

Carlingford Public School

Sport Handbook



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Sport Handbook



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Executive Summary

The purpose of this document is to make information available to the Carlingford Public School Community about the Swimming, Athletics and Cross-country Carnivals; PSSA sports; and the Sports Program in general. Some information is also included about the sporting competitions available at Zone and Area levels.

It is hoped that this information will inspire a greater participation in sport at every level, and that this Sport Handbook will be used to field and clarify some of the inevitable sporting questions that crop up.

Sporting House System

On enrolment at Carlingford Public School, children from years K-6 are allocated by the office staff into one of three historic Sporting Houses, each named after early settlers to the area:

Sporting House	House Colour
Mobbs	Blue
Marsden	Red
Ruse	Green

In general, the school tries to keep children in the same sporting house as their siblings, but in the interests of keeping the number of children equal between houses, this is not always possible.

When families purchase their sporting uniform, the house badge is selected and sewn onto the right hand sleeve of each child's sport shirt.

Each year there are four sports captains per sporting house with one boy and one girl house captain, and one boy and one girl vice-captain. The Year 6 Sports Leaders are elected by democratic vote of the year 3-6 children in their house.

House points accumulate through the school and calendar year by participation and success in the various carnivals, and the highest ranking house for the year is acknowledged in the school's trophy and plaque display, located in the main hallway of the administration building.

School, Zone, Area and State Sporting Levels

The school competes in the Merrylands-Parramatta Zone. Success at Zone can lead to competition in the Sydney-West Area¹, and success at Area can lead to competition at NSW State level. From there, National competition can be sought. In 2013, the following schools competed in the Merrylands-Parramatta Zone²:

¹ http://www.sports.det.nsw.edu.au/syd_west/welcome.htm

² http://www.sports.det.nsw.edu.au/syd_west/contacts_links/zone_dirs1.htm

Burnside; Carlingford; Dundas; Ermington West; Greystanes; Hilltop Road; Merrylands; Oatlands; Parramatta; Parramatta East; Parramatta North; Parramatta West; Ringrose; Rydalmere; Rydalmere East; Sherwood Grange; Telopea; Widemere; and Yates Avenue

The Department of Education and Communities (DEC, formerly DET: Education and Training) has a School Sport Unit³ from which further information can be sought.

Carnivals

Each year the school runs three sporting carnivals: swimming, cross-country and athletics. Children enter races in age groups according to the age that they are turning that school and calendar year.

Juniors are children who turn 8, 9, or 10 in that school and calendar year; and seniors are children who turn 11, 12, or 13.

Athletes with Disabilities (AWD)

There is provision for Athletes with Disabilities to compete in the Swimming and Athletics Carnivals all the way up to National competition level. Further information must be sought from the school if you want your child to compete in these events.

Swimming Carnival

The School's Swimming Carnival is held early in Term 1. Children in years 3-6 attend, as well as confident swimmers in year 2 who will be turning 8 that year.

Races are conducted separately for boys and girls in all the major strokes. No finals are swum, but rather, the fastest swimmers by time are chosen from the heats.

A summary of the contests held at the school's swimming carnival follows:

	Separate contests for Girls and Boys
100m Freestyle	There is 1 girl, and 1 boy event: <ul style="list-style-type: none">• All-age championship
50m Freestyle	There are 6 girl and 6 boy events by age: <ul style="list-style-type: none">• 8, 9, 10, 11, 12, and 13 years
50m Breaststroke, 50m Backstroke and 50m Butterfly	For each of the 3 strokes, there are 3 girl and 3 boy events: <ul style="list-style-type: none">• Juniors (8, 9, and 10 year olds combined)• 11 year olds• 12 and 13 year olds combined
200m Medley	There is 1 girl, and 1 boy event: <ul style="list-style-type: none">• All-age individual medley event
House Relays	There is one relay race in which each house fields the 5 boy and 5 girl fastest freestylers from each different age group: <ul style="list-style-type: none">• 8, 9, 10, 11, 12&13 years

