Sport at HT: Overview

The Sports program at Huntingtower consists of the following areas:

- Sports carnivals for House and Interschool with the EISM sports association (Eastern Independent Schools Melbourne) in Swimming (J. Savage with H. Aden and Huntingtower Sports and Aquatic Centre (HSAC) staff.)
- Sports carnivals for House and Interschool with the EISM in Athletics (A. Neal and J. Savage)
- Sports carnivals for House and Interschool with the EISM in Cross Country (P. Rees)
- Weekly Interschool competition for summer and winter sports for Years 7 - 12 with the EISM (J. Savage and AFL Trainee Sport Assistant)
- School-based sports program or alternative activities for:
  - Times when EISM weekly competition is not scheduled (J. Savage)
  - Students who aren't in our school teams for EISM competition – HT Sports Fitness and Skills Program (J. savage)
- Year 9 Bike Program (L. Parsons)
- Other sporting competitions e.g. VCC Basketball, Volleyball Schools Cup
- Huntingtower Heat Basketball Club – affiliated with HT but runs as a separate entity. (HT Heat Club committee)
- GVBR – (J. Savage with R Clifford and R Kitchingman)
- Aerobics (C. Smith)

Sport is a compulsory part of the HT curriculum for all students unless a teacher requests from me a withdrawal from the program and this is also approved by the Vice Principal. The only exception to this are the Year 12 students enrolled in EAL, and students who may be otherwise involved in intensive, high level sport external to the school and thus require more study time (e.g. National standard swimmer who is training for 7 sessions per week).

Sport is scheduled in the school timetable on the following afternoons:

- Monday – Year 7
- Wednesday – Years 10 – 12 (Seniors)
- Thursday – Years 8 & 9 (Middle School)

School-based sport sessions usually commence at 1.21pm. To cover transport to and from a venue, an earlier departure is required.

Inter-school sport. All EISM matches are scheduled to commence at 1.30pm unless other arrangements have been made by the Heads of Sport. This means for away matches, departure is usually at 12.45pm. If departure is any earlier than this, arrangements are made for students to leave classes earlier during Period 3. For home matches, students and coaches should be at their designated venue by 1.00pm.

At the beginning of each sporting season, trials are held for each of the EISM sports. Teachers allocated to sport are assigned a team to prepare and coach for an EISM season, or a Fitness and Skills Group activity for students who are not selected for EISM teams, or activities to conduct with groups of students for school-based sessions in-between EISM weekly sport seasons e.g. swimming, minor games, long jump during athletics season etc.
Huntingtower Sport Outline

**Term 1**
- Year 7: Swimming, Athletics
- Year 8: Swimming, Athletics
- Year 9: Year 9 Challenge Program – Preparation for Triathlon – Cycling, Swimming, Running; South Bank ride.
- Years 10 – 12: EISM Summer Sport: 2 teams - HT Central & HT Southern
  - Girls - Soccer, Softball, Tennis Volleyball A & B
  - Boys – Hockey, Cricket, Tennis, Volleyball A & B
  - Or HT Fitness and Skills Program

**Term 2**
- Year 7: EISM Sport: 2 teams – HT Blue & HT White
  - Girls: Soccer, Basketball
  - Boys: Hockey, Tennis, Mixed Table Tennis
- Years 8 & 9: EISM Winter Sport: 2 teams HT Central & HT Southern
  - Girls: Netball, Hockey, Basketball, Table Tennis
  - Boys: Football, Soccer, Basketball, Table Tennis, Touch (Mixed)
  - Or HT Fitness and Skills Program
- Years 10 - 12: EISM Winter Sport: 2 teams HT Central & HT Southern
  - Girls: Netball, Hockey, Basketball, Table Tennis
  - Boys: Football, Soccer, Basketball, Table Tennis, Touch (Mixed)
  - Or HT Fitness and Skills Program

**Term 3**
- Year 7: EISM Sport: 1 Team
  - Girls: Hockey, Netball
  - Boys: Football, Volleyball, Mixed Table Tennis
- Years 8 & 9: EISM Winter Sport and HT Fitness and Skills continued
- Years 10 - 12: EISM Winter Sport and HT Fitness and Skills continued

**Term 4**
- Year 7: EISM Sport: 2 teams – HT Blue & HT White
  - Girls: Tennis, Volleyball
  - Boys: Soccer, Basketball, Mixed Table Tennis
- Year 8 & 9: EISM Summer Sport: 2 teams - HT Central & HT Southern
  - Girls - Soccer, Softball, Tennis Volleyball A & B
  - Boys – Hockey, Cricket, Tennis, Volleyball A & B
- Year 10: Recreational activities – Social Dance
- Year 11: VCE Study Hall – Exam Preparation
Weekly Notices
Weekly arrangements for Sport are listed on a Sports Notice that is displayed for students to read at locations around the school. A weekly notice is emailed to sports staff with additional notes to communicate any specific details for the week, such as transport bookings and the EISM ladders when available.

