



**ST MARY'S
COLLEGE**

EST. 1869

SPORT HANDBOOK

ST MARY'S COLLEGE



Community • Justice • Growth

5 Sport at St Mary's | Year 7 to 12

6 Sport Code of Conduct

7 Inclement Weather Policy

7 Online Nomination and Payment

8 Secondary Sport Overview

9 AFL 9-A-Side Football

9 Badminton

10 Basketball

10 Netball

11 Tennis

11 Volleyball

12 Statewide Schools Knockout and Interschool Sport

14 School Sport SA Opportunities

15 SAPSASA and SACPSSA

16 Junior School Sport

SPORT AT ST MARY'S

YEAR 7 TO 12 SPORT



St Mary's College offers a range of sporting opportunities designed to support the holistic development of every student. Our Sport Program:

- Encourages enjoyable and meaningful involvement in physical activity
- Promotes the development of individual fitness, health and wellbeing
- Fosters positive attitudes, teamwork, cooperation and self-confidence
- Supports the physical, social, cultural and cognitive growth of students
- Inspires enthusiasm for lifelong participation in sport and physical activity
- Provides pathways for both participation and involvement at interschool and state level
- Creates opportunities for talented athletes to further develop their skills and gain recognition at state or national levels

Sporting Opportunities

Students at St Mary's are invited to join a variety of sporting teams and activities. Sports currently offered to Secondary students include:

- AFL
- Athletics
- Badminton
- Basketball
- Netball
- Soccer
- Swimming
- Volleyball

Junior School students (Reception to Year 6) may also participate in a range of 'Come and Try' after school activities in addition to Netball, Basketball, Soccer and AFL.

The formation of teams in any sport depends on student interest, nominations, and the availability of coaching staff.

Student Commitment

All students who nominate for a sport are expected to remain committed for the duration of the season and to uphold the expectations outlined in the St Mary's College Sport Policy.

Transport

Students are transported by private bus when required to travel for sporting activities. They are taken to the playing venue, and at the conclusion of the activity, they return to St Mary's College to be collected by parents and caregivers.

SPORT CODE OF CONDUCT

YEAR 7 TO 12 SPORT

Representing St Mary's College in sport carries with it the responsibility to demonstrate the values that characterise the community. The policy outlines the expectations of all parties involved in the St Mary's College Sport Program:

For Students of St Mary's College

- Be a good sport
- Play for enjoyment
- Work hard for your team as well as yourself
- Treat all team members and opponents as you enjoy being treated yourself
- Play by the rules
- Cooperate with team and game officials
- Demonstrate good behaviour
- Learn to value honest effort, skilled performance and improvement
- Wear the College approved uniform

For Parents and Caregivers

- Support and encourage your child's participation
- Be a good role model by demonstrating good sporting spirit
- Be courteous in your interactions and communication with players, team officials, game officials and sports administrators
- Encourage honest effort, skilled performance and team loyalty
- Be welcoming of new parents and make them feel welcome on all occasions

For Spectators

- Children play for enjoyment, please demonstrate appropriate social behaviour
- Let game officials conduct events without interference
- Support skilled performances and team play with generous applause
- Demonstrate respect for opposing players and their supporters

For Coaches and Staff

- Set a good example for your players
- Encourage and create opportunities
- Teach a wide range of team skills
- Ensure that the sport is appropriate for the age group and the skill development level of the players involved
- Role model respectful behaviour
- Give all interested students a chance to participate in training and in games
- When a student's behaviour is not acceptable, the student will be removed from the game
- Keep updated with knowledge of coaching and the developments of the game up to date
- Supervision of Teams/Students: At all times, there must be an adult supervisor (External coach, old scholar or teacher) accompanying each team. Each supervisor must have completed all necessary checks and requirements as stated in the Catholic Education Duty of Care Policy in addition to being approved by the Coordinator of Sport and Principal of the School. At all times, duty of care must be exercised by all supervisors and the College Code of Ethics for all Adult Officials applies
- Coaches of Sporting Teams: Coaches utilised by St Mary' College for Specialist Sport Programs are required to have completed a Level 0 or Level 1 Coaching Course in their specialised sport. Senior Secondary students and/or Old Scholars are encouraged by St Mary's College to continue the strong tradition of sport by investing time and skills in coaching junior teams and umpiring