³ <http://www.sports.det.nsw.edu.au/welcome.htm>

As children compete, they earn points for their sporting house, according to the following guide:

Swimming Carnival Heats and Finals Individual Events	House points earned
1 st place	3 points
2 nd place	2 points
3 rd place	1 points
Participation	1 point

Swimming Carnival Relays	House points earned
1 st place	6 points
2 nd place	4 points
3 rd place	2 points

Acknowledgement and house points are given to the fastest three competitors in each heat, as well as the final fastest three competitors by time in each contest, with ribbons presented at a later assembly. Note that house points for participation are awarded at the marshalling area.

Progression to Zone Swimming

The final fastest 2 swimmers by time in each individual contest go on to represent the school at the Zone Swimming Carnival with the final 4 fastest junior and 4 fastest senior freestylers representing the school in the 4 x 50m Zone freestyle relay contest.

No finals are held at the Zone swimming contest. Rather, final places are decided by the fastest heat times recorded. As well, heats are seeded based on the entry time provided for each swimmer by the school, and the swimmers with the fastest entry times are placed in the last heat of each event.

Note that there are qualifying times for a number of the events in the Zone Swimming Carnival. In 2013, these were as follows:

Event	Class	Qualifying time (mins)
200m individual medley	Juniors	4:15:00
	Seniors	4:00:00
100m freestyle open		2:00:00
50m backstroke & butterfly	Juniors	1:30:00
	11 year olds	1:25:00
	12/13 year olds	1:20:00
50m breaststroke	Juniors	1:40:00
	11 year olds	1:35:00
	12/13 year olds	1:30:00

In 2013 the Merrylands-Parramatta Zone Swimming Carnival was held at Parramatta pool.

Cross Country Carnival

The Cross-Country Carnival is held in the school grounds in early in Term 2. All children in years K-6 are encouraged to participate.

Children in years K-2 participate in a short multi-lap cross-country course. Separate races are held for Girls and Boys in Kindergarten, Year 1, and Year 2.

Children in years 3-6 and any confident runners in year 2 who will be turning 8 that year participate in a longer cross-country circuit as follows:

	Separate contests for Girls and Boys
Juniors - 2km	<ul style="list-style-type: none">• 8 & 9 year olds combined• 10 year olds separately
Seniors - 3km	<ul style="list-style-type: none">• 11 year olds separately• 12+ year olds combined

As children compete, they earn points for their sporting house, according to the following guide:

Cross Country Carnival	House points earned
1 st place	10
2 nd place	9
3 rd place	8
4 th place	7
5 th place	6
6 th place	5
7 th place	4
8 th place	3
9 th place	2
10 th place	1

Note that house points are not awarded for participation in the Cross Country Carnival, because in general, all children are encouraged to participate. However, house points are awarded to the top 10 competitors in each Year 3-6 race. As well, for Year K-2 and Year 3-6 children, acknowledgement is given to the fastest three competitors in each race, with ribbons presented at a later assembly.

Progression to Zone Cross-Country

For the participating 8+ year olds in year 2, and the years 3-6 children, the fastest 4 girls and 4 boys by time in the 2km and 3km contests go on to represent the school at the Zone Cross-country Carnival.

In 2013 the Merrylands-Parramatta Zone Cross-Country Carnival was held at Parramatta Park.

Athletics Carnival

The Athletics Carnival is held off-campus at a local sporting field in late Term 2 or early Term 3 for children in years K-6. As children compete in the finals (only), they earn points for their sporting house, according to the following guide:

Athletics Carnival Heats and Finals	House points earned
1 st place	3 points
2 nd place	2 points
3 rd place	1 points
Participation	1 point

Athletics Carnival Relays	House points earned
1 st place	6 points
2 nd place	4 points
3 rd place	2 points

Note that house points for participation are awarded. As well, acknowledgement is given to the best three competitors in each track and field heat and final, with ribbons presented at a later assembly.

