A Guide for Parents & Students
# CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Introduction</td>
<td>3</td>
</tr>
<tr>
<td>2. TAS Sport Honour Boards 2013-2015</td>
<td>4</td>
</tr>
<tr>
<td>3. The 2015 Sporting Year at TAS</td>
<td>7</td>
</tr>
<tr>
<td>4. Getting Sport Information and Addressing Problems</td>
<td>9</td>
</tr>
<tr>
<td>5. TAS Sporting Values</td>
<td>13</td>
</tr>
<tr>
<td>6. Players’ Code of Conduct</td>
<td>14</td>
</tr>
<tr>
<td>7. Parents’ and Supporters’ Code of Conduct</td>
<td>15</td>
</tr>
<tr>
<td>8. Major Sports at TAS</td>
<td>16</td>
</tr>
<tr>
<td>9. Sport Uniforms</td>
<td>20</td>
</tr>
<tr>
<td>10. Purchasing Sporting Equipment</td>
<td>24</td>
</tr>
<tr>
<td>11. Coaching Levy and Team Management</td>
<td>25</td>
</tr>
<tr>
<td>12. TAS Aquatic Centre Information</td>
<td>26</td>
</tr>
<tr>
<td>13. Wednesday Afternoon Sport and Activities Program</td>
<td>27</td>
</tr>
<tr>
<td>14. Warm-up and cool-down tips</td>
<td>28</td>
</tr>
<tr>
<td>15. Strength and Conditioning Training &amp; Gym Rules</td>
<td>29</td>
</tr>
<tr>
<td>16. Representative Sport</td>
<td>31</td>
</tr>
<tr>
<td>17. Interhouse Competition – Major Sports Carnivals</td>
<td>34</td>
</tr>
<tr>
<td>18. School Sports Awards</td>
<td>36</td>
</tr>
<tr>
<td>19. Sport Safety</td>
<td>38</td>
</tr>
<tr>
<td>20. Mouthguard Information</td>
<td>40</td>
</tr>
<tr>
<td>21. School Cheer / War Cry</td>
<td>42</td>
</tr>
<tr>
<td>22. Team Song</td>
<td>43</td>
</tr>
<tr>
<td>23. Funding Assistance for Sport</td>
<td>44</td>
</tr>
<tr>
<td>24. Parent and Student Coaching of TAS Sport Teams</td>
<td>45</td>
</tr>
<tr>
<td>25. Inspirational Sporting Quotes</td>
<td>46</td>
</tr>
<tr>
<td>26. Personal Goal Setting for Sport</td>
<td>47</td>
</tr>
<tr>
<td>27. Personal Record of Sporting Performances in 2016</td>
<td>48</td>
</tr>
</tbody>
</table>
1 - Introduction

Sport at TAS is about commitment, teamwork and enjoyment at all levels of competition. It’s not about whether we win or lose but how we play the game. While the thrill of competition and victory is an important part of playing any sport, our goal is to encourage within students a life-long interest in sport and fitness and pride in having done their best. Lessons learnt in sport (both good and bad) are transferable to other aspects of life. Whilst in sport it may seem at times as though the stakes are high, they are not that high in comparison to other important parts of our lives and sport is thereby the perfect vehicle to learn about ourselves. Sport teaches us to be humble in victory and gracious in defeat.

TAS has a proud sporting record amongst the schools of Tropical North Queensland. In 2008, for the first time in its history, the Secondary School achieved victory in each of the major regional interschool sports carnivals:

- Interschool Swimming: 1st Place
- Interschool Cross Country: 1st Place
- Interschool Athletics: 1st Place

Since 2008 TAS has won 14 of the last 18 major interschool carnivals. These results are even more impressive when you consider that TAS is one of the smallest schools in the Cairns interschool sports competition, competing against some schools with almost four times as many students. Whilst TAS students and teams delight in winning, the School encourages students to keep sport in the right perspective; coaching methods concentrate on teaching the correct technique and ‘playing the game for the game’s sake’.

Sporting facilities across our two campuses include a world-class Olympic-size swimming pool complex, indoor sports hall, five ovals, athletics tracks, tennis, basketball, netball and volleyball courts, gymnastics/multi-purpose room and a fully-equipped and air-conditioned gymnasium. The six major sports at TAS in 2016 are football (soccer), netball, hockey, triathlon, swimming and rugby. Additional sporting opportunities exist for students to develop their skills in the following:

- Chess, athletics, cross-country, volleyball, basketball, water polo, touch football, AFL, tennis, golf, sailing, futsal and cricket.

The sport Program is complemented by the physical education Program, which enables students to develop a high level of fitness, skill and involvement in an extensive variety of sports. The interhouse competition and Wednesday afternoon activities Program in the secondary school offer further opportunities for students to learn and develop through sport and physical activity.
## TAS Sporting Honour Boards 2015

### Athletics

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Tyrone Gale</td>
<td>Girls Under Girls</td>
<td>Elyse Whyte</td>
<td>English Girls</td>
<td>Hayley Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Nick Smith</td>
<td>Girls Under Girls</td>
<td>Lauren Smith</td>
<td>Hockey Girls</td>
<td>Emily Walls</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Sam Sayers</td>
<td>Girls Under Girls</td>
<td>Kaylee Smith</td>
<td>Tennis Girls</td>
<td>Emily Stewart</td>
</tr>
</tbody>
</table>

### Swimming

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Callum Smith</td>
<td>Girls Under Girls</td>
<td>Emily Taylor</td>
<td>Water Polo Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Jack Sayers</td>
<td>Girls Under Girls</td>
<td>Emily Williams</td>
<td>Water Polo Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Water Polo Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Water Polo Girls</td>
<td>Isabella Smith</td>
</tr>
</tbody>
</table>