INCLEMENT WEATHER POLICY

YEAR 7 TO 12 SPORT

Hot Weather

Students wellbeing and safety is of utmost concern when decisions regarding game cancellations will be made. These decisions will be made by the Coordinator of Sport | Admin, in liaison with the School Executive and external sporting associations. In the event a sport is cancelled, a message will be sent via email and SMS to all families.

- **Outdoor Sports:** If the estimated temperature on the Bureau of Meteorology website is forecast at 35 degrees (Primary) 38 degrees (Secondary) or over, then all outdoor competitions for the day will be cancelled

Wet Weather

Indoor sports will continue in the case of wet weather. With relation to outdoor sports, should the conditions hold a risk of causing injury or danger to students, sporting activities will be cancelled.



ONLINE NOMINATION AND PAYMENT

YEAR 7 TO 12 SPORT

All students will be required to nominate the sports for which they wish to participate in. This process is completed online via invitation from the Coordinator of Sport | Admin.

As the number of teams entered in competitions is based on these nominations, students are obligated to commit to that sport/team for the season inclusive of all programmed trainings and match fixtures.

Once your team or selected sport has been confirmed, the students and the parent/ caregiver will receive a confirmation email from the Coordinator of Sport | Admin with a link to pay a \$80 nomination fee via the Qkr app.

Payment of the fee will confirm your place in the team. Confirmation will be sent prior to the commencement of your chosen sport.

Failure to pay the nomination fee will result in your child not being able to participate in their chosen sport.

Please note: It is College policy that all student fee accounts must be up to date to participate in ALL extra curricular sport.

SECONDARY SPORT OVERVIEW

YEAR 7 TO 12 SPORT

Term 1 Sport

SPORT	YEAR LEVEL	DAY	COST/TEAM	VENUE
Basketball	7 and 8	Thursday Afternoon	\$80	Various Adelaide venues
Basketball	9 and 10	Tuesday Afternoon	\$80	Various Adelaide venues
Tennis	7 to 9	Wednesday Afternoon	\$80	Various Adelaide venues
Volleyball	7 and 8	Tuesday Afternoon	\$80	Various Adelaide venues
Volleyball	9 and 10	Thursday Afternoon	\$80	Various Adelaide venues

Term 2 and 3 Sport

AFL (9-A-Side)	7 to 9	Thursday Afternoon	\$80	Various Adelaide venues
Badminton	7 to 11	Tuesday Afternoon	\$80	Various Adelaide venues
Netball	7	Wednesday Afternoon	\$80	TBC
Netball	8 and 9	Wednesday Morning	\$80	TBC
Netball	10 to 12	Wednesday Afternoon	\$80	TBC
Soccer	7 to 9	Tuesday Afternoon	\$80	Various Adelaide venues
Soccer	10 to 12	Tuesday Afternoon	\$80	Various Adelaide venues
Volleyball	11 and 12	Thursday Afternoon	\$80	Various Adelaide venues

Term 3 and 4 Sport

AFL (9-A-Side)	9 and 10	Wednesday Afternoon	\$80	Various Adelaide venues
Basketball	7 and 8	Tuesday Afternoon	\$80	Various Adelaide venues
Basketball	9 and 10	Thursday Afternoon	\$80	Various Adelaide venues
Tennis	7 to 9	Wednesday Afternoon	\$80	Various Adelaide venues
Volleyball	7 and 8	Thursday Afternoon	\$80	Various Adelaide venues
Volleyball	9 and 10	Tuesday Afternoon	\$80	Various Adelaide venues

*Students may select to play more than one sport per term.

