



STELLA MARIS PARISH SCHOOL



2025

SPORTS HANDBOOK

Reception – Year 6 Primary School



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2025 SMPS SPORTS HANDBOOK

Dear Families,

Welcome to the 2025 Stella Maris Parish School Sports Handbook!

We are thrilled to have your family join us in fostering a positive, supportive, and enriching environment for our students. This handbook has been carefully designed to provide you with all the information you need to navigate the sports programs at our school.

At Stella Maris we believe that being physically active is an essential part of building character, teamwork, discipline, and resilience. As such participation is highly valued at Stella Maris as it will not only develop physical skills but also allow students to learn valuable life lessons that will serve them well beyond the playing field.

This handbook has been created to help outline the wide-range of various sports that are available at Stella Maris in 2025.

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Aims

- To provide an inclusive sports program for ALL students offering a wide range of sports.
- To allow ALL students the opportunity to foster and display their own talents and abilities beyond the normal school curriculum in a positive environment.
- To introduce students to a variety of sports, and in so doing, connect Stella Maris with broader sports communities.
- Provide opportunities for all students to participate, build self-esteem, and develop a positive attitude toward physical activity regardless of their skill level.

**COURAGE
COMPASSION
INCLUSIVITY
RESPECT**





NOMINATION PROCESS

After School Sports

Nominations for summer sports are completed online via the QKR! app. The nomination windows for sports are completed online at different times throughout the year. The process for nominating is:

1. Every family will be provided with information through SeeSaw and be given a week to nominate through the QKR! app.
2. Each family will select their desired sports by clicking the tick boxes and submitting nominations as prompted.
3. Each family will pay a once off Sports Levy along with the fee for their desired sport.
4. Late nominations will not be accepted unless a team still requires players.
5. Families will be notified of what team their child is in through SeeSaw.
6. Each family must acknowledge the Stella Maris Sports Code of Conduct (page 7).
7. In the case of a refund, this will come off any outstanding school fees the families may have.

There is a \$20 levy for all students who play school sport. This is an annual fee, only paid once even if your child chooses to play multiple sports for Stella Maris in 2025. Payment takes place during the nomination process through the QKR! App.



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 trainings and fixtures.

Summer sports season: Terms 1 and 4.

Winter sports season: Term 2 and 3.

Representative Sports Nominations:

Students in year 5 and 6 who wish to trial for a state-wide school knockout team will do this through the sign-up sheet located upstairs in the 5/6 breakout space in term 1. Students are welcome to put their name down and trial for as many sports as they desire.

AFTER SCHOOL SPORTS

The following sports are offered at Stella Maris from Reception to Year 6 throughout the year. These sporting competitions are held outside of school hours, on weeknights and weekends. Parent/Caregiver volunteers are essential to the successful running of these competitions.

FIXTURES WILL BE SENT VIA SEESAW TO ALL FAMILIES AT THE START OF EVERY WEEK.

SUMMER SPORTS – TERMS 1 & 4

Families will need to re-nominate again in Term 4 as it is a new season.

Nominations **open** Term 1 – **28/01/2025**

Nominations **close** Term 1 – **7/02/2025**

Nominations **open** Term 4 – **15/09/2025**

Nominations **close** Term 4 – **26/09/2025**

Sport	Association	Venues	Times	Competition Day	Uniform	Fees (Per Term)
Basketball (Miniball)	MSBL	Springbank Mitchell Park Marion Wayville	Between 3:45-5:30	5/6 Monday 3/4 Tuesday 2/3 Wednesday R/1 Friday	Stella Maris basketball top, School shorts/skorts	\$60 via QKR *
Volleyball	Volleyball SA	Brighton Secondary School	Between 4:00-6:00	4-6 Friday	Stella Maris representative top	\$35 via QKR*
Cricket	SACA	Various school within region	Between 4:00-6:00	B grade (4/5) Thursday	Stella Maris representative top	\$20 via QKR*
		Various school within region	Between 8:30-11:30	A grade (5/6) Saturday		
		Marion Oval	Between 8:30-9:45	Master Blaster (2/3) Saturday		
T-ball	Glenelg Baseball/Softball Clubs	Glenelg Baseball Club	Between 4:30-6:00	R-3 Friday	Stella Maris school uniform	\$0 via QKR

WINTER SPORTS – TERMS 2 & 3

Families will need to re-nominate for Basketball in Term 2 as this is a new season.

Please note that nominations open late Term 1 for the winter sports.

