



Sports Information Booklet

2024



Introduction

Sophia College provides a diverse range of sporting and recreational activities for its students outside of the Health and Physical Education Curriculum. This Sports Information Booklet provides information for those wishing to participate in the College sports program.

Extra-curricular sports

provide an opportunity for the personal growth of the students by developing individual skills, teamwork, leadership, friendship, understanding, decision-making and self-discipline in an atmosphere of fun and enjoyment.

Sophia College provides opportunities for students to participate in Regional, District and State Level events throughout the year. Most notably the College looks to develop its performances at Western Ranges District School Sports events, Regional Football events and State Touch and Volleyball events. All these opportunities are outlined in this booklet.

Sport Contacts

Mr Brad Thompson

Sports Leader

brad.d.thompson@bne.catholic.edu.au

Ph: 5411 3400

Helpful Links

Western Ranges District Sport

<https://metwestschoolsport.eq.edu.au/district-sport/our-districts/western-ranges>

Metropolitan West School Sport

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

Queensland School Sport

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



Inter-House Sports

Sporting Houses

The College’s Inter-House sport is an integral part of the sporting culture. These Inter-House events create a strong sense of belonging and community. At Sophia College there are four houses:



Students are assigned a Fratelli House Group at the time of enrolment. Throughout the year students represent their House in a variety of sporting, academic and other competitions. Most notably, our significant Carnivals of **Swimming**, **Cross Country** and **Athletics** which involve the entire College community, allow students to display their house pride and spirit.

Swimming

The Swimming carnival provides an opportunity for students to participate in swimming-based events at a variety of competitive levels. To attend district swimming trials, students are required to nominate to the Sports Leader before the College’s Swimming Carnival every year.

Date: Friday 2nd February 2024

Venue: Lockyer Valley Sports and Aquatic Centre

Events:

Age Groups	Competitive Events	Participation events
12-16yrs	50m Butterfly	25m Freestyle
	50m Backstroke	25m Backstroke
	50m Breaststroke	Short Board Relay
	50m Freestyle	All in Swim
	4 X 50m Freestyle House Relay	Staff vs. Student Relay



Cross-Country Carnival

Students have the opportunity to compete in several cross-country meets throughout the school year. The College holds its annual Cross Country Carnival from which students can then gain selection to represent the District Trials. Age Champion will be awarded to the winner of the competitive race per age division. Distances for each age group are below:

Date: 26th March 2024

Venue: Sophia College, Plainland

Events:

Age Groups	Male Students	Female Students
12yrs	3km	3km
13yrs	3km	3km
14yrs	4km	4km
15yrs	4km	4km
16yrs	6km	4km

Athletics

Students have the opportunity to compete in several athletics meets throughout the school year. The College holds its Athletics Carnival from which students can then gain selection to represent the College at the District trials.

Date: 19th June 2024

Venue: Sophia College, Plainland

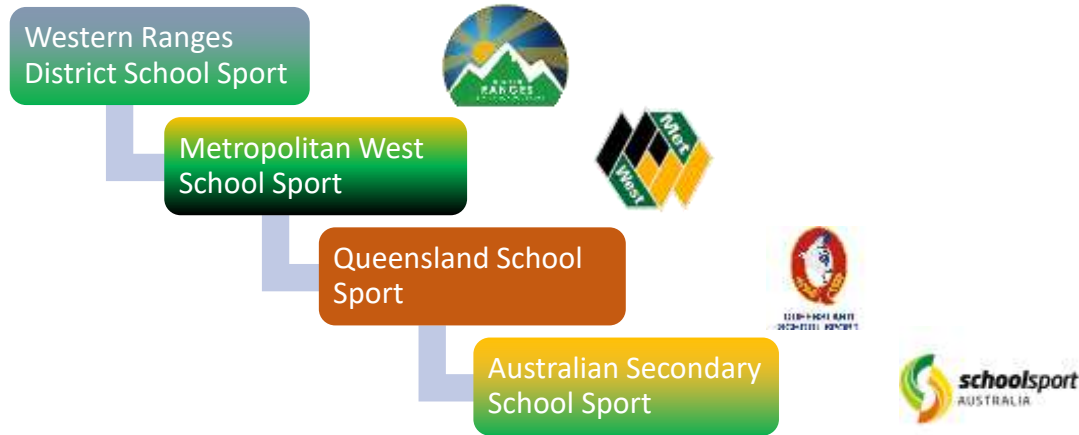
Events:

Age Groups	Track Events	Field Events
12-16yrs	100m	Shotput
	200m	Discus
	400m	Javelin
	800m	High Jump
	1500m	Long Jump
	4 X 100 Relay	



Queensland School Sport Pathway

Many sports conduct trials across Primary and Secondary schools within the Metropolitan West region as a pathway to State and National selection.



**Only students approved and nominated by the College can attend representative trials.*

District Demographics

Western District currently consists of 74 schools from Boonah in the south to Toogoolawah in the north and through Ipswich and eastern Lockyer Valley. Due to our rural/regional demographics, the Western District has the largest number of member schools and the longest travel distances of all districts.

District Trials

Schools and zones nominate students to District trials differently for each sport as indicated in the table below.

District Trials	Age Groups	District Selection Pathway
General Sports	10 – 12 years	Zone trial → District trial
	13 – 19 years	Direct to District trial
Swimming	10 – 19 years	Direct to District trial
Track and Field & Cross Country	10 – 12 years Primary	Zone trial → District trial
	12 years Secondary	Direct to District trial
	13 – 19 years	Direct to District trial

Western Ranges District will conduct selection trials (or nominate individual students) in all Metropolitan West School Sport sports and age divisions. Students will pay a District levy to participate in District trials. This levy covers the costs of running District trials including venue and equipment hire, specialist officials, first aid and referees for various trials. This levy is paid by students to their own school prior to attending the trial.



Metropolitan West School Sport

Participation in District and Metropolitan West trials provides students with opportunities to gain regional, state, and national selection in a variety of sports. Metropolitan West School Sport offers students the following sporting opportunities.

Events/Trials	
AFL 10-12yrs Boys	Netball 10-11yrs / 10-12yrs
AFL 10-12yrs Girls	Netball 13-15yrs
AFL 13-15yrs Boys	Netball 16-19yrs
AFL 13-15yrs Girls	Rugby League - 10-11yrs / 11-12yrs Boys
Athletics 10-19yrs	Rugby League 11-12yrs Girls
Baseball 12-14yrs	Rugby League 14-15yrs / 16-18yrs Girls
Baseball 14-18yrs	Rugby League 14-15yrs
Basketball 10-12yrs	Rugby League 16-19yrs
Basketball 13-15yrs	Rugby Union 11-12yrs
Basketball 16-18yrs	Rugby Union 14-15yrs
Baseball 12-14yrs	Rugby Union 17-18yrs
Cricket 10-12yrs Boys	Rugby Union 7's 15-16yrs Girls
Cricket 10-12yrs Girls	Softball 10-12yrs
Cricket 13-15yrs Girls	Softball 13-19yrs
Cricket 15-19yrs Boys	Squash 10-19yrs
Cross Country 10-19yrs	Surfing 13-19yrs
Football 10-12yrs	Swimming 10-19yrs
Football 13-15yrs Girls	Tennis 10-12yrs
Football 16-19yrs Girls	Tennis 13-19yrs
Football 13-16yrs Boys	Touch 10-12yrs
Football 17-19yrs Boys	Touch 13-15yrs / 16-18yrs
Futsal 13-14 years	Triathlon 11-19yrs
Golf 10-18yrs	Volleyball 12-15yrs
Hockey - 13-19yrs	Volleyball 16-19yrs
Hockey 10-12yrs	Water Polo 13-17yrs

Information on when and how to trial for the above sporting opportunities are announced in newsletters, morning notices and assemblies/gatherings. Only students approved and nominated by the College can attend district and regional trials.



