

**SOPHIA**  
COLLEGE



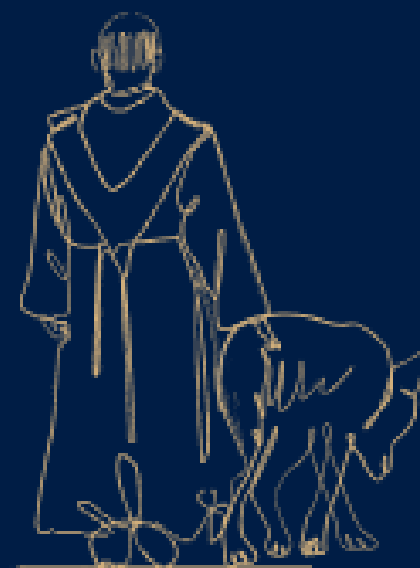
## Sports Information Booklet

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2026

A Catholic Co-educational Secondary College  
Year 7 to year 12

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# Introduction

Sophia College is proud to offer a comprehensive and inclusive sports program that extends well beyond the Health and Physical Education curriculum. While a young College, Sophia has quickly established a strong sporting culture built on commitment, growth, and opportunity.

Our sports program aims to provide pathways for all students — from participation and enjoyment to elite performance. Through involvement in college sport, students develop physical literacy, confidence, resilience, teamwork, leadership, and pride in representing Sophia College.

This handbook is designed to support students and families in understanding the structure, expectations, and opportunities available across the Sophia College sports program. It outlines inter-house sport, representative pathways, Targeted Sporting Programs, competitions, and key expectations.

## Sport Contacts

SCP Sport Department (primary contact)

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## Helpful Links

CISSSA Sport

<https://bremershs.eq.edu.au/ExtraCurricular/Sports/Pages/CISSSA.aspx>

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>



Aqua



Ignis



Luna



Solis

## House Spirit at SCP

The College's **Inter-House Sport** is an integral part of the sporting culture. These events create a strong sense of belonging and community where students represent their House in various sporting, academic and other competitions leading to the Kinship Award.

SCP hosts annual of Swimming, Cross Country and Athletics Carnivals.



# Inter-House Sports

Inter-House sport forms a cornerstone of the Sophia College sporting culture. All students are encouraged to participate and contribute to House spirit through Swimming, Cross Country, and Athletics Carnivals.

## Swimming

The Swimming Carnival provides students with opportunities to participate across a range of competitive and participation-based events.

**Date:** Friday 6th February 2026

**Venue:** Lockyer Valley Sports and Aquatic Centre

**Events:**

Age Groups	Competitive Events	Participation events
12yrs – Open	50m Butterfly	25m Freestyle
	50m Backstroke	25m Backstroke
	50m Breaststroke	Short Board Relay
	50m Freestyle	Lane Rope Relay
	4 X 50m Freestyle House Relay	All in Swim

## Cross-Country Carnival

The Cross Country Carnival is held in Term 2 and provides students with an opportunity to represent their House and trial for district representation.

**Date:** Friday 24 April 2026

**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
Open	6km	4km



## Athletics

The Athletics Carnival is conducted in Term 2 and allows students to compete across track and field events.

**Date:** Monday 22 & Wednesday 24 June 2026

**Venue:** Sophia College, Plainland

### Events:

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



# Representative 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

The Western District currently consists of 74 schools, stretching from Boonah in the south to Toogoolawah in the north and through Ipswich and eastern Lockyer Valley. Due to its 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 for 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. Students pay this levy to their school before attending the trial.



# Metropolitan West School Sport

Sophia College supports students to access representative pathways through Western Ranges District School Sport, Metropolitan West School Sport, and Queensland School Sport. Only students approved and nominated by the College may attend representative trials.

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



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WOLVES

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Virginia State High School

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# College Sport

## General Information

Students will have the opportunity to trial and be selected for a range of sports, in which the College will compete against schools from across Queensland. College sports are in addition to the College's commitment to Swimming, Cross-Country, and Athletics.