K-2 Carnival

K-2 hold their own carnival at the same time and venue as Years 3-6. Athletes in year 2 who will be turning 8 that year may select instead to compete in the Primary Carnival for Years 3-6.

The K-2 Athletics carnival involves social competition in class groups, for example parachute group-work, egg and spoon race, sack race, and relay events.

Primary Carnival - Year 3-6 and 8+ year olds

The Primary Carnival includes both track and field components in a format that is similar to the Zone and Area Athletics Carnivals.

Track Events

Track races are conducted separately for girls and boys. If required, the fastest runners by time are chosen from the sprint heats and they compete in finals.

A summary for the track events follows:

Track	Separate contests for Girls and Boys
800m Finals	There are 3 girl and 3 boy events: <ul style="list-style-type: none"> • Juniors (8, 9, and 10 year olds combined) • 11 year olds • Seniors (12 and 13 year olds combined)
<i>100m Heats</i>	There are 6 girl and 6 boy events by age: <ul style="list-style-type: none"> • 8, 9, 10, 11, 12, and 13 years
<i>50m Heats</i>	There are 3 girl and 3 boy events by age: <ul style="list-style-type: none"> • Kindy, Year 1, Year 2
<i>200m Heats</i>	There are 3 girl and 3 boy events: <ul style="list-style-type: none"> • Juniors (8, 9, and 10 year olds combined) • 11 year olds • Seniors (12 and 13 year olds combined)
50m Finals	There are 3 girl and 3 boy events by age: <ul style="list-style-type: none"> • Kindy, Year 1, Year 2
100m Finals	There are 6 girl and 6 boy events by age: <ul style="list-style-type: none"> • 8, 9, 10, 11, 12, and 13 years
200m Finals (as required, and as time permits)	There are 3 girl and 3 boy events: <ul style="list-style-type: none"> • Juniors (8, 9, and 10 year olds combined) • 11 year olds • Seniors (12 and 13 year olds combined)
House Relay	There is one relay race in which each house fields the 5 boy and 5 girl fastest sprinters from each different age group: <ul style="list-style-type: none"> • 8, 9, 10, 11, 12&13 years

Field Events

With the exception of the discus contest, heats for the field events are held at school prior to the athletics carnival for 8+ children in years 2-6, with finals held on carnival day if required.

It is unlikely for 8 year olds to be selected ahead of 10 year olds in field events. If they have a special talent in this area, they need to make a special effort to compete.

A summary for the non-discus field events follows:

Field	Separate contests for Girls and Boys
<ul style="list-style-type: none"> • High Jump • Long Jump • Shot Put 	For each of these competitions, there are 3 girl and 3 boy events: <ul style="list-style-type: none"> • Juniors (8, 9, and 10 year olds combined) • 11 year olds • 12 and 13 year olds combined

For the discus contest, *Little Athletics* records are submitted and the top junior, 11 year old, and senior competitors proceed to the zone carnival.

Note that at Zone level, there are qualifying distances and heights for all the track events. In 2012, these were as follows:

	Junior Boys	Junior Girls	11 yr Boys	11 yr Girls	12/13 Boys	12/13 Girls
High Jump ⁴	1.05m	1.00m	1.10m	1.05m	1.15m	1.10m
Long Jump ⁵	3.25m	3.00m	3.50m	3.25m	3.75m	3.50m
Shot Put ⁶	2kg 5.50m	2kg 5.00m	2kg 7.00m	2kg 6.00m	3kg 7.00m	3kg 6.00m
Discus ⁷	500g rubber	500g rubber	750g rubber	750g rubber	750g rubber	750g rubber

Progression to Zone Athletics

The final fastest 8+ year old girls and boys by time in each individual track contest, and the best 8+ year old girls and boys in each individual field contest, go on to represent the school at the Zone Athletics Carnival⁸. As well, the final 4 fastest 100m Junior (8, 9 and 10 year old) and Senior (11, 12 and 13 year old) sprinters represent the school in the Zone 4 x 100m sprint relay contest⁹.

