance Programs' are run in the off season to provide an opportunity for students to continue to develop their skills and engage in the sport they enjoy. The High Performances program is a trialed and selected based program, whilst maintenance is just for those who love the sport and want to continue to develop their fitness, technical and tactical ability whilst having fun with their peers.

Joggers' Club

Joggers' Club will be held on a Friday morning. This social group is open to the entire School community (parents/students and staff), followed with coffee in the Quad.

High Performance Mentoring

Pulteney's High Performance Mentoring program is managed by Scott Camporeale. The program is an individually trailed program from Years 9 – 12. The program is of a holistic nature enabling students to develop an understanding of the skill set of operating in a high performance environment.

The students will undertake one on one sessions with their allocated mentor at least twice per term.

The program will cover the following:

- Goal setting in their chosen sport
- Self-reflection and the art of an action plan
- Fitness testing
- Sports nutrition and recovery
- Importance of wellbeing
- Introduction into mindset
- Talent identification testing
- The journey of success
- Strength and conditioning

As a guide, the selection criteria will be:

- High level of ability and performance in both a training and competitive environment.
- Positive and enthusiastic attitude to support their personal development.
- High potential for future development and growth in their identified sport.
- High level of coachability that enables all individuals to seek and accept a variety of feedback.
- High level of ability to improve their skills and knowledge in all aspects of their schooling.
- Provide a positive role model for others in their approach to learning, school rules and behavior.
- Demonstrate academic effort and achievement.
- Must play/compete for a peak body affiliated club or have represented at State/National level or received School honours/award for their chosen sport.

Rowing

Pulteney has a strong rowing program. This program commences in Term 4, working towards the main regatta, Head of the River. Head of the River is held annually at West Lakes in March. This program involves two rowing camps in the October and January school holidays.

Rowing obtains a maintenance component over Terms 2 and 3, whilst students participate in their winter sports of choice. The students will undertake one on one sessions with their allocated mentor at least twice per term.

Pulteney Umpiring Programs

Pulteney currently runs umpiring programs for Senior School students who wish to increase their involvement in sport outside playing. Expressions of interest and nominations will be sent to the Senior School community prior to the program running.

These programs currently offered in:

- Australian Rules Football
- Netball

SAASSASA and state-wide competition

Pulteney actively participates in South Australian Senior Schools' Amateur Sport Association and state-wide carnivals. These are run by an independent body which organises representation sports in both Government and Independent schools.

Students who participate in the School's sports are provided first preference to fill our state-wide programs. In the event that Pulteney does not offer a sport, we will look to engage students in the state-wide competitions.

We ask that you review the nomination listings of state-wide sports. If you are interested in any of the listed sports, we recommend you express your interest in the nomination form. Where we have enough interest, Pulteney will look to enter a state-wide team.

