



# Sports Information Booklet

2025



# Introduction

Sophia College is proud to offer a diverse and vibrant range of sporting and recreational activities that extend well beyond the Health and Physical Education curriculum. Despite being a relatively young institution, we have quickly established a strong reputation for sporting success, reflecting our students' passion, determination, and unwavering commitment. Our teams and individual athletes have shown that outstanding achievements can be realised with hard work and dedication, even in a short period.

This comprehensive Sports Information Booklet is designed to equip students and families with all the necessary details to engage in our dynamic College sports program. We are committed to creating opportunities for all students to thrive, regardless of their experience or expertise. By participating in extracurricular sports at Sophia College, students gain athletic skills, develop invaluable life skills, and build strong friendships.

Participating in sports at Sophia College offers benefits that extend beyond the physical. Regular involvement boosts students' confidence, enhances their mental well-being, and instils pride in representing their College. We firmly believe that sports play a crucial role in shaping well-rounded individuals, helping them grow as students, athletes, and members of the broader community.

Sophia College offers many sporting opportunities for students to compete and excel. Throughout the year, students can participate in Regional, District, and State-level events, representing the College at the highest levels. Most notably, we continue to build and strengthen our presence at the Western Ranges District School Sports, Regional Football, State Touch Football, Netball and Volleyball events, where our teams and individuals continue to shine.

This booklet outlines all these opportunities and serves as a guide to help students and families navigate the pathways to involvement and success in the College sports program. Whether aspiring to compete at an elite level or simply looking to enjoy the camaraderie and personal growth that sport provides, there is something for everyone at Sophia College.

## Sport Contacts

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## Helpful Links

CISSSA Sport  
<https://bremershs.eq.edu.au/ExtraCurricular/Sports/Pages/CISSSA.aspx>

Western Ranges District Sport  
<https://metwestschoolsport.eq.edu.au/district-sport/our-districts/western-ranges>

Metropolitan West School Sport  
<https://metwestschoolsport.eq.edu.au>

Queensland School Sport  
<https://queenslandschoolsport.eq.edu.au>



*Aqua*



*Ignis*



*Luna*



*Solis*

## House Spirit is thriving at SCP

The College's **Inter-House Sport** is an integral part of the sporting culture. These events create a strong sense of belonging and community where students represent their House in various sporting, academic and other competitions leading to the Kinship Award.

SCP hosts annual of Swimming, Cross Country and Athletics Carnivals.



# Inter-House Sports

## Swimming

The Swimming carnival provides an opportunity for students to participate in swimming-based events at a variety of competitive levels. To attend district swimming trials, students must nominate to the Sports Leader before the College's Swimming Carnival every year.

**Date:** Thursday 20 February 2025

**Venue:** Bundamba Swim Centre, Bundamba

**Events:**

Age Groups	Competitive Events	Participation events
12yrs – Open	50m Butterfly	25m Freestyle
	50m Backstroke	25m Backstroke
	50m Breaststroke	Short Board Relay
	50m Freestyle	All in Swim
	4 X 50m Freestyle House Relay	Staff vs. Student Relay

## Cross-Country Carnival

Students have the opportunity to compete in several cross-country meets throughout the school year. The college holds its annual Cross Country Carnival, during which students can be selected to represent the District Trials. Age Champion will be awarded to the winner of the competitive race per age division. Distances for each age group are below:

**Date:** Wednesday 23 April 2025

**Venue:** Sophia College, Plainland

**Events:**

Age Groups	Male Students	Female Students
12yrs	3km	3km
13yrs	3km	3km
14yrs	4km	4km
15yrs	4km	4km
16yrs	6km	4km
Open	6km	4km



## Athletics

Students have the opportunity to compete in several athletics meets throughout the school year. The college holds its athletics carnival, during which students can be selected to represent the college at the district trials.