## Targeted Sporting Programs (TSP)

Sophia College offers a range of College sports in addition to Inter-House sports. Targeted Sporting Programs (TSP) represent the highest level of College sport and require a significant commitment from students.

Sport	Competition(s)
Basketball	CISSSA Sport CBSQ Regional Titles CBSQ Wildcard
Futsal & Football	CISSSA Sport (Futsal & Football) ISSA & UHlsport Cup (Football) SWQ Regional Futsal Titles (Futsal)
Netball	CISSSA Sport Queensland Catholic Cup Vicki Wilson Cup
Touch Football	CISSSA Sport Brisbane Secondary All Schools Touch Queensland All Schools Touch
Volleyball	CISSSA Sport Darling Downs Junior Schools Cup (7 & 8) Darling Downs Intermediate Schools Cup (9 & 10) Darling Downs Senior Schools Cup (10 & 11) Volleyball Queensland Junior Schools Cup (7 & 8) Volleyball Queensland Intermediate Schools Cup (9 & 10) Volleyball Queensland Senior Schools Cup (10 & 11) Australia Schools Cup (10 & 11)



# Combined Ipswich Secondary School Sporting Association (CISSSA)

CISSSA is an interschool sporting competition involving Catholic and independent secondary schools. The CISSSA competition provides students with the opportunity to develop their sporting skills over consecutive weeks, offering consistent, structured playing opportunities across two seasons each year. Teams are organised by year level, ensuring age-appropriate competition, skill development, and a clear pathway for progression.



## Summer Season (Term 1 & 2)

### Boys Summer Sports:

- Futsal
- Touch
- Volleyball
- Basketball

### Girls Summer Sports:

- Futsal
- Touch
- Volleyball
- Basketball

## Winter Season (Terms 2 & 3)

### Boys Winter Sports:

- Basketball
- Rugby League
- Soccer
- AFL
- Mixed Netball

### Girls' Winter Sports:

- Netball
- Soccer
- Volleyball
- AFL
- Basketball
- Hockey 9's
- Mixed Netball
- Rugby League 9's



# College Sporting Callendar

SPORT	AGE GROUP	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
BASKETBALL	Years 7-8												
	Year 9-10												
	Open												
FOOTBALL (SOCCER)	All Ages												
FUTSAL	All Ages												
VOLLEYBALL	Years 7-8												
	Year 9-10												
	Open												
	Beach												
NETBALL	Years 7-8												
	Year 9-10												
	Open												
TOUCH FOOTBALL	Years 7-8												
	Year 9-10												
	Open												
SWIMMING	All Ages												
CROSS COUNTRY	All Ages												
ATHLETICS	All Ages												
KOKODA CHALLENGE	13yrs and up												
			CISSA Summer Season				CISSA Winter Season						

# Athletics



## Athletics

Sophia College is proud of the continued growth and success of its athletics program, which has strengthened year on year. The enthusiasm, commitment, and emerging talent of our students have established a strong foundation for excellence in athletics, particularly noteworthy given the College's relatively young history.

A cornerstone of the athletics program is the annual Athletics Carnival, an event that promotes healthy competition, school spirit, and personal achievement. The Carnival provides a pathway for high-performing students to be selected to represent Sophia College at the Western Ranges District School Sports Trials, where they compete against leading athletes from across the region. These representative opportunities reflect the College's commitment to nurturing athletic potential while fostering strong house pride and community connection.

### **Trials**

Trials are performed within the Sophia College Athletics Carnival

### **Training**

Training sessions take place from the commencement of Term 3 until the Western Ranges District School Sports Track and Field Trial. Students are expected to attend the session specific to their event.

### **Uniform**

College sports uniform with a Wolves track and field singlet provided.

### **Competitions**

- SCP Athletics Carnival – Term 2
- Western Ranges District School Sports Track and Field Trial – Term 3



# Basketball

Sophia College has experienced strong early success in basketball, with students showcasing their talent through impressive performances in the College's inaugural year of competition. In a short period of time, Sophia College has established itself as a competitive presence, with teams achieving commendable results in key CISSSA competitions. These experiences provide students with valuable opportunities to refine their skills and compete against other high-performing schools.