### Tennis

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Jack Smith</td>
<td>Girls Under Girls</td>
<td>Emily Taylor</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
</tbody>
</table>

### Hockey

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Jack Smith</td>
<td>Girls Under Girls</td>
<td>Emily Taylor</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
</tbody>
</table>

### Basketball

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Jack Smith</td>
<td>Girls Under Girls</td>
<td>Emily Taylor</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Alex Smith</td>
<td>Girls Under Girls</td>
<td>Emily Jones</td>
<td>Basketball Girls</td>
<td>Isabella Smith</td>
</tr>
</tbody>
</table>
**Swimming**

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Girls</td>
<td>Sean Anderson</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Adam Hunter</td>
</tr>
<tr>
<td>Girls &amp; Under Girls</td>
<td>Tara Allen</td>
</tr>
<tr>
<td>Girls &amp; Under Boys</td>
<td>Nicholas Tatos</td>
</tr>
</tbody>
</table>

**Cross-Country**

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Girls</td>
<td>Lara Allen</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Nicholas Tatos</td>
</tr>
<tr>
<td>Girls &amp; Under Girls</td>
<td>Kate Totten</td>
</tr>
<tr>
<td>Girls &amp; Under Boys</td>
<td>Ayoona Lane</td>
</tr>
</tbody>
</table>

**Athletics**

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Champion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Under Girls</td>
<td>Michael Anderson</td>
</tr>
<tr>
<td>Boys &amp; Under Boys</td>
<td>Mike Scott</td>
</tr>
<tr>
<td>Girls &amp; Under Girls</td>
<td>Kyle Sanders</td>
</tr>
<tr>
<td>Girls &amp; Under Boys</td>
<td>Morgan Allen</td>
</tr>
</tbody>
</table>

**Triathlon**

<table>
<thead>
<tr>
<th>Category</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys &amp; Girls</td>
<td>Emma Simpson &amp; Hayden Tollett</td>
</tr>
<tr>
<td>Girls &amp; Boys</td>
<td>Morgan McAvey &amp; Jordan Miles</td>
</tr>
<tr>
<td>Boys &amp; Girls</td>
<td>Emily Huxley &amp; Megan Simpson</td>
</tr>
<tr>
<td>Boys &amp; Girls</td>
<td>Alexander Charles &amp; Jordan Owen</td>
</tr>
<tr>
<td>Boys &amp; Girls</td>
<td>Luke Huxley &amp; Charlotte Hamilton</td>
</tr>
</tbody>
</table>

**Sports Person of the Year**

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary</td>
<td>Taylor Neath</td>
</tr>
<tr>
<td>Interhouse</td>
<td>Taylor Neath</td>
</tr>
<tr>
<td>Trinity</td>
<td>Taylor Neath</td>
</tr>
</tbody>
</table>

**TAS Sport Team Best & Fairest Awards**

<table>
<thead>
<tr>
<th>Team</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>Joe Thompson</td>
</tr>
<tr>
<td>Basketball</td>
<td>Sam Johnson</td>
</tr>
<tr>
<td>Cricket</td>
<td>Tom Spence</td>
</tr>
<tr>
<td>Athletics</td>
<td>Ben Thomas</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Team</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>Joe Thompson</td>
</tr>
<tr>
<td>Basketball</td>
<td>Sam Johnson</td>
</tr>
<tr>
<td>Cricket</td>
<td>Tom Spence</td>
</tr>
<tr>
<td>Athletics</td>
<td>Ben Thomas</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Team</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>Joe Thompson</td>
</tr>
<tr>
<td>Basketball</td>
<td>Sam Johnson</td>
</tr>
<tr>
<td>Cricket</td>
<td>Tom Spence</td>
</tr>
<tr>
<td>Athletics</td>
<td>Ben Thomas</td>
</tr>
</tbody>
</table>
3 – The 2015 Sporting Year at TAS

The sporting program at TAS continues to develop and mature in a number of key areas. The outright number of participants, standard of performance, recognition within the community and a positive, developmental culture amongst both coaching staff and teams are just some of these.

This year more than half of all primary students have played in a school sporting team in our major sporting clubs of hockey, football, netball, swimming and rugby. Almost one half of all primary boys played football for the TAS Football Club and almost one quarter of all girls played hockey for the school teams.

Skill development has shown the greatest improvement throughout the season for the majority of our 68 sporting teams. This is gauged through coach, parent and student comments, observations from our head coaches, the number of wins at the end compared to the beginning of the season, and also performance in finals’ series for our competitive age group teams. This reflects, among other things, both quality coaching and commitment from players to their team. Most pleasingly, high levels of discipline and sportsmanship were exhibited on many occasions. It is now common for the School to receive positive comments from members of the external community about the great behaviour exhibited by our students in the sporting arena.

Our sports are overseen by head coaches, whose major role is to develop both players and coaching staff. In 2015 we welcomed former Manchester United youth player Joe Holt as our Head Football Coach. Two-time Olympian Jill Boltz also joined the School as our running coach and to work in our Triathlon Program, which is overseen by new staff member and HPE Coordinator Mr Michael Haseldine. Anyone who has been involved with any of these key sport staff, along with many others in our sporting community, would appreciate just how fortunate we are to have our students nurtured by such great people and role models.

Senior students again had great success in the CISSA interschool sport competition. Four of our ten teams made the finals series and three played grand final games. The girls basketball team was undefeated in our division and girls touch football won their grand final.