**Date:** Tuesday 24 & Wednesday 25 June 2025

**Venue:** Sophia College, Plainland

### Events:

Age Groups	Track Events	Field Events
12yrs – Open	100m	Shotput
	200m	Discus
	400m	Javelin
	800m	High Jump
	1500m	Long Jump
	4 X 100 Relay	



# Queensland School Sport Pathway

Many sports conduct trials across Primary and Secondary schools within the Metropolitan West region as a pathway to State and National selection.



*\*Only students approved and nominated by the College can attend representative trials.*

## District Demographics

The Western District currently consists of 74 schools, stretching from Boonah in the south to Toogoolawah in the north and through Ipswich and eastern Lockyer Valley. Due to its rural/regional demographics, the Western District has the most significant number of member schools and the most extended travel distances of all districts.

## District Trials

Schools and zones nominate students for district trials differently for each sport, as indicated in the table below.

District Trials	Age Groups	District Selection Pathway
General Sports	10 – 12 years	Zone trial → District trial
	13 – 19 years	Direct to District trial
Swimming	10 – 19 years	Direct to District trial
Track and Field & Cross Country	10 – 12 years Primary	Zone trial → District trial
	12 years Secondary	Direct to District trial
	13 – 19 years	Direct to District trial

Western Ranges District will conduct selection trials (or nominate individual students) in all Metropolitan West School Sport sports and age divisions. Students will pay a District levy to participate in District trials. This levy covers the costs of running District trials, including venue and equipment hire, specialist officials, first aid, and referees for various trials. Students pay this levy to their school before attending the trial.



# Metropolitan West School Sport

Participation in District and Metropolitan West trials allows students to gain regional, state, and national selection in various sports. Metropolitan West School Sport offers students the following sporting opportunities.

Events/Trials	
AFL 10-12yrs Boys	Netball 10-11yrs / 10-12yrs
AFL 10-12yrs Girls	Netball 13-15yrs
AFL 13-15yrs Boys	Netball 16-19yrs
AFL 13-15yrs Girls	Rugby League - 10-11yrs / 11-12yrs Boys
Athletics 10-19yrs	Rugby League 11-12yrs Girls
Baseball 12-14yrs	Rugby League 14-15yrs / 16-18yrs Girls
Baseball 14-18yrs	Rugby League 14-15yrs
Basketball 10-12yrs	Rugby League 16-19yrs
Basketball 13-15yrs	Rugby Union 11-12yrs
Basketball 16-18yrs	Rugby Union 14-15yrs
Baseball 12-14yrs	Rugby Union 17-18yrs
Cricket 10-12yrs Boys	Rugby Union 7's 15-16yrs Girls
Cricket 10-12yrs Girls	Softball 10-12yrs
Cricket 13-15yrs Girls	Softball 13-19yrs
Cricket 15-19yrs Boys	Squash 10-19yrs
Cross Country 10-19yrs	Surfing 13-19yrs
Football 10-12yrs	Swimming 10-19yrs
Football 13-15yrs Girls	Tennis 10-12yrs
Football 16-19yrs Girls	Tennis 13-19yrs
Football 13-16yrs Boys	Touch 10-12yrs
Football 17-19yrs Boys	Touch 13-15yrs / 16-18yrs
Futsal 13-14 years	Triathlon 11-19yrs
Golf 10-18yrs	Volleyball 12-15yrs
Hockey - 13-19yrs	Volleyball 16-19yrs
Hockey 10-12yrs	Water Polo 13-17yrs

Newsletters, morning notices, and assemblies/gatherings announce when and how to trial for the above sporting opportunities. Only students approved and nominated by the College can attend district and regional trials.



SOPHIA COLLEGE  
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# College Sport

## General Information

Students will have the opportunity to trial and be selected for a range of sports, in which the College will compete against schools from across Queensland. Representative sports are in addition to the College's commitment to Swimming, Cross-Country, and Athletics. Representative sports are held in high regard at Sophia College, and students who are part of these programs are expected to uphold the expectations and values of a Sophia College Student.