As part of the College's Target Sports Program (TSP), the basketball program continues to develop, offering students access to quality coaching, structured training sessions, and participation in high-level tournaments. The College's involvement in these competitions reflects a clear commitment to developing skilled, confident athletes and to the ongoing growth of basketball at Sophia College.

## **Trials**

Trials commence in Term 1 for all age groups in the Assisi Centre on the college campus.

## **Training**

Training sessions take place during Term 1 until the end of the competition.

## **Uniform**

College sports uniform with Wolves basketball singlet provided. Open's student-athletes will purchase their biennial playing uniforms.

## **Competitions**

- CISSSA Sport – Term 2 & 3
- CBSQ Regional Titles – Term 2
- CBSQ Wildcard – Term 2

# Cross Country



## Cross Country

Cross Country is a growing and increasingly popular sport at Sophia College, supported by a program focused on developing skilled, resilient, and competitive runners. The annual Cross Country Carnival, held in Term 2, is a key event on the College calendar, providing students with the opportunity to compete across age groups on a challenging course. The Carnival promotes broad participation while also identifying high-performing athletes to represent the College at the Western Ranges District School Sports Trials.

Beyond the Carnival, students are supported through structured training opportunities that emphasise endurance development, running technique, and race preparation. Sophia College is committed to encouraging students to pursue personal excellence and achieve their individual best. With a continued focus on program development and clear competitive pathways, Cross Country is well-positioned to become a significant area of success for the College in the years ahead.

### **Trials**

Trials are performed within the Sophia College Cross Country Carnival.

### **Training**

Training sessions take place from the commencement of Term 2 until the Western Ranges District School Sports Cross Country Trial. Students are expected to attend these sessions.

### **Uniform**

College sports uniform with a Wolves cross country singlet provided.

### **Competitions**

- Sophia College Cross Country – Term 2
- Western Ranges District School Sports Track and Field Trial – Term 2



# Football/Futsal



## Football/Futsal

Football and futsal form an integral part of the College's Target Sports Program (TSP), providing both male and female students with the opportunity to compete in some of Queensland's leading independent school competitions. These programs are inclusive and accessible, offering students clear pathways to develop their skills, showcase their talent, and gain valuable experience against high-quality opposition.

The College's football program is supported by a highly experienced coaching team with more than a decade of involvement in Metropolitan West and club football environments. This expertise ensures students benefit from high-quality coaching, structured training, and ongoing development. With a strong emphasis on skill refinement, tactical understanding, and competitive performance, the football and futsal programs continue to grow and attract committed athletes from across the College.

### **Trials**

Futsal trials commence Week 2, Term 1 for Year 7/8. All other age groups are selected Term 4 for the following year. Football trials commence Week 6, Term 1.

### **Training**

Training sessions take place during Term 1 until the end of the competition.

### **Uniform**

College sports uniform, football socks (purchasable) with Wolves football jersey provided. Open's student athletes will purchase their biennial playing uniform.

### **Competitions**

- CISSSA Sport (Futsal & Football) – Term 1, 2 & 3
- SWQ Regional Futsal Titles (Futsal) – Term 1
- ISSSA & Uhlsport Cup (Football) – Term 2



# Kokoda Challenge

The Kokoda Challenge has experienced significant growth at Sophia College and has become one of the most highly anticipated events on the College calendar. As a major fundraising initiative for the Kokoda Youth Foundation, the Challenge plays a vital role in supporting programs that positively impact the lives of young Australians.

The event is both physically and mentally demanding, requiring participants to complete 12–14 hours of continuous hiking across challenging terrain. Students participate in teams, where success is underpinned by individual perseverance, teamwork, and mutual support. Through this shared experience, participants develop resilience, determination, and a strong sense of unity while being challenged to push beyond their perceived limits.

Families should be aware that participation in the Kokoda Challenge involves additional costs; however, it is widely regarded as a transformative and memorable experience that allows students to contribute meaningfully to an essential cause while developing lifelong skills.

## **Trials**

Trials commence Term 2.