Uniform
HT Caps – mandatory for tennis, cricket and softball
No uniform → no play → detention → EISM ruling.
Same applies for Skills Program students.
Water bottles – every student is to have one and bring one to Sport.
Students are expected to change into their sports uniform at lunchtime. The may change at recess if playing ‘away’.
Students may travel home in correct Sport uniform.
Staff attire – HT staff polo shirt with neat navy track suit or shorts and cap/hat if outdoors.

EISM Details - Conduct of games
Prior to a season commencing, team trials are held normally in sport time during the first week of the term. Coaches are to select teams and organise weekly training sessions. Prior to the commencement of the EISM season, coaches will receive a copy of the draw for their team and result sheets for their sport. After your game, remember to get the opposition coach/teacher to sign the score sheet/results sheet as well to avoid later disputes. Please submit the signed results sheets on the Sports Assistant’s desk in the Senior Gym. Organise a captain and have them help in the running of the team e.g. obtaining and returning equipment to the store room, starting line up etc.

Games are conducted according to the rules of the various sporting associations. However, for most sports, there are some variations to regulations and these are set out in the EISM Handbook (given to coaches each year). Please be familiar with the match rules and the EISM rulings for your sport and the players and coaches code of conduct as set out by the EISM.

External umpires are employed for soccer, softball, basketball, football, hockey, netball and volleyball. All other games are officiated by staff or players themselves – cricket, tennis and table tennis and. See the EISM Handbook for options that can be taken if an umpire fails to turn up.

EISM card system – this system is similar to those found in soccer and hockey but applicable to all sports, including football and table tennis. Players can be sent off temporarily (orange card) or for the remainder of the match (red card). Should a player be issued a red card, a report is to be filled in and submitted to the Head of Sport as soon as practicable. At the
commencement of matches, please inform the officiating umpires of this system. A Red card leads to ‘De-registration’ and school principals and the EISM Executive Officer is involved. Two red cards in a season - student is ineligible to play weekly sport for remainder of season.

Payment of umpires/referees
Huntingtower usually appoints officials for home games, hockey and senior football excepted. Umpires and referees are to be paid directly by the school. After each game, the umpire or referee is to go to the office and sign the relevant forms for this. If an umpire or referee is new to the school, extra documentation is to be completed at the office to facilitate due payments. Please direct such people go to the Accounts Payable Officer who is located in the General Office. Should there be further queries, the Head of Weekly sport should be able to assist. Note: with home games that are based at external venues, coaches must take an officials form for the referee/umpire to sign and then submit the form with the results sheet to the Sport Assistant.

Missing departure times
Students who miss buses are to be reported to the Head of Sport and should receive a detention. Students are not to hold up buses. Lateness to matches could mean a forfeit for a team. Inform the Head of Sport of students who miss buses or who are persistently late for buses.

Equipment
Team kits are to be obtained from and returned to the Senior Gym store room. Captains should be allocated to do this. Please keep any eye on your equipment. Do encouraged students to be responsible for the equipment as it is their game but do ensure all is returned. If equipment becomes broken or worn, let the Sport Assistant know a.s.a.p. in case new gear needs to be ordered. The store room is not a student hang out. Students require a teacher’s permission to be in there and should generally be supervised when in there. It’s ok to send in a student to obtain an ice pack, for example, but it’s not a student’s right to march in to the storeroom in lessons or at lunchtime to obtain equipment.

First Aid kits must be taken to each game. Let the Sport Assistant know when items need replacing. Sunscreen is to be used for all outdoor sports – don’t forget yourself! Sports tape. Students are to provide his or her own – it’s a personal requirement like a mouth guard – not a school issued item. All students should bring their own water bottle to sport – full of water!

Weekly Sport Handbook. Each team has an accompanying handbook that the coach/staff member must collect from the Senior Gym Office prior to departing or commencing warm up for the session. (Volleyball will have the one book as the A and B teams are at the same venue.) It contains important documents and is for Teacher use. Coaches are to return the handbooks at the end of each session with completed Rolls and Result sheets.
End of day arrangements

- Most visiting schools will depart about 2.45pm. However, for HT students including the Senior Wednesday afternoons – **conclude at 3.40pm** (pack up at 3.30pm). **Home team coaches are responsible** to conduct further training, play modified games or activities until this time. **Students may not return to the classrooms or go to the Library in this time.** Away teams returning early should join the home team groups for this time. Active supervision is essential.
  - Offer Debriefing/Feedback and Recovery for home games and, where time allows, for away games.
  - Encourage players to reflect on their game – a suggestion would be similar to that of the final reflection or thinking process—3 things that I learnt in today’s game, 2 things that I did well, 1 thing that I or the team could improve upon for the next game.
  - Recovery. Time and attention should be given to a post-match recovery session:
    - Active stretching
    - Alternate temperature therapy – otherwise known as ‘Ice baths’ – would be good to do – but not always possible!
    - Replenishing nourishment – protein based e.g. milk based drink such as ‘Up & Go’.

Junior School Gym use

If the Junior School Gym is the allocated venue for your sport, coaches must first meet their team at the Senior Gym and accompany their team to the Junior School Gym. Senior students are not permitted to be in the Junior School area without permission and without a Senior Staff member. Organise a player to meet the visiting team at the Senior Gym and to escort them down to the Junior School Gym. Access to the Junior School Gym is via the door near the Senior Art room. Key – is available from the Senior Gym.