Nominations **open** Term 2 and 3 – **31/03/2025**

Nominations **close** Term 2 and 3 – **11/04/2025**

Sport	Association	Venues	Times	Year/ Competition Day	Uniform	Fees (Per Term)
Basketball (Miniball)	MSBL	Springbank Mitchell Park Marion Wayville	Between 3:45-5:30	5/6 Monday 3/4 Tuesday 2/3 Wednesday R/1 Friday	Stella Maris basketball top, School shorts/skorts	\$60 via QKR*
Soccer	SDJSA	Various school within region	Between 8:15-11:00	2-6 Saturday	Stella Maris representative top	\$20 via QKR
	South West Junior Soccer	McAuley Community School	Between 8:45-10:00	R/1 Saturday	Borrowed Stella Maris Soccer top	
Football	SANFL	Seaview High School	Between 4:00-6:00	3/4 Thursday	Stella Maris football top borrowed	\$40 via QKR *
		West Beach Playing Fields	Between 8:30-11:30	2-6 Saturday		
Netball	SWDNA	Various school within region	Between 4:00-6:00	2-4 Thursday 4-6 Wednesday	Stella Maris netball dress or representative top	\$20 via QKR

*An extra annual fee charge will occur for some sporting associations to cover insurances, this is to be paid directly to the association. More information will be sent out on how to register with the association through the year. Associations will not allow students to participate without being registered as the school is not involved in this process.



**RAISING HEARTS
& MINDS**

REPRESENTATIVE SPORTS

SACPSSA

SACPSSA (South Australian Catholic Schools Sports Association)

Throughout the year, Stella Maris will be nominating teams to compete in a selection of SACPSSA carnivals. Students will have the opportunity to represent Stella Maris in following sports (please note the age levels that can participate in 2025 listed next to each sport):

- Swimming (Year 3-6)
- Cross Country (Year 3-6)
- Athletics (Year 3-6)
- Tennis (Year 3/4) even years
- Touch Football (Year 4-6)
- Lacrosse (Year 4-6)
- Netball (Year 4-6)
- Cricket (Year 5/6) odd years

Selection for the Swimming, Cross Country, and Athletics carnivals will be performance based where students will be required to trial for places in the team. The Tennis, Touch Football, Lacrosse, Netball and Cricket carnivals are open for all students (in the nominated year levels) to attend. Carnivals requiring trials will take place at school during school hours. The swimming trials which will be held off site. All eligible students will be informed when trials for the various carnivals commence.

*SACPSSA- South Australian Catholic Primary School Sports Association
<https://sacpssa.org.au/>



SAPSASA & SCHOOL SPORT SA

School Sports SA – Statewide School Competitions (knockout competitions)

The Statewide School's knockout competition is run as a Year 5/6 competition and is open to all schools in South Australia. Students will need to trial to be selected to represent Stella Maris in our knockout competitions. Trials are open to all students in Year 5 and Year 6 and there are separate competitions for boys and girls.

This year Stella Maris will aim to nominate teams in the following State-wide School Competitions: Cricket, Soccer, Football, Netball, and Basketball. Nominations can only be submitted if teams receive enough interest and the minimum player numbers are achieved. Students nominating to play in the knockout competitions must have a knowledge of the game and possess the ability to play the game at the level required.

Team selections for knockout competitions will be performance based where students will be required to trial for places in the team. A Year 6 student will gain preference in selection over a Year 5 student if the Year 6 student's overall performance in the trials is deemed to be equal to or better than that of a trialling Year 5 student. Information regarding trials will be released to all families prior to the start of each competition.

PLEASE NOTE: Unfortunately, not every student who nominates can be selected to make their respective team. Please have a conversation with your child around this and support them to have another go next time.

South-West District Representation (SAPSASA State Carnivals)

Students at Stella Maris can trial for places to represent the *South-West District* at upcoming State Carnivals and Competitions. Information regarding specific age levels, sports and trial dates will be released to all eligible students when they are made available from the district organisers.

<https://www.education.sa.gov.au/schools-and-educators/programs-students/school-sport-sa/school-sport-sa-districts-zones-and-regions>

State Representation (12 and Under Interstate Competitions)

Students at Stella Maris can nominate to represent South Australia in the 12 and Under Interstate sports competitions. There are numerous sports that students can nominate to trial for with all trials attracting the best U/12 athletes for that given sport across South Australia.

All School Sport SA State Nominations are completed online on the School Sport SA website by the individual participant. We encourage participants to check the School Sport SA website at the start of each year for nomination eligibility and closing dates for individual sports if this is something that interests you and your child. As mentioned above, nominations for State Team trials and representation are the responsibility of each individual participant. The school is not involved in this process.

UNIFORM

All sports uniforms can be purchased via our online uniform shop, please see the link below along with store contact information. If your child requires sizing this can be done at school, please email James McCarthy to organise a time.

