

▪ community ▪ challenge ▪ choice

2020 CO-CURRICULAR NOMINATIONS HANDBOOK



St Michael's College Nominations - GIRLS

St Michael's College provides a variety of Co-curricular Activities for students to participate in. Participation in these activities provides a great opportunity for students to be more connected to the College, whilst pursuing a passion or learning a new skill. It also provides teachers and parents/caregivers to form partnerships in the education of our students.

Parents are asked to complete the Co-curricular online nomination form and nominate the activities they wish to participate in. Completion of the nomination process will confirm the student's commitment to the activities selected.

Please ensure nominations are completed with parent/guardian before nominating for any activity. Once you have selected yes for a given activity, you have made a commitment and are required to attend training and matches as required.

Our St Michael's College Co-Curricular policy states that any students representing a club in any sport, at any level, must play for the College in that sport. We are best equipped to do this when we have the full support of parents and students.

Please note this nomination form is for Term 1 & 4 as well as Term 2 & 3 sport. Students who nominate are required to commit to the sport for the entire semester.

PLEASE NOTE ALL TEAM NOMINATIONS ARE SUBJECT TO NUMBERS. TEAMS WITHOUT SUFFICIENT NOMINATIONS WILL NOT GO AHEAD

St Michael's College Nominations - GIRLS

St Michael's College is affiliated with the Sports Association for Adelaide Schools (SAAS) and the SA Catholic Secondary School Girls Sports Association (SACSSGSA). The College subscribes to the high standards of competition and code of conduct consistent with our membership of both sporting bodies.

When you complete the online form please keep in mind that you can only play one Saturday sport in Summer, and one in Winter due to fixture clashes. Multiple sports can be played where matches are scheduled on different days. The number of teams the College nominates for sporting competitions are based on the information submitted and therefore, it is important that you only nominate the sports that you intend to play.

St Michael's College Nominations - GIRLS

PLEASE NOTE – Girls are eligible to play in mixed teams in the boys' competitions as well as the girls competitions (outlined in the GIRLS Co-curricular handbook).

ALL STUDENTS WHO WISH TO PARTICIPATE IN CO-CURRICULAR ACTIVITIES WILL BE PLACED IN A TEAM OF SIMILAR ABILITY/DIVISION

WHERE POSSIBLE ALL STUDENTS ARE PLACED IN A TEAM WITH OTHER STUDENTS OF SIMILAR LEVEL/ABILITY AS LONG AS THERE IS SUFFICIENT NOMINATIONS TO FILL THAT TEAM.

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SUMMER SPORT - TERM 1 & 4 - GIRLS

TOUCH FOOTBALL

TRAINING

- All teams (Year 7-12) - Weekday mornings: 7:30am – 8:30am (***Specific days TBA**)

GAMES

- Saturday mornings

Games are played on Greenhill Road



SUMMER SPORT - TERM 1 & 4 - GIRLS

TENNIS

TRAINING

- All teams (Year 7-12) - Weekday mornings: 7:30am – 8:30am (***Specific days TBA**)

GAMES

- Saturday mornings

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SUMMER SPORT - TERM 1 & 4 - GIRLS

SOFTBALL

TRAINING

- All teams (Year 7-12) - weekday afternoons: 3:30pm - 4:30pm (***Specific days TBA**)

GAMES

- All teams (Year 7-12): Saturday mornings

Softball teams will be dependent on nominations and numbers



SUMMER SPORT - TERM 1 & 4 - GIRLS

VOLLEYBALL

TRAINING

- All teams (Year 7-12) - weekday afternoons: 3:30pm - 4:30pm (***Specific days TBA**)

GAMES

- All teams (Year 7-12): Saturday mornings

Secondary Co-curricular Coordinator – Jordan Young

29/11/2019 10:22 AM

A Catholic school in the Lasallian tradition.

smc.sa.edu.au

ABN 89 117 649 420

Primary Campus

78 East Avenue
Beverley, SA 5009

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smcprimary@smc.sa.edu.au

Secondary Campus

15 Mitton Avenue
Henley Beach, SA 5022

p: 08 8356 5966

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SUMMER SPORT - TERM 1 & 4 - GIRLS

WATER POLO

TRAINING

- Optional training at Marion Aquatic Centre: Tuesday 4:30pm – 6:00pm (funded by St Michael's College)

GAMES

- All teams (Year 7-12): Thursday Afternoons: game start times range from 4:00pm – 6:00pm
- Matches are played at Adelaide Aquatic Centre, and Pembroke School

PLEASE NOTE STUDENTS ARE TRANSPORTED TO AWAY GAMES



SUMMER SPORT - TERM 1 & 4 - GIRLS

BASKETBALL

TRAINING

- All teams (Year 7-12) - weekday afternoons: 3:30pm – 4:30pm (***Specific days TBA**)

GAMES

- All teams (Year 7-12): Saturday mornings

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SUMMER SPORT – TERM 1 & 4 - GIRLS

SWIMMING

TRAINING – Nil

MEETS

TERM 1 ONLY

- Wednesday afternoons: 4:00pm – 5:00pm. Meets are held at various schools including: St Peters College, Pembroke School, Westminster College, Immanuel College, & Prince Alfred College.
- **CATHOLIC CO-ED CARNIVAL:** Tuesday 26 February, 2019 (6:30pm – 9:30pm) – North Adelaide Aquatic Centre
- **SCHOOL SPORT SA STATE CHAMPIONSHIPS:** Tuesday 5 March, 2019 – Marion Aquatic Centre

