



**Mt Maria College**  
Strong Mind – Compassionate Heart

## 2023 Sport Handbook



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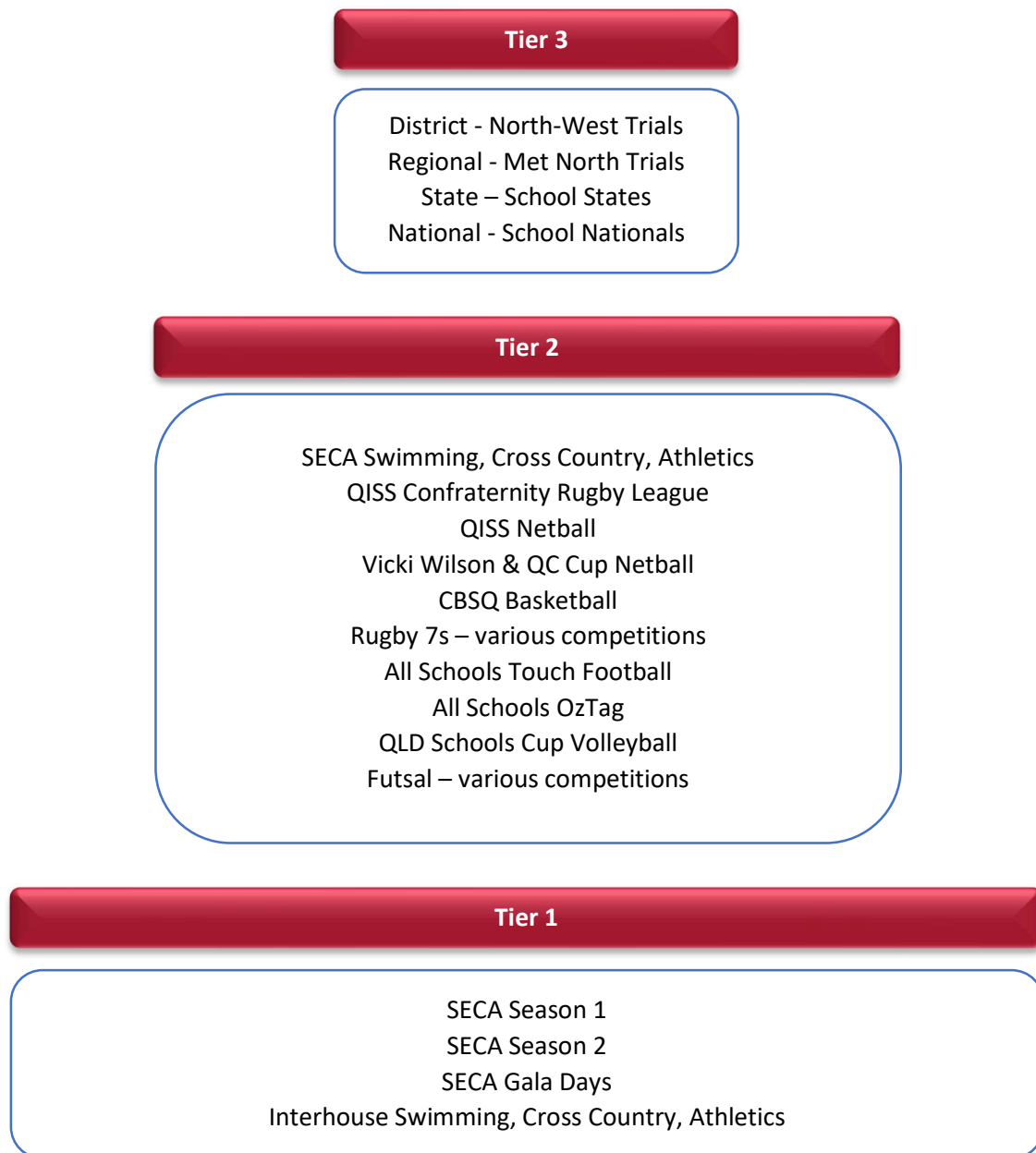
## Sport at Mt Maria College

The Sport Program at Mt Maria College is designed to provide our students with a variety of sporting opportunities. We recognise and value the importance of sport and its role in a child's holistic development. At Mt Maria College, emphasis in sport is always placed on:

- Sportsmanship
- Teamwork
- Commitment
- Strong Work Ethic

### Tiering System

The College Sports Program is run on a three-tier model:







## Interhouse Sporting Program

The interhouse sporting carnivals are an integral part of college life. Attendance at these carnivals is expected by all students, with various opportunities for students to participate in competitive and non-competitive events. Students who participate will be awarded points, which are accumulated to determine an overall Age Champion and Champion House.