## Targeted Sporting Programs (TSP)

Sophia College provides the opportunity to engage in sports at the highest level in Queensland. The college has five primary sports, which provide students with training and coaching to develop their skills while providing the most professional sporting environment. Targeted Sporting Programs (TSP) are the premier teams of the College and offer offerings to both male and female students. Our TSP include:

Sport	Competition(s)
Basketball	CISSSA Sport CBSQ Regional Titles CBSQ Wildcard
Futsal & Football	CISSSA Sport (Futsal & Football) ISSSA & UHlsport Cup (Football) SWQ Regional Futsal Titles (Futsal)
Netball	CISSSA Sport Queensland Catholic Cup Vicki Wilson Cup
Touch Football	CISSSA Sport Brisbane Secondary All Schools Touch Queensland All Schools Touch*
Volleyball	CISSSA Sport Darling Downs Junior Schools Cup (7 & 8) Darling Downs Intermediate Schools Cup (9 & 10) Darling Downs Senior Schools Cup (10 & 11) Volleyball Queensland Junior Schools Cup (7 & 8) Volleyball Queensland Intermediate Schools Cup (9 & 10) Volleyball Queensland Senior Schools Cup (10 & 11) Australia Schools Cup (10 & 11)



# Combined Ipswich Secondary School Sporting Association (CISSSA)

Sophia College joined the Combined Ipswich Secondary Schools Sports Association (CISSSA) in 2024, marking our commitment to providing students with more opportunities for competitive sports. In our first year of competition, nine teams represented the College across multiple sports, with four teams advancing to the Grand Finals and finishing as runners-up.



The CISSSA competition allows students to develop their sporting skills over consecutive weeks, offering consistent playing opportunities over two seasons. Weekly sport at Sophia College provides several key benefits, including the ability for our state-competing teams to train and play together before their events. Teams are organised by year levels, ensuring age-appropriate competition and progression.

## Summer Season (Term 1 & 2)

### Boys Summer Sports:

- Futsal: Weekly competition
- Touch Football: Weekly competition
- Volleyball: One-day carnival
- Basketball: One-day carnival (Year 7/8 only)

### Girls Summer Sports:

- Futsal: Weekly competition
- Touch Football: Weekly competition
- Basketball: One-day carnival (Year 7/8 only)

## Winter Season (Term 2 & 3)

### Boys Winter Sports:

- Basketball: Weekly competition
- Rugby League: Weekly competition
- Soccer: Weekly competition
- AFL: One-day carnival
- Hockey 9's: One-day carnival
- Tennis: One-day carnival
- Mixed Netball: Twilight Carnival

### Girls Winter Sports:

- Netball: Weekly competition
- Soccer: Weekly competition
- Volleyball: Weekly competition
- AFL: One-day carnival
- Basketball: One-day carnival
- Hockey 9's: One-day carnival
- Mixed Netball: Twilight Carnival
- Rugby League 9's: One-day carnival
- Tennis: One-day



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PLAINLAND

## Sophia College Sport 2025 Sport Timelines



		Term 1	Term 2	Term 3	Term 4	
		1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	
Core Sports	Swimming	[Bar]				
	Cross Country		[Bar]			
	Athletics		[Bar]	[Bar]		
Target Sporting Programs (TSP)	Basketball	[Bar]	[Bar]	[Bar]		
	Football		[Bar]	[Bar]		
	Futsal	[Bar]	[Bar]			
	Netball		[Bar]	[Bar]		
	Touch	[Bar]	[Bar]	[Bar]	[Bar]	
	Volleyball	Beach	[Bar]			
		Jnr (7&8)		[Bar]	[Bar]	[Bar]
		Int (9&10)	[Bar]	[Bar]	[Bar]	
Snr (10&11)		[Bar]	[Bar]	[Bar]	[Bar]	
CISSA Sport	Summer Season	[Bar]	[Bar]			
	Winter Season		[Bar]	[Bar]		
Strength and Conditioning		[Bar]	[Bar]	[Bar]	[Bar]	
Kokoda Challenge			[Bar]	[Bar]		



# Athletics

Sophia College is proud to celebrate its ongoing success in athletics, which continues to grow year after year. Our students' enthusiasm, commitment, and talent have established a strong foundation for the College's achievements in athletics despite its relatively young history.

