



## **What will you find in this booklet?**

Page 3 - Major School Sporting Events

Page 4 - After School Sports

Page 5 - Teachers Role in Sports

Page 5 - Parent Coaches

Page 5 - Guidelines for Coaches

Page 6/7 - Code of Conduct - Expectations of Parents, Spectators and Coaches

Page 8 - School Values

Page 8 - Medical Information and Contacts

Page 8 - Attendance at Practices and Games

Page 8 - Playing for Miramar North School

Page 8 - Uniform and Equipment

Page 8 - Sport and Technology

Page 9 - Eastern Zone Sports Events 2024

# **Major School Events**

Please note these are proposed dates, occasionally due to unforeseen circumstances these dates may change.

## **Cross Country**

### **Junior/Seniors**

*Date: Tuesday 7th May (pp Wednesday 8th May)*

**Clothing:** Appropriate footwear is vital

**Venue:** Miramar North School

### **Eastern Zone Cross Country Qualifications:**

The top **6** runners from years 4-6 will be chosen

*Eastern Zones date: Wednesday 22nd May (pp Friday 24th May)*

*Inter Zones date: Tuesday 18th June (pp Thursday 20th June)*

**Venue:** Scots College

## **Athletics**

### **Athletics Participation day (whole school):**

*Date: Wednesday 16th October (pp Tuesday 22nd October)*

This will **not** be the sole event for selection of our EZ team. The trials (see below) will be used as the main indicator for selection.

**PLEASE NOTE** - we are having to hold this event in the first week of term four as the EZ athletics have been moved to week 3 this year.

**Clothing:** Appropriate footwear and clothing must be worn

**Venue:** Miramar North School

### **Eastern Zone Athletics Qualifications / School Trials**

A series of competitive Athletics Trials will be held at Miramar North School in Term 3 to determine entries for the Eastern Zone event.

These trials will be incorporated into the training sessions we run as part of our school athletics programme in order to give athletes multiple opportunities for selection.

(Top **2** Yr 4-6 athletes apart from relays)

*Eastern Zones: Wednesday 30th October (pp Wednesday 6th November)*

*Inter Zones: Tuesday 19th November (pp Wednesday 20th November)*

**Venue:** Newtown Park

Please note we will need lots of parent help for this event.

## **Whole School Fun Sports Day**

*Date: Term 4 - Wednesday 11th December*

**Venue:** Miramar North School

# **After School Sports**

Register via Kindo for all after-school sports.

Contact: sports@mns.school.nz with questions.

## **Floorball Yr 1 - 6**

Season:	Term 1 and 4
Practice times:	No practice
Parent coaches:	Required - Please volunteer via Kindo
Cost:	To be confirmed (Kindo)
Venue:	Ākau Tangi Sports Centre

## **Netball Yr 5/6**

Season:	Term 2 and 3
Practice times:	To be confirmed by coaches
Parent coaches:	Required - Please volunteer via Kindo
Cost:	To be confirmed (Kindo)
Venue:	EBIS Netball Courts

## **Future Ferns Netball Yr 3/4**

Season:	Term 1 and 4
Practice times:	To be confirmed by coaches
Parent coaches:	Required - Please volunteer via Kindo
Cost:	To be confirmed (Kindo)
Venue:	EBIS Netball Courts

## **Mini Ball (basketball) Yr 3 - 6**

Season:	Term 2 and 3
Practice times:	To be confirmed by coaches
Parent coaches:	Required - Please volunteer via Kindo
Cost:	To be confirmed (Kindo)
Venue:	Ākau Tangi Sports Centre

## **Touch Rugby Yr 3 - 6**

Season:	Term 1 and Term 4
Practice times:	To be confirmed by coaches
Parent coaches:	Required - Please volunteer via Kindo
Cost:	To be confirmed (Kindo)
Venue:	Wakefield Park

# **Guidelines for parents**

(when children are involved in after-school sport at Miramar North School)

## **Teacher's Role in Sport**

Overseeing teachers will provide the initial information about which after school sports are available and send a Kindo notice for expression of interest. They collate the information, create teams according to those that have registered (**within the deadline**) on Kindo.