### Swimming

Interhouse swimming is our first carnival of the year. Students will travel from school via bus to the Lawnton Aquatic Centre and have the opportunity to compete in the competitive 50m Butterfly, Backstroke, Breaststroke, and Freestyle races or select non-competitive events. Students who compete in the competitive races are automatically eligible for Age Champion and possible selection into Mt Maria College's SECA Swimming team to compete at the SECA Carnival.

Swimming Carnival events:

|   |  |
|---|--|
| <b>Competitive/SECA Events</b>              | 50m Butterfly<br>50m Backstroke<br>50m Breaststroke<br>50m Freestyle<br>House Relays |
| <b>Non-Competitive/Participation Events</b> | 2x 50m participation events<br>House War Cry   |

*Interhouse Swimming Carnival: 24<sup>th</sup> February*

### Cross Country

Interhouse Cross Country is the second carnival of the year. Students will travel to Teralba Park and compete in their respective age distance events. Age Champion will be awarded to the winner of the competitive race per age division. Distances for each age group is below:

| Boys         |     | Girls        |     |
|--------------|-----|--------------|-----|
| 12yrs        | 3km | 12yrs        | 3km |
| 13yrs        | 3km | 13yrs        | 3km |
| 14yrs        | 4km | 14yrs        | 4km |
| 15yrs        | 4km | 15yrs        | 4km |
| 16yrs        | 6km | 16yrs        | 4km |
| 17yrs & Over | 6km | 17yrs & Over | 4km |

Extra: House War Cry + Novelty Events

*Interhouse Cross Country Carnival: 27<sup>th</sup> March*

## Athletics

Interhouse Athletics is our final carnival of the year. Students will travel to Mt Maria College's playing fields where they will compete in a variety of events within their age groups. Some of the longer/more time-consuming events such as Discuss, High Jump, and the 800 & 1500m may be held on separate days in the lead up to the Athletics Carnival; this will be advertised on the student notices in the weeks prior to the event and students must nominate to be able to attend.

To be eligible for Age Champion, students must compete in the competitive events where points are awarded based on results from each event. Students will not accrue age championship points for competing in the non-competitive events.

Athletics Carnival events (*subject to change*):

### Track Events

100m  
200m  
400m  
800m  
1500m

### Field Events

Shotput  
Discus  
Javelin  
Long Jump  
High Jump

### Other Events

House War Cry  
Challenge Activities

*Interhouse Athletics Carnival: 20<sup>th</sup> June.*

*Note: due to the number of students, there are select events which will be held at a pre-carnival event in the lead up to the carnival. Attendance is mandatory to score Age Championship points or to be considered for the SECA Athletics team.*

### Interhouse Carnival – Age Champion Calculations

Students will only accrue age championship points when they compete in the respective age championship races/events at each Carnival. Students absent on the day of the competition will not be considered for age champion. The College takes no responsibility in the event where a student fails to compete in these events or misses their age championship race.



## SECA/Non-SECA Sport

### SECA Program Overview

Mt Maria College is a member of the Southeast Colleges Association (SECA), where we compete against various North and South Brisbane Catholic Secondary Colleges at the 'Big 3' Carnivals, Gala Days, and Seasonal Sporting activities.