A highlight of our athletics program is the annual Athletics Carnival, an event that fosters competition, camaraderie, and personal achievement. This event selects top-performing students to represent the College at the Western Ranges District School Sports Trials, where they showcase their abilities against some of the region's best. These ongoing opportunities to compete at higher levels reflect the College's commitment to fostering athletic talent whilst developing house spirit.

## **Trials**

Trials are performed within the Sophia College Athletics Carnival

## **Training**

Training sessions take place from the commencement of Term 3 until the Western Ranges District School Sports Track and Field Trial. Students are expected to attend the session specific to their event.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will be provided with the Wolves Athletics Singlet on the day of the competition.

## **Competitions**

- Sophia College Athletics Carnival – Term 2
- Western Ranges District School Sports Track and Field Trial – Term 3



# Basketball

Sophia College has achieved growing success in basketball, with students showcasing their talent through strong performances in our inaugural year. The College has quickly established itself as a competitive force, with teams achieving notable results in key CISSSA competitions. These events allow our players to refine their skills and gain valuable experience competing against other high-performing schools.

As part of the College's Target Sports Program (TSP), our basketball program continues to grow, offering students access to quality coaching, regular training sessions, and participation in high-level tournaments. The College's involvement in these competitions highlights our commitment to developing skilled athletes.

## **Trials**

Trials commence in Term 1 for all age groups in the Assisi Centre on the college campus.

## **Training**

Training sessions take place from the commencement of Term 1 until the end of the competition.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will be provided with the Wolves Basketball Singlet on the day of the competition.

## **Competitions**

- CISSSA Sport – Term 2 & 3 (weekly competition)
- CBSQ Regional Titles – Term 2
- CBSQ Wildcard – Term 3



# Cross Country

Cross Country is a growing and increasingly popular sport at Sophia College, with a program dedicated to developing skilled and competitive runners for the future. The annual Cross Country Carnival, held in Term 2, is a highlight of the school calendar and sees students competing across various age groups on a challenging course. This event encourages widespread participation and identifies top-performing athletes selected to represent the College at the Western Ranges District School Sports Trials.

In addition to the Carnival, students can engage in structured training programs focusing on endurance, technique, and race preparation. The college is committed to supporting students who strive for their personal best and outstanding achievements in this sport. With continued focus on developing the program and providing pathways for competition, Cross Country is set to become a key area of success for Sophia College in the years ahead.

## **Trials**

Trials are performed within the Sophia College Cross Country Carnival.

## **Training**

Training sessions take place from the commencement of Term 2 until the Western Ranges District School Sports Cross Country Trial. Students are expected to attend these sessions.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will be provided with the Wolves Cross Country Singlet on the day of the competition.

## **Competitions**

- Sophia College Cross Country – Term 2
- Western Ranges District School Sports Track and Field Trial – Term 2

# Cross Country



# Football/Futsal

Football and futsal are part of the College's Target Sports Program (TSP), which allows male and female students to compete in some of Queensland's most prestigious independent competitions. These programs are open to all students and offer pathways for players to showcase their talent and gain valuable competitive experience against strong opposition.

The College's football program is supported by a highly experienced coaching team with over 10 years of expertise in the sport, including involvement in Metropolitan West and Club Football. This wealth of knowledge ensures that students receive high-quality training and development opportunities. With a focus on skill refinement, tactical understanding, and competitive performance, the football and futsal programs continue to thrive and attract dedicated athletes from across the College.

## **Trials**

Trials commence in Term 1 for Futsal. Football trials begin in Term 2.

## **Training**

Futsal training sessions occur from Term 1 until the end of the competition, and football training sessions occur from Term 2 until the end.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, and Sports Caps on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will need Football socks, which are available from the Qkr! On the day of the competition, the application will be provided with the Wolves Football Jersey.