PLEASE NOTE STUDENTS ARE TRANSPORTED TO AND FROM VENUES



SUMMER SPORT – TERM 1 & 4 - GIRLS

ATHLETICS

TRAINING

- Weekday mornings: 7:30am – 8:30am (***Specific days TBA**)

CARNIVALS

TERM 1

- **CATHOLIC CO-ED CARNIVAL:** Monday 25 March, 2019 (9:00am – 3:30pm) – SA Athletics Stadium
- **SCHOOL SPORT SA STATE CHAMPIONSHIPS:** Tuesday 5 March, 2019 (9:00am – 3:30pm) – SA Athletics Stadium

PLEASE NOTE STUDENTS ARE TRANSPORTED TO AND FROM VENUES

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SUMMER SPORT - TERM 1 & 4 - GIRLS

RUNNING CLUB

TRAINING

- Weekday mornings: 7:30am – 8:30am (*Specific days TBA)

***This activity can be used in conjunction with all sports as extra training as well as a standalone activity for students**

Primary Campus

78 East Avenue
Beverley, SA 5009
p: 08 8346 6548
smcprimary@smc.sa.edu.au

Secondary Campus

15 Mitton Avenue
Henley Beach, SA 5022
p: 08 8356 5966
smc@smc.sa.edu.au

WINTER SPORT – TERM 2 & 3 - GIRLS

When you complete this form please keep in mind that you can only play ONE Saturday morning sport in Winter due to fixture clashes. Multiple sports can be played where matches are scheduled on different days. Please check your nominations for clashes.



WINTER SPORT – TERM 2 & 3 - GIRLS

NETBALL

TRAINING

- Most teams (Year 7-12) - weekday afternoons: 3:30pm – 4:45pm **(*Specific days TBA)**
- Please note: some teams may train weekday mornings: 7:30am – 8:30am

GAMES

- All teams (Year 7-12): Saturday mornings: 8:10am, 9:10am or 10:10am

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WINTER SPORT – TERM 2 & 3 - GIRLS

FOOTBALL

TRAINING

- All teams (Year 7-12): Monday afternoons: 3:30pm – 4:45pm

GAMES

- Midweek State Knockout Competitions (Year 8/9 and Open competition – Year 7 students are not eligible)
- Wednesday weekly competition available for Year 7-9 (dependent on nominations and numbers)



WINTER SPORT – TERM 2 & 3 - GIRLS

SOCCER

TRAINING

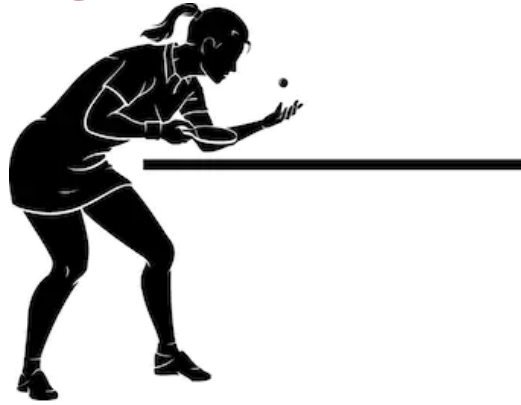
- All teams (Year 7-12): Weekday afternoons: 3:30pm – 4:45pm (***Specific days TBA**)

GAMES

- All teams (Year 7-12): Wednesday afternoons: 4:00pm – 5:00pm

PLEASE NOTE STUDENTS ARE TRANSPORTED TO AND FROM AWAY VENUES

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WINTER SPORT - TERM 2 & 3 - MIXED

TABLE TENNIS

TRAINING

- All teams (Year 7-12) - weekday afternoons: 3:30pm – 4:45pm **(*Specific days TBA)**

GAMES

- All teams (Year 7-12): Friday Afternoons: 4:15pm or 5:15pm

PLEASE NOTE STUDENTS ARE TRANSPORTED TO AND FROM AWAY GAMES



WINTER SPORT - TERM 2 & 3 - GIRLS

HOCKEY

TRAINING

- All teams (Year 7-12) - weekday afternoons: 3:30pm – 4:45pm **(*Specific days TBA)**

GAMES

- Wednesday afternoons: 4:15pm (Year 7-9) or Saturday mornings (Year 10-12)

Hockey teams will be dependent on nominations and numbers



WINTER SPORT - TERM 2 & 3 - GIRLS OR (MIXED - SUMMER)

BADMINTON

TRAINING

- All teams (Year 7-12) - weekday afternoons: 3:30pm - 4:30pm **(*Specific days TBA)**

GAMES

All teams (Year 7-12): Saturday mornings



OTHER SCHOOL SPORT SA NOMINATIONS - GIRLS

Experienced athletes are able to nominate to represent St Michael's College in the associated SSSSA competitions for the following sports.

CROSS COUNTRY

CYCLING

GOLF

MOUNTAIN BIKE RIDING

PARA ATHLETES

SURFING

TRIATHLON

More information will be provided in regards to these sports throughout the year.