

SOPHIA COLLEGE



Wisdom and Love

SPORT HANDBOOK

2022

"Sport is not only a form of entertainment, but also -- and above all I would say -- a tool to communicate values that promote the good that is in humans and help build a more peaceful and fraternal society." Pope Francis (2014)

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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 standing at the Western Ranges District School Sport events, Regional Football events and State Touch and Volleyball events. All of 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>

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.***



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.

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 of when and how to trial for the above sporting opportunities are announced in newsletters, morning notices and assemblies. Students are required to be attentive for these notices and respond with their nomination for their respective sport to their specific Sport Leader. Only students approved and nominated by the College can attend district and regional trials.

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 represent their House in a variety of sporting, academic and other competitions. Most notably, our significant Carnivals of **Swimming**, **Cross Country** and **Athletics** involve the entire College community, allowing students to display their house pride.

Major Events

Swimming Carnival	Cross-Country Carnival	Athletics Carnival
Date: 17 th March 2022 Location: Lockyer Valley Sports and Aquatic Centre	Date: 29 th March 2022 Location: Sophia College	Date: 20 th June 2022 Location: Sophia College
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.	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 Trails.	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 Trails.

Extra-Curricular Sport

AFL

Sophia College has an emerging AFL program where students have opportunities to progress to representative teams, through our district and Met West trials. Other competitions throughout the year may also be considered.

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will be provided with the Wolves Competitive Singlet on the day of competition

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Athletics

Athletics provides multiple opportunities for students to compete and represent the College. The College holds its Athletics Carnival, from which students can gain selection to represent the College at Western Ranges District School Sport Trials.

Competitions

Event	Term
Sophia College Athletics Carnival	Term 2
Western Ranges District Athletics Carnival	Term 3

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will be provided with the Wolves Competitive Singlet on the day of competition.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Basketball

Sophia College has an emerging Basketball program where students have opportunities to progress to representative teams, through our district and Met West trials. Other competitions throughout the year may also be considered.

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will be provided with the Wolves Competitive Singlet on the day of competition

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Cross Country

Students have the opportunity to compete in several cross-country meets throughout the school year. Sophia College holds its annual Cross Country Carnival late Term 1, from which students can then gain selection to represent the College at Western Ranges District School Sport Trials.

Competitions

Event	Term
Sophia College Cross Country Carnival	Term 2
Western Ranges District School Sport Cross Country Carnival	Term 2

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will be provided with the Wolves Competitive Singlet on the day of competition.

Staff Contact

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Football

Football is a key sport for Sophia College in 2022, and students have the opportunity to play football in the, the ISSA Cup and Bill Turner Cup/Trophy. Students also have opportunities to progress to representative teams, through our district and Met West trials. Students train throughout the year in their teams in various stages of the school year.

Competitions

Event	Term
ISSA Cup	Terms 2 & 3
Bill Turner Cup (Boys)	Terms 2 & 3
Bill Turner Trophy (Girls)	Terms 2 & 3

Uniform

Students are to wear their Sports Polo, Capri Shorts and Sports Cap on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will need Football socks which are available from Giovanni Uniform Shop and will be provided with the Wolves Competitive Jersey on the day of competition.

Staff Contacts

Mr. David McNally

dmcinally@bne.catholic.edu.au

Girls Football Coordinator

Mr. Paul Neilsen

pneilsen@bne.catholic.edu.au

Boys Football Coordinator

Futsal/Indoor Soccer

Sophia College has an emerging Futsal program where students have opportunities to progress to representative teams, through our district and Met West trials. Other competitions throughout the year may also be considered.

Uniform

Students are to wear their Sports Polo, Capri Shorts and Sports Cap on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will need Football socks which are available from Giovanni Uniform Shop and will be provided with the Wolves Competitive Jersey on the day of competition.

Staff Contacts

Mr. Brad Thompson

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

Netball

Sophia College has an emerging Netball program where students have opportunities to progress to representative teams, through our district and Met West trials. Other competitions throughout the year may also be considered.

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will be provided with the Wolves Competitive Singlet on the day of competition.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Mrs. Lauren Hobson Lauren.Hobson@bne.catholic.edu.au

Rugby League

Sophia College has an emerging Rugby League program where students have opportunities to progress to representative teams, through our district and Met West trials. Other competitions throughout the year may also be considered.