Even more impressive success came at the secondary interschool cross country, where our team scored close to double the points of St Mary’s, who placed second overall and were the host school. 28 of our 60-strong interschool cross country team placed in the top 6, earning the right to attend the Peninsula Cross Country trials, which were held at TAS. The secondary interschool athletics team placed second by a mere 60 points, and incredibly this was on a day where we had several athletes not competing due to sickness or injury from the interhouse carnival which was in the same week.

The area of representative sport has been a busy one for students in 2015, not only in depth of representation, but also in the breadth of sports covered. For Peninsula teams, our students represented the school in sports from cross country to golf, and in large numbers. 19 students made state teams, with 5 also going on to represent...
Australia, in sports including swimming, football, rugby, vigoro, and BMX. Our school currently has amongst its athletes two of the fastest female cross country runners in the state, some of the best triathletes, the state team goalkeeper for football and pitcher for baseball and the fastest U15 boy on BMX. Many of our athletes have attracted significant media attention in various forms as you may have seen.

One name which has been mentioned more than any other this year in a sporting context is Year 10 student Montanna McAvo. By September this year Montanna had made four Peninsula and also four state teams (two of the latter within 8 days of each other), and two national level teams. During such performances it would be easier to count the number of records she didn’t break, rather than the ones she did, including a state record. On one occasion at a district level 1500m race she even lapped all competitors in the event apart from second place. Many of the teams she is involved in seem to become winning teams, including the CISSA touch football team, who had the first grand final win for touch football at TAS in many years.

As a relatively small school, we continue to punch above our weight in various state-wide knockout and other similar Competitions. In 2015 this has resulted in first or second placings in many regional finals, including netball (both U12 primary and lower secondary), tennis, cricket and hockey. Two of our primary chess teams qualified to contest the State Championships in Brisbane in term 4.

Sailing is another great example here, where our team made it all the way to the National Championships. This Program only began at TAS three years ago and was led this year by new staff member Mr Ian Dewey, who has significant experience at a national level, including an America’s Cup campaign.

Our staff have also been heavily involved in representative team coaching and management at district, regional, state and national levels. This was for sports including Cross Country, Hockey, Athletics, Netball, Football, Triathlon, Aquathon and Rugby. The Peninsula Cross Country team this year included five TAS students and five TAS sport staff.

TAS continues its support for the local school and club-based sport in terms of both hosting and convening major events. In 2015 this has included secondary swimming and athletics carnivals, the regional U12 rugby, 10-19 years cross country and the State Government’s Coach Accreditation Program. Later this year the Peninsula Aquathon and Triathlon trials will be held at TAS for the first time.

Community sporting events continue to be filled with enthusiastic students from TAS, including the Cardiac Challenge Cairns to Cooktown Bike Ride, the Cairns Post Illumination Run, the Great Pyramid Race, MS Swimathon, the Great Wheelbarrow Race, orienteering and regaining events and the Bustard Express Trail Run Relay Race. This interest continues online, with the TAS Sport Cairns facebook fan page attracting over 850 followers, many from the wider Cairns sporting community. The TAS Sport Cairns Instagram page is also very popular with students. Further involvement in community events was achieved this year through the entry of a TAS sport float into the Cairns Festival Parade.
As a Round Square school, Internationalism is the first part of the IDEALS acronym and this has been heavily evident in the sporting arena at TAS this year. The School hosted a total of six visiting teams, from countries including Japan, China, Canada, United Kingdom and New Zealand, and in sports including football, netball, rugby (boys and girls) and hockey. The relationship with Wuchuan No. 2 Middle School from China has proven to be fruitful, as we have received in invitation to stay with them on a potential Football Tour in 2016 - an offer which we have accepted. We also billeted touring girls’ hockey and netball teams from the Rugby School in England, and look forward to potentially visiting them on a netball and hockey tour in 2017.

A particular success story for our sporting clubs this year has been that of Football. At the grassroots level the club has enjoyed the greatest level of participation in many years, with 150 players across 20 teams. The new Head Football Coach, Joe Holt, has overseen the development of players and coaches and no less than 90 players have attended one of his four skill development clinics. Players also enjoyed acting as mascots for the FNQ Heat Premier Team, running out onto the main field at Barlow Park.

The new Triathlon Program at TAS has been very well received this year and community triathlon events including the Cairns Crocs Triathlon events, Ironkids Triathlon, Coral Coast Triathlon, Tri De Femme, Julie Creek Dirt’N’Dust Triathlon, TriPort, Saunders Beach and Townsville Triathlon festivals are filled with TAS students, staff and parents performing very well.

Our senior sport captains, Kieren Samarakoon and Alishamay Charteris, are to be commended for their excellent leadership in the area of sport this year. Thank you also to the junior (Year 6) sport captains for their work and leadership in sport. Not only have they lead through example by participating at a high level in a wide range of sports, they have also worked tirelessly on increasing our already high level of school spirit in the sporting context.

One example of a strong sporting spirit was shown on the Great Wheelbarrow Race. This is normally a 3-day relay race, where teams of 10 complete short sprints pushing a wheelbarrow, over a total of 140 kilometres, from Mareeba to Chillagoe. An injury to a team member which required urgent medical treatment meant that the support vehicle and team needed to drive the remaining 18km to Chillagoe. To enable the team to finish with a ranking, sports captain Kieren, along with Clio Ozanne-Jaques and Kevin Jackson, selflessly volunteered themselves to run the entire last 18km themselves, without a support vehicle or any other assistance, at midday, on a hot, dusty and corrugated road. The courage, toughness and sense of responsibility to the team shown here was simply outstanding.

Mr Darren Osmond DIRECTOR OF ACTIVITIES
4 – Getting Sport Information & Addressing Problems

DISCLAIMER: The information contained in this handbook is correct at the time of printing and will be updated at least annually, however many details change regularly. The sources listed below should be used to check the accuracy of important information.

