



SPORTS POLICY

1. PHILOSOPHY

Somerset House is committed to providing pupils with a comprehensive sports programme designed to ensure maximum participation. It is our firm belief that the programme we offer will enhance our children's physical abilities which in turn will develop their self confidence. Sport not only promotes physical fitness, builds self-esteem and introduces children to a healthy lifestyle, but also encourages teamwork, the development of self-control, co-operation, loyalty, unselfishness, determination and leadership.

We are proud of the fact that so many of our pupils are involved in our sports programme. Somerset House also creates opportunities for our children to compete competitively with other schools. As coaches, we strive to encourage and motivate each child to reach their full potential.

"The goal of school sports should be about doing your best, and that is what children should be rewarded for." Prof. Tim Noakes

PARTICIPATION VS EXCELLENCE

Although not all our children have the skills, genetic ability or size to play competitive sport, it is important that they still participate in physical activity. Some children have no desire to compete, but simply by participating they will feel good about themselves.

At Somerset House we encourage all our children to do their best and to participate in at least one sport per season. We create opportunities at different levels of competitiveness.

PARTICIPATION – Somerset House has a system of compulsory sport participation and therefore has an obligation to develop every child who participates in the programme as much as possible. Part of this development involves matches arranged between schools on a non-league or friendly basis. It is important in these games to give everyone an opportunity to participate. Participation and enjoyment are the most important elements here. **Sporting excellence in this context means developing each individual so that they achieve according to their potential.**

EXCELLENCE – Somerset House is also committed to sporting excellence in terms of being competitive and developing individuals who are able to represent not only their school, but their province and their country. League fixtures are arranged in the team sports codes. Team sports include swimming, cricket, tennis, hockey, netball & rugby. At this level of competition, Somerset House will always field the strongest team. As such, some players may not get to play in certain games. **Sporting excellence in this context means selecting the strongest teams or players who will achieve the best results.**

COMMITMENT

Sport is a team effort and as such children have to rely on each other and be dependable themselves. Their commitment, punctuality and attendance are key components for the success and enjoyment of the sports programme.

Once a pupil has indicated an interest in and become involved in a sport, they must continue to play that sport until the end of the school term. If a child does not want to continue playing a sport, the child and parent must motivate their reasons and permission must be granted to stop playing a particular sport, by the Sports Director.

2. VALUES

“When we play our games, we play to win. However, sport is being spoilt today by the tendency to play to win ‘at all costs’. Thus dishonesty, over-robustness, displays of temper, intimidating and ridiculing the umpire, disputing the referee’s decision, fighting, gamesmanship and uncalled-for behaviour on the part of team supporters have all become an unfortunate part of the sporting scene. Some of our international and provincial sportsmen set a very poor example for young players by indulging in these practices.” Alan Clarke

CODES OF CONDUCT

SPORTS STAFF

- Coaches should be professional, punctual and prepared at all times.
- Set a good example to your players.
- Remember that all children are deserving of equal attention and opportunities.
- Structure practices in such a way that skills development is included.
- Create opportunities to develop individual skills.
- Keep your own knowledge of coaching skills and the rules of the game, up to date.
- Teach your players to respect both officials & their opposition.
- Teach your players good sportsmanship and sporting etiquette.
- It is a coach’s responsibility to remove a player from the field of play, if they show disrespect at any time.
- Make sure that team selection is fair and clear to all participants.
- Communicate with parents & pupils by means of a letter, at least a day before matches.
- Include all possible information regarding the fixture, including the coach’s name.
- Take responsibility for apparatus and equipment; make sure it is stored away safely.
- Accompany your team to matches.
- Wear Somerset House coaching uniform for all matches.
- Keep a record of your teams results and e-mail match reports and if possible, photos, to info@somersethouse.co.za
- Do not consume alcohol at ANY time while supervising children.