**All SECA Sporting opportunities are carried out during school hours**, allowing students to partake in a variety of other School Representative (tier 2 and 3) sporting opportunities or external club sport offerings on weekends. Training commitments for our Carnivals, Gala Days, and Seasonal Sporting activities, if offered, will largely be before or after school.



| Term 1  | Term 2  | Term 3   | Term 4                                |
|---|---|--|---------------------------------------|
| SECA Swimming<br><br><b>SECA Gala Day</b><br><i>Cricket</i> | SECA Cross Country<br><br><b>Season 1</b><br><i>Netball<br/>Rugby League<br/>Volleyball<br/>5-a-side Soccer<br/>Theatresports<br/>Chess</i> | SECA Athletics<br><br><b>Season 2</b><br><i>Rugby 7s<br/>Basketball<br/>Touch Football<br/>11-a-side Soccer<br/>Theatresports</i><br><br><b>SECA Gala Day</b><br><i>Rugby 7s</i> | <b>SECA Gala Day</b><br><i>AFL 9s</i> |



SECA Carnivals – North & South Competition



SECA Gala Days – North & South Competition



SECA Season 1 & 2 + Gala Days – North ONLY Competition

## 2023 SECA Sport Dates

| Term 1                     |   |
|----------------------------|---|
| 23 <sup>rd</sup> February  | SECA Cricket Gala Day (Boys Heats)                      |
| 3 <sup>rd</sup> March      | SECA Cricket Gala Day (Girls + Boys Finals)             |
| 8 <sup>th</sup> March      | SECA Swimming Carnival                                  |
| Term 2                     |   |
| 26 <sup>th</sup> April     | SECA Season 1 – Round 1                                 |
| 3 <sup>rd</sup> May        | SECA Season 1 – Round 2                                 |
| 10 <sup>th</sup> May       | SECA Season 1 – Round 3                                 |
| 17 <sup>th</sup> May       | SECA Season 1 – Back-up Day                             |
| 2 <sup>nd</sup> June       | SECA Cross Country Carnival                             |
| Term 3                     |   |
| 19 <sup>th</sup> July      | SECA Season 2 – Round 1                                 |
| 26 <sup>th</sup> July      | SECA Season 2 – Round 2                                 |
| 2 <sup>nd</sup> August     | SECA Season 2 – Round 3                                 |
| 9 <sup>th</sup> August     | SECA Athletics Carnival                                 |
| 23 <sup>rd</sup> August    | SECA Season 2 – Back-up Day                             |
| 25 <sup>th</sup> August    | SECA Rugby 7s Gala Day (U18 Boys, U18 Girls, U16 Boys)  |
| 12 <sup>th</sup> September | SECA Rugby 7s Gala Day (U16 Girls, U14 Boys, U14 Girls) |
| Term 4                     |   |
| 27 <sup>th</sup> October   | SECA AFL Gala Day                                       |

Note: All dates are subject to change

### SECA Season Daily Plan

The SECA season consists of 3x full days of competition in term 2 for season 1, and 3x full days of competition in term 3 for season 2 offerings.

|                    |                |
|--------------------|----------------|
| Tutor Group:       | 8:25am-8:40am  |
| Bus depart MMC:    | 8:45am         |
| SECA Games:        | 10:00am-2:00pm |
| Bus Return to MMC: | 3:00pm         |

### North & South SECA Schools

| North SECA Schools              | South SECA Schools                  |
|---------------------------------|-------------------------------------|
| Holy Spirit College             | Carmel College                      |
| Mt Maria College (Mitchelton)   | Clairvaux Mackillop College         |
| Mt Maria College (Petrie)       | Chisholm Catholic College           |
| Southern Cross Catholic College | Emmaus College                      |
| St Benedict's College           | McAuley College                     |
| St Eugene's College             | San Damiano College                 |
|                                 | St Augustine's College              |
|                                 | St Thomas Moore College (Sunnybank) |
|                                 | Trinity College (Beenleigh)         |



## **SECA Sport Selection Process**

SECA teams are selected based on a variety of selection process:

- SECA Seasons 1 and 2 – Students are placed into sports based on their personal selection. Trials may be held to select 'A' teams.
- SECA Gala Days – specific trials will be held to select the team.
- SECA Carnivals – to be eligible for selection in the Mt Maria College Swimming, Cross Country, and Athletics team, students must compete in the age champion/competitive events at the relevant Interhouse Carnivals.