Director of Activities
The Director of Activities should be the first point of contact for all matters relating to sport at TAS. The exception to this is for logistical-type matters (e.g. advising of non-attendance at a game), where contact with the team manager or coach would be more appropriate. Matters of serious concern will be passed on to the school Principal by the Director of Activities. The Director of Activities, Mr Darren Osmond, can be reached by phoning 4036 8105, 0427 330 946 for urgent matters, or by emailing activities@tas.qld.edu.au.

Junior HPE Specialists
The HPE specialist teachers at each junior campus are a source of information in particular for representative sport and for major interhouse and interschool sporting carnivals.

Communication Methods
Communication with parents and students about matters relating to sport is an active process that occurs continuously. For all sporting teams an email list will be created to afford efficient communication, therefore it is imperative that emails are checked regularly by both students and parents. Some coaches and managers may also use SMS text messages to communicate late changes to games etc. Permission forms will be sent home for most major school sporting events several weeks prior to each event. Please assist by returning these in a timely manner.

The school website, www.tas.qld.edu.au, contains sport pages which include information such as sport draws, results and school records. Sports carnival Programs are often available on the website up to a week before each carnival to provide information about event times and student entries.

Various school publications contain information about sporting matters at TAS. The fortnightly TAS E-News Email Newsletter contains information about previous and upcoming competitions, events and carnivals.

The annual school publication, Trinitas, contains a sporting honour board, formal photographs of major sport teams and a collection of general sporting photographs from the year.

There is a TAS Sport Cairns facebook fan page which you can “like” to help keep informed of achievements and events relating to sport at TAS. This is for one-way communication from TAS Sport. Go to www.facebook.com/tas.sport.cairns
There is a dedicated Sports Assembly in the Secondary School each Wednesday, where sporting successes are acknowledged and celebrated. This assembly is focused on student achievements and is organised and run with the help of the School’s Sports Captains. Major sporting announcements are also made at the relevant school assembly. Junior assemblies have dedicated sections for sport also.

**Sports Photos**
At each major sporting carnival and at many other sporting events photographs will be taken of students by members of staff and in some instances, parents. Some of these are compiled into slideshows which are shown at various assemblies and school functions throughout the year. The photographs and slideshows are available for student access on the School’s shared network drive, S drive. This is accessible from within school only, however students can copy files onto their own portable storage media such as a USB flash drive. Students are requested to only copy photos of themselves. Formal sporting team photographs are also taken by NQ School Photography in term three. These are available for purchase as a memento of the student’s participation in sport at TAS.

**Age Groupings for Sport**
With the exceptions of club swimming and basketball, all of the sports at TAS operate on the age system where a student’s age group is the age that they turn by the end of that calendar year. For example a student might be 10 years old when they compete in the cross-country in April and they turn 11 later that year in July. The age group they must participate in for that cross-country is U11. Specifically, the definition of “U11” is that the student was under the age of 11 at the beginning of that calendar year. Age groupings are commonly referred to as either U11, or 11 and Under. In club swimming (not for school/interschool swimming carnivals), a swimmer’s age is the age that the student is at the date of that particular meet.

For primary students turning 12 in Year 6, major sports carnivals have an U12 & Older age group as the upper age limit. District and Regional Representative Sport for Primary School students is limited to U12 and below. Secondary students turning 12 in 2015 will trials for representative sport with our associated 10-12 years sport district, being Cairns Independent. For Secondary Interhouse Carnivals students turning 12 will compete with students turning 13 (due to small group size), however age champion medallions will be awarded separately to the U12 age group.

**Non-TAS Players in TAS Sporting Teams**
A TAS Sport team is defined as a team in which at least half of the players are current TAS students. Many of the School’s sport teams that compete in local club competition (Football, Rugby, Netball, Hockey, Swimming and Basketball) have non-TAS players. The School’s policy is that a non-TAS student is allowed to join a TAS sporting team as long as this does not displace or disadvantage a current TAS student. Non-TAS students are sometimes required to make up numbers in a team and/or to fill key positions. There players will not be in school-based team photos.
TAS Sport Cairns now has a NEW Facebook Page

What it is:
- An additional means of keeping informed of news and events for the community-based TAS Sporting Clubs, including hockey, rugby, netball, swimming, football, triathlon and basketball.

What it is not:
- A two-way communication method. You do not become friends with TAS Sport but simply “like” the page to receive the news feed.
- A replacement for email communication. Email will remain the major form of communication for TAS Sport, along with other channels including the school website, noticeboards, newsletters and assembly announcements.

To stay informed simply log in to your own Facebook account, search for “TAS Sport Cairns” and then “like” it. Updates on the TAS Sport Cairns site will then automatically appear in your news feed. Alternatively, go straight to www.facebook.com/tas.sport.cairns or scan the QR code below.

TAS Sport Cairns is also on Instagram, with the account name of TAS_Sport_Cairns

www.tas.qld.edu.au
Student Leadership in Sport
At TAS there are several opportunities to be a student leader in the sporting arena:

1. **Primary Sports Captain** – Each primary campus elects two sports captains from the year 5 cohort and these are announced at Speech Night. These captains assist with all sport in the primary school, including carnivals, gala days and lunchtime sport.

2. **Secondary Sports Captain** – Two senior students are chosen and are announced at Speech Night. These captains assist with all sport in the secondary school, including carnivals, interschool and regional sport. They assist with the setup and running of major primary carnivals including swimming and athletics. The senior sports captains also assist with the organisation and running of the weekly sports assembly.