## **Competitions**

- CISSSA Sport (Futsal & Football) – Term 1, 2 & 3 (weekly competition)
- SWQ Regional Futsal Titles (Futsal) – Term 1
- ISSSA & Uhlsport Cup (Football) – Term 2



# Kokoda Challenge

The Kokoda Challenge has experienced exponential growth at Sophia College, quickly becoming one of the most anticipated events on the school calendar. Primarily a fundraising initiative for the Kokoda Youth Foundation, this event is vital in supporting programs that positively transform young Australians' lives. It is also a physically and mentally demanding experience, involving 12–14 hours of continuous hiking through challenging terrain. Students participate in teams, where success depends on individual perseverance, teamwork, and mutual support. The event fosters a sense of unity, resilience, and determination among participants while encouraging them to push beyond their limits.

Students and families should note that the Kokoda Challenge incurs additional costs, but it remains an unforgettable experience and a powerful way to contribute to a meaningful cause.

## **Trials**

Trials commence Term 2.

## **Training**

Training commences Term 2 until the Kokoda Challenge Gold Coast Event.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, and Sports Caps on the day of the competition. Giovanni Uniform Shop sells all these uniform items. As part of their challenge, students will also receive a limited Sophia College Kokoda Challenge Polo for the event day.

## **Event**

- Kokoda Challenge Gold Coast

# Kokoda Challenge





# Swimming

Sophia College offers students multiple opportunities to compete in swimming events throughout the school year, focusing on developing swimmers for higher levels of competition. The annual Swimming Carnival, held early in Term 1, is a key event in the school's sporting calendar. This exciting competition allows students to showcase their swimming abilities and compete in various races across different age groups.

Students must nominate the sports leader before the college's swimming carnival each year to be considered for selection to attend the District Swimming Trials. This process ensures that the most dedicated and skilled swimmers can represent the College at the district level. With a strong emphasis on competition and athlete development, Sophia College provides a supportive environment for students to excel in swimming and pursue higher-level success.

## **Trials**

Trials are performed within the Sophia College Swimming Carnival.

## **Training**

The college does not offer swimming training; however, it can connect students with relevant clubs and coaches where required.

## **Uniform**

Students must wear sports polo shirts, Capri Shorts, and sports caps to swimming carnivals. Giovanni Uniform Shop sells all these uniform items. Students must wear appropriate personal swimming clothes and a Sophia College Swimming Cap when swimming and competing at external events.

## **Competitions**

- Sophia College Swimming Carnival – Term 1
- Western Ranges District School Sport Swimming Carnival – Term 1

Swimming



# Netball

Netball is an exciting and rapidly growing sport at Sophia College, with high participation and enthusiasm from students both within and outside the school. In 2024, the College introduced its formal netball program, which has already seen impressive success in its first year. As part of the College's Target Sports Program (TSP), the program focuses on player development and skill-building; the program is on a clear pathway to future success, with multiple teams planned for future competitions.

The College's commitment to netball includes regular training sessions, strong coaching support, and participation in local and regional competitions. This development pathway ensures that students can access the resources and opportunities needed to excel. As the program continues to grow, Sophia College is poised to become a key competitor in netball, with a bright future ahead for its players.

## **Trials**

Trials commence in Term 1.

## **Training**

Training sessions take place from the commencement of Term 2 until the end of the competition.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will be provided with the Wolves Netball Dress or Uniform on the day of the competition.

## **Competitions**

- CISSA Sport – Term 2 & 3 (weekly competition)
- Queensland Catholic Cup – Term 2
- Vicki Wilson Cup – Term 2



# Touch Football

Touch Football is one of the most popular and rapidly growing sports at Sophia College, with a strong participation rate from students across all year levels. 2024 has been our most successful year, with outstanding performances, including high finishes at the prestigious Queensland All Schools competition. This success reflects the dedication and skill of our players, as well as the College's commitment to providing top-tier coaching and support.