PUPILS

- Good sportsmanship is expected at all times and is more important than winning.
- Respect for opponents and fellow team mates, is non-negotiable.
- Respect for umpires & officials must be shown at all times regardless of whether their decision is perceived to be good or bad.
- Attendance at practices is compulsory.
- Children may be excused for valid reasons only by means of a letter from their parents.
- Support for ones team is expected and even though your participation in the match may be over. This means that Somerset House pupils stay with their team until the very end of the match / gala / event.
- Players are expected to assist coaches with the putting away of apparatus or equipment that may have been used for practices or matches.
- Correct uniform is an absolute requirement and children will not be allowed to participate if they are not dressed correctly.

CAPTAINS

With your own team:

- Take the lead on and off the field. (Warm up your team, help with equipment etc.)
- Lead by example. (Make sure you are fit, neat and punctual)
- Make an effort to know the players as individuals in your team
- Be a good link between the team and the coach.
- Motivate your team to do well and to achieve their goals.
- Be an excellent example in attitude, sportsmanship, dress and behaviour.

With your opposition:

- Meet and welcome your opponents before the game.
- Show them where the changing rooms are.
- Indicate to them which courts or fields you will be playing on.
- Thank them for the game afterwards.
- Thank the referee or umpire and get your team members to do the same.
- Thank the First Aid practitioner if there is one present.
- Ensure your opponents get refreshments after the game.

PARENTS

- Parents should understand the importance of competition, co-operation, leadership, social interaction, and each child doing their best, but not winning at all costs.
- Parents should encourage children to participate.
- Encourage honest effort, skilled performance and team loyalty.
- Do not place unfair expectations on pupils; they are children, not professionals.
- Parents should encourage all pupils from the sidelines and not discourage any.
- Parents should not interfere with the game plan.
- Parents should make an appointment and communicate with the coach if they have a concern.
- Parents must understand the school's ethos and allow children to stay with their team until the very end of the match.

- Parents should not run up and down the touchline or move onto the field of play.
- Be aware that pupils are trying their best to carry out their coach's instructions and a steady stream of advice to the players from the sidelines can be unsettling and confusing.
- Criticism of the referee or umpire is totally unacceptable.
- Exercise self-control and maintain a sense of proportion. If your team is losing, it is not a major tragedy!

3. ORGANISATIONAL MATTERS

3.1. SPORTS STRUCTURE

The Sports Director works directly with the Code Conveners for each sport. The Code Conveners work directly with the Coaches.

3.2 ISSUES & CONCERNS

These should be dealt with by the Coach first, then the Code Convener, then the Sports Director and finally by the Headmaster.

3.3 TEAM SELECTIONS

- Selection of players is based on merit, or in accordance with the principles described in terms of participation
- The decision of the coach is final
- Team selections may include reserves both for the purpose of replacing injured players, and for giving opportunities for players to participate at higher levels where appropriate. The coach's decision is final in this regard.
- Players must play in their appropriate age groups from U7 – U13 in individual sports. In team sports, the U12, U13 & U14 age groups are combined. Children, who are U12, regardless of the academic grade in which they find themselves, will qualify for senior team selections.
- However
 - ~ If in order to field a team, over-age players have to play in a younger age group, approval by the opponents must be obtained prior to the fixture being played.
 - ~ The only time children will compete in grades is for the Inter House Cross Country.

3.4. LEAGUES & FRIENDLIES

- The strongest teams will be selected for league matches
- However, mass participation will be priority for festivals and "friendly matches"
- It is in the interest of our pupils to start competitive sport at the same time as children from other schools in the area. It is our responsibility to make sure that our pupils are ready for this experience from the beginning of Grade 1 onwards.

3.5 CANCELATION OF PRACTICES & MATCHES

- This will only take place with the consent of the Sports Director
- In the event of rain on school going days, a decision will be made by 12h30
- Information regarding changes to the Afternoon Activities Programme, will be available on the SPORTSLINE ~ (021) 8512258 from 12:45pm.
- In the event of the Junior Prep Programme being disrupted, supervision will be available for the children who are unable to be collected
- **In the event of it raining during the course of the afternoon, children will be supervised by their coaches until the end of their usual practice times. This time may be used for tactical and / or practical sessions either in the hall or in the classrooms.**
- In the event of a sporting fixture over the weekend, possibly being affected by the weather, the Coach or Code Convener may be called for confirmation. A contact number will appear on your child's letter.