3. **Captains of Sport** – 2010 was the inaugural year for the appointment of an additional type of captain within the School – that of a captain of individual sports. With a view to increasing the profile of sport within the School and community, a senior student is appointed as a captain of sport for each of the following five major sports at TAS: Swimming, Rugby, Football (Soccer), Netball and Hockey. In 2012 Captains of Basketball and Chess were also introduced. These captains complement the role of the primary and secondary sports captains and are concerned primarily with the promotion of their particular sport within the School and community.
At TAS we believe that sport and physical activity are important to the personal development and well-being of young people.

At TAS we share the following sporting values:

1. A sporting culture where personal achievement and team performances are valued and recognised is important.
2. Personal best performance in Sport can only be achieved through personal motivation, dedication and perseverance.
3. Respect must be shown to all sport officials at all time, including games officials, team officials and others.
4. Sportsmanship reflects ‘strength of character’ and is a highly valued personal trait.
5. Students must accept responsibility for their decisions and performance on the ‘field of play’.
6. Boys and Girls deserve equitable opportunities to participate in sport.
7. Pride in our sporting uniforms plays an important part in creating a sense of belonging and school spirit at TAS.
8. Committed and enthusiastic coaches and officials play a pivotal role in the management of an optimal sporting programme.
9. Winning is important, but is secondary to competing with a high level of sportsmanship.
10. Participation is the sport programme at all levels is as important as performance.
6 – Players’ Code of Conduct

Trinity Anglican School proudly pursues excellence and endeavour in the field of sport. We encourage the involvement of all students in a range of school-based and community sporting activities. The expectations listed below are general guidelines, which should be adhered to whenever a student is competing or representing the School. All students in a TAS sporting team sign a contract pertaining to the following code at the beginning of every season, with a breach of contract resulting in appropriate school discipline procedures being enforced.

1. Arrive at games at least 30 minutes prior to scheduled start time, ready to warm up and prepare for the game. Upon arrival report immediately to coach/teacher/manager to mark roll and begin preparation activities.
2. Play by the rules;
3. Never argue with an official or question the umpire’s decision. If you disagree have your coach or manager approach the official during a break of after the competition. Control criticism by word or gesture;
4. Control your temper. Never deliberately foul an opponent or throw equipment. Control your behaviour both on and off the field;
5. Work equally hard for yourself and your team. Your team’s performance will benefit and so will you;
6. Attend every training session where practical;
7. Be a good sport. Applaud all good plays, whether they are by your team or the opposition. Avoid applauding the opposition’s mistakes;
8. Treat all players in your sport as you like to be treated;
9. Co-operate with your coach, team-mates and opponents;
10. Participate for your own fun and enjoyment, not just to please parents, teachers or coaches;
11. Respect the rights, dignity and worth of all participants, regardless of their gender, ability, cultural background or religion;
12. Catch up on any work missed due to competition or training during class time;
13. Never resort to unseemly or abusive language;
14. Learn to value honest effort, skilled performance and improvement;
15. At all times demonstrate a sense of pride in the School.

![Image of athletes]
7– Parents’ & Supporters’ Code of Conduct

1. Barracking should be enthusiastic but not designed to heckle, denigrate or unsettle opponents. Booing and whistling are unacceptable;

2. Good play by either team should be recognised by applause;

3. It is never right to express disapproval of a referee’s or umpire’s decision, irrespective of his/her age;

4. Vocal support for any team should never encourage violence, rough or illegal play;

5. ‘Coaching’ by spectators from the sideline and encroaching on the field of play are not allowed;

6. Adults must remember that games at school level are organised for the benefit of students concerned;

7. Visitors to grounds should co-operate fully with any regulations or requests made by the home school concerning car parking, seating, dressing rooms and the placing of spectators. At all times visitors should leave the area tidy;

8. Adults, parents, students and others are expected to set an example by their self-control, deportment and dress at matches;

9. Support School Sport Australia’s policy of a smoke and alcohol-free environment;

10. Encourage honest effort, skilled performance and team loyalty.

“The big shots are simply the little shots who keep on shooting”
8 – Major Sports at TAS

This section summarises the main details for many of the sports offered at TAS. The major sports of the school each have an associated school-based club, where students play for TAS in the local club competition. For further information on these sports or others not detailed here, please contact the Director of Activities in the first instance on sport@tas.qld.edu.au. The table below presents a snapshot of when in the year major sports are conducted. Please note that the season indicated is for when the sports are offered specifically by TAS, not necessarily external or club competition.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>Netball</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Winter Season</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Summer Season</td>
</tr>
<tr>
<td>Hockey</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Club Season</td>
</tr>
<tr>
<td>Rugby</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Schoolboys</td>
<td>Club</td>
<td></td>
</tr>
<tr>
<td>Swimming &amp; Triathlon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Coaching and competition offered all year</td>
</tr>
<tr>
<td>Football</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Club Season</td>
</tr>
<tr>
<td>Chess</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Coaching and competition offered all year</td>
</tr>
<tr>
<td>Sailing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Regattas in March and April, training all year</td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Personal coaching offer year-round</td>
</tr>
<tr>
<td>Basketball</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Winter Season</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Summer Season</td>
</tr>
<tr>
<td>Athletics</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Primary</td>
<td>Secondary</td>
<td></td>
</tr>
<tr>
<td>Cross Country</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Prim. &amp; Sec.</td>
</tr>
</tbody>
</table>
**Football (Soccer)**

