

Secondary School

SPORT PROGRAM



2025



Arndell
Anglican College

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Welcome

Welcome to another exciting year of the College Sports Program at our Secondary School!

This booklet provides comprehensive information on the individual and team sports available to Secondary School students in Semester 1 and 2. You'll find details about the Hills Zone Sporting Association (HZSA) and other representative pathways for both team and individual sports.

This booklet also outlines the representative pathways available to our Secondary School students, the sign up processes for all sports (team and individual), player expectations, uniform requirements, and the Sports Code of Conduct for students and parent/carers. Additionally, we've included important information about transportation and student collection, as well as a FAQs section for your convenience.



Mr Peter Gordon

Head of PDHPE & Sport P-12

peter.gordon@arndell.nsw.edu.au



Our Sport Philosophy

The Arndell Sport Program welcomes students of diverse skill levels, aiming to ensure a positive and enjoyable experience for all players. We value selflessness and a genuine team first ethos while promoting resilience, perseverance, cooperation and respect.



It is a student's responsibility to check their emails daily for nomination dates, confirmations, trial dates and details and any last-minute changes to games including cancellations or postponements.

Communication

The main avenue for sport information is via the Secondary School Sports Scene and emails distributed by the Head of PDHPE & Sport P-12.

The Sports Scene is distributed via email and College App each Monday, it contains information regarding College and representative sport sign ups, links to the HZSA weekly draws and upcoming sporting event dates and details.

Any games that have changed, cancelled or postponed will be notified by email and broadcast via the College App.

Please note, all Associations have strict cut offs for nominations and trials that must be adhered to. It is the individual student's responsibility to seek information and to make application for sport opportunities they are interested in pursuing before the cut off dates.



SECONDARY SCHOOL Sports Scene
TERM 2 | WEEK 7

Arndell Anglican College

FROM THE HEAD OF PDHPE & SPORT
MR PETER GORDON

Over the next two weeks we have the sign ups for Semester 2 HZSA Afternoon Sport. Registrations close on Wednesday 19 June. Students have been sent an email with the sign up link and it is also included in this newsletter. As part of the sign up process, there are repeated reminders to ensure that when a student signs up to a team, they are able to commit for the duration of the competition. Unfortunately, we had to forfeit a handful of games in the most recent competitions, which was disappointing.

A reminder, that for some sports there are limited spots and restrictions on the number of teams we can enter and therefore at times selection trials are required. Students will be notified if a trial is required.

ARNDELL RUGBY

CRUSADERS CORNER
FROM THE HEAD OF RUGBY - MR BENJAMIN ALLEN

South Coast Tour
Despite the rain and the cancellation of the Rugby component of the South Coast Sport Tour, the Secondary School Rugby and Netball teams still had a fantastic time away.

The girls' Netball team tournament still went ahead with our girls facing off against Nowra Anglican College, winning the match 30-13, and Shellharbour Anglican College, winning 26-21.

The teams also participated in several Volleyball matches and attended sessions run by College staff on skills, motivation, and attitudes, which helped advance not only their individual skills but also their teamwork.

2024 SPONSORS
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MD TRAINING

NEXT MATCH: Friday 14 June v Redfield College
3:30pm @ Arndell

Further Information

Further information regarding representative sport can be found on the below websites:

- Hills Zone Sports Association (HZSA) www.hzsa.com.au
- Association of Independent Co-Educational Schools (AICES) www.aices.com.au
- New South Wales Combined Independent Schools (NSWCIS) www.cis.nsw.edu.au

Event Permissions & Information

College App & Parent Portal

A notification will be sent to parent/carers via the College App and/or email to grant permission for their child to attend an event.

All events require parent/carer permission for the student to attend, this includes College Carnivals held at an external venue and all sport where a student is representing the College such as the HZSA Afternoon Sport Program or representative sport.

Details about the event are provided in the Information Note attached to the event and can be accessed via the College App and the Parent Portal.