AFL 9-A-SIDE

TERM 2/3 AND 3/4 | YEAR 7 TO 12

Teams

The number of students interested as well as the number of coaches available will determine how many teams St Mary’s College will nominate for the competition. The teams will be made up of 12 players.

Cost
\$80

Game Dates and Times

Thursday Afternoon | Term 2 Week 4 to Term 3 Week 4 (Year 7 and 8)
Wednesday Afternoon | Term 3 Week 7 to Term 4 Week 6 (Year 9 and 10)

Games finish 50 minutes after the allocated start time.

Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

Transport

When playing away, students will be transported to and from the venue via a private bus.

Training

Training sessions will be decided upon team formation and coach availability.

Uniform

St Mary’s College football guernsey - supplied by the Sport Office. The College guernsey must be returned immediately after the season concludes, otherwise, a \$100 fee will be charged to the family. Students must supply and wear the following:

- St Mary’s College PE shorts
- Long navy socks (to be purchased by students)
- Football boots
- Mouth guard

BADMINTON

TERM 2/3 | YEAR 7 TO 12

Teams

The number of students interested as well as the number of coaches available will determine how many teams St Mary’s College will nominate for the competition. The teams will be made up of 6 players.

Cost
\$80

Game Dates and Times

Tuesday Afternoon | Term 2 Week 4 to Term 3 Week 4 (Years 7 to 11)

Games finish 45 minutes after the allocated start time.

Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

Transport

When playing away, students will be transported to and from the venue via a private bus.

Training

Training sessions will be decided upon team formation and coach availability.

Uniform

Students must wear St Mary’s College PE uniform.

BASKETBALL

TERM 1 AND 3/4 | YEAR 7 TO 12

Teams

The number of students interested as well as the number of coaches available will determine how many teams St Mary’s College will nominate for the competition. The teams will be made up of 8 players.

Cost

\$80

Game Dates and Times

Tuesday Afternoon | Term 1 Week 4 to Week 10 (Year 9 and 10)
Thursday Afternoon | Term 1 Week 4 to Week 10 (Year 7 and 8)
Tuesday Afternoon | Term 3 Week 7 to Term 4 Week 6 (Year 7 and 8)
Thursday Afternoon | Term 3 Week 7 to Term 4 Week 6 (Year 9 and 10)

Games finish 50 minutes after the allocated start time.

Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

Transport

When playing away, students will be transported to and from the venue via a private bus.

Training

Training sessions will be decided upon team formation and coach availability.

Uniform

St Mary’s College Basketball Singlet – Supplied by the Sport Office. The singlet must be returned immediately after the season concludes, otherwise, a \$100 fee will be charged to the family. Students must wear St Mary’s College PE shorts.

NETBALL

TERM 2/3 | YEAR 7 TO 10

Teams

The number of students interested as well as the number of coaches available will determine how many teams St Mary’s College will nominate for the competition. The teams will be made up of 10 players.

Cost

\$80

Game Dates and Times

Wednesday Afternoon | Term 2 Week 4 to Term 3 Week 4

Games finish 50 minutes after the allocated start time.

Venue

To be confirmed.

Transport

Students will walk to and from the venue.

Students will be dismissed from the courts at the conclusion of each game at 4:30pm.

Training

Training sessions will be decided upon team formation and coach availability.

Uniform

Students must wear St Mary’s College PE uniform.

TENNIS

TERM 1 AND 3/4 | YEAR 7 TO 9

Teams

The number of students interested as well as the number of coaches available will determine how many teams St Mary’s College will nominate for the competition. The teams will be made up of 6 players.

Cost

\$80

Game Dates and Times

Wednesday Afternoon | Term 1 Week 4 to Week 10
Wednesday Afternoon | Term 3 Week 7 to Term 4 Week 6

Games finish 1 to 1.5 hours after the allocated start time.

Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

Transport

Students will be transported to and from the venue via a private bus.

Training

Training is not required.

Uniform

Students must wear St Mary’s College PE uniform.