As part of the College's Target Sports Program (TSP), the Touch Football program is on a continued development pathway. In response to the increasing interest, both male and female teams will be offered for future competitions. Students participate in regular training sessions to refine their skills and teamwork while competing in local and regional events. With a focus on building on our successes, Sophia College is set to continue its growth as a dominant force in Touch Football.

Families are advised that Queensland All Schools Cup may incur additional fees due to teams accommodating during the events.

## **Trials**

Trials commence in Terms 1 & 2.

## **Training**

Training sessions take place from the commencement of Term 1 until the end of the competition.

## **Uniform**

Students are to wear their Sports Polo, Capri Shorts, Sports Cap, and Ankle Socks on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will be provided with the Wolves Touch Football Singlet on the day of the competition.

## **Competitions**

- CISSSA Sport – Term 1 (weekly competition)
- Southwest Queensland Secondary All Schools – Term 3
- Queensland Secondary All Schools – Term 4



# Volleyball

As a Target Sports Program (TSP), Volleyball has become the most successful sport at Sophia College, with consistent growth and outstanding achievements since its inception. The College offers a comprehensive program catering to all age groups, with Junior, Intermediate, and Senior squads competing throughout the year. This growth has been driven by our students' dedication and hard work and the expert guidance of the College's State and National Level Coaches.

Students will engage in multiple events throughout the year, including regional competitions, before culminating in the teams' respective VQ Schools Cup. The College's commitment to volleyball has led to a strong track record of success. As the program expands, Sophia College is poised to remain a dominant force in the sport.

Families are advised that Volleyball Queensland Intermediate & Senior Schools Cups and the Australian Schools Volleyball Cup may incur additional fees due to teams accommodating during the events.

## **Trials**

Trials commence in Term 1 for Intermediate Teams and Senior Teams and Term 3 for Junior Teams.

## **Training**

Training sessions commence upon team selection for Senior, Intermediate and Junior Squads and conclude upon competition completion.

## **Uniforms**

Students are to wear their Sports Polo, capri shorts, Sports Cap, and Ankle Socks on the day of the competition. Giovanni Uniform Shop sells all these uniform items. Additionally, students will be provided with the Wolves Volleyball Jersey on the day of the competition.

## **Competitions**

- CISSSA Sport – Term 2 & 3 (weekly competition)
- Darling Downs Junior Schools Cup (7 & 8) – Term 4
- Darling Downs Intermediate Schools Cup (9 & 10) – Term 2
- Darling Downs Senior Schools Cup (10 & 11) – Term 2
- Volleyball Queensland Junior Schools Cup (7 & 8) – Term 4
- Volleyball Queensland Intermediate Schools Cup (9 & 10) – Term 2
- Volleyball Queensland Senior Schools Cup (10 & 11) – Term 2
- Australian Schools Volleyball Cup (10 & 11) – Term 4, 1<sup>st</sup> Week Holidays





# Additional Programs – Strength & Conditioning

Sophia College students are invited throughout the year to train to support their sporting endeavours. Sophia College Sport offers strength and conditioning to all students at selected opportunities throughout the year. Students have resistance and cardiovascular training sessions facilitated. These sessions also provide students with the foundation to continue health-based strength and conditioning work at home, supporting injury management, fatigue, and muscular development appropriate for their age.

Prioritising strength and conditioning is paramount for students looking to either maintain their health or develop as student-athletes in their chosen field. By building a foundation of strength and healthy habits during this crucial developmental phase, young people set themselves up for a future of health and improved well-being.

Sessions have been designed to gradually improve students' fitness while exposing them to new ways of training to improve their general health. The following sessions have been proposed over six weeks.