**Team Ages** Under 6 through to U17, girls and boys

**Season** February to August

**Training** 1-2 afternoons per week at school

**Games** Saturdays for juniors, Friday evenings for senior girls at Endeavour Park Football Grounds

**Management** Head coach, team coach and manager for each team

**Uniforms** Hired from school – Jersey and shorts. Socks purchased from school

**Protective Eq.** Shin guards compulsory, mouthguards optional

**Costs** $230 for season, including competition and insurance fees, uniform hire and small coaching levy

**Sign-up** Early February, conducted at school

---

**Netball**

**Team Ages** Under 10 through to U19, girls and boys in primary and girls only in secondary

**Season** March to September (Winter Season), October-December (Summer Season). All games at Martyn St Netball Centre.

**Training** 1 afternoon per week at school

**Games** Tuesday evenings for juniors up to age 15, Wednesday evenings for senior girls

**Management** Coach & manager for each team

**Uniforms** Netball Dress - hired from school, with TAS green bike pants underneath

**Protective Eq.** Ankle support optional, netball specific shoes such as Asics netburners are recommended for the additional grip and specific support offered

**Costs** From $200 to $465 for season (age dep.), inc comp. and insurance fees, uniform hire and small coaching levy

**Sign-up** Early February, conducted at school

**Note** Netball draw information changes regularly and can be found at www.cairnsnetball.net.au
**Rugby**

**Team Ages**
U13-U18 boys (schoolboys) U6-U16 (club). Club sign on in August.

**Season**
March to August (schoolboys), Sep-Dec (club).

**Training**
1-2 afternoons per week at school, supplemented by a session in Wednesday Afternoon activities

**Games**
Friday afternoons after school, home and away

**Management**
Head coach, team coach and manager for each team

**Uniforms**
Hired to students. First XV playing uniform shorts are different from other teams and students get to keep.

**Protective Eq.**
Mouthguard compulsory, head protection optional

**Costs**
$300 for season, including uniform hire and coaching, registration and transport levy. Students get to keep socks.

**Sign-up**
Early February, conducted at school

---

**Hockey – TAS Brothers Club**

**Team Ages**
Prep-2, Grades 3-4, Grades 5-6, U13, U18, Boys and Girls

**Season**
March to September

**Training**
1-2 sessions per week. Before or after school depending on age level and at school or at Cairns Hockey Fields

**Games**
P-2 and U18 Friday afternoons at Cairns Hockey Fields. Years 3-4, 5-6 and U13 Saturday mornings.

**Management**
Team coach and manager for each team

**Uniforms**
Hired from school – shirts and dress/shorts

**Protective Eq.**
Mouthguard and shin guards compulsory

**Costs**
From $150 to $800 (age depending) for season, including competition and insurance fees and uniform hire

**Sign-up**
Early February, conducted at school
**Swimming**

**Team Ages**  U6-U18

**Season**  Year-round with many club nights, regional and state championship events

**Training**  Mornings and afternoons at TAS Aquatic Centre.

**Management**  Head coach and individual squad coaches

**Uniforms**  Purchased from pool kiosk

**Protective Eq.**  Nil

**Costs**  Enquire at pool kiosk

**Sign-up**  Enquire anytime at pool kiosk

---

**Basketball**

**Team Ages**  U10-U18

**Season**  March to September

**Training/Games**  As advised by clubs and coaches

**Management**  Team coach and manager for each team

**Uniforms**  Hired from club

**Costs/Sign-up**  As advised by clubs and coaches

**Note**  White Rock Campus students join Phoenix Basketball Club, Kewarra Junior students join teams at Marlin Coast Recreation Centre.

---

**Chess**

**Team Ages**  All primary and secondary

**Season**  All year

**Training**  As advised by coaches

**Costs/Sign-up**  Per session chess coaching fee TBA

**Sign-up**  Enquire at junior reception areas
9 – Sport Uniforms

**School Sporting Uniforms**

From 2014 a new school sport uniform was introduced for students in Years 3-12. The old sports uniform is no longer available for purchase and all students must be wearing the new uniform in full by 2016. For Health and Physical Education lessons and for Wednesday Afternoon Activities in the secondary school full sports uniform should be worn including hat, white sports shirt, sports shorts and socks and appropriate footwear (predominantly white, recognised joggers). Sports uniforms can be worn by secondary students for the entire day on Wednesdays only. On other school days students must change into their sports uniform at the break immediately before the practical lesson and change back into formal school uniform during the break directly after the practical lesson.

For interhouse sporting events students are required to wear their house uniform, which is identical to the standard sports uniform with the exception of the house shirt instead of the white sports shirt. House singlets are available to wear whilst competing in the actual activity (e.g. cross-country), but should be replaced by the house shirt after the activity to avoid excessive sun exposure.

For interschool sporting events students are required to wear their full sports uniform. School athletics singlets are available to wear whilst competing in the actual activity (e.g. cross-country, athletics), but should be replaced by the sports shirt after the event to avoid excessive sun exposure. School sports uniforms must also be worn to Peninsula representative carnivals and events unless otherwise advised. House shirts or singlets should not be worn for interschool events.

A school sports tracksuit is available for purchase. Whilst it is not compulsory, it is recommended that students who represent the school for sport consider purchasing these. They are permitted to be worn on Wednesdays in the secondary school and for all major sporting carnivals and events. Students who purchase these early in secondary school should get several years of use out of them.
The majority of our school sporting and team uniforms are supplied by BLK (formerly KooGa). In recent times BLK has supplied uniforms for the Australian Wallabies Rugby Team, the Australian Diamonds Netball Team, T20 Big Bash Cricket and several AFL, NRL and Super 15 teams.

**Sports Team Uniforms**

Major sports teams have uniforms that are hired students at the beginning of the season. Uniforms should be worn with pride and in their entirety at all times, including socks. All sport teams from 2014 now wear the hoop socks, as pictured below. Students competing in one-off competitions including futsal and football are lent team shirts by the School for the day of competition only and these are collected by a staff member at the completion of the event.