VOLLEYBALL

TERM 1, 2/3 AND 3/4 | YEAR 7 TO 12

Teams

The number of students interested as well as the number of coaches available will determine how many teams St Mary’s College will nominate for the competition. The teams will be made up of 8-10 players.

Cost

\$80

Game Dates and Times

Tuesday Afternoon | Term 1 Week 4 to Week 10 (Years 7/8)
Thursday Afternoon | Term 1 Week 4 to Week 10 (Years 9/10)
Thursday Afternoon | Term 2 Week 4 to Term 3 Week 4 (Years 11/12)
Tuesday Afternoon | Term 3 Week 7 to Term 4 Week 6 (Year 9/10)
Thursday Afternoon | Term 3 Week 7 to Term 4 Week 6 (Year 7/8)

Games finish 50 minutes after the allocated start time.

Venue

This competition will be held at a variety of venues across Adelaide depending on the school that is allocated to host this sport each week.

Transport

Students will be transported to and from the venue via a private bus.

Training

Training sessions will be decided upon team formation and coach availability.

Uniform

Students must wear St Mary’s College PE uniform.

STATEWIDE SCHOOLS KNOCKOUT AND INTERSCHOOL SPORT | YEAR 4 TO 12

Statewide Schools Knockout and Interschool Sport are available to students in Years 4 to 12. These programs provide opportunities for students who excel in a particular sport to represent St Mary's College and compete at the highest possible level within a school context.

Trials are conducted for each sport, with teams selected based on performance, suitability, and overall commitment. While the College endeavours to provide equitable participation opportunities, team selection and playing time are at the discretion of the coach.

Unlike participation-based sports, the focus of Representative Sport is on achieving the highest possible results within the competition. As such:

- The most competitive team will commence each round
- Some students may receive limited or no playing time during a season or tournament

Each year, St Mary's College aims to nominate teams in the following year groupings for the School Sport SA Statewide Schools Competition:

- Year 4 to 6
- Year 7 and 8
- Year 9 and 10
- Open (Year 11 and 12)

Team nominations are submitted by the Coordinator of Sport | Admin, where the relevant coach or teacher deems a team eligible based on weekly match performance and/or success in previous seasons. Student eligibility is determined by:

- Sporting ability
- Commitment to College sport programs
- Application to academic studies

All nominations require approval from College Leadership. There is no cost incurred by students representing St Mary's College in Statewide Schools competitions.

Eligibility and Special Consideration

Students who do not meet the standard selection criteria may still be considered for selection under the following circumstances:

- Students who participate in sports not offered within the College sports program and who demonstrate exceptional skill
- Students who represent St Mary's College in an alternative sport and have commitments that clash with the sport under consideration
- Students who have played a minimum number of matches for the College, as agreed in advance with the Coordinator of Sport | Admin

In exceptional circumstances, special consideration may be given to eligibility requirements. Students may not be approved to participate in knockout competitions if there are concerns regarding their ability to manage and catch up on missed lessons and academic work.

Students must regularly monitor SEQTA Notices and emails for information regarding registrations of interest, trials, and meeting times.

Student Expectations and Responsibilities

1. Students must attend all scheduled meetings, training sessions, and games
2. If a student is unable to attend a training session or game, a parent or guardian (not the student) must notify the Coordinator of Sport | Admin, via email or phone as early as possible, preferably 1 to 2 days in advance, unless otherwise negotiated with the coach
3. Failure to provide adequate notification will result in a reminder. A second occurrence may result in the student being omitted from the team
4. Students must wear the full and correct uniform to, from, and during all training sessions and games
5. All sport-related information will be communicated via SEQTA Notices, the Sport Portal page, and student email. A compulsory meeting will be held prior to the commencement of each sport season