3.6 COACHES

Wherever possible, academic staff are used in coaching. Where additional skills are needed, outside coaches will be utilized. Parents may be utilized for coaching. Team selections will however, be handled by the staff member in charge and parents will ideally not coach their own children.

3.7 TRANSPORT TO AND FROM MATCHES

- Children may be transported by bus to matches which are a fair distance away from school
- We appreciate the assistance of parents in transporting their children to local league fixtures or friendlies

3.8 FIRST AID

- First Aid Kits are available in Mrs Jardim's Office and the Simpson Hall Kitchen.
- Each classroom is in possession of a Blood Management Kit.
- When matches are played, a fully equipped First Aid Kit must be readily available next to the field or court. This kit includes a list of contact details for all parents & emergency procedures.
- A well trained First Aid practitioner will be on duty for all sports matches and as a result of the possibility of more serious injuries occurring in rugby, a qualified medic will be on duty.
- Staff are regularly sent on First Aid Courses.
- In case of an emergency, the procedure explained in Addendum E, is followed.

3.9 UNIFORMS

- Please see Addendum C for list of Dress Codes for Various Sporting Codes
- Pupils should travel to sports matches in their school tracksuits, where appropriate. No non-regulation sports items may be worn – provincial colours, beanies, etc.

- Special permission for any extra sport items for tours or special occasions must be obtained from the Sports Director in conjunction with the Headmaster
- Due consideration must be given to sun protection. The wearing of caps/hats and sunblock is compulsory.

3.10 INTER-HOUSE EVENTS

- House Captains are selected towards the end of each year
- These captains will help with the organization, motivation and enthusiasm of their team mates
- Each house has two teachers in charge and will assist the house captains wherever necessary
- Houses will compete for the Midgely Shield which is awarded to the winning team at the end of the year

The following Inter-House sporting events take place:

- ~ Inter-House Athletics
- ~ Inter-House Relay Gala
- ~ Inter-House Netball
- ~ Inter-House Rugby Sevens
- ~ Inter-House Hockey
- ~ Inter-House Chess
- ~ Inter-House Cross Country

3.11 SPORTS TOURS

Sports tours provide rich educational opportunities for students, provided they are well organized and managed. Should a coach or code convenor wish to plan a tour, a clear proposal should be presented including a basic itinerary, cost implications and funding. A tour proposal should be presented well in advance of the proposed tour.

When proposing a tour:

- The Code Convenor of the sport, and thereafter the Sports Director, should be approached.
- Provisional permission should be granted by the headmaster before arrangements are made.
- Criteria used in considering a sports tour include: the enthusiasm of the coach, a suitable staff leader and the financial implications.
- A detailed proposal should then be prepared and handed to the Sports Director who will discuss it with the Headmaster.
- The bursar may assist with the financial planning of the tour.
- Once a tour has been approved, copies of all correspondence must be passed by the Sports Director before it is sent out to parents.
- Staff accompanying the tour will have their expenses shared amongst the number of pupils in the touring party.

Tours or mini-tours are not only for A teams, but may be used to give second tier players more opportunities.

3.12 FUNDRAISING

This may take place with the permission of the Headmaster and should not conflict with other school fundraising. Fundraising is normally organised in order to raise funds for tours. Money raised will be used to:

- Cover costs of pupils who are unable to afford the costs involved. Parents, who are unable to afford a tour, may apply for assistance to the Headmaster with relevant supporting documents.
- The balance of the funds raised should be used to offset the overall tour costs of all pupils touring as an official Somerset House team
- Funds raised should be submitted to a Tour Fund Account and used at the discretion of the Headmaster and Sports Director
- Should permission for fund raising be granted, a Tour Fund Raising Committee would need to be established and this committee will meet with the Sports Director and Headmaster in order to finalise arrangements.