Please note:

- attendance at sporting trials/selection events is mandatory to be considered for selection.
- Mt Maria College reserves the right to alter team selection requirements in special circumstances.
- students who fail to select a SECA season sport will be automatically placed into a SECA or Non-SECA activity at the discretion of the Sport Program Leader.
- students will not be permitted to change SECA Season activities after the nomination closing date or throughout the season. Students make a commit to the entire season.
- Mt Maria College reserves the right to restrict student participation if they fail to meet the College's & SECA's Code of Conduct.

## **Non-SECA Program Overview**

Mt Maria College's Non-SECA program is tailored to students who opt out of the SECA sporting program. The Non-SECA program will have an emphasis on movement and physical activity, with some activities catering to those with cultural interests. With the recent changes to the SECA season format, Non-SECA offerings are still yet to be confirmed.

## **Non-SECA Season Daily Plan**

|              |                |
|--------------|----------------|
| Tutor Group: | 8:25am-8:45am  |
| Session 1:   | 8:45am-11:15am |
| Session 2:   | 12:30pm-3:00pm |

*Non-SECA offerings vary each year and are subject to change.*





## Representative Sport

Students will have the opportunity to trial and be selected for a range of sports where we will compete against schools from across Queensland.

2022 Sport offerings; subject to change in 2023 based on coaching and administrative capacities:

| Sport             | Competition   | Sport                 | Competition   |
|-------------------|---|-----------------------|---|
| <b>Basketball</b> | CBSQ Championships<br>Brisbane Outer Schools League (BOSL)                                  | <b>Volleyball</b>     | QLD Schools Cup<br>Brisbane Outer Schools League (BOSL)   |
| <b>Futsal</b>     | SEQ Championships<br>Brisbane Outer Schools League (BOSL)                                   | <b>Rugby League</b>   | QISSRL Confraternity<br>SEQ Rugby League 9s Gala Day<br>Brisbane Schoolboy Challenge<br>Schoolboy Trophy<br>Friday Night Lights<br>Matt Gillett Cup |
| <b>Hockey</b>     | Mixed 6-a-side Kedron Wavell  |                       |   |
| <b>Netball</b>    | QISS Netball<br>QC Cup<br>Vicki-Wilson Championship<br>Brisbane Outer Schools League (BOSL) | <b>Rugby 7s</b>       | Santos QLD All Schools<br>Miami 7s<br>Term 3 RDS Tournament   |
| <b>OzTag</b>      | QLD All Schools   | <b>Touch Football</b> | QLD All Schools<br>Arana Touch Season 1 and 2   |

### Please Note

- tier 2 sporting opportunities are subject to change, with QISS Rugby League and QISS Netball the only guaranteed representative sport offerings in the school year
- sports/competitions may be added or removed from the Tier 2 depending on competition structure, timelines, student interest/capacity, staff interest/capacity.
- all Tier 2 Sports will incur an additional cost – any questions regarding cost should be directed to the College Business Manager. *Approximate Tier 2 sporting costs will be provided in the lead up to/at team trials*
- **the representative sport model is not a participation-based model**; court/field time may vary amongst players and the decision is made at the coaches discretion in the best interest of the team's result as the top priority

## Representative Sport Selection Process

- selection in these teams is based on performance at trials. As such, attendance at sporting trials/selection events is mandatory to be considered for selection.
- training times will be at the discretion of the coach and attendance will be monitored. It is expected that students make appropriate accommodations to attend training. Failure to do so may result in a student being removed from a team.
- Mt Maria College reserves the right to alter team selection requirements in special circumstances.
- Mt Maria College reserves the right to restrict student participation if they fail to meet the College's behavioural expectations and Mt Maria College's Sport Code of Conduct (page 15).
- additionally, students selected in Inter-School Representative sporting teams are expected to maintain exceptional attendance and behaviour records as well as submit all academic work in the lead up to the event. **Failure to do so may result in withdrawal from all Tier 2 sport.**

## Representative Sport Uniform Expectations

All students are expected to abide by the set College uniform policies outlined in the student handbook and daily planner. Tier 2 representative sporting uniforms (hoodies, jerseys, socks, etc) are only permitted to be worn when students are representing the College at their respective event. Students who fail to meet the College's uniform policy will have their representative sport clothing items confiscated and will be dealt with in accordance with Mt Maria's incorrect uniform procedures.







## School Districts, Regionals, States

Mt Maria College is a member of the North-West Independent District and Metropolitan North Region, School sporting organisations.