Sport staff

Head of Pulteney Sport

Emma Bahr

emma.bahr@pulteney.sa.edu.au

Head of Performance

Michelle den Dekker

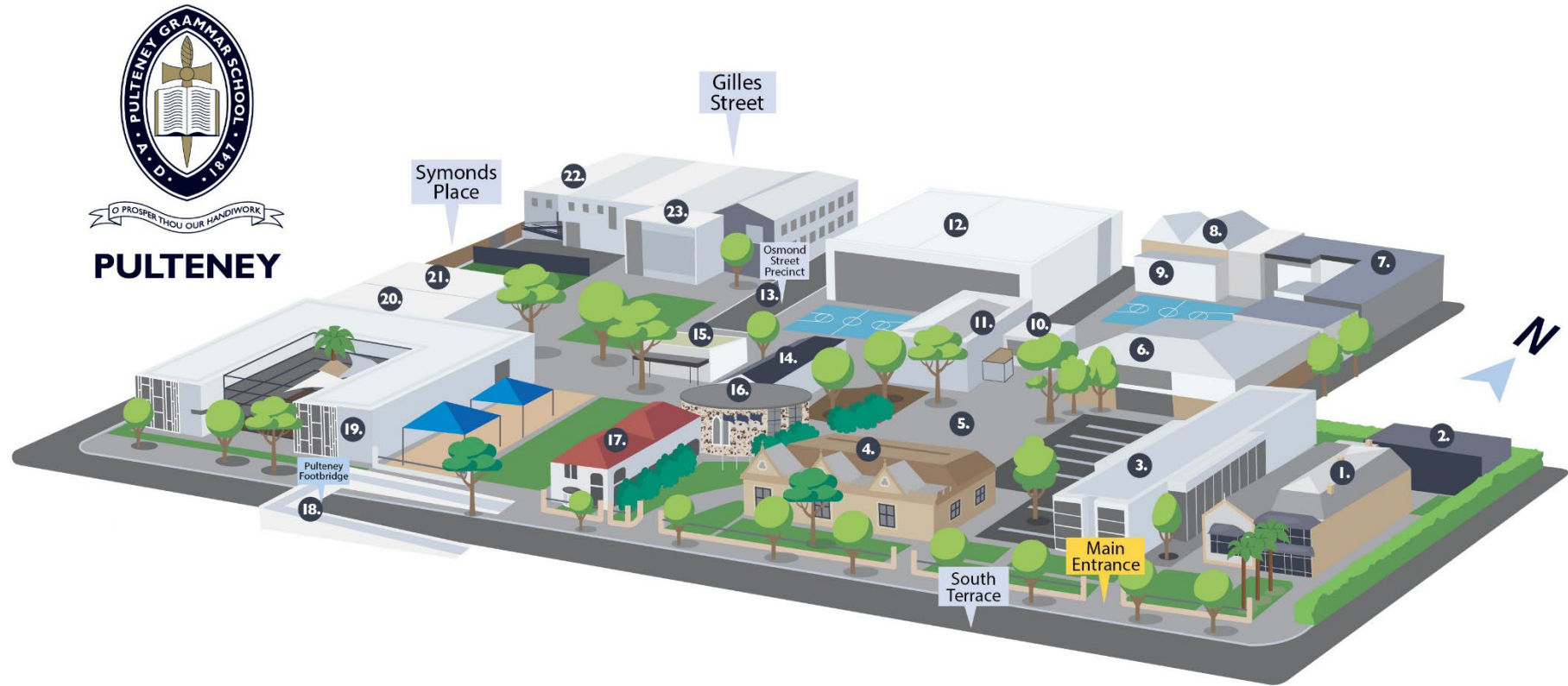
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Head of Lead Programs