3.13 SPONSORSHIPS

No sponsorship of any team, tour, equipment or uniform may take place without the permission of the Headmaster and Sports Director.

ADDENDUM

A ACTIVITIES ON OFFER

- Please see Addendum A for Afternoon Activities on offer during Summer & Winter seasons

B UNIFORM

- Please see Addendum B for Dress Codes for various Sporting Codes

C CONTRACT FOR OUTSIDE COACHES

- Please see Addendum C for the contract issued to outside coaches

D SPORTS AWARDS

- Please see Addendum D for a list of Sporting Awards

E FIRST AID

- Please see Addendum E for Medical Emergency Procedures

ADDENDUM A

SUMMER & WINTER SPORTS OFFERED AT SOMERSET HOUSE

	TERM 1 SUMMER	TERM 2 WINTER	TERM 3 WINTER	TERM 4 SUMMER
GIRLS	Swimming	Fun Gym (Gr 1 & 2)	Fun Gym (Gr 1 & 2)	Swimming
	Tennis	Hockey	Hockey	Tennis
	Indoor Hockey (1 x U13 Team)	Netball	Netball	Indoor Hockey (1 x U12 & U13 Team)
	Athletics	Badminton	Badminton	
		Chess	Chess	
			Cross Country	
			Inter-House Soccer	
BOYS	Swimming	Hockey	Hockey	Swimming
	Cricket	Rugby	Rugby	Cricket
	Tennis	Badminton	Badminton	Tennis
	Indoor Hockey (1 x U13 Team)	Chess	Chess	Indoor Hockey (1 x U12 & U13 Team)
	Athletics		Cross Country	
			Inter-House Soccer	

- The sports in **BOLD** are full time, all season sports while the others may be on offer for a certain part of the season only.

ADDENDUM B

DRESS CODE FOR VARIOUS SPORTS

SUMMER SPORTING CODES

SWIMMING

GIRLS	PRACTICES	- School Swimming costume & cap (House colours or white)
	GALAS	- School swimming costume, white swimming cap teal shorts or skirts & white Falcon shirt, white sunhat - School Tracksuit if it is cold

BOYS	PRACTICES	- School Swimming costume, cap is optional
	GALAS	- School swimming costume, white swimming cap (optional) navy shorts, white Falcon shirt, white sunhat - Tracksuit if it is cold

TENNIS

GIRLS	PRACTICES	- Teal Shorts, white falcon shirt, socks & tackies, hat
	MATCHES	- Teal Shorts, White Falcon Shirt, Short White Socks, Predominantly White Tackies, Teal Peak

BOYS	PRACTICES	- White Shorts, white falcon shirt, socks & tackies, hat
	MATCHES	- White Shorts, White Falcon Shirt, Short White Socks, Predominantly White Tackies, Teal Peak

CRICKET

GR 1 – 3 BOYS	White Shorts, White Falcon Shirts, White Hats or Teal Peak, White Socks, Tackies
GR 4 – 7 BOYS	White Shorts, White Falcon Shirts, White Hats or Teal Peak, Long White Socks, Tackies (White V-Neck Jersey – optional)
1st X1	White Shorts, 1 st Team Shirt, White Hats or Teal Peak, Long White Socks, Tackies (White V-Neck Jersey – optional)

WINTER SPORTING CODES

HOCKEY		
GIRLS	PRACTICES	- Teal Shorts, House Shirt / Falcon Shirt or Hockey Shirt, Hockey Socks, Gumguard
	MATCHES	- Teal Shorts, Hockey Shirt, Hockey Socks, Gumguard
GIRLS 1ST TEAM	PRACTICES	- Teal Shorts, House Shirt / Falcon Shirt or Hockey Shirt, Hockey Socks, Gumguard
	MATCHES	- Navy Skirts, 1 st Team Shirt, Hockey Socks, Gumguard
BOYS	PRACTICES	- Navy Shorts, House Shirt / Falcon Shirt or Hockey Shirt, Hockey Socks, Gumguard
	MATCHES	- Navy Shorts, Hockey Shirt, Hockey Socks, Gumguard
BOYS 1ST TEAM	PRACTICES	- Navy Shorts, House Shirt / Falcon Shirt or Hockey Shirt, Hockey Socks, Gumguard
	MATCHES	- Navy Shorts, 1 st Team Hockey Shirt, Hockey Socks, Gumguard

