

SPORT and CO-CURRICULAR ACTIVITIES

Assisi Catholic College provides a safe, positive and productive learning environment, where all students can reach their full potential, spiritually, academically, creatively, socially and physically.

Spiritual and Service Activities

Opportunities are provided for students to participate in College Masses and Liturgies, Reception of the Sacraments, Prayer and Reflection Days with each year group. Assisi Catholic College provides its students with an ongoing education in Christian faith, practice, witness and service in the Catholic tradition. A number of charity fundraising events are selected each year in which students participate.

Sport

The College fields a growing number of sports in local, district, regional and state competitions including athletics, swimming and cross-country.

All students participate in Core Physical Education each week. Students in Prep – Year 6 attend swimming classes. Students from Years 5 – 7 are selected to represent the College in a variety of Inter-school sports with local Catholic schools during Terms 2 and 4. Students in Year 6 and 7 are offered a variety of Recreational / Sport activities during Term 3.

Year 7 students undertake sport each Monday afternoon. Years 8 – 12 have sport on Thursday. Sports develop individual skills and allow students to participate in sports as members of a team. Assisi Catholic College offers students a full range of sporting experiences.

Sports which are offered (some sports are seasonal and are subject to student numbers):

- Athletics
- Aerobics
- AFL
- Basketball
- Cross Country
- Golf (HPE)
- Gym
- Hockey
- Indoor Cricket
- Indoor Soccer (Futsal*)
- Netball
- Rugby League
- Soccer
- Softball
- Scuba Diving
- Swimming
- Tennis
- Touch Football
- Volleyball
- Weight Training

* Futsal is a signature sport at Assisi.

Recreational and Cultural Activities

The wide range of recreational and cultural activities offered by the College encourages students to be active members of their College and local community.

- Academic Competitions
- Blood Bank
- Chess *
- Choir *
- Christian Service Groups
- Clubs
- College Orchestra *
- College Socials
- Dance *
- Debating
- Drama Festival
- Eisteddfods
- Enrichment Activities
- Excursions
- Family Team Days
- Franciscan Pilgrimage to Rome and Assisi
- Fundraising
- Instrumental Music (Individual and Group) *
- Karate *
- Kids ICT Congress
- Musical Productions
- Participation in local Anzac Day Marches
- Peer Mediators (Year 6)
- Public Speaking
- Retreats
- Science / Engineering Competitions
- Speech and Drama *
- Student Representative Council
- Tournament of Minds

* Provided by private providers, mainly before and after College hours.

Codes of Behaviour for Sports Teams

Sport is a vital component of life at Assisi Catholic College. It provides many things, which include an opportunity to confront challenges, to set goals and work towards achieving them and, of course, the chance to develop fitness and a healthy lifestyle.

For many of our students, sport is their chance to shine, to gain self-confidence and as an outlet from study pressures. In team sports, the lessons learned from working as a group are invaluable life experience.

All this aside, sport must be enjoyable and the role of parents and coaches is of utmost importance in achieving this. I commend this document to you and ask for your continued support.

Code of Behaviour for Players

- Play be the rules
- Never argue with an official. If you disagree with a decision, have your captain, coach or manager approach the official during a break or after the competition
- Control your temper. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in any sport
- Work equally hard for yourself and / or for your team. Be prepared to do the 'hard things' for the team. Your team's performance will benefit. So will you
- Be a good sport. Applaud all good plays, both those by your own team and your opponents
- Treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition
- Play for the 'fun of it' and not just to please parents and coaches
- Avoid use of any derogatory language

Codes of Behaviour for Coaches

- Be reasonable in your demands on young players' time, energy and enthusiasm
- Avoid over-playing the talented players. The 'just average' players need and deserve equal time
- Remember that players participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the players for making mistakes or losing a competition
- Avoid the use of any derogatory language
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches
- Teach your players that rules of the sport are mutual agreements, which no one should evade or break
- Take into consideration the maturity level of players when scheduling and determining the length of practice times and competition

Codes of Behaviour for Parents

- Encourage your son or daughter to participate if they are interested. However, if he or she is not willing, do not force them
- Focus upon the individual's efforts and performance rather than the overall outcome of the event. This assists the player in setting realistic goals related to their ability by reducing the emphasis on winning
- Teach that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment
- Never ridicule or yell at anyone for making a mistake or losing a game
- Remember that players are involved in organised sports for their enjoyment, not yours
- Remember that participants learn best from example. Applaud good plays by all teams
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember, most officials give their time and effort for the players' enjoyment
- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognize the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the players and they deserve your support
- Avoid the use of any derogatory language