### Pathways

| Districts                     |
|-------------------------------|
| North-West Independent Trials |



| Regionals        |
|------------------|
| Met North Trials |



| States     |
|------------|
| QLD Trials |



| Nationals        |
|------------------|
| School Nationals |





## Nominations

Students who are wishing to compete at a Regional or higher level, **MUST** nominate for district trials.

1. In the event of successfully being selected in the North-West team, students will be nominated through to the Regional (Met North) trials.
2. In the event where a district trial is not held as a result of low trial numbers, students will be automatically nominated through to the regional trial.

### Note:

- **students MUST be nominated for the district trial in order to be considered for the district team, regardless of whether or not a district trial is held. I.e. nominations will NOT be accepted for regional trials after North-West district nomination dates have closed.**
- students should only consider nominating if they partake in this sport at a state level.
- a call for nominations will occur in the first six weeks of school via the student notices. Failure to express interest will result in the student not being nominated.
- **it is not the responsibility of Mt Maria staff to provide transport, uniforms, equipment, or trial information to athletes or families.**
- paperwork will be distributed to the parents of the students who have nominated for the district trial. If unable to print at home, students can collect a 'permission to trial' form from the Sports Office. **All students MUST take the relevant paperwork with them to trials and have paid any applicable fees online.**

## Transport & Supervision

District and Regional pathways are an individual endeavour, meaning that Mt Maria College does not officially send teams to these events. As a result, parents or carers are responsible for the transportation of their student to and from the trial venue and are also responsible for the supervision of their student between games.

### Met North Website

<https://metnorthschoolsport.eq.edu.au/>

### North West District page

<https://metnorthschoolsport.eq.edu.au/district-sport/our-districts/north-west-primary>

### North West Independent District page

<https://metnorthschoolsport.eq.edu.au/district-sport/our-districts/north-west-independent>

## Queensland School Sport

Students who are selected in a Metropolitan North team then attend the State Championships where they can be selected to represent Queensland at National School Championships.



## Australian School Sport

Students who are selected in a Queensland team then attend the National Championships where they can be selected to represent Australia.



## Recognising Student Achievement – Social Media & Newsletters

Mt Maria College will endeavour to recognise the achievements of all students in sport, both at club and through school pathways, within our regular newsletters. It is the responsibility of individual student to inform the Sports Program Leader and Sports Program Administrative Assistant of achievements in a timely manner for this to occur. On the odd occasion, and at the discretion of the media team, specific sporting achievements may also feature on the College's Facebook and/or Instagram media pages – this is **limited to National Events only and one post per year** (subject to change at the discretion of the media team). If media consent is not provided by parents or guardians, the College will refrain from recognising student achievement on these platforms in line with the media consent policies.

## Sport Awards

The College Sports Awards evening is a celebration of student sporting achievements throughout the year. The night will recognise recipients of the Lavalla Awards, representative honours, and major sporting awards.

The recipient of the Lavalla award is given to an individual of each representative sporting team who was nominated by their coaches for demonstrating our ideal sportsperson characteristics. This is not necessarily the best player in the team, but someone who is strongly committed to training and games, makes notable efforts for the team, and displays leadership qualities through their attitude, communication, and actions.

### Sportsman & Sportswoman of the Year

For major sporting awards, such as Sportsman and Sportswoman of the year award, specific set criteria are applied, and calculations are made, to determine the recipient of these awards. To do so, it is the responsibility of individual students to inform the Sports Program Leader of your club/external sporting commitments and achievements. The College takes no responsibility where a student (or family member) has failed to inform the Sports Department of representative honours and is not included in the final calculations of major awards or representative recognition awards.



## Assessment Special Provisions & Sport

Mt Maria College tier 1, 2, and 3 sporting opportunities may often fall on the same day as a scheduled assignment due date or an examination date. It is the student's responsibility to ensure they are up to date with relevant assessment and schoolwork prior to the commencement of a sporting competition. The College reserves the right to remove students from sporting opportunities who have not met academic expectations both with classwork and assessment. Where there are clashes between a sporting event and an assessment due date, the tiering sport system is utilised to assess the provision:

**Tier 1 Sports** Special provisions will not be accepted; students will be required to complete assessment as scheduled.