Representative Sport

General Information

Students will have the opportunity to trial and be selected for a range of sports where the College will compete against schools from across Queensland. Representative sports are in addition to the College’s commitment to Swimming, Cross-Country and Athletics. Representative sport is held in high regard at Sophia College, and students that are part of these programs are expected to uphold the expectations and values of a Sophia College Student.

Primary Sports

Sophia College provides the opportunity to engage in sports at the highest level in Queensland. The College has three primary sports which provide students with training and coaching to develop their skills whilst providing the most professional sporting environment. Primary Sports at the premiere teams of the College and provide offerings for both male and female students. Our Primary Sports include:

Sport	Competition(s)
Football (Soccer)	CISSSA Sport Independent Schools Soccer (Football) Association (ISSA) Cup Bill Turner Cup Bill Turner Trophy
Netball	CISSSA Sport Queensland Catholic Cup Indoor Secondary Schools Championships
Touch Football	CISSSA Sport Brisbane Secondary All Schools Touch Queensland All Schools Touch*
Volleyball	CISSSA Sport Volleyball Queensland Junior Schools Cup (7 & 8) Volleyball Queensland Intermediate Schools Cup (7, 8 & 9)

Additional Sports

Whilst Primary Sports are designed for students to engage in high-level training and competition, the College also participates in a variety of sports throughout the year, whether in inter-house competitions or inter-school competitions. These sports are subject to change and are assessed on an annual basis. Additional sports include:

- AFL
- Basketball
- Rugby League
- Tennis



Expectations and Obligations of a Representative Sportsperson

In addition to the Sporting Code of Conduct, students are expected to adhere to the following values and principles that come with being a sportsperson and student. Students who represent the college have the responsibility to compete in a manner that demonstrates exemplary behaviour, the principles of fair play and the values of Sophia College.

Commitments to Competition and Training

By being selected as part of a sporting team at Sophia College, it is crucial that commitment to the program is prioritised. The College recognises that students have additional commitments outside of school however, students are expected to prioritise the College's competitive competitions over other commitments. Where clashes do occur between commitments, students are expected to communicate and negotiate with their respective coaches.

Additionally, students are expected to train with their team on the nominated training date as specified at the commencement of the program. On occasions where students are unable to attend training, students are to communicate their absence in writing with their respective coach(es). Students who fail to contact their respective coach(es) and/or have multiple unexplained failures in attendance will have an Engagement Meeting with the Sports Leader to discuss their continued participation in the program.

Academic Obligations

Students involved across the Sports Program will occasionally be absent from classes to attend competitions. It is the responsibility, however, of all students involved in the program to seek materials missed and complete work from their subject teacher. If a student becomes academically at risk or is not meeting home learning expectations, meetings with the parent, Sports Leader, student, and Middle Leader - Learning and Engagement will be arranged to discuss the student's future in the program.

Engagement in other College Programs

Sophia College supports and encourages students to be engaged in a wide range of extra-curricular activities. This may mean that during some seasons, students may have both a training session, meeting and/or rehearsal scheduled at the same time. In this occurrence, the student is to contact both program coordinators/coaches to meet and discuss how they are to meet the requirements of both activities. An arrangement can be agreed upon that allows the students to meet both of their commitments. Please note that an agreement such as this may not always be suitable.

This arrangement can only occur in the following circumstances:

- Both programs require students to be external representatives of the school
- The agreement is finalised as a contact between both program coordinators, the student, and a parent/guardian
- Does not apply to students who have commitments with clubs/groups outside of the school
- Does not apply to other regular student commitments such as work
- The student is maintaining all behaviour and academic obligations
- Does not apply to more than two commitments at the same time.



Athletics

Sophia College has had emerging success within the athletics arena. Students' participation and enthusiasm in this sport have allowed for growing success in the school's young history. The College holds its Athletics Carnival, from which students can gain selection to represent the College at Western Ranges District School Sports Trials.