*Care of Sport Uniforms*

Team uniforms are expensive to purchase and are expected to last 2-3 years at a minimum. Please assist in caring for uniforms by washing them after every use and drying them inside out and in the shade where possible. Most sport uniforms are made of synthetic fibres and therefore should not be tumble dried. Over time synthetic clothing can develop an unpleasant odour. The simplest way of removing this is to soak the item in a 10 litre bucket of warm water with a half a cup of bicarbonate of soda (baking soda) for 10 minutes, then rinse and wash as normal. Some items (e.g. socks can run if left soaking for extended periods.

**TAS Skins**

Bottle green *Skins* brand compression tights are now available at the uniform and bookshop. They can be worn as swimmers also, however the chlorine may significantly shorten their life expectancy. Studies have shown that these compression-style garments have a positive effect on performance, particular in recovery. If students in sport teams wish to wear skins under their shorts / skirts they should be the TAS Bottle Green skins, Girls may prefer to wear the shorter lycra bike pants, also available in TAS green from the uniform and bookshop.
TAS Sport Uniform Rules

1. Old uniforms allowed to be worn until end of 2015;
2. Socks must be the TAS sport socks or plain white socks coming halfway up the calf, not ankle socks;
3. Shoes must be recognised sport shoes—not Dunlop volleys, skate shoes or other flimsy footwear;
4. New sport uniform strongly recommended for interschool sporting teams;
5. Wednesdays are the only days at WRS where students are permitted to arrive at school and leave wearing sports uniform.

Physical Education Rules

1. Come to class with full sport uniform, hat, water bottle, sunscreen on and an attitude of participation;
2. You must change into your sport uniform at the break immediately before your PE lesson and change back into your formal uniform at the break immediately following;

If not prepared for HPE classes with appropriate equipment (and no note from parents is provided) the following penalties will apply:

1st offence: Writing out lines from the student diary relating to uniform standards;
2nd offence: As above plus given a litter duty to complete;
3rd offence: As per 2nd offence plus given an official Friday lunchtime detention

All further infringement will attract an academic penalty and contact with parents.
Secondary / Competitive Age Group-
TAS Club Sport Polo & Cap

From 2015 all competitive age group sporting club players will receive a club polo shirt and cap as part of their registration fees. This begins at the U11 age group for netball, U12 for rugby and football and U13 for hockey.

These items are to be worn to and from all games and in some cases during the warm-up. They may be referred to as walk-out or warm-up shirts also.

Additionally the top team in each sport will get their polo shirts presented in a special sports Assembly, with additional embroidery Added, e.g. first VII netball, First XV rugby, First XI football and hockey.
10 – Purchasing Sports Equipment

The following information is provided to assist with the sourcing and purchasing of sporting equipment including clothing, footwear and personal protective equipment.

Uniform and Bookshop
The uniform and bookshop stocks a range of sport clothing including sports uniforms, house uniforms, sports tracksuits, sport visors, mouthguards, shin guards, headgears, TAS skins, football socks, athletics singlets and water bottles. They also look after the hiring of football and hockey uniforms and sell rugby uniforms. The pool kiosk stocks swimming items.

Local Businesses Offering Discounts to TAS Community
The following local business offer discounts and specialised services to members of the TAS community. In some cases it may be necessary to produce a school ID card in order to prove association with TAS. This information is correct at the time of publication, however please be aware that conditions may change.

**Sportscene Super Warehouse** - Mulgrave Road have a Loyalty Program arrangement with TAS Sport. Under this arrangement and by showing their membership card, TAS students and members of TAS Sporting Clubs receive a 10% discount off the retail price of any item in store (excluding sale items). Sportscene then provides TAS Sport with a 5% credit to spend on sporting equipment for its sporting teams. Sportscene loyalty cards are handed out at club sign-on and can be collected at any time from either the school office or the uniform and bookshop.

**Sport First** - Smithfield Shopping Centre offer a 10% discount to TAS students on any standard retail price item at any time. They stock a full range of sporting equipment.

Peninsula Sport and Other Sources
Students selected to represent the Peninsula Region are required to purchase Peninsula Sport Uniforms. Information about this is provided at the time of selection and uniforms and equipment are available for purchase from the Peninsula Sport Office behind Cazaly’s.

Other places to obtain sporting equipment in Cairns include Peninsula Sporting Goods in Westcourt, Amart All Sports in Stockland Shopping Centre and Rebel Sport on Mulgrave Road.
Coaching Levy
TAS is committed to providing quality sporting opportunities for our students. Quality coaching is a major part of this and to ensure this the school employs the services of highly experienced and qualified coaches in several sports including football, netball, rugby, swimming, hockey, triathlon, basketball, tennis and chess. In some cases (e.g. tennis and chess) coaching costs are payable directly to the coach. For the other major sports listed above, the coaching levy is payable to the School at the beginning of the season, along with other competition and uniform hire fees. This levy therefore forms part of the overall season cost (registration cost) for each sport.

For most sports the coaching levy is between $30 and $70 per player, per year. This levy goes part way towards covering the cost of the coaching – the School covers the balance. Full details of all costs associated with participation in each sport will be provided in the relevant sport information / sign on letter.