## **Parent Coaches**

The onus is on the parents to coach and manage the teams. The coach should liaise with the teacher overseeing the sport prior to the season and during the season as necessary. (A separate set of guidelines has been written for coaches.)

In the unfortunate situation of no parents offering to coach or manage, either the sport does not happen or a teacher *may* offer to provide some practice sessions. In this situation a weekly parent roster would be organised for supervision of the children at the game and the teacher would attend games when possible.

## **Guidelines for Coaches**

- Refer to the School Rules and Guidelines for expectations and discipline.
- Ensure that parents are kept informed about game times and practices. This can be done through email or texting.
- Start and finish practises on time.
- If there are any discipline issues, speak to the teacher overseeing the sport.
- Keep children in your care 'under control'. This includes staying in the appropriate area.
- Look after equipment. There are specific ways that the netball poles and basketball goals are moved and set in place. Ask a teacher if you need to access the PE Storeroom inside the hall.
- The medical room is in the office area. If a medical need arises while in school grounds you can request teacher assistance (try the staffroom or closest teacher).
- Give children a fair amount of playing time, including all abilities. (If they didn't practise, is it fair that they play at an equal time as those who did turn up for a practice?)
- If a child discloses any 'Keeping Ourselves Safe' information, tell them that you will help them by telling the teacher overseeing the sport and they will take appropriate actions from there.
- Ensure children have time to Warm-Up and Warm-Down.

Children want and need to succeed so give positive experiences and praise them when they do well. This doesn't have to mean they have to win the game, but that they have improved in some areas. A big focus for Miramar North School is that all members of the team include each other and show **Team Spirit**.

***Thank you for coaching one of our Miramar North School Sports Teams!***

# **Miramar North School Sports Code of Conduct**

***Miramar North School's aim is to ensure all students undertaking a team sport do so in an environment with emphasis on enjoyment, encouragement and team spirit. This will develop an understanding of a balanced healthy lifestyle between sporting, academic, social and other interests.***

***We expect all participants to demonstrate our TIKa values of Teamwork, Integrity, Kindness, and Ako.***

## **At Miramar North School we believe :**

- in demonstrating fair play
- in providing opportunities for all in as wide a range of sports as possible
- in fostering the growth of self-esteem and respect of others
- in quality learning experiences
- in providing opportunities in which students can achieve personal success and develop strong teamwork skills

## **PLAYER Code of Conduct**

### **As a PLAYER I will:**

- be a good sport and applaud all good plays whether they are made by my team or the opposition .
- treat all players in my sport as I like to be treated.
- play for the "fun of it" not just to please my parents, whanau or coach.
- never argue with the referee's decisions.
- cooperate with my coach, my teammates and the opponents.
- work equally hard for myself and my team whilst supporting and encouraging my teammates.
- always play by the rules.
- use positive / encouraging words to all players and adults.
- thank the opposition and officials at the end of the game.
- attend all practices, and be punctual.
- wear the correct sports uniform.
- Win with humility; lose with dignity.

## **PARENT Code of Conduct**

### **As a PARENT I will:**

- not question or comment negatively on the referee's judgements.
- recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for my child.
- encourage my child to play within the rules and respect officials and coaches decisions.
- teach my child to respect the efforts of their opponents.
- remember that children learn best by example so I will applaud good plays/performances by both my child's team and their opponents. Any comments from the sideline need to be unbiased and positive.
- support my child's efforts and performance; (avoid pressuring my child about winning or losing, help them focus on the process of participation not the outcome i.e. 'How did you do?', 'did you have fun?' not 'did you win?').

- refrain from using bad language, harassing or ridiculing others or behaving in a threatening manner.

### **SPECTATOR Code of Conduct**

#### **As a SPECTATOR I will:**

- remember that children play organised sports for their own fun.
- remember that any inappropriate behaviour reflects badly on the children, the team and Miramar North School.
- show respect for the team's opponents. Without them there would be no games.
- respect the referee's decisions and accept them.
- refrain from using bad language, harassing or ridiculing others or behaving in a threatening manner.