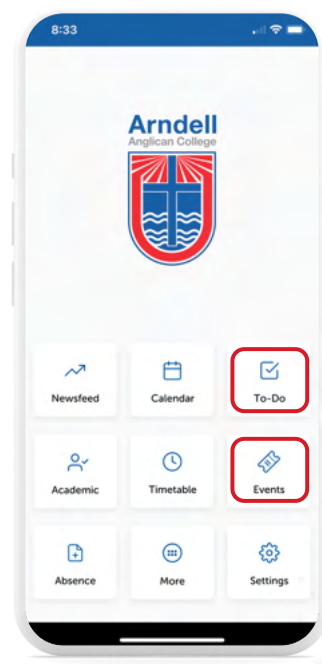
App & Portal User Guides

For instructions on how to download the College App, or to obtain the User Guides for the College App or Parent Portal, please visit

<https://www.arndell.nsw.edu.au/parent-information/parent-portal/>

Granting Permission on the App

- Go to the “To Do” tile on the College App
- Click on the child
- Click on the event
- Click on Grant or Deny



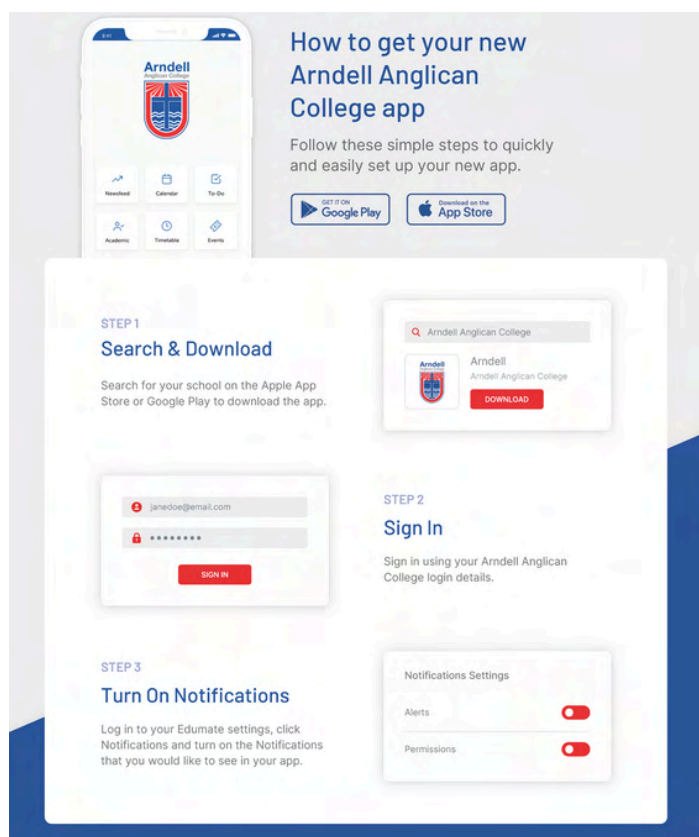
Finding Event Information

After you have granted permission for your child to attend the event, the information moves from the “To Do” tile to the “Events” tile

- Go to the “Events” tile on the College App
- Click on the child
- Click on the event and the details including all attachments will display

Changing Permission

Please note, once you grant permission for your child to attend or not attend the event you are unable to go back into the College App and change permissions. If you need to change permissions for sport events, please email sport@arndell.nsw.edu.au