Note that in 2012, the Zone contest allows the following maximum number of entries per school:

	Competitors per school per event
Age races	3
200m	2
800m	2
Relay	Junior boys, Junior girls, Senior boys, Senior girls
Long jump	2
Shot Put	2
High Jump	1
Discus	1

Note also that in 2012 at Zone level, a second competitor could be entered in the field events if the school's sports organiser considered the child's ability to be of equal standard with the first jumper or first thrower. In that case, consultation with a zone convener was required.

⁴ After the qualifying height, the high jump bar is raised in 5cm increments. The jumper is given 3 attempts to pass each height.

⁵ The longest jump of 3 is counted.

⁶ The shot is to be put from a 2.15m diameter circle into a 45 degree extended area, from behind the ear, pushed in an upward motion.

⁷ The discus is to be thrown from a 2.15 diameter circle in a fashion deemed to be as close as parallel to the ground as possible. Underarm throws are possible. Children must enter and depart the throwing circle from the back half. At Zone level, the top six competitors each get a fourth throw.

⁸ Note that at Zone level, the track athletes can wear spikes in all races, except the 800m.

⁹ Relay batons are provided at zone and the relay change over lines are 11m each side of the 100m line. Transfer of the batons must be made between these lines i.e. within the 22m. A dropped baton may be regained, and the team continue. Competitors must remain in their own lane at all times, unless advised otherwise, and they must not obstruct a competitor.

PSSA Sports

The school is a member of the NSW Primary Schools Sports Association (PSSA)¹⁰ and competes in the Merrylands-Parramatta Inter-school PSSA sporting competition.

Representative PSSA Sports are available by competitive entry to children in year 3 to 6. Junior teams are for children from 8 to 10 years old, generally in years 3 and 4; and Senior teams are for 11 to 13 year olds, generally in years 5 and 6.

PSSA sports are divided into Summer (Terms 1 and 4) and Winter (Terms 2 and 3) competitions. Try-outs for the Summer PSSA sports happen in Weeks 1 and 2 of Term 1. Try-outs for the Winter PSSA sports happen towards the end of Term 1 and at the beginning of Term 2. Selections remain in place for the full school year. As with the sporting carnivals, Seniors are children who turn 11 or more in the school year. Mixed teams are fielded in all sports including netball, soccer, AFL, and cricket.

Available PSSA sports at Carlingford in 2013 are as follows (team size + reserve counts are shown):

	Summer Teams *		Winter Teams	
	Junior	Senior (11+)	Junior	Senior (11+)
Mixed Girl and Boy teams	<ul style="list-style-type: none"> 1 T-ball team of 9 + 2 1 Cricket team of 12+1 	<ul style="list-style-type: none"> 2 Softball teams of 9 + 2 1 Cricket team of 11+2 	<ul style="list-style-type: none"> 1 Netball team of 7 + 2 2 Soccer teams of 11 + 2 1 AFL team of 12 	<ul style="list-style-type: none"> 1 netball team of 7 + 2 1 Soccer team of 11 + 2 1 AFL team of 12

* There is also 1 summer senior Newcombe Ball team of 9 + 2, however Newcombe Ball is not played at PSSA Zone level.

On selection into a team, children need to sign a PSSA code-of-conduct agreement and families need to contribute to the transport costs. Failure to pay for bus costs may jeopardise a student's chances at gaining future team selection. PSSA students depart by buses at 9:00am on a Friday, returning by recess at around 11:25am.

PSSA Sport at Zone and Area Levels

The rules for all of the PSSA sports are contained in a NSW PSSA State Carnival handbook¹¹.

Regardless of whether the school hosts a particular PSSA sport, children can still try out for Zone or Area level in PSSA. Details of contests are available through the Merrylands-Parramatta Zone contact list¹², and the Sydney West Area web pages¹³, and are shown in the following table.