Contact Details

Phone: 08 7095 2535

Location: 10 Newton Rd, Campbelltown SA 5074

Email: campbelltown@noone.com.au

Website: <https://www.noone.com.au/school/stella-maris-parish-school/shop>

Representative Uniforms: Families are required to purchase their very own Representative top to use on match days for (cricket, soccer, netball, volleyball and carnivals). Students wishing to play one of these sports will need to purchase their Representative top online via the Uniform Shop.

All students in R-2 will be provided with a soccer top (on loan) for the season

Basketball Uniform: Families are required to purchase their own basketball singlet to use on match days. Students wishing to play will need to purchase their basketball singlet online via the Uniform Shop. All students are required to wear shorts or skorts.

Netball Uniform: Families are required to purchase a very netball dress or Representative top to use on match days. Students wishing to play will need to purchase their uniform online via the Uniform Shop.

Football (AFL) Uniform: Students eligible to play Football for Stella Maris will be provided a football guernsey (on loan) for the season. All students are required to wear both navy football shorts and socks.

**Any loaned uniforms are to be washed and returned to the sport coordinator by the end of each season. Families who fail to return uniforms will be sent a reminder and if the uniform remains outstanding after reasonable attempts to collect, the family will be charged the cost of restocking the uniform. A restocking fee will also occur for uniforms returned damaged beyond normal wear and tear. **





COACHES & VOLUNTEERS

COACHES

No experience in coaching is necessary.

Responsibilities:

- Encouraging and guiding students to play in a positive and supportive team environment.
- Giving equal game time and opportunities to students.
- Communicate any changes with ALL family members via a group chat
- Any significant and unexpected changes from the associations will be communicated from the Sport Coordinator to coaches and teams.

PLEASE NOTE: Teams cannot be nominated in the relevant competitions if there is an insufficient number of players or if coaches/officials have not been nominated

Parent/Caregiver volunteers are vital for teams to be registered. Without a parent/caregiver volunteer/s to coach and manage students, a team cannot be entered into a competition. We thank coaches, both past and present, who have volunteered their time to provide opportunities for our students to participate in these sports. We acknowledge that not everyone is able to give their time for training however, coaches do appreciate assistance with individual teams on a week-to-week basis.

DOCUMENTATION

When coaching teams, all coaches / officials / umpires are required to have the following documentation in place:

- CESA Volunteer Declaration Forms
- Volunteer Application Package (Completed at the front office)
- Catholic Working with Children Check
- RRHAN-EC Certificate

If you are unsure whether you can volunteer or require further information, please contact the Front Office at contact@smps.catholic.edu.au

CODE OF CONDUCT

(Adapted from the School Sport SA 2024 'Codes of Behaviour' 2024)

At Stella Maris Parish School, students who represent our school agree to:

- Play for the enjoyment and by the rules.
- Work hard for your team mates as well as for yourself.
- Treat all team mates and opponents with respect.
- Cooperate with team mates, opponents and game officials.
- Control your behaviour on and off the field.
- Commit to all trainings and games.
- Respect and abide by officials decisions.

At Stella Maris Parish School all teachers/coaches/volunteers who represent our school agree to:

- Encourage students to develop basic skills in a variety of
- Provide equal encouragement to girls and boys to participate, acquire skills and develop confidence.
- Encourage and create opportunities to develop individual skills.
- Teach a wide range of team skills and sound sportsmanship based on sound coaching principles.
- Make clear the site's expectations regarding courtesies, punctuality, behaviour and dress standards.
- Ensure that the sport, playing conditions, equipment and facilities are safe and appropriate to the age group and the skill development level of the players involved.
- Encourage the team captain to build their leadership skills and to model responsible behaviour.
- Remove from the field of play any player whose behaviour is not acceptable.
- Keep your own knowledge of coaching and the developments of the game up to date.
- Avoid any hint of criticism against the umpire or referee of a match.
- Ensure the consequences of inappropriate behaviour are clearly understood.
- Distribute a copy of the codes of behaviour to teachers, coaches, players, parents, spectators and officials to ensure that all involved understand their authority and responsibility for fair play.
- Ensure proper supervision is provided at all times.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Make your presence and support as positive as possible.
- When visiting another school, respect the host school's premise and rules.

At Stella Maris Parish School all spectators who represent our school agree to:

- Demonstrate appropriate social behaviour by avoiding offensive language, aggressive behaviour, harassing players, teachers, coaches and officials.
- Remember the children play for fun and enjoyment. Don't let your behaviour detract from their enjoyment and never ridicule or yell at them for making mistakes or losing a competition.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause and congratulate all participants on their performance regardless of the game's outcome.
- Demonstrate respect for opposing players and their supporters.
- Never ridicule a player for making a mistake.
- Respect the officials decisions.
- Encourage players to play in accordance with the rules and the officials decisions.