Tuesday training afternoon

Tuesday afternoons are set aside for sports trainings. Admin has not scheduled meetings to allow for this. Senior teams are expected to have at least one training session per week.

Fitness and Skills Program Details

The week after the main sport selection trials, usually Week 2 of the season, the Skills and Fitness Program commences. A program is developed for the students who do not gain selection in Huntingtower teams that participate in the EISM competitions. While there are some variations from year to year, it is based on life fitness and skill acquisition. Students are to be in PE uniform, just as students who are members of our school sport teams are required to be. Some activities may have early departures, such as Indoor Soccer and Netball B in Terms 2 & 3. Information for the Skills and Fitness Program such as activity and transport arrangements, also appear on the weekly sport notices and information for the teachers involved is included in the weekly email.
Sport Fitness and Skills Program

Term 1
Years 10 -12 Badminton – trials can be held if needed.
Years 10 -12 Swimming and Fitness (HT Weights Room)

Term 2 & 3
Year 10 - 12 Girls Netball B
Year 10 - 12 Girls & Boys: Yoga

Teachers involved in the Skills and Fitness Program are expected to be a part of the Carnival Sports Program and assist with the running of the training sessions.

Injury and Illness
Assess the situation. If playing at home and the injury/illness is minor e.g. Sprained ankle, commence RICE. The student may be taken to the office and office staff can take over the situation. If needed, the office staff will contact the parents and have the parents take the student for further care. After the session, complete an Incident Report. (Incident Reports are a two-sided form that is to be filled in. The forms are kept in a book which is located in the General Office. Please ask office staff for this. For a similar incident at an away venue, commence RICE and the student should return with the team as per usual. Check if the student is to be collected at the end of the day by a parent or if the student usually walks home or uses public transport. It may be appropriate to phone the Huntingtower school office (9807 8888) to get an office staff member to contact a parent to organise collection of the student on return to school. Complete Incident Report.

For a serious injury at home, stop match as needed, apply first aid, and notify the HT office for assistance. Office staff can call an ambulance if necessary. They will also inform parents. If playing away, stop match as needed, apply first aid, and notify the HT school office. Office staff can arrange for parent to collect student to take to medical care. If needed, call an ambulance. Contact the HT office to inform of incident so office staff can contact parents. Keep host school office informed of proceedings if you have called an ambulance. The host school could possibly offer some form of assistance too. In all cases, complete an Incident Report and inform the Head of Sport of the incident.

Helpful phone numbers:
HT School Office – 9807 8888
Head of HT Sport – Jan Savage – 0408 129 721
Driver Buslines – 9538 6677

See EISM handbook for other EISM schools and Heads of Sport contact details.
## HUNTINGTOWER SPORTS UNIFORM

<table>
<thead>
<tr>
<th>SPORT</th>
<th>TOP</th>
<th>BOTTOM</th>
<th>SOCKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming</td>
<td>Navy blue with pale blue trim bathers, pale blue cap</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td>Pale blue Singlet with navy trim</td>
<td>Navy shorts</td>
<td>White</td>
</tr>
<tr>
<td>X-Country</td>
<td>Pale blue Singlet with navy trim</td>
<td>Navy shorts</td>
<td>White</td>
</tr>
<tr>
<td>Basketball</td>
<td>HT Heat Uniform (Year 7 school singlet, navy shorts)</td>
<td>HT Heat Uniform (Year 7 school singlet, navy shorts)</td>
<td>White</td>
</tr>
<tr>
<td>Cricket</td>
<td>Seniors – White; Yrs 8 &amp; 9 - PE sport shirt</td>
<td>White longs</td>
<td>White</td>
</tr>
<tr>
<td>Football</td>
<td>Navy with pale blue trim</td>
<td>Navy shorts</td>
<td>Long Blue</td>
</tr>
<tr>
<td>Hockey</td>
<td>Navy with pale blue and white trim</td>
<td>Navy shorts</td>
<td>Long Blue</td>
</tr>
<tr>
<td>Netball</td>
<td>Netball Dress</td>
<td>Navy bike shorts</td>
<td>White</td>
</tr>
<tr>
<td>Soccer</td>
<td>Navy with pale blue and white trim</td>
<td>Navy shorts</td>
<td>Long Blue</td>
</tr>
<tr>
<td>Softball</td>
<td>PE Sport sport shirt</td>
<td>Navy shorts</td>
<td>White</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>PE sports shirt/tracksuit/rugby top</td>
<td>Navy shorts/tracksuit</td>
<td>White</td>
</tr>
<tr>
<td>Tennis</td>
<td>PE sport shirt</td>
<td>Navy shorts</td>
<td>White</td>
</tr>
<tr>
<td>Volleyball</td>
<td>PE sport shirt</td>
<td>Navy shorts</td>
<td>White</td>
</tr>
</tbody>
</table>

Any student not wearing the above sport uniform **must not** take part in the match.

** Hockey players must not take the field without a mouthguard and shin pads.