Sporting Pathways

Offered to Secondary School Students

Representative Level	Description	Student Expectation
	<p>All students participate in College Carnivals and the College Sports Program. Events include:</p> <ul style="list-style-type: none"> • College Carnivals • Afternoon Sports 	<p>All students are expected to participate.</p>
	<p>The College is part of the Hills Zone Sports Association (HZSA), this is the College's zone level.</p> <p>Events include:</p> <ul style="list-style-type: none"> • Afternoon Sports Program • Championship Days • Gala Days • Individual Trials • Carnivals 	<p>While some sports are competitive, all students are welcome to sign up or trial at these events, therefore:</p> <ul style="list-style-type: none"> • Opens level can be attended by any students from Years 9 - 12. • U15s level can be attended by any students from Years 7 - 9 (age restricted). HZSA does prefer for students to wait until they are in Year 8 to compete. If you are in Year 7, please discuss your nomination with the Head of PDHPE & Sport P-12 before nominating. <p>Students should be playing the sport competitively, though not a requirement.</p>
	<p>HZSA is part of the Association of Independent Co-Educational Schools (AICES), which is the College's regional level.</p> <p>Events include:</p> <ul style="list-style-type: none"> • Individual Sport Trials • Carnivals • GPS Schools • CC Schools • Other Independent Schools • High Level Sport - student must play Rep level 	<p>This is a high level of representation. Students from 72 Independent Schools have access to trial at these events, therefore:</p> <ul style="list-style-type: none"> • Opens level can be attended by any students from Years 10 – 12. • U15s level can be attended by any students from Years 8 – 9 (age restricted). <p>Student must show evidence of representative participation in their sport. Sport specific consideration is given.</p>
	<p>AICES is under the New South Wales Combined Independent Schools (NSWCIS) umbrella.</p> <p>This pathway leads to NSW All-Schools competition. Selection is via nomination or selection - student must play Rep level.</p>	<p>This is the highest level of representation in our pathway system. Students from all GPS, Christian and AICES schools have access to trial at these events, therefore:</p> <ul style="list-style-type: none"> • Opens level can be attended by any students from Years 11 – 12. If a student is representing at State level in Year 10, the student may qualify to attend. • U15s level can be attended by any students from Years 8 – 9 (age restricted). <p>Student must show evidence of HIGH-LEVEL representative participation in their sport.</p>

HZSA Sport Program

Nomination and sign up Process

Wherever possible, we seek to have all students involved in the HZSA Sport Program, if they desire. While there is certainly a higher level of competitiveness and greater attention on winning, the focus is always on fair play, enjoyment and teamwork.

Team Trials

When there are more students signed up for a team than needed, including substitutes, students will be notified, and a trial will be held. This means some students may not be selected for the team. Students are informed about entry and trial requirements during the sign up process via email and are notified of selections in the same way.

Student Commitment

It is essential that students are certain they can commit to the team for the entire season. Entries to HZSA competitions are based on sign ups and therefore having to withdraw a team before, at the start, or during the competition impacts heavily on the HZSA Administrator, other participating schools and the students who have signed up for that particular team.

Sign Up Process

Step 1:

Sign up with parent/carer consent via an Online Registration Form. A link to the Online Registration Form will be emailed to students by the Head of PDHPE & Sport P-12 and published in the Secondary School Sports Scene

Step 2:

Team is entered into HZSA competition (based on sign ups)

Step 3:

Final trials for teams occur if more players have signed up than required for a complete team with reserves. Please note, this means that even though you have signed up you may not be selected for the team

Step 4:

Attend training sessions, meetings and compete in HZSA Afternoon Sport Program



HZSA Team Sports Available in 2025

Boys Sport - Semester 1

Sport	Year Group	Venue	Game Day / Time
Basketball	7 & 8	Home & Away	Tuesday 4:00pm / 4:45pm
Basketball	9 & 10	Home & Away	Thursday 4:00pm
Basketball	11 & 12	Home & Away	Thursday 4:45pm
Football	7	Valentine Park, Hills Grammar and School Venues	Thursday 4:00pm
Football	8 & 9	Valentine Park, Hills Grammar and School Venues	Wednesday 4:00pm
Football	10, 11 & 12	Valentine Park, Hills Grammar and School Venues	Monday 4:00pm

Girls Sport - Semester 1

Sport	Year Group	Venue	Game Day / Time
Futsal	7, 8 & 9	The Centre, Dural and School Venues	Tuesday 4:00pm or 4:45pm
Futsal	10, 11 & 12	The Centre, Dural and School Venues	Tuesday 4.45pm
Netball	7	Kellyville Netball Courts	Monday 4:00pm
Netball	8 & 9	Kellyville Netball Courts	Monday 4:00pm
Netball	10, 11 & 12	Kellyville Netball Courts	Monday 4.45pm



Boys Sport - Semester 2

Sport	Year Group	Venue	Game Day / Time
Volleyball	Open	School Venues	Monday 4:00pm / 4:45pm
Cricket (T20/Super 8's)	7 & 8	Home and Away	TBA
Cricket (T20/Super 8's)	9, 10 & 11	Home and Away	TBA
Futsal	7 & 8	The Centre Dural & School Venues	Tuesday 4:00pm / 4:45pm
Futsal	9, 10 & 11	The Centre Dural & School Venues	Monday 4:00pm / 4:45pm
Touch Football	7 & 8	Hills Grammar	Wednesday 4:00pm
Touch Football	9, 10 & 11	Hills Grammar	Wednesday 4:00pm