**Tier 2 Sports** Special provisions will be handled on a case-by-case basis. Clashes with scheduled examinations will be reviewed upon submission of application, with the school unlikely to approve a change in examination date.

**Tier 3 Sports** Special provision applications will be approved upon review.

Please note:

- students are responsible for submitting a special provision document in a timely manner prior to the assessment date.
- the College will follow non-submission academic procedures in the event where a student fails to produce a special provision prior to the assessment and representative sport date.



## CONTACTS & INFORMATION

### Mt Maria College Contact Information



#### **Program Leader – Sport**

Kyle Donaldson – [kdonaldson@bne.catholic.edu.au](mailto:kdonaldson@bne.catholic.edu.au)

#### **Sports Program Administration Assistant**

Linda Stephan – [Lstephan1@bne.catholic.edu.au](mailto:Lstephan1@bne.catholic.edu.au)

#### **Mt Maria College Website**

<http://www.mtmaria.qld.edu.au/>

### SECA Sport Contact Information



**Email:** [secasport@bne.catholic.edu.au](mailto:secasport@bne.catholic.edu.au)

**Twitter:** [https://twitter.com/SECA\\_Sport](https://twitter.com/SECA_Sport)

**Facebook:** <https://www.facebook.com/SECA-Sport-956459471220083/>

**Website:** <http://seca.sportzvault.com/default.aspx>

## Code of Conduct

Representing Mt Maria College in any sport is a privilege. Considering this, the importance of adhering to a Code of Conduct ensures that players, coaches and officials are able to perform their tasks to the best of their ability, unhindered by inappropriate conduct.

The following Code of Conduct highlights the level of expected behaviour of players when participating in sport at Mt Maria College, whether that be training or in competition. Consequences for not honouring this code of conduct are listed below. Please ensure that you have read and understand this code prior to participating in training and competitions. For further information please contact Kyle Donaldson (Mt Maria College Sports Coordinator).

### Student Expectations

- ☐ Exhibit behaviour within the school community **prior** to representation that signifies a capacity to represent Mt Maria College to an acceptable standard as a member of a team. Students who fail to demonstrate these capacities may be **withdrawn from a school team**.
- ☐ School behaviour and commitment to studies will be of an acceptable standard, otherwise a student may not be allowed to represent the College in co-curricular activities. This decision could be made at any time leading up to or during a sporting competition.
- ☐ Be on time to all training sessions and **notify the coach** if you are unable to make it. You may be required to provide a note from your parent or guardian explaining why you could not attend training.
- ☐ Follow all directions of the coach (including playing to the team structures) as stipulated by the coach.
- ☐ Show respect for yourself, your teammates, officials, your opponents, and their abilities.
- ☐ Never argue with or question the Referee's decision.
- ☐ Control your temper – no criticism by word or gesture
- ☐ Compete by the competition conditions and rules.
- ☐ Be a good sport. Encourage and support your own team members.
- ☐ Work equally hard for yourself and your team
- ☐ Behave in a manner that respects the rights of others regardless of mediums of communication used e.g. digital mediums such as Twitter, Facebook, email and texts.
- ☐ Wear the official team uniform at all times, including purchasing items if needed, as directed by team coach/school.
- ☐ Stay in the designated team area and support other team members during times when you are not competing.
- ☐ **No swearing** on and off the field.
- ☐ Ultimately, take responsibility for your own behaviour and performance.

### Breach Consequences

Team coaches will deal immediately with any breaches of this code by imposing appropriate consequences. Some of these may include:

- Verbal warning to student identifying breaches of the code
- Formal meeting with coach and Sports Coordinator
- Notification to parents
- Removal from the team
- Suspension from all school and representative sport

### Additional Supporters Information

Please note, all Mt Maria supporters, including family members (not limited to parents/guardians), friends and student supporters are expected to conduct themselves in a manner which reflects the values, beliefs and expectations of Mt Maria College. This will also include **respecting the decisions made by the coaching team in relation to team selections and utilisation of players on the court/field**.

Identified breaches will be reported to the College Principal and supporters may be banned from attending Mt Maria College sporting events, including the College Sports Awards evening.