Schedule	
Term	Focus
Term 1	Pre-season conditioning and preparation
Term 2	Cross Country Training General Fitness
Term 3	Track & Field Training General Fitness
Term 4	Pre-season conditioning and preparation



# Expectations and Obligations of a Representative Sportsperson

In addition to the Sporting Code of Conduct, students are expected to adhere to the following values and principles of being a sportsperson and student. Students who represent the college are responsible for competing in a manner that demonstrates exemplary behaviour, the principles of fair play, and Sophia College's values.

## Commitments to Competition and Training

When selected for a sporting team at Sophia College, students must prioritise their commitment to the program. The College recognises that students have additional obligations outside of school; however, students are expected to prioritise the College's competitive competitions over other commitments. Students must communicate and negotiate with their respective coaches when clashes occur between commitments.

Additionally, students are expected to train with their team on the nominated training date as specified at the commencement of the program. When students cannot attend training, they must communicate their absence in writing with their respective coach(es). Students who fail to contact their respective coach(es) and/or have multiple unexplained failures in attendance will have an Engagement Meeting with the Sports Leader to discuss their continued participation in the program.

## Academic Obligations

Students involved across the Sports Program will occasionally be absent from classes to attend competitions. It is the responsibility of all students involved in the program to seek materials missed and complete work from their subject teacher. If a student becomes academically at risk or is not meeting home learning expectations, meetings with the parent, Sports Leader, student, and Middle Leader - Learning and Engagement will be arranged to discuss the student's future in the program.

## Engagement in other College Programs

Sophia College supports and encourages students to engage in various extracurricular activities. This may mean that students may have a training session, meeting, and/or rehearsal scheduled simultaneously during some seasons. In this occurrence, the student is to contact both program coordinators/coaches to meet and discuss how they are to meet the requirements of both activities. An arrangement can be agreed upon that allows the students to meet their commitments. Please note that an agreement such as this may not always be suitable.

This arrangement can only occur in the following circumstances:

- Both programs require students to be external representatives of the school
- The agreement is finalised as a contact between both program coordinators, the student, and a parent/guardian
- Does not apply to students who have commitments with clubs/groups outside of the school
- Does not apply to other regular student commitments such as work
- The student is maintaining all behaviour and academic obligations
- Does not apply to more than two commitments at the same time.



# Sophia College Sporting Code of Conduct

The Sophia College Code of Conduct highlights the level of the expected behaviour of students, parents and spectators when participating in or attending sporting events at or for the College. Students who breach the Sporting Code of Conduct or any school rules will be referred to the College's behavioural support processes. Spectators not honouring this code of conduct may have College staff or event officials warning offenders about their conduct, asking offenders to leave venues, banning offenders from future events, and/or calling police to intervene where necessary.

By participating in or attending Sophia College Sport – organised or a part of – you are assumed to have read and understood this Code of Conduct. Further information is available by contacting Sophia College at (07) 5411 3400.

*Please be aware that ignorance of the contents of this Code will not be accepted as an excuse for any breach.*

## EXPECTATIONS OF STUDENTS

- Take responsibility for your behaviour and performance
- Compete by the competition conditions and rules
- Never argue with the Judge's, Referee's, or Umpire's decisions
- Always demonstrate the Principles of Fair Play
- Control your temper; no criticism by word or gesture
- Work equally hard for yourself and your team; your team's performance will benefit, and so will your own
- Encourage and support your team members
- Show respect for yourself, your teammates, officials, your opponents, and their skills
- Behave in a manner that respects the rights of others
- Always wear the official College/team uniform, as directed by College staff or officials
- Stay in the designated team area and support other team members during times when you are not competing
- Follow all directions of College staff and officials

## EXPECTATIONS OF PARENTS AND SPECTATORS

- Support team and event officials in maintaining a safe and respectful environment for all to achieve the best outcomes for your student(s)
- Maintain positive relationships with College staff and team officials regarding your student(s)'s learning, well-being, and behaviour
- Encourage participation by your student(s)
- Provide a model of good sportsmanship for your student(s)
- Be courteous and constructive in your communication with all members of the sporting community
- Encourage honesty, effort, skilled performance, and team loyalty
- Make new parents feel welcome on all occasions
- Do not interfere with the conduct of any events





# Sophia College Sports Selection Policy

Sophia College representative teams allow talented athletes proficient in the fundamental skills related to their chosen sport to extend their skills and compete against similarly skilled students from other schools at a competitive level. Sophia College holds its growing Sports Program in high regard, and being selected for a college team represents the school and its values.

