Year 7 Sport Guidelines 2017

Sport is an area of the curriculum at Wauchope High School which gives every student an opportunity to participate in at some level, whether during Wednesday afternoon activities, or aspiring towards elite representative sport. Wauchope High has always been a very successful and enthusiastic participant in a wide variety of sporting activities, with many individuals and teams achieving outstanding results.

The following information will be very useful for all Year 7 students in 2017.

Wednesday afternoon sport

This is a mandatory aspect of the school curriculum (i.e every student must attend and participate in the activities provided). The structure of Wednesday sport is as follows:

Term One: Boys will be the first to complete four or five weeks of compulsory intensive swimming training, with experienced teacher instructors, to achieve a particular level of competency under Royal Life Saving Australia guidelines. All level of swimmers are required to participate, as this is the last opportunity to obtain these vital water survival skills. Non swimmers, or very poor swimmers, are especially encouraged and expected to attend during their sessions.

During the same period, Girls (apart from those who nominate for Level 7 swimming) will participate in various skills-based activities across different sports. These activities are designed to introduce students into some of the sports that are available as representative opportunities and regular Wednesday sports as well.

There is a swap in these activities at the halfway mark of the term. Level 7 (the strongest swimmers) continue at the Pool for the entire Term.

Terms Two and Three:

In these terms, Year 7 remains separated from the remainder of the school during sport time. Boys and Girls are also separate, and will each receive three choices of sport to do during this term. In each case, one or two of these choices are FREE, so any student with financial hardship can still make a choice. Once the choice is made, the student is expected to attend that sport for the entire term, not attempting to change part way through. Money for sport is collected each week.

Term Four:

At this point, Year 7 students are given the opportunity to choose from the entire range of sports offered at Wauchope High, and will be integrated with students in Years 8,9 and 10, as Year 11 cease sport as they begin Year 12 studies. Once again, there is a range of FREE options available to students, but some more exotic options (usually in Port Macquarie) may cost up to $12 per week, so be aware of your child’s choices, if this could be a problem.

Uniform:

On Wednesdays, all students are expected to wear their white PE/Sports shirts all day, but definitely need to wear this shirt during sport time.
Sick and Injured:

If a student is unable to participate in Wednesday sport due to illness or injury, the Library is available to accommodate these people, rather than being picked up from school by parents. This facility is provided to allow students to have a quiet, safe space when they are unwell. A note from parents is required for a student to enter the Sick and Injured room, as it is not designed as a place to “get out” of sport.

Please do not let your child simply not go to sport, simply because they “don’t like it”, or to go to appointments or shopping expeditions.

Money

If a student cannot pay for a particular week, or “forgot” their money, they are allowed to owe for that week. However, they are expected to catch up the arrears ASAP, by paying at the Front Office and showing the receipt to either the Sport Teacher or the Sports Organiser. Alternately, the child can simply pay twice the following week. If they do not pay for 3 weeks in a row without consulting the Sports Organiser, they may be removed from that sport, to be placed in a free sport, not of their choice. If sudden hardships are encountered, arrangements can be made to overcome the problem.

Representative Sport

There are opportunities for talented Year 7 students to participate in representative sport in a wide range of activities. In Swimming, Cross Country and Athletics, each competitor competes in their own age group (i.e. the age they turn that year, either 12, 13 or 14).

In team sports however, most are either Under 14 or Under 15, so a Year 7 student is often competing for places with Year 8 or Year 9 students, meaning they have to be very good to achieve positions in those teams. Every public high school operates under the same criteria, so if your child misses out in the first year, their chances improve significantly over the next two years if they continue to trial for those teams.

Cumberland

Each year, Wauchope High School is involved in an Inter-School Visit with Cumberland High from Sydney (near Carlingford). This event has been operating for 39 years, and is one of (if not the longest) the longest running inter-school events in the State, with the venue alternating each year. Once again, Year 7 students have an opportunity to make teams, but they have to be exceptional in order to do so. Having said that, there are usually at least a couple who do make it, as the criteria for making teams includes:

- Good general behaviour around the school
- Wearing school uniform at all times
- Attendance at training (some of the best players miss out if they do not train)
- Demonstrating sportsmanship and commitment