NETBALL		
GIRLS	PRACTICES	- Teal Shorts, White Falcon Shirt / House Shirt or Hockey Shirt, White Socks & Tackies
	MATCHES	- Teal Shorts, White Falcon Shirt, Short White Socks, Predominantly White Tackies
Girls 1ST TEAM	PRACTICES	- Teal Shorts, White Falcon Shirt / House Shirt or Hockey Shirt, White Socks & Tackies
	MATCHES	- 1 st Team Dress

RUGBY		
BOYS	PRACTICES	- Navy Shorts, and Rugby Jersey, Gumguard
	MATCHES	- Navy Shorts and Teal Rugby Jersey, Gumguard
1ST XV	PRACTICES	- Navy Shorts, and Rugby Jersey, Gumguard
	MATCHES	- Navy Shorts, 1 ST Team Rugby Jersey, Gumguard

ADDENDUM C

CONTRACT FOR STUDENT COACHES

REMUNERATION:

You will be paid _____ per hour to coach the _____ team. Practices will be on _____ from _____ and on _____ from _____. You will be paid monthly / termly. You are expected to accompany teams to matches on a Saturday morning. You are hereby committing yourself to coaching at Somerset House for a _____ month period.

ETHOS:

Sport at Somerset House operates in a strictly educational context, and accordingly sets very high standards of sportsmanship. Coaches are expected to teach and act as role models regarding courtesy, respect, sporting behaviour, and love of their sport. Outside coaches need to familiarize themselves with the school's Sports Policy.

ANTICIPATED CONTRIBUTION:

Somerset House employs outside coaches for their expertise, experience, skills and knowledge of the game. We trust that your input as a coach will raise the level of our students' performance, and make them better and more competitive. Players and staff wish to benefit from your assistance. The outside coach is, however, always subject to the authority of the School Coach or Convener of the specified sport. Their role is a supportive one. Disputes will be settled by the Sports Director.

SPECIFIC AREAS OF CONCERN:

From past experience, we need to draw the following to your attention:

- Do not wear clothing with alcohol or tobacco product advertising.
- Wear appropriate clothing for practices & your Somerset House uniform for matches.
- Do not smoke in front of players.
- Do not consume alcohol at ANY time while you are responsible for our children
- Do not swear or use obscene language.
- Do not use your cell phone when on duty.
- Treat visiting coaches and players with respect and dignity.
- Do not teach unsporting or dirty tactics.
- Do not undermine existing school coaches or staff.
- Do not arrange informal or extra practices without the knowledge of your liaison staff member.
- You are expected to support the school rules & sports policy.

In signing this contract you are acknowledging that you have read and understood its contents and that you agree to abide by the Code & Sports Policy.