## **Training**

Training to take place in Term 2 until the Kokoda Challenge Gold Coast Event.

## **Uniform**

College sports uniform with students to also receive a limited Sophia College Kokoda Challenge Polo for the event day.

## **Event**

- Kokoda Challenge Gold Coast



# Swimming

Sophia College provides students with multiple opportunities to participate in swimming throughout the school year, with a clear focus on developing swimmers for higher levels of competition. The annual Swimming Carnival, held early in Term 1, is a significant event on the College's sporting calendar and offers students the opportunity to showcase their abilities across a range of age-group races.

Students seeking selection to represent Sophia College at the District Swimming Trials are required to nominate with the Sports Leader before the College Swimming Carnival each year. This process ensures that committed and capable swimmers are identified and provided with the opportunity to compete at the district level. Through a strong emphasis on competition, participation, and athlete development, Sophia College fosters a supportive environment that encourages students to pursue excellence in swimming and progress to higher levels of achievement.

## **Trials**

Trials are performed within the Sophia College Swimming Carnival.

## **Training**

The college does not offer swimming training; however, it can connect students with relevant clubs and coaches where required.

## **Uniform**

Students must wear sports polo shirts, Capri Shorts, and sports caps to swimming carnivals. Giovanni Uniform Shop sells all these uniform items. Students must wear appropriate personal swimming clothes and a Sophia College Swimming Cap when swimming and competing at external events.

## **Competitions**

- Sophia College Swimming Carnival – Term 1
- Western Ranges District School Sport Swimming Carnival – Term 1



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Team Fouls  
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19

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# Netball

Netball is a well-established and highly valued sport at Sophia College, supported by strong participation and sustained enthusiasm from students both within and beyond the College environment. As a key component of the College's Target Sports Program (TSP), the netball program is built on a solid foundation of player development and skill refinement, with a clear and structured pathway that supports ongoing success and the expansion of multiple teams in future competitions.

The College's commitment to netball is demonstrated through consistent training opportunities, dedicated and experienced coaching support, and regular participation in local, regional, and state-level competitions. This established development pathway ensures students have access to high-quality coaching, competitive experiences, and the resources required to excel and represent Sophia College with confidence and pride.

## **Trials**

Trials commence in Week 6, Term 1.

## **Training**

Training sessions take place in Term 1 until the end of the competition.

## **Uniform**

College uniform with Wolves netball dress supplied. Open's student athletes will purchase their biennial playing uniform.

## **Competitions**

- CISSA Sport – Term 2 & 3
- Queensland Catholic Cup – Term 2
- Vicki Wilson Cup – Term 2
- All Schools Championship – Term 3

# Netball



# Touch Football

## Touch Football

Touch Football is one of the most popular and rapidly growing sports at Sophia College, with strong participation from students across all year levels. This success reflects the commitment of student-athletes and the College's ongoing focus on quality coaching and program support.

As part of the College's Target Sports Program (TSP), the Touch Football program continues to develop and expand. In response to increasing interest, both male and female teams will be offered in future competitions. Students participate in regular training sessions to develop their skills and teamwork while competing in local and regional events. With continued emphasis on growth and performance, Touch Football remains an essential and thriving sport at Sophia College.

Families should note that participation in the Queensland All Schools Cup may involve additional costs, including accommodation requirements during the event.

### **Trials**

Trials occur across Terms 1 and 2. All Schools Touch Trials Week 5, Term 2.

### **Training**

Training sessions take place in Term 1 until the end of the competition.

### **Uniform**

College uniform with Wolves touch singlet supplied. Open's student athletes will purchase their biennial playing uniform.

### **Competitions**

- CISSA Sport – Term 1
- Brisbane Secondary All Schools – Term 3
- Queensland Secondary All Schools – Term 4



# Volleyball

As a Target Sports Program (TSP), Volleyball has become the most successful sport at Sophia College, demonstrating consistent growth and outstanding achievement since its inception. The College offers a comprehensive volleyball program across all age groups, with Junior, Intermediate, and Senior squads competing throughout the year. This success has been driven by the dedication and commitment of students, supported by the expert guidance of State and National-level coaches.