At Stella Maris Parish School anyone who represents our school agrees to:

Not act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies, or insults another person (the person vilified) on any basis, including but not limited to a person's race, religion, colour, descent, or national or ethnic origin, special ability/disability or sexual orientation, preference or identity.



WEATHER POLICIES

Stella Maris will follow the information provided below from different associations regarding School Sports. Where possible all information will be communicated through SeeSaw or via parent/caregiver coaches. An announcement will be sent out by the school only if a game is being cancelled, all families should assume games are going ahead if

Volleyball

VSA will adopt the Sports Medicine Australia Extreme Heat Policy the following supporting Heat Mitigation Protocols. The Sports Medicine Australia Extreme Heat Policy outlines a classification system of sports in relation to their level of sport risk. VSA and VA acknowledge that the sport of volleyball is classified as level 3 however prefer to differentiate further by categorising activities as follows:

Indoor volleyball - Level 3

- **GREEN** (Hydrate / modify clothing)
- **YELLOW** (Rest breaks) Increase the duration of a time out from 30sec to 45/60 seconds. Enforce a technical time out at 16 points.
- **ORANGE** (Active cooling) 5-minute hydration break at 16 points, instead of technical time out.
- **RED** (Stop exercising) Matches are ceased and according to the rules of the game are either continued when cooler or are rescheduled.

Cricket

Locations for temperature readings are as follows:

Strikers Primary School Cricket – Adelaide

THURSDAY AFTERNOON MATCHES

The final decision on whether Thursday afternoon matches are played will be made following the updated BOM forecast released on Wednesday at 12:00pm. Should the forecast temperature for 5:30pm Thursday on the Bureau of Meteorology (BOM) App, as at 12:00pm on Wednesday be 36 Degrees Celsius or above, all matches will be cancelled.

SATURDAY MORNING MATCHES

The final decision on whether Saturday morning matches are played will be made following the updated BOM forecast released on Friday at 12:00pm. Should the forecast temperature for 12:30pm on Saturday on the BOM App, as at 12:00pm on Friday be 36 Degrees Celsius or above, all matches will be cancelled.

WET WEATHER NOTE:

in the event that a home school notifies the opposition that the ground is unsuitable for play, a home school official must also notify the SACA Competition Administrator

Basketball

Basketball SA will make an assessment on days when predicted daytime temperature as published on the BoM website for Adelaide is 37 degrees or higher whether to declare 'Extreme Conditions'. Country Associations must each make an assessment whether to declare Extreme Conditions on days when predicted daytime temperature as published on the BoM website for the relevant location is 37 degrees or higher. Basketball SA will declare Extreme Conditions by 12pm game day but may declare extreme conditions up to 3 days in advance. Contravention of this policy may void insurance policies.

Football

Matches, including pre-season trial matches, shall be cancelled if the temperature on the Bureau of Meteorology (website www.bom.gov.au) is 34°C or greater one hour before training is proposed to occur or the match is proposed to be played. The field umpire(s) shall stop the match and order the players from the field if inclement weather conditions, which they consider poses a safety risk to players and officials, develop during the match. Inclement weather is defined in the SANFL Juniors Rules & Regulations as unstable weather characterised by lightning in the vicinity of the playing surface, hail storm(s), extreme winds and the like.

Soccer

Training or playing of games will not take place during summer months. December, January and February. A maximum current temperature of 25deg, as determined by the weather bureau, will cancel or delay training and games, as will Hailstones, very heavy rain very strong winds and Lightning. Unstable weather characterised by lightning in the vicinity of the playing surface, hail storm(s), extreme winds and like will be communicated where possible on a Friday afternoon or early Saturday morning via Seesaw and team coaches.

Netball

If extreme weather (thunder, lightning, severe wind, hail etc) is predicted on game day via the Bureau of Meteorology all schools will be notified by email by 12 noon and ALL games will be CANCELLED. Please ensure you check your emails and contact all people involved. Zero points will be recorded for cancelled games. If games have not been cancelled and a team deems it unsafe to play before or during the game, coaches, umpires and team managers are asked to use their discretion and common sense.



USEFUL LINKS & APPS



<https://sacpssa.com.au/>

<https://www.education.sa.gov.au/students/competitions-and-challenges/sports-competitions/statewide-schools-competitions>

<https://www.education.sa.gov.au/schools-and-educators/programs-students/school-sport-sa/competitions/state-team-selection-and-nomination-process>

<https://www.sdjsa.com/>

<https://basketballsa.com.au/msbl-mini/>

<https://www.strikersprimaryschoolcricket.com.au/>

<https://sanfl.com.au/schoolscomp/>

<https://www.volleyballsa.com.au/indoor/kids-junior/spikezone>



COMPASSION | COURAGE | INCLUSIVITY | RESPECT



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