Trials	Trials are performed within the Sophia College Athletics Carnival
Training	Training sessions take place at the commencement of Term 3 until the Western Ranges District School Sports Track and Field Trial. It is expected that students attend the session specific to their event
Training Venue	Sophia College, Plainland
Competition	Sophia College Athletics Carnival – Term 2 Western Ranges District School Sports Track and Field Trial – Term 3
Uniform	Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. All these uniform items are available from Giovanni Uniform Shop Additionally, students will be provided with the Wolves Athletics Singlet on the day of the competition





Cross Country

As a growing sport at Sophia College, Cross Country is a developing program set to produce excellent cross-country runners in future years. Sophia College holds its annual Cross Country late Term 1, from which students can then gain selection to represent the College at Western Ranges District School Sports Trials.

Trials	Trials are performed within the Sophia College Cross Country Carnival
Training	Training sessions take place at the commencement of Term 2 until the Western Ranges District School Sports Cross Country Trial. It is expected that students attend these sessions
Training Venue	Sophia College, Plainland
Competition	Sophia College Cross Country – Term 2 Western Ranges District School Sports Track and Field Trial – Term 2
Uniform	Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. All these uniform items are available from Giovanni Uniform Shop Additionally, students will be provided with the Wolves Cross Country Singlet on the day of the competition





Football

As a primary sport Football provides both male and female students with the opportunity to compete as part of the largest independent competitions within Queensland. In addition, the colleges coaching team have 10 years of coaching experience within Football, including involvement in Metropolitan West and Club Football. Football opportunities are open to both male and female students.

Trials	Trials commence in Term 1
Training	Training sessions take place from the commencement of Term 1 until the end of the competition
Training Venue	Padua Oval - Sophia College, Plainland
Competition	CISSSA Sport – Term 2 (weekly competition) Independent Schools Soccer Association (ISSA) Cup – Term 2 & 3 Bill Turner Cup (Boys) – Term 2 Bill Turner Trophy (Girls) – Term 2
Uniform	Students are to wear their Sports Polo, Capri Shorts and Sports Cap on the day of the competition. All these uniform items are available from Giovanni Uniform Shop Additionally, students will need Football socks which are available from the Qkr! application and will be provided with the Wolves Football Jersey on the day of the competition





Kokoda Challenge

The Kokoda Challenge is first and foremost a fundraising event for the Kokoda Youth Foundation, aiming to change the lives of young Australians. The Kokoda Challenge is a gruelling event of continuous hiking over the course of a 12–14-hour period where students are challenged mentally and physically to complete the task in their teams. If one member cannot complete the course due to ability, the whole team is removed. Commitment and comradery are a must. This event does also incurs additional costs.

Trials	Trials commence Term 2
Training	Training commences Term 1 until the Kokoda Challenge Gold Coast Event
Training Venue	Sophia College, Plainland and various external hiking venues
Event	Kokoda Challenge Gold Coast
Uniform	Students are to wear their Sports Polo, Capri Shorts and Sports Cap on the day of the competition. All these uniform items are available from Giovanni Uniform Shop As part of their challenge, students will also receive a limited Sophia College Kokoda Challenge Polo for the day of the event