¹⁰ <http://www.sports.det.nsw.edu.au/nswpssa/welcome.htm>

¹¹ <http://www.sports.det.nsw.edu.au/nswpssa/handbook/index.htm>

¹² http://www.sports.det.nsw.edu.au/syd_west/contacts_links/zones/merry.doc

¹³ http://www.sports.det.nsw.edu.au/syd_west/trial_chp_info/index.htm

Participation by Carlingford Public School	Available 2013 Merrylands-Parramatta Zone Competitions	Available 2013 Sydney-West Area Championships
Athletics	Athletics	Athletics
Australian Football (AFL)	Australian Football (AFL)	Australian Football (AFL)
	Basketball – Boys	Basketball – Boys
	Basketball – Girls	Basketball – Girls
Cricket – Mixed		
	Cricket – Boys	Cricket – Boys
	Cricket – Girls	Cricket – Girls
Cross Country	Cross Country	Cross Country
		Diving
Football – Mixed		
	Football – Boys	Football – Boys
	Football – Girls	Football – Girls
		Golf
	Hockey	Hockey
Netball	Netball	Netball
	Orienteering	Orienteering
	Rugby League – 11 years	Rugby League – 11 years
	Rugby League – Open	Rugby League – Open
	Rugby Union	Rugby Union
Softball – Mixed		
	Softball – Boys	Softball – Boys
	Softball – Girls	Softball – Girls
Swimming	Swimming	Swimming
	Tennis	Tennis
	Touch – Girls	Touch – Girls
	Touch – Boys	Touch – Boys
		Waterpolo

You need to speak with the school Principal or PSSA Coordinator if your child is interested in competing at these levels.

Non-PSSA and Home-Sport options

Children who are not selected to represent the school through PSSA participate in an alternative home-sport program designed to strengthen their underlying fitness and skills, as well as give them opportunity for sporting fun and success. In addition to the home-sport program, extra classroom time that occurs while the PSSA teams are away is filled with a range of additional activities outside the core-curriculum.

Class Sports Program

K-2

K-2 Children participate in a 1-hour sporting program every Friday morning with a focus on sportsmanship and skill development. Optionally, class teachers may also run extra sports sessions through the week, as best suits their particular class.

3-6

In addition to Friday sports, classes from 3-6 also have 15 min sporting sessions through the week focussed on fitness and skill development.

Premier's Sporting Challenge

Children in years 3-6 participate in the Premier's Sporting Challenge¹⁴. They are given a card on which to log their sporting pursuits both at home and school. Participation in this program encourages sporting activity and raises money for the school sporting resources and equipment.

Tennis Courts

For families at the school, the school's tennis courts are available for hire through the front office (\$10 per hour in 2013).

Table Tennis

The school has 6 table tennis tables and from time to time children may be invited to compete in inter-school table-tennis contests. The tables are also available for home sport.

Dance Programs

In 2013, all K-6 classes also participate in a dance program for one term of the year with a qualified dance instructor.

There is also an entry by invitation (selective) dance program for children in K-6 at the school.

Other Physical Activity Programs

In past years Carlingford Public School has also held sporting skills workshops and Gym programs, the latter for example being run through the YMCA.

In 2013, sporting clinics have also been conducted for AFL, Soccer and Little Athletics in Term 2.

¹⁴ <https://products.schools.nsw.edu.au/psc/home.html>

Conclusion

There are terrific grounds and sporting facilities at Carlingford Public School. The school loves its sport, and we value it highly.



Document Change History

V04	Tuesday, 14 May 2013	First Draft for comment.
V06	Thursday, 16 May 2013	Included feedback from the Principal and a P&C Parent.
V07	Saturday, 18 May 2013	Included feedback to email questions from the Principal.
V08	Thursday, 30 May 2013	Included feedback from Teachers as well as graphics.
V11	Monday, 5 August 2013	Fixed page count and version number.