



st Columba's
College



Co-curricular Sports Program

CO-CURRICULAR SPORTS PROGRAM

Sport gives young people the opportunity to further themselves through an environment that encompasses community, spirit and pride in oneself and in one's school and most of all, gives one a sense of belonging.

In term 1 we hold our annual House Athletics Carnival and also our Multi Sports Day which is divided into Junior (years 7 & 8), Intermediates (years 9 & 10) and Seniors (years 11 & 12). This Multi Sports Day sees the above groups head off to different locations and activities held in House and Year Level groups to promote participation and team building.

SPORTS PROGRAM

The College offers two programs:

- College based Sports such as the Athletics Carnival, Multi Sports Day (inter-house), and Cross Country and Nunan Cup Tennis Tournament (round robin competition between students) and also the Charity Run which is run in conjunction with St Bernard's College in September.
- CGSAV (Catholic Girls Sports Association of Victoria) sports are round robin competitions against other Catholic girls schools in various sports. Students register to participate before undertaking 4-6 weeks of training, ahead of competition day.
 - CGSAV Sports that are available to St. Columba's students:
 - Swimming
 - Tennis
 - Indoor Cricket
 - Athletics
 - Cross Country
 - Hockey
 - Futsal
 - Basketball
 - Netball
 - Soccer
 - AFL - football
 - Volleyball
 - Table tennis

CGSAV Registration:

Students can register for any of the sports above via a Google Form which is sent out at the beginning of each year and is also available on SEQTA in the Co-curricular section. Students will also have the opportunity to attend and sign up at the information session held for each Sport prior to training starting. These sessions are announced in the student bulletin on SEQTA.

If you have any sports questions please feel free to contact Ms Murton (Sports Administrator) via email murtons@columba.vic.edu.au

Selection Criteria for Sport

In order of priority:

1. Attendance at training sessions
2. Sportsmanship
3. Consistency in performance as observed by coaching staff at training

SPORTS AND ACTIVITIES POLICY

Rationale

- Regular physical activity socially improves one's self-esteem, sense of well-being and work ability.
- Participation in School Sport promotes a positive healthy lifestyle and equips students with the skills required to continue in a regular exercise program.
- As a result of regular physical activity, students benefit from a reduction in muscle injuries, the risk of heart disease and obesity.
- Participation in physical activities allows for the promotion and development of teamwork, problem solving and leadership skills.
- There is a positive correlation between participation in School Sports, and increased activity levels in leisure and recreational pursuits.

Research has suggested that as girls move from primary to secondary schools:

- Positive attitudes towards physical activity as a social and rewarding experience was significantly low.
- Satisfaction with Physical Education was the lowest in middle Secondary School.
- Schools, which offer variety within the PE program, meet the needs of not just the elite, but the average student.

Through our mission statement, we aim to meet the needs of every student by:

- Providing greater opportunity for the student to develop a wide range of skills through sports and activities.
- Being an important vehicle for development of the 'whole person'.

Objectives

- To provide students with a variety of sports and activities within the financial and physical constraints of the school.
- To provide resources including venue, staff, outside coaches and development officers as appropriate.
- To provide the opportunity for students to play together at an elite level and to represent the college.