### **COACH Code of Conduct**

#### **As a COACH I will:**

- be generous with praise when it is deserved and set a good example.
- be consistent, impartial and objective when making decisions, players need a coach that they can respect.
- encourage players to be inclusive of ALL of their team members.
- ensure that the time players spend with me is a positive experience. All players are deserving of equal attention and opportunities to help them fulfil their potential.
- avoid overplaying the talented players and understand that the average players need and deserve equal time.
- respect the rights, dignity and worth of all people involved in the game keep in mind referees have the hardest job of anyone involved in sport.
- I will not use bad language nor will I harass players, officials, spectators or other coaches.

***Miramar North School is held accountable for the behaviour of ALL children and adults related to our school teams. If you witness a breach of the code of conduct please immediately inform either the team coach or manager who will then address the situation and contact the school if necessary.***

# **School T.I.K.A. Values**

**Teamwork**

**Integrity**

**Kindness**

**Ako**

## **Medical Information and Contacts**

Please ensure that all medical information necessary is included on the Kindo notice so that coaches and teachers are aware of possible occurrences and can be prepared. Please include home phone numbers and emergency phone numbers so coaches can ring when necessary and can contact parents in the case of an emergency. Children must have necessary medical equipment with them at practices and games (eg. Asthma inhaler) and the coach must know where they keep it.

## **Attendance of practices and games**

Children are expected to attend practices and be on time to games. (Children cannot expect to have equal game time if they do not attend practices.) It is important to arrive on time as this gives the coach a chance to offer advice. Unless otherwise specified by the coach, 15 minutes prior is a good idea. If your child is unable to attend a practice or game please advise the coach as soon as possible.

Parents also need to be at the practice or game venue by the stated finish time ready to collect their child. Some parents choose to carpool. It is parents responsibility to organise this and inform the coach.

## **Playing for Miramar North School**

We would expect that if the school was offering a particular sport that the child would play for an MNS team. However if you do choose to play for a club or join another school team, it is advised that you notify the Teacher in Charge of that sport before the teams are put together.

## **Uniform and equipment**

All children involved with after school sports games need to have an MNS sports t-shirt or on Kindo. These can be purchased through the office. Other clothing and equipment necessary will be specified. Some sports may require children to have a change of clothing available to go home in. Your own drink bottle is recommended.

## **Sport and Technology**

The use of technology such as Ipad or phones has become a part of our school life over the last few years, however it is important that we respect how and when it is used. Miramar North School does not allow children who are part of a school team the use of technology such as Ipad or phones during training or games. If technology is to be brought to a training or games it must remain in the students bag at all times.

***If you have queries or concerns, try speaking to the coach first. The teacher overseeing the sport is the next person to make contact with.***



# **Eastern Zones Events 2024**

These are Inter-school events that take place during the term. Each school in the Eastern Zone region of Wellington usually selects their best or more experienced players to take part. Any student from Y4 - 6 is eligible to try out for the teams dependent upon the event. These events are run during school time.

Please note that the cost for travel for these events varies depending on the location of the venue and the number of students involved. Once a price has been set based on your child's expected involvement, refunds are unable to be given if he/she is unable to attend the event.

Payments can be made online through a link on the Kindo notice or paid directly to the school office.

**Please keep an eye out for emails in the leadup time to these dates for the following events if your child is interested in participating:**

- **Football**                **Wednesday 5th June**
- **Netball**                **Wednesday 7th August**
- **Futsal**                **Tues 10/Wed 11 September (TBC)**
- **Cross Country:**
  - **Eastern Zones date: Wednesday 22nd May (pp Friday 24th May)**
  - **Inter Zones date: Tuesday 18th June (pp Thursday 20th June)**
- **Swimming**            **(TBC - this may or may not be running this year)**
- **Floorball**            **Wednesday 18th September**
- **Athletics:**
  - **Eastern Zones: Wednesday 30th October (pp Wednesday 6th November)**
  - **Inter Zones: Tuesday 19th November (pp Wednesday 20th November)**