Scott Camporeale

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Campus Maps



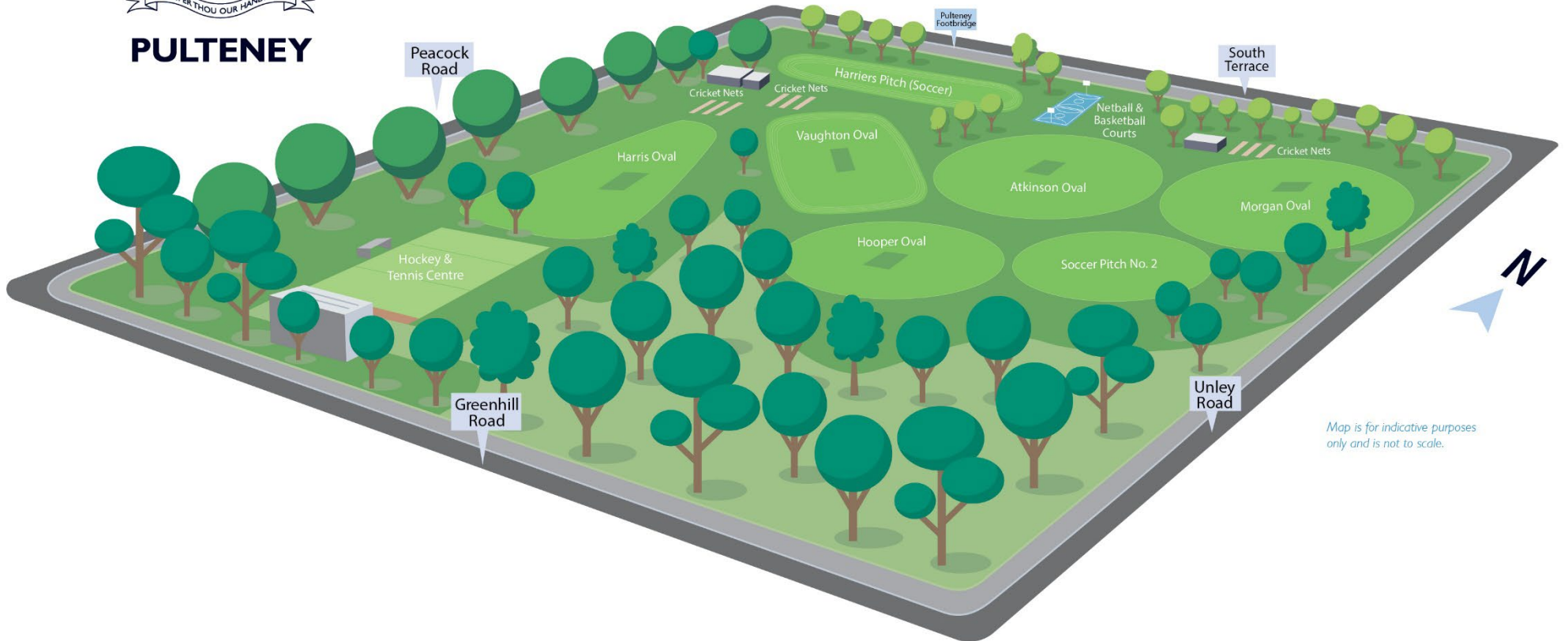
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| 1. Main Reception (Allan Wheaton House) | 14. Staff Room (Ray Wing North) |
| 2. Sam Leaker Courtyard | 15. Inclusive Education (Allen) |
| 3. Year 7 – Year 9 Middle School | 16. The Chapel of St Augustine of Canterbury |
| 4. Nicholls Performing Arts Centre | 17. eServices (Ray Wing South) |
| 5. 175 th Anniversary Quadrangle | 18. Pulteney Footbridge |
| 6. Science (Gare Wing) | 19. ELC – Year 2 Kurrajong (Mackinnon) |
| 7. Year 3 – Year 6 Prep School (Kearns) | 20. OSHC (The Factory) |
| 8. Junior Resource Centre | 21. Middle & Senior School Resource Centre |
| 9. Health Centre | 22. Art Centre (Isaachsen) |
| 10. Tuck Shop | 23. Year 10 – 12 (Centre for Senior Learning) |
| 11. Wyatt Hall | |
| 12. The Robert Henshall Sports Centre | |
| 13. Osmond Street Precinct | |

Map is for indicative purposes only and is not to scale.

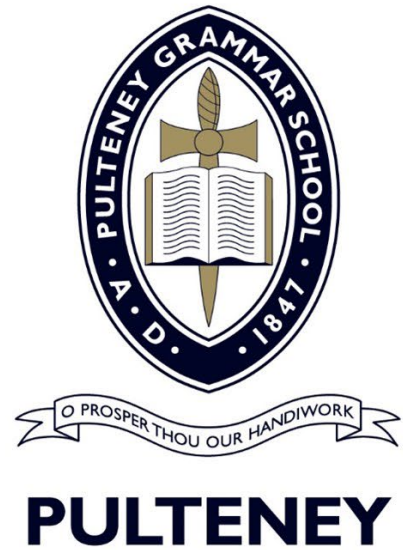


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PULTENEY



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For further information
Pulteney Grammar School

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