Students participate in multiple competitive opportunities across the year, including regional competitions, culminating in each team's respective Volleyball Queensland (VQ) Schools Cup. The College's strong commitment to volleyball has resulted in a proven record of achievement. As the program continues to expand, Sophia College is well-positioned to remain a leading force in the sport.

Families should note that participation in the Volleyball Queensland Intermediate and Senior Schools Cups, as well as the Australian Schools Volleyball Cup, may involve additional costs due to accommodation requirements during these events.

## **Trials**

Trials commence in Term 4 for Intermediate Teams (for the following year), Term 1 for Senior Teams and in Term 2 for Junior Teams.

## **Training**

Training sessions commence upon team selection for the Senior, Intermediate, and Junior Squads and conclude upon completion of the competition.

## **Uniforms**

College uniform with Wolves volleyball jersey supplied. Senior student-athletes will purchase their biennial playing uniform.

## **Competitions**

- CISSSA Sport – Term 1
- Darling Downs Intermediate Schools Cup (9 & 10) – Term 2
- Volleyball Queensland Intermediate Schools Cup (9 & 10) – Term 2
- Darling Downs Senior Schools Cup (10, 11 & 12) – Term 3
- Volleyball Queensland Senior Schools Cup (10, 11 & 12) – Term 3
- Darling Downs Junior Schools Cup (7 & 8) – Term 4
- Volleyball Queensland Junior Schools Cup (7 & 8) – Term 4
- Australian Schools Volleyball Cup (10, 11 & 12) – Term 4

# Volleyball





# Additional Programs – Strength & Conditioning

Sophia College students are invited throughout the year to train to support their sporting endeavours. Sophia College Sport offers strength and conditioning to all students at selected opportunities throughout the year. Students have resistance and cardiovascular training sessions facilitated for them. 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.

Prioritising strength and conditioning is paramount for students looking to either maintain their health or develop as student-athletes in their chosen field. By building a foundation of strength and healthy habits during this crucial developmental phase, young people set themselves up for a future of health and improved well-being.

Sessions have been designed to gradually improve students' fitness while exposing them to new training methods to enhance their overall health. The following sessions have been proposed over six weeks.

Schedule	
Term	Focus
Term 1	Pre-season conditioning and preparation
Term 2	Cross Country Training General Fitness
Term 3	Track & Field Training General Fitness
Term 4	Pre-season conditioning and preparation



# Expectations of a Representative Sportsperson

When a student is selected to represent Sophia College in sport, they accept a shared responsibility to uphold the College's values on and off the field. This framework outlines the four key areas families and students should understand when committing to college sport.



## Commitments to Competition and Training

Students selected for a college sporting team are expected to:

- Attend college training sessions and competitions
- Attend all scheduled training unless exceptional circumstances apply
- Communicate absences **in advance** and **in writing** to their coach

Repeated unexplained absences or a lack of communication may result in the Sports Leader and coaching staff withdrawing the student's invitation.

## Academic Responsibility

Sporting commitments may occasionally require students to miss class time. Students are expected to:

- Proactively collect and complete any missed learning
- Maintain satisfactory academic progress
- Meet all assessment and learning expectations

If a student becomes academically at risk, a meeting with the family and relevant staff may be arranged to determine appropriate support or continued involvement.



## **Behaviour and Communication**

Students representing Sophia College are expected to:

- Demonstrate respectful behaviour at all times as listed in the college and the additional Sporting Code of Conduct expectations
- Uphold the principles of fair play and sportsmanship
- Communicate clearly and respectfully with staff and coaches
- Represent the College with pride in all settings

Failure to meet behaviour expectations may impact a student's ability to continue in representative sport.

## **Engagement in Other College Programs**

Sophia College supports and encourages students to participate in a range of extracurricular activities. This may mean that students may have a training session, meeting, and/or rehearsal scheduled simultaneously during some seasons. In this case, the student is to contact both program coordinators/coaches to meet and discuss how they will meet the requirements of both activities. An arrangement can be agreed upon that allows the students to meet 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 contract 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.