## ELIGIBILITY CRITERIA

The following are pre-selection criteria used to determine student eligibility for representative team selections. The Sports Leader will determine eligibility criteria in conjunction with the Coaching Staff, the relevant members of College Leadership, and Pastoral and Middle Leaders.

### Behaviour, Learning Expectations & Attendance

Students must exhibit behaviour that aligns with the Sophia College Community's Positive Behaviours for Learning. The behaviour of students at school and in school activities, including sports and excursions, will be considered. Students need to be up to date with their learning, and where representation occurs during class time, students need to demonstrate the ability to implement a plan to catch up on missed learning. Student attendance rates, including unexplained absences, will be considered, particularly where the sporting event is scheduled within class time.

## SELECTION CRITERIA

The selection of teams is at the discretion of the team coach/manager. The team coach/manager may use other key stakeholders (teachers, support staff, development officers, officials, etc) to help make team selections. Team selections made by the team coach/manager are final. Sophia College follows a series of guidelines to ensure the selection process is fair and transparent.

### Student Ability and Natural Athleticism

Students must demonstrate an ability or natural athleticism in the sport they are trialling for. Additionally, students must be safe during the activity and avoid injury to themselves or others.

### Attitude, including demonstrating the principles of fair play

Students need to display a positive attitude and the principles of fair play in both victory and defeat.

### Commitment and Reliability

Students must commit to the team for which they will be trialled for the season. This includes attendance at any scheduled training sessions. Failure to commit fully to the team and regularly attend training sessions, even after selection, may result in the student being left out of the team.

### Previous Playing Experience

The student's previous playing experience while representing the school, district/region, and club will be considered when selecting teams.

### Balance of the Team

Students must be able to work well with other students on the team. The student's specific positional skills and versatility to play alternative positions to help the team perform at its best are also considered.



# Student-Athlete Contract

## Overview

The Sophia College Code of Conduct is a commitment by the student-athlete to exercise sound judgment, to represent self, school, family, and community most positively at all times, and to encourage others to share these ideals.

Participation in college competitive sports is a privilege, not a right. Dedication, desire, teamwork, effort, commitment, and good citizenship are essential personal characteristics for an athlete to succeed on any team. In participating in a Sophia College Sporting Program, each athlete should develop a sense of pride in themselves, the school, and the community.

## Expectations of Students

By signing the student-athlete Contract, students are to adhere to the 'Expectations and Obligations of a Representative Sports Person' and 'Sophia College Sporting Code of Conduct' outlined in the Sophia College Sports Information Handbook and understand that breach of these guidelines may result in the student's participation being monitored, suspended, or revoked. These guidelines are in addition to the Sophia College Student Behaviour Plan, which students adhere to. In summary, these guidelines include:

- Student's commitment to the program
- Notification of absence/participation/injury
- Academic Obligations of a Sophia College Student
- Management of engagement in multiple College Co-Curricular Programs
- Exceed all behaviour expectations of a Sophia College Student
- Show leadership, respect, and pride to be a representative of Sophia College

*Where unique behavioural events not explicitly stated in these documents occur, students may still receive appropriate consequences in line with any interpretation of the Sophia College Student Behaviour Plan.*

I \_\_\_\_\_ have read and understood the documents listed above and agree to meet all expectations in conjunction with my Parent(s)/Guardian(s). I know that once completed, this contract must be returned to the Coaching Staff before the commencement of training.

\_\_\_\_\_  
*Print Student Name*

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Print Parent/Legal Guardian Name*

\_\_\_\_\_  
*Parent/Legal Guardian Signature*

\_\_\_\_\_  
*Date*