Competition Timeline

TERM 1		
Athletics	Year 7 to 12	Tuesday 31 March 8:45am-3:00pm
Swimming	Year 7 to 12	Wednesday 25 February 8:45am-2:00pm
TERM 2		
AFL Football	Year 10 to 12	To be determined once the competition is released.
Basketball	Year 7 and 8	To be determined once the competition is released.
	Year 11 and 12	To be determined once the competition is released.
Futsal	Year 11 and 12	To be determined once the competition is released.
Netball	Year 7 and 8	To be determined once the competition is released.
	Year 9 and 10	To be determined once the competition is released.
	Year 11 and 12	To be determined once the competition is released.
Volleyball	Year 9 and 10	To be determined once the competition is released.
TERM 3		
AFL Football	Year 7 to 9	To be determined once the competition is released.
Basketball	Year 9 and 10	To be determined once the competition is released.
Futsal	Year 9 and 10	To be determined once the competition is released.
Volleyball	Year 11 and 12	To be determined once the competition is released.
TERM 4		
Volleyball	Year 7 and 8	To be determined once the competition is released.

SCHOOL SPORT SA SAPSASA OPPORTUNITIES | YEAR 4 TO 6

SAPSASA team sports run independently to St Mary's College sports. Students in Year 4 to 6 (who are turning 10, 11 or 12 years of age in 2026) are eligible to compete at the North Adelaide District carnivals.

Parents and caregivers will receive an email with trial information for each sport during the year. Nominations are open to all students, except for Girls Netball. Due to the large number of students trialling in this sport, each school is required to

conduct an internal trial and nominate their five strongest players (see Year 4 to 6 Netball trial information). The nominated students will be emailed separately.

All successful athletes representing North Adelaide District will receive an email from the College about how to pay the Sport Levy. All sports incur a different fee. Please check the information sheet on the SEQTA Sport Portal prior to nominating.



SAPSASA AND SACPSSA JUNIOR SCHOOL

St Mary's College enters a wide variety of teams into District SAPSASA events as well as SAPSASA school events. St Mary's College forms part of the North Adelaide District.

St Mary's College also enters teams in numerous SACPSSA (South Australian Catholic Primary School Sports Association) Carnivals throughout the year.

If your child excels in any of the sports listed below, she is encouraged to trial in order to represent the College.

Athletics Squad

Our Athletics Squad is chosen from our Sports Day results in February. Athletics carnivals will be held for SAPSASA North Adelaide District (Year 4 to 6) in Term 3 on Friday 14 August and SACPSSA (Year 3 to 6) in Term 4 on Monday 2 November. Further information will be sent out to the selected students.

Swimming Squad

Students must trial and gain selection in our Swimming Squad. Trials will be held on Tuesday 10 February from 3:30pm to 4:30pm at Thebarton Aquatic Centre, 10 Meyer Street, Torrensville. Students will be transported by private bus to and from the trials.

Both Swimming competitions are held in Term 1 on two consecutive days. SAPSASA North Adelaide District (Year 4 to 6) on Tuesday 3 March and SACPSSA (Year 3 to 6) on Tuesday 7 April (subject to interest) at SA Aquatic Centre, Diagonal Road, Oaklands Park.

Netball | SACPSSA Carnival

All students from Year 3 to 6 will be involved in the SACPSSA Netball Carnival held at the end of Term 2 on Thursday 2 July. If students don't wish to play netball, we will include them on the day in another role. It is a fun day out of the classroom and we encourage parents to attend and support the teams.

Cross Country

Selected students will have the opportunity to compete at the SAPSASA Cross Country Carnival (Years 4 to 6) held in Term 2 on Friday 8 May, and the SACPSSA Cross Country Carnival (Years 3 to 6) will take place in Term 3 on Wednesday 5 August. Further information will be provided to students who demonstrate the ability to run more than 2 kilometres without stopping.

Students who place 1st or 2nd at the North Adelaide District SAPSASA Cross Country Carnival will qualify to compete at the State Cross Country Championships held in Term 2 on Thursday 4 June.

Year 4 to 6 Statewide Schools Knockout Netball

St Mary's College will be entering a team in the Year 5 and 6 Knockout Netball Competition. Trials will be held on Monday 16 March from 2:45pm to 4:00pm in the Veritas Gym in Term 1. Email registration will be sent out early Term 1. Please note, this trial will also be used to choose students who are eligible to trial for SAPSASA North Adelaide District selection.