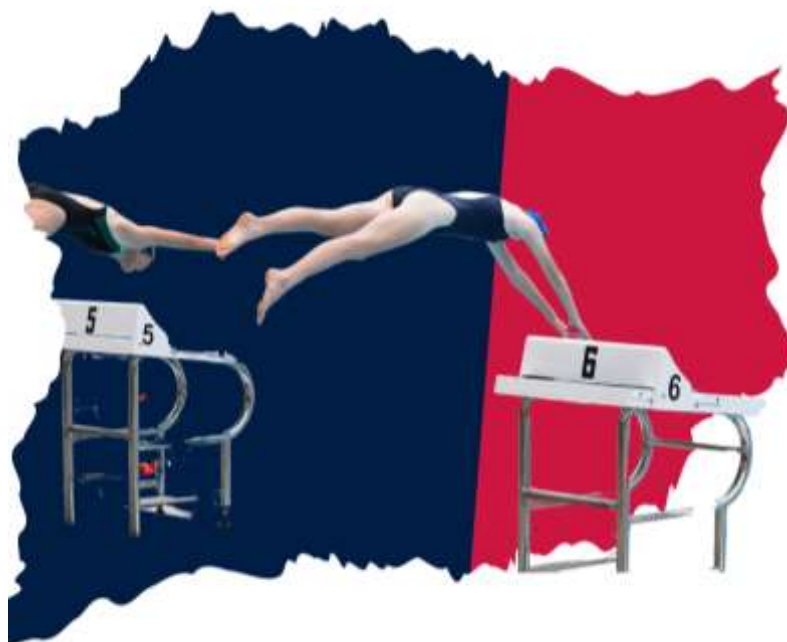




Swimming

Students can compete in several swimming meets throughout the school year. Sophia College holds its annual Swimming Carnival early in Term 1. To attend district swimming trials students are required to nominate to the Sports Leader before the College's Swimming Carnival every year.

Trials	Trials are performed within the Sophia College Swimming Carnival
Training	n/a
Training Venue	n/a
Competition	Sophia College Swimming Carnival – Term 1 Western Ranges District School Sport Swimming Carnival – Term 1
Uniform	Students are to wear their Sports Polo, Capri Shorts and Sports Cap to swimming carnivals. All these uniform items are available from Giovanni Uniform Shop Whilst swimming students are to wear appropriate personal swimming clothes and Sophia College Swimming Cap when competing at external events





Netball

New to 2024, Netball is an exciting prospect for Sophia College. With high levels of participation from students outside of school, Sophia College's Netball is on a development pathway to success with many teams to be offered.

Trials	Trials commence in Term 1
Training	Training sessions take place from the commencement of Term 1 until the end of the competition
Training Venue	Assisi Centre - Sophia College, Plainland
Competition	CISSEA Sport – Term 2 & 3 (weekly competition) Queensland Catholic Cup – Term 2 Indoor Secondary Schools Championships – Term 2
Uniform	Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. All these uniform items are available from Giovanni Uniform Shop Additionally, students will be provided with the Wolves Netball Dress or Uniform on the day of the competition





Touch Football

Touch Football is one of the most popular sports at Sophia College. With high levels of participation, Sophia College's Touch Football is on a development pathway to success with both male and female teams to be offered.

Trials	Trials commence in Term 1
Training	Training sessions take place from the commencement of Term 1 until the end of the competition
Training Venue	Padua Oval - Sophia College, Plainland
Competition	CISSEA Sport – Term 1 (weekly competition) Southwest Queensland Secondary All Schools – Term 3 Queensland Secondary All Schools – Term 4
Uniform	Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. All these uniform items are available from Giovanni Uniform Shop Additionally, students will be provided with the Wolves Touch Football Singlet on the day of the competition





Volleyball

Sophia College Volleyball has seen consistent growth in the young history of the College. The College caters for all age groups, with Intermediate Squads (Year 7, 8 & 9) and Junior Squads (7 & 8) competing over the course of the year. Under the guidance of the College's Level 2 Coaches, students will engage in multiple events over the course of the year, culminating in the teams' respective VQ Schools Cup.

Trials	Trials commence in Term 1 for Intermediate Teams and Term 3 for Junior Teams.
Training	Training sessions commence upon team selection for both Intermediate and Junior Squads and conclude upon competition completion
Training Venue	Assisi Centre, Sophia College, Plainland
Competition	CISSEA Sport – Term 1, 2 & 3 Volleyball Queensland Intermediate Schools Cup – Term 2 Volleyball Queensland Junior Schools Cup – Term 4
Uniform	Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. All these uniform items are available from Giovanni Uniform Shop Additionally, students will be provided with the Wolves Volleyball Jersey on the day of the competition