Girls Sport - Semester 2

Sport	Year Group	Venue	Game Day / Time
Volleyball	Open	School Venues	Monday 4:00pm / 4:45pm
Basketball	7 & 8	Home and Away	Wednesday 4:00pm
Basketball	9, 10 & 11	Home and Away	Wednesday 4:45pm
Football	7 & 8	Valentine Park & School Venues	Monday 4:00pm
Football	9, 10 & 11	Valentine Park & School Venues	Thursday 4:00pm
Touch Football	7 & 8	Hills Grammar	Tuesday 4:00pm
Touch Football	9, 10 & 11	Hills Grammar	Tuesday 4:45pm

Individual Sport Representation

AICES & NSW CIS Nominations & Trials

Students are invited to nominate for AICES and NSW CIS sport representation. Trials are highly competitive and usually held for Open or U15's.

Nomination and trial dates are published in the weekly Sports Scene. The Head of PDHPE & Sport P-12 also emails students informing them of upcoming nominations and trials for the fortnight ahead.

Please note, entry submission is not guaranteed. The College will only support the nomination of students who are competing at a reasonably high representative level in the sport. Evidence may be requested.

For Swimming, Cross Country, Athletics and Touch Football, students naturally progress based on carnival rules and their performance at the relevant carnival.

It is important for students and parent/carers to understand that not all students are able to nominate for sport trials.

There is a CIS levy for students nominating to trial at this level that is passed on by the College to the student's family. The levy fee is approximately \$34.00.

Some Sports Offered

- AFL
- Basketball
- Cricket
- Diving
- Football
- Hockey
- Netball
- Rugby Union
- Rugby League
- Softball
- Tennis
- Volleyball

A full list of sport nominations on offer to students is outlines in the Sports Scene and on the HZSA website www.hzsa.com.au.

Nomination Process

Step 1:

Check the Sports Scene or email from the Head of PDHPE & Sport P-12 for nomination information

Step 2:

Email the Head of PDHPE & Sport P-12 via sport@arndell.nsw.edu.au an expression of interest
Student to include:

- Name
- Age
- Sport nominating for
- Representative history

Step 3:

Application is assessed and a discussion with the Head of PDHPE & Sport P-12 regarding representative history will take place

Step 4:

Nomination is submitted

Step 5:

If the student is successful, the will be notified by representative body email detailing trial details

Step 6:

Parent/carers to transport student to the trial



Sport & Training Expectations

The College Sport Program is broad, exciting and encourages each student to develop a full range of personal, interpersonal and team skills. The Program challenges each student to respect themselves and to respect others.

All students in Year 7 to Year 12 are encouraged to participate actively in the College Sport Program. When nominating for a sport, all students must understand the commitment they are making, this includes:

- attendance at all training sessions except if injured or sick,
- attendance at all games, both home and away for the entire season, and
- upholding the Sports Code of Conduct (outlined in this booklet).

Notifying Absences from Training or a Game

If a student is unable to attending a training session or a game, they are to email the coach and the Sports Administrator sport@arndell.nsw.edu.au with as much notice as possible.

Transport & Student Collection

Transportation details are outlined in the Information Note attached to the Event Permission on the College App and Parent Portal. Generally, the College provides transportation via mini buses or charter buses to and from the College for weekly sport fixtures.

In some cases, students will need to be picked up from the venue by a parent/carer. This will be noted on the Information Note attached to the Event Permission on the College App and Parent Portal.

Staff are required to, as part of their duty of care, remain with students until they are picked up. We kindly ask that they be picked up promptly.

If parent/carers wish to collect their child from the sporting venue at the end of a game they must notified a College staff member in person before leaving the venue. Please note, buses will leave promptly from the venue. If a parent/carer has not arrived before the scheduled departure time, the student will return to the College on the bus.

If a student wishes to travel independently to the venue or leave without a parent/carer or with another parent, email permission must be provided prior to the event. Without this authorisation, the student will not be permitted to leave on their own or with someone other than their parent/carer. Parents are welcome to collect their child directly from the venue, notifying the staff member in charge upon departure. Please ensure this is followed.