Team Management and Parent Coaching
Team Manager roles are often filled for various teams by parents. Parents and senior students are also coaches for some of the primary sporting teams (e.g. junior football, rugby, hockey and netball). TAS Sport Team Officials will be provided with a range of training opportunities, support information and resources. A TAS Sports Coach and Manager Handbook will be provided at the beginning of each season and sports coach clothing will be provided as a gesture of appreciation. These handbooks will also provide information relevant to each particular sport.
12 – TAS Aquatic Centre Information

The TAS Aquatic Centre is a 50m by 25m, 8-lane heated outdoor pool with full shade cover. Electronic timing and fully-equipped meeting room, kiosk and gym make the TAS Aquatic Centre one of the best school and regional swimming facilities in Australia. TAS Aquatic Centre offers coaching for students to state and national levels of competition and an International swimming Program has recently been introduced. TAS has positioned itself as a school of excellence for swimming and through recent State and National-level performances by the TAS Swimming Club, swimmers and coaches from all over Australia are recognising TAS as such.

TAS Swimming Club
Our teams compete in regional, state and national swimming events and the club caters for juniors through to national squads. Our professional, qualified squad coaches (green, bronze, silver and gold licensed) are assisting our student swimmers with individual and team goal setting. The comprehensive screening and assessment process helps our Program to place swimmers in an area that we know will enable the student to focus on individual needs. Enrolments in our squads are open to students from both within and external to the school. The formation of the TAS swimming club has enabled our students to train with and compete for a swimming club based within an educational environment.

Junior Program
Swimming all strokes over 200m, normally covering 2.5km in an hour session.

State and National Program
Swimming 10 sessions per week, covering all strokes varied from endurance to sprint training.

Triathlon Program
A junior and senior triathlon training Program also operates out of the aquatic centre. For ages 10-100, this pay-by-the-term Program offers up to 9 training sessions per week, utilizing other facilities in town such as Barlow Park and the Cycle Velodrome. For more information please visit the sport page of the school website or email triathlon@tas.qld.edu.au

Further Information
TAS Aquatic Centre
Telephone 4036 8193
Email aquatics@tas.qld.edu.au
13 – Wednesday Afternoon Sport & Activities Program, White Rock Secondary

Every Wednesday afternoon for two hours, all Secondary School students participate in the Activities Program. The activities change each term and give students the opportunity to develop new skills and interests.

In 2016 a selection of the following different activity types may be offered:

1. **Years 10-12 (Senior) Interschool Sport (CISSA) – Terms 1 and 2**
   Football, Basketball, Netball, Volleyball, AFL, Touch Football

2. **Years 7-9 (Junior) Interschool Sport (JSS) – Terms 3 and 4**
   Football, Basketball, Netball, Volleyball, AFL, Touch Football

3. **School-based Activities**

4. **Other Co-curricular Subjects**
   Certificate II in Outdoor Recreation, ESL Tutoring, VET student work placement.

The Activities Program runs for the first three terms of the year, with term four being a combination of the interhouse singing competition and an inter-tutor group sporting challenge involving volleyball, ultimate frisbee, beach cricket, speedball, basketball and aquatic activities.

Major Interhouse sporting carnivals are often conducted on Wednesdays where appropriate to minimise disruption to the academic Program.

The Secondary Sport and Activities Program is managed by the Director of Activities, Mr Darren Osmond, who can be contacted at sport@tas.qld.edu.au.
14 – Warm-up and Cool-down Tips

Well planned warm up and cool down activities can help students get the most of their exercise / sport sessions. Warm ups help students to mentally and physically prepare and cool downs assist in recovery.

The warm up aims to:

- Prepare the mind and body for the activity;
- Increase body temperature;
- Increase heart rate;
- Increase breathing rate.

The warm up should include activities that use the same movement patterns as the activities to be performed during the session. Warm up exercises should begin at a low intensity and gradually increase to the level required in the activity.

Students should do a cool down routine at the end of every session, consisting of:

- Activity of significantly reduced intensity, such as 2-3 minutes of easy jogging or walking;
- 5 minutes of gentle stretching exercises.

Stretching activities should move the muscles through the full range of movement and include all muscle groups used in the activity. Stretching can be performed in different ways but there is some evidence for younger people that dynamic stretching (moving slowly through a full stretch) is more effective than static stretching (holding one position for more than a few seconds). Stretching during recovery can also help to further increase flexibility.

Recovery is an important part of any training Program. Simple recovery techniques include:

- Drinking plenty of fluids straight after training or competition;
- Eating carbohydrate-rich foods immediately after training;
- A good night’s sleep.

15 – Strength and Conditioning Training

Strength training (also known as weight training or resistance training) is an essential part of sports training for adults and there has been some debate about whether strength training is appropriate for children and young people. The current position on youth strength training is that a properly designed and supervised program is safe and can help increase strength, prevent injury and enhance motor skills and performance. A strength training Program should increase gradually and focus on correct technique. Correct technique is essential to gain maximum benefit from strength training as well as reducing the risk of injury.

Children should work on strengthening all the big muscle groups, using free weight and body weight movements with relatively light loads. The program should be closely monitored by a qualified strength and conditioning coach to avoid overuse injury.

TAS works with an exercise and fitness training provider called REPS Fitness and Performance. They operate out of the newly refurbished school gym and run classes for students and parents both before and after school each day. Certain sporting teams also engage in specific training Programs with REPS. For more information please visit www.repsfp.com
TAS Gym Rules

1. No student is allowed in the gym without a teacher or gym instructor;
2. The climbing wall is off limits;
3. Gym equipment must be left clean and tidy at the completion of each session;
4. Towels are to be used on machines and mats;
5. Respect equipment—no dropping of weights etc;
6. Use audio equipment only with permission.
7. Keep hydrated;
8. Ensure thorough warm up and post-session stretching;
9. Turn of air conditioning and lights when finished.
10. A teacher or instructor must be present for students to use equipment.
16 – Representative Sport

Interschool Carnivals & Representative Sport
From 2015 both TAS Kewarra and White Rock Junior belong to the Cairns Independent 10-12 Years Interschool