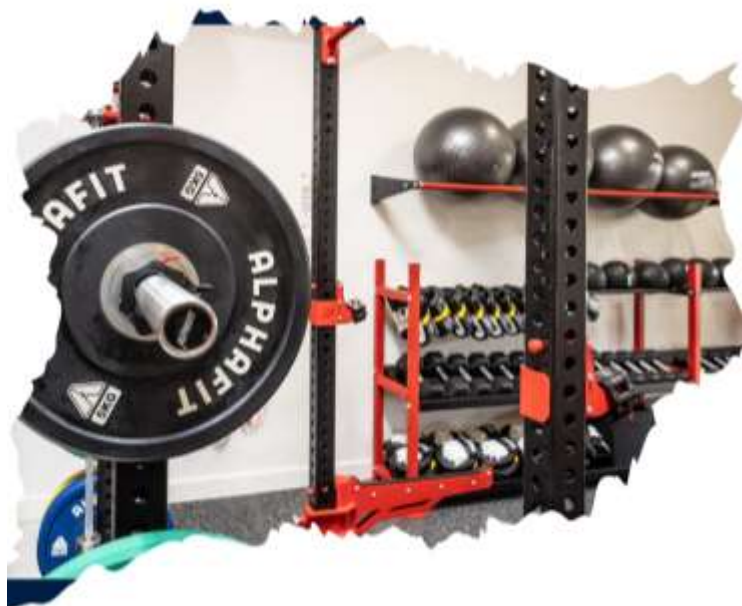




Additional Programs – Strength & Conditioning

Sophia College students are invited throughout the year to train in support of their sporting endeavours. Sophia College Wolves Sport offers strength and conditioning to all students at selected opportunities throughout the year. Students have resistance and cardiovascular training sessions facilitated. Additionally, these sessions also provide students with the foundation to continue health-based strength and conditioning work at home, supporting injury management, fatigue, and muscular development appropriate for their age.

Schedule		
	Day	Focus
Term 1	Wednesday 7:15 am – 8:15 am	Pre-season conditioning and preparation
Term 2	Wednesday 7:15 am – 8:15 am	Cross Country Training (Week 1 – 6) General Fitness (Week 7 – 9)
Term 3	Monday & Wednesday 7:15 am – 8:15 am	Track & Field Training (Week 1 – 4) General Fitness (Week 6 – 9)
Term 4	Monday & Wednesday 3:00 pm – 4:30 pm	Pre-season conditioning and preparation





Sophia College Sporting Code of Conduct

The Sophia College Code of Conduct highlights the level of the expected behaviour of students, parents and spectators when participating in or attending sporting events at or for the College. Students that are found to be in breach of the 'Sporting Code of Conduct or any school rules, will be referred to the College behavioural support processes. Spectators not honouring this code of conduct may have College staff or event officials warning offenders about their conduct, asking offenders to leave venues, banning offenders from future events, and/or calling police to intervene where necessary.

By participating or attending in Sophia College Sport – organised or a part of – you are assumed to have read and understood this Code of Conduct. Further information is available by contacting Sophia College on (07) 5411 3400.

Please be aware that ignorance of the contents of this Code will not be accepted as an excuse for any breach.

EXPECTATIONS OF STUDENTS

- Take responsibility for your own behaviour and performance
- Compete by the competition conditions and rules
- Never argue with the Judge's, Referee's, or Umpire's decisions
- Always demonstrate the Principles of Fair Play
- Control your temper, no criticism by word or gesture
- Work equally hard for yourself and your team; your team's performance will benefit and so will your own
- Encourage and support your own team members
- Show respect for yourself, your teammates, officials, your opponents, and their skills
- Behave in a manner that respects the rights of others
- Always wear the official College/team uniform, as directed by College staff or officials
- Stay in the designated team area and support other team members during times when you are not competing
- Follow all directions of College staff and officials

EXPECTATIONS OF PARENTS AND SPECTATORS

- Support team and event officials in maintaining a safe and respectful environment for all to achieve the best outcomes for your student(s)
- Maintain positive relationships with College staff and team officials regarding your student(s)'s learning, well-being, and behaviour
- Encourage participation by your student(s)
- Provide a model of good sportsmanship for your student(s)
- Be courteous and constructive in your communication with all members of the sporting community
- Encourage honesty, effort, skilled performance, and team loyalty
- Make new parents feel welcome on all occasions
- Do not interfere with the conduct of any events



Sophia College Sports Selection Policy

Sophia College representative teams provide an opportunity for talented athletes, who are proficient in the fundamental skills related to their chosen sport, to extend their skills and compete against similarly skilled students from other schools at a competitive level. Sophia College holds its growing Sports Program in high regard and being selected for a college team is a representation of the school and its values.