Uniform

Students are to wear their Sports Polo, Capri Shorts and Sports Cap on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will need Football socks which are available from Giovanni Uniform Shop and will be provided with the Wolves Competitive Jersey on the day of competition.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Swimming

Students have the opportunity to 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.

Competitions

Event	Term
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 Swimming Cap.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Tennis

Sophia College has an emerging Tennis program where students have opportunities to progress to representative teams, through our district and Met West trials. Other competitions throughout the year may also be considered.

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Touch Football

Touch Football is another key sport for Sophia College in 2022. Off the back of a successful win at the Lockyer District Touch Football Shield we look send teams away to the Brisbane All Schools Competition and/or the QLD All Schools Touch Tournament and the Brisbane All School Touch Tournament. Training for these teams begin in Term 2. Like most sports at Sophia College, students have the opportunity to progress to representative teams, through our District and Met West trials.

Competitions

Events	Term
Southwest All Schools Touch Tournament	Term 3
QLD All Schools Touch Tournament	Term 4

Uniform

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, Ankle Socks on the day of competition. All these uniform items are available from Giovanni Uniform Shop. Additionally, students will be provided with the Wolves Competitive Singlet on the day of competition.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Volleyball

Volleyball is the third key sport for Sophia College. In 2022 College aims to send teams away to the Volleyball QLD Junior Schools Cup. Training and trials for our volleyball teams begin in Term 1.

Competitions

Event	Term
VQ Junior Schools Cup	Term 3

Uniform

Students are to wear Eagles Sport Shirt and Eagles Sport Shorts or Eagles Bike Pants (Girls only) during volleyball games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop. Student will additionally have opportunities to progress to representative teams, through our district and Met West trials.

Staff Contacts

Mr. Brad Thompson brad.d.thompson@bne.catholic.edu.au

Sophia College Sporting Code of Conduct

The Sophia College 'Code of Conduct' highlights the level of 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.
- Wear the official college/team uniform at all times, 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'

- Cooperate with the college to achieve the best outcomes for your student(s).
- Support team and event officials in maintaining a safe and respectful environment for all students.
- Maintain positive relationships with college staff and team officials regarding your student(s)'s learning, wellbeing 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.
- Support School Sport Australia's policy of a smoke and alcohol-free environment.

Sophia College Sport 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.

All students have the opportunity to trial for school teams, however eligibility and selection criteria are used to determine team selections. Sophia College holds its growing Sports Program in high regards and being select into a college team is an honour. Students who represent the college have the responsibility to compete in a manner that demonstrates exemplary behaviour, the principles of fair play and values of Sophia College.

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 relevant members of College Leadership, Pastoral and Middle Leaders.

Behaviour	Learning Expectations	Attendance
Students must exhibit behaviour that aligns with the Positive Behaviours for Learning of the Sophia College Community. The behaviour of students at school and on school activities, including sport and excursions, will be considered.	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.	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	Attitude including demonstrating the principles of fair play	Commitment and Reliability	Previous Playing Experience	Balance of the Team
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	Students need to display a positive attitude and the principles of fair play in both victory and defeat.	Students need to commit to the team for which they trial for the duration of the season. This includes the 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 been left out of the team.	Previous playing experience of the student while representing the school, district/region and club will be considered when selecting teams.	Students must display and 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 performance as a whole are also considered.

2022 Sophia College Sport's Calendar

TERM 1	TERM 2	TERM 3	TERM 4
Confirmed Dates: 17th Mar – Sophia College Swimming Carnival 29th Mar – Sophia College Cross Country Carnival TBC: ISSA Cup Football Trials Bill Turner Cup Football Trials	Confirmed Dates: 12th May – Western Ranges District Cross Country 20th Jun – Sophia College Athletics Carnival TBC: ISSA Cup Football Bill Turner Cup Football South-West Queensland Secondary All Schools Cup	Confirmed Dates: 30th – 31st Aug – Western Ranges District Athletics TBC: South-West Queensland Secondary All Schools Cup (Touch Football) ISSA Cup (Football) Bill Turner Cup (Football)	Confirmed Dates: 5th – 9th Oct – Queensland All Schools Cup (Touch Football) 21st – 23rd Oct – Volleyball Queensland Junior Schools Cup