Uniform Requirements

Basketball:	College basketball singlet, College sport shorts, College white sport socks with blue and red stripes and athletic shoes.
Football (soccer):	College football jersey, College sport shorts, College football socks, football boots and shin pads.
Futsal:	College football jersey, College sport shorts, College football socks, athletic or futsal shoes and shin pads.
Netball:	Netball Tunic (supplied by the College and to be returned at the end of the Semester), bloomers (supplied by the College PDHPE team and billed to the student's Term Fees approx. \$25.00), College white sport socks with blue and red stripes and athletic shoes
Touch Football:	College football jersey, College sport shorts, College football socks and football boots.
Volleyball:	College football jersey, College sport shorts, College white sport socks with blue and red stripes and athletic shoes.
HZSA Swimming	College Sport Uniform with PE shirt (navy shirt), girls College swimming costume (available from the College Uniform shop), boys to wear navy or black swimwear, swimming cap supplied by the College and returned at the end of the day.
HZSA Cross Country & Athletics	College Sport Uniform with PE shirt (navy shirt), College singlet supplied and returned at the end of the day.

Uniform Return Process

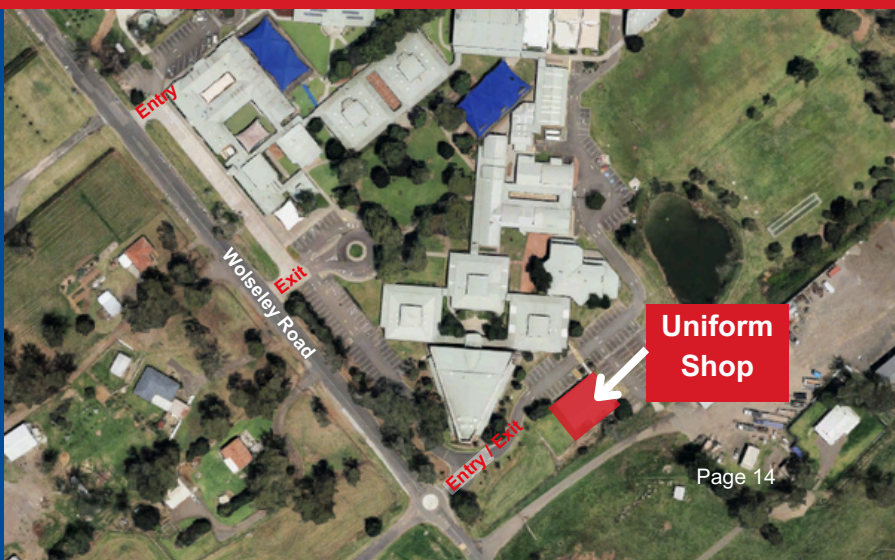
College supplied uniform items must be returned promptly at season's end or when requested by the coach. Failure to return the uniform item will result in a replacement fee equivalent to the cost of the garment being charged to the student's Fee Account.

The Uniform Policy can be found on the College Website:
www.arndell.nsw.edu.au/parent-information/uniform-policy-shop/

Uniform Shop

Monday: 8:00am - 12:00pm
 Wednesday: 12:00pm - 4:00pm
 Friday: 8:00am - 12:00pm

arndell@noone.com.au
 Phone: 4572 3254



Sports Code of Conduct

Students

Students are expected to commit to their sporting teams and turn up to all games, team meetings and training sessions. Teams are entered to HZSA based on student commitments at sign up.

At sporting carnivals, training sessions or other sporting competitions, whether competing, supervising, coaching or spectating, students must:

- display positive and encouraging attitudes towards own team members and the opposition,
- use positive, encouraging language only,
- wear the correct sports or team uniform when representing the College,
- compete according to the rules,
- respect and abide by all decisions of teachers and officials without argument or insolence,
- seek clarification on any ruling only through the captain and in a respectful manner, and
- shake hands with opposing teams and thank all officials at the end of the match.

Parents/Carers

Parents/carers are welcome to be involved in ways that suit their family commitments. If any parent holds a refereeing qualification and wishes to participate, they are to email sport@arndell.nsw.edu.au with there qualifications, Working With Children Check number, and date of birth prior to the event starting.