ELIGIBILITY CRITERIA

The following are pre-selection criteria used to determine student eligibility for representative team selections. Eligibility criteria will be determined by the Sports Leader in conjunction with the Coaching Staff, the relevant members of College Leadership, and Pastoral and Middle Leaders.

Behaviour

Students must exhibit behaviour that aligns with the Positive Behaviours for Learning of the Sophia College Community. The behaviour of students at school and in school activities, including sports and excursions, will be considered.

Learning Expectations

Students need to be up to date with their learning and where representation occurs during class time, students need to demonstrate the ability to implement a plan to catch up on missed learning.

Attendance

Student attendance rates including unexplained absences will be considered, particularly where the sporting event is scheduled within class time.

SELECTION CRITERIA

The selection of teams is at the discretion of the team coach/manager. The team coach/manager may use other key stakeholders (teachers, support staff, development officers, officials, etc) to help make team selections. Team selections made by the team coach/manager are final. Sophia College follows a series of guidelines to ensure the selection process is fair and transparent.

Student Ability and Natural Athleticism

Students need to demonstrate an ability or natural athleticism in the sport that they are trialling for. Additionally, students must have the ability to be safe during the activity to avoid injury to themselves or others.

Attitude including demonstrating the principles of fair play

Students need to display a positive attitude and the principles of fair play in both victory and defeat.

Commitment and Reliability

Students need to commit to the team for which they trial for the duration of the season. This includes attendance at any scheduled training sessions. Failure to commit fully to the team and regularly attend training sessions, even after selection in the team, may result in the student being left out of the team.

Previous Playing Experience

Previous playing experience of the student while representing the school, district/region and club will be considered when selecting teams.

Balance of the Team

Students must display an ability to work well with other students in the team. Student's specific positional skills as well as versatility to play alternative positions to best help the team's performance as a whole are also considered.



Student-Athlete Contract

Overview

The Sophia College Code of Conduct is a commitment by the student-athlete to exercise good judgment, to represent self, school, family, and community in the most positive manner at all times, and to encourage others to share these ideals.

Participation in college competitive sports is a privilege, not a right. Dedication, desire, teamwork, effort, commitment, and good citizenship are essential personal characteristics that are necessary for an athlete to successfully participate on any team. In participating in a Sophia College Sporting Program, each athlete should develop a sense of pride in themselves, the school, and the community.

Expectations of Students

By signing the Student-Athlete Contract, students are to adhere to the 'Expectations and Obligations of a Representative Sports Person' and 'Sophia College Sporting Code of Conduct' outlined in the Sophia College Sports Information Handbook and understand that breach of these guidelines may result in the student's participation being monitored, suspended, or revoked. Additionally, these guidelines are in addition to the 'Sophia College Student Behaviour Plan' that students adhere to. In summary, these guidelines include:

- Student's commitment to the program
- Notification of absence/participation/injury
- Academic Obligations of a Sophia College Student
- Management of engagement in multiple College Co-Curricular Programs
- Exceed all behaviour expectations of a Sophia College Student
- Show leadership, respect, and pride to be a representative of Sophia College

Where unique behavioural events occur that are not explicitly stated in these documents, students may still receive appropriate consequences in line with any interpretation of the Sophia College Student Behaviour Plan.

I _____, have read and understood the listed documents above and agree to meet all expectations in conjunction with my Parent(s)/Guardian(s). I understand that once completed, this contract must be returned to the Coaching Staff prior to the commencement of training.

Print Student Name

Student Signature

Date

Print Parent/Legal Guardian Name

Parent/Legal Guardian Signature

Date