Name of Coach: _____

Sport: _____

Contact Number: _____

E-mail Address: _____

Signature: _____

Sports Director _____

Date: _____

ADDENDUM D

SPORTS AWARDS

SPORTS CODE	TROPHY / PRIZE	CRITERIA	AWARDED
ATHLETICS	Victrix Ladorum	Senior Girl with most Points	SPORTS AWARDS
	Victor Ladorum	Senior Boy with most Points	SPORTS AWARDS
SWIMMING	Junior Victrix Ladorum	Junior (U10/U11) most Points	SPORTS AWARDS
	Junior Victor Ladorum	Junior (U10/U11) most Points	SPORTS AWARDS
	Senior Victrix Ladorum	Senior (U12/U13) most Points	SPORTS AWARDS
	Senior Victor Ladorum	Senior (U12/U13) most Points	SPORTS AWARDS
CRICKET	Bronze Medallion	Best U11 Batter	SPORTS AWARDS
	Bronze Medallion	Best U11 Bowler	SPORTS AWARDS
	Silver Medallion	Best U13 Batter	SPORTS AWARDS
	Silver Medallion	Best U13 Bowler	SPORTS AWARDS
	Peter Milson Award	Best Bowling Performance	SPORTS AWARDS
	Paresh Mitha Trophy	Cricketer of the Year	SPORTS AWARDS
TENNIS	Junior Girls Champion	Winner of Junior Championships	SPORTS AWARDS
	Junior Boys Champion	Winner of Junior Championships	SPORTS AWARDS
	Senior Girls Champion	Winner of Senior Championships	SPORTS AWARDS
	Senior Boys Champion	Winner of Senior Championships	SPORTS AWARDS
	Michael Kempen Trophy	Most Improved Boy	SPORTS AWARDS
	Bardin Trophy	Most Improved Girl	SPORTS AWARDS
	O'Dea Trophy	Best Senior League Player (Stats)	SPORTS AWARDS
HOCKEY	Bomford Trophy	Best Girl Player	SPORTS AWARDS
	Bomford Trophy	Best Boy Player	SPORTS AWARDS
	Drummond Trophy	Inter-House Hockey	SPORTS AWARDS
NETBALL	Junior Trophy	Most Potential	SPORTS AWARDS
	Senior Trophy	Most Potential	SPORTS AWARDS
RUGBY	Van Eden Trophy	Most Improved	SPORTS AWARDS
	All Blacks Trophy	Best Player	SPORTS AWARDS
BEACH RUN	Beach Run Trophy	Winner of 6km Race	SPORTS AWARDS
CROSS COUNTRY	Trophy	Winner Senior Girls	SPORTS AWARDS
	Trophy	Winner Senior Boys	SPORTS AWARDS
GYMNASTICS	Bronze Trophy	Third Best Gymnast	SPORTS AWARDS
	Silver Trophy	Second Best Gymnast	SPORTS AWARDS
	Gold Trophy	Best Gymnast	SPORTS AWARDS
SPORTSMANSHIP	Downes Trophy	All Round - Girls	PRIZE GIVING
	Downes Trophy	All Round - Boys	PRIZE GIVING

EXCELLENCE	Sportsman of the Year	Most Talented All Rounder	PRIZE GIVING
	Sportswoman of the Year	Most Talented All Rounder	PRIZE GIVING

CERTIFICATES

Certificates may be handed out to any age group during or after the season where players may be recognized as most improved players, promising players or players having made a special contribution to the success of their team. These certificates may be handed over at final assemblies of a particular term or at the Sports Awards Assembly.

SHIELDS

Sport shields are awarded to senior players for excellence in a particular code. They may have achieved provincial colours or maintained a very high standard during one or more seasons. These shields may be handed out at final assemblies of the term, the Sports Awards Assembly or the Senior Primary Prize Giving.

ADDENDUM E

MEDICAL EMERGENCIES

In case of medical emergencies, the following procedures should be followed:

- The parent / guardian of the injured child must be contacted.
- If there is no answer, allocate a staff member to transport the injured child to the doctor or emergency room.
- Have the child's medical aid details handy.
- Stay with the pupil until a family member arrives.
- For more serious injuries, an ambulance may need to be called.

Somerset House pupils are insured against injury which may occur on the school property or while on school related business off the school grounds.

SCHOOLS INSURANCE	-	GLENRAND MIB
CONTACT NUMBER	-	(011) 329 1802
POLICY NUMBER	-	
To access benefits	-	0860 899 899

EMERGENCY NUMBERS:

POLICE	-	(021) 850 1303
AMBULANCE	-	10177
SPINE LINE	-	0800 678 678
HEADMASTER Chris Storey	-	082 854 2792
SPORTS DIRECTOR Mandy McIlroy	-	083 261 7980

All the above emergency information will be displayed on the inside of all first aid kits.