We will encourage all parents/carers to support their child's involvement in the College Sport program by attending sporting events.

Parents/carers should also support their child's co-curricular activities by providing the necessary equipment and assisting with attendance at scheduled events, such as Gala Days, carnivals, and training sessions.

For further involvement in our College Sport program, Parents are to email Head of Sport /PDHPE, at sport@arndell.nsw.edu.au Acceptance of your enquiry or qualification will be determined at the discretion of the College.





Student Achievements

We take pride in celebrating the accomplishments of our students in both school-affiliated sports and those outside the school system. Parent/carers are invited to share their child's high level sporting achievements by submitting a brief paragraph and a photo to sport@arndell.nsw.edu.au. Students may also email their achievements. These submissions may be featured on the College's social media channels. Please note that this recognition is reserved for students who have achieved at a high level, and not all submissions may be posted.





Sports Awards

Each semester, students are awarded for their sporting achievements for the following:

- Swimming, Cross Country and Athletics Age Champion and Runners Up
- HZSA, AICES, CIS, NSW All-schools Representation

Students who have represented NSW and Australia in their chosen sport are awarded for this at the Presentation Day held at the end of the year. In order to be recognised for this, students are required to supply evidence in the form of a letter or email from the governing body of their sport that they have been selected to represent NSW or Australia. The decision on whether this evidence is adequate is at the discretion of the College.



All feedback regarding sporting events should be emailed to the Head of PDHPE & Sport P-12 at sport@arndell.nsw.edu.au

Feedback & Review

We encourage parent/carer feedback as we aim to cultivate a positive partnership in the ongoing development of the College Sport Program. While the College strives for high organisational standards, open communication is highly valued. Feedback regarding events, carnivals, and other sports related activities is always welcome, as it helps us maintain and improve the quality of our programs.

To provide feedback, please send a polite email detailing the situation to the Head of PDHPE & Sport P-12 at sport@arndell.nsw.edu.au who will make every effort to address and monitor concerns as quickly as possible.



FAQ's

HZSA Afternoon Sports

Who can play Afternoon Sport?

Afternoon Sport is for Secondary Schools students (Year 7 to Year 12). Divisions vary depending on the sport. All students are welcome, but need to be aware that trials do occur in many sports which means they may miss out. Another avenue for sport includes the House competition (Inter-House Sports Cup).

What happens with trials for HZSA Afternoon Sport?

Trials only occur when absolutely necessary. Where possible, we aim to include all students who nominate for the HZSA Afternoon Sport Program. Where trials are necessary, they will occur in Week 2 – 3 of the Semester. This will be arranged with the coaches once teams are confirmed for entry and numbers are finalised.

What transport is provided?

The College provides minibus transportation to and from the venues, where possible. On the odd occasion, parent/carers may need to pick their child up from the venue. Students and parent/carers will be notified if this is required. Parent/carers are welcome to come to games and watch and then take their child home at the conclusion of the game, notifying a College staff member before doing so.

How do training days work for teams?

Each coach will arrange a suitable time for training with the team. Usually this will fall on the lunchtime of the day the game is played, however this is not always the case. Some coaches and teams opt for training either before or after school hours.

Representative Sport

How do Individual HZSA, AICES & CIS Trials work?

Most HZSA and AICES sports that have the option to trial individually are for either U15 or Open age groups.

Students in Year 7 should generally wait until at least Year 8 before considering trialling, though this is open to discussion with the Head of PDHPE & Sport P-12 depending on factors such as physicality of the player and representative experience.

For the Open age group, students are welcome to trial at HZSA level without representative history. For AICES level trialling, it is necessary for the student to have a representative level history in order to nominate and entry will then be considered by the Head of PDHPE & Sport P-12 for approval.

Most trials for AICES and CIS are full day trials. At HZSA level they are usually after school commencing at 4:00pm. These trials are usually held at schools or specialised sporting venues.

Are there costs involved?

Most AICES sports do not cost anything.

The nomination fee to trial for CIS is approx. \$32.00.

Students who make HZSA, AICES or CIS teams are able to purchase sporting gear such as jackets, polo shirts and tracksuits. Any fees incurred through HZSA, AICES and CIS will be billed to the student's Term Fees following the event.