Competition Timeline

TERM 1		
SAPSASA Swimming	Year 4 to 6	Tuesday 3 March 8:30am to 11:00am
SACPSSA Swimming	Year 3 to 6	Tuesday 7 April 9:30am to 11:30pm
TERM 2		
SAPSASA Cross Country	Year 4 to 6	Friday 8 May 9:15am to 11:45am
Knockout Netball	Year 4 to 6	To be advised.
SACPSSA Netball	All Year 3 to 6	Thursday 2 July 10:00am to 2:00pm
TERM 3		
SACPSSA Cross Country	Year 3 to 6	Wednesday 5 August 10:00am to 1:30pm
SAPSASA Athletics	Year 4 to 6	Friday 14 August 9:30am to 3:15pm
TERM 4		
SACPSSA Athletics	Year 3 to 6	Monday 2 November 9:30am to 3:30pm

*Sports offered may vary due to student interest and skill level. Additionally, information about specific age groups for each event will be shared with trial details.

JUNIOR SCHOOL SPORT

DEVELOPING FOUNDATIONS AND PASSION



At St Mary's College, our Junior School sport program is designed to nurture essential life skills, support student wellbeing, and inspire a lifelong love of physical activity. Through inclusive, engaging, and skill-building experiences, students grow in confidence, resilience, and connection both within and beyond the classroom.

Sport plays a vital role in a balanced education, and we are proud to offer programs that are developmentally appropriate, inclusive, and enjoyable for all students from Reception to Year 6.

Reception to Year 2

Students take part in introductory, skill-focused sessions centred on play, movement, and games.

Year 3 to 6

Students participate in organised, competitive sporting activities that promote teamwork, skill development, and positive sporting behaviours.

Jumpstart Basketball

When: Term 1, Wednesday Week 5 to Wednesday Week 9 from 3:30pm to 4:15pm

Where: Veritas Gym

Cost: \$84 (free if using Government Sport Voucher)
Coaches from Simply Sports will conduct a basketball program for students from Reception to Year 6, designed for students to learn the fundamental skills of Basketball. Email registration link will be communicated to families early Term 1. All registrations and payments are through Simply Sports.

Mini Mary's Development Team

When: Term 2, Wednesday Week 1 to Wednesday Week 9 from 3:30pm to 4:15pm

Where: Veritas Gym

Cost: \$80

Students from Year 3 to 6 are invited to train and represent St Mary's College in the IGSSA Netball Competition. Training will be after school (day to be communicated). Further details will be shared with families via email registration in Term 1.



Mini Mary's Netsetters Program

When: Term 3, dates to be advised, from 3:30pm to 4:15pm

Where: Veritas Gym

Cost: \$50

Mini Mary's NetSetters program is for students from Reception to Year 2. The NetSetters program is designed for students to learn the fundamental skills of Netball. Email registration link will be communicated to families at the end of Term 2.

Mini Mary's Development Team

When: Term 3, Wednesday Week 1 to Wednesday Week 9 from 3:30pm to 4:15pm

Where: Veritas Gym

Cost: \$80

Students from Year 3 to 6 are invited to train and represent St Mary's College in the IGSSA Netball Competition. Training will be after school (day to be communicated). Further details will be shared with families via email registration in Term 2.

Kickstart Soccer

When: Term 4, Wednesday Week 3 to Wednesday Week 7 from 3:30pm to 4:15pm

Where: Veritas Gym

Cost: \$84 (free if using Government Sport Voucher)
Coaches from Simply Sports will conduct a soccer program for Reception to Year 6 students. Designed for students to learn the fundamental skills of Soccer. A registration link will be emailed to families at the end of Term 3. All registrations and payments are through Simply Sports.



ST MARY'S COLLEGE

EST. 1869

253 Franklin Street, Adelaide, SA 5000
Tel 08 8216 5700
enrolments@stmarys.sa.edu.au
stmarys.sa.edu.au