# Sophia College Sporting Code of Conduct

The Sophia College Sporting Code of Conduct sets clear expectations for **students, parents, and spectators** when participating in or attending any sporting event representing the College.

All members of the Sophia College community are expected to act in a manner that reflects the College's values of respect, fairness, and sportsmanship.

## Breaches of the Code

- **Students** who breach this Code or any school rules will be managed through the College's behaviour support processes.
- **Parents or spectators** who fail to meet these expectations may:
  - Be warned by College staff or event officials
  - Be asked to leave the venue
  - Be banned from future events
  - Have police intervention requested where necessary

Attendance at or involvement in Sophia College sport is considered acceptance of this Code of Conduct. Lack of awareness or understanding of this Code **will not be accepted as an excuse** for inappropriate behaviour.

## EXPECTATIONS OF STUDENTS

- Take responsibility for their behaviour and performance
- Compete within the rules and conditions of the competition
- Respect all decisions made by judges, referees, and umpires
- Demonstrate the principles of fair play at all times
- Maintain self-control and avoid criticism by word or gesture
- Show commitment, effort, and teamwork
- Encourage and support teammates
- Treat teammates, opponents, officials, and spectators with respect
- Behave in a way that respects the rights of others
- Wear the official College or team uniform as directed
- Remain in designated team areas when not competing
- Follow all instructions from College staff and event officials

## EXPECTATIONS OF PARENTS AND SPECTATORS

- Support officials and staff in maintaining a safe and respectful environment
- Communicate respectfully and constructively with college staff and officials
- Encourage participation and positive involvement by students
- Always model good sportsmanship
- Promote honesty, effort, skill development, and team loyalty
- Be welcoming and inclusive toward all members of the sporting community
- Refrain from coaching, criticising, or interfering during events
- Do not interfere with the conduct of any events



# Sophia College Sports Selection Policy

Sophia College representative teams provide opportunities for students who demonstrate strong foundational skills in their chosen sport to further develop and compete against similarly skilled athletes from other schools.

Selection in a College team is a privilege. Students selected are representatives of Sophia College and are expected to uphold the College's values, standards, and expectations at all times.

## ELIGIBILITY CRITERIA

Before a student can be considered for selection, they must meet the College's eligibility requirements. These criteria ensure that students can balance sporting commitments with their learning and wellbeing. Eligibility is determined by the Sports Leader, in consultation with:

- Coaching staff
- Relevant members of College Leadership
- Pastoral and Middle Leaders

### Behaviour, Learning Expectations & Attendance

To be eligible for representative sport, students must:

- Demonstrate behaviour aligned with Sophia College's **Positive Behaviours for Learning**
- Maintain satisfactory engagement with learning and assessment requirements
- Show the ability to manage missed learning when sport requires absence from class
- Maintain appropriate attendance, including minimal unexplained absences
- Student behaviour and attendance across school activities, including sport and excursions, are considered as part of eligibility.

## SELECTION CRITERIA

Once eligibility is confirmed, team selection is determined by the team coach or manager.

The coach may consult with relevant stakeholders (such as teachers, support staff, development officers, or officials) to support decision-making. All selection decisions made by the coach are final. Sophia College follows clear guidelines to ensure the selection process is fair, transparent, and aligned with the needs of each team.

### Student Ability and Natural Athleticism

Students must demonstrate the required skill level, physical ability, and understanding of the sport. Safety and the ability to participate without undue risk to themselves or others are essential.

### Attitude, including demonstrating the principles of fair play

Students are expected to display a positive attitude and demonstrate the principles of fair play in both success and adversity.



### Commitment and Reliability

Students must show a willingness to commit to the team for the duration of the season, including:

- Attending scheduled training sessions
- Being reliable and punctual

Failure to meet commitment expectations may result in a student not being selected or removed from a team, even after initial selection.

### Previous Playing Experience

A student's previous experience representing the school, district, region, or club may be considered when making selection decisions.

### Balance of the Team

Selection decisions also consider the overall balance of the team, including:

- Positional needs
- Versatility and adaptability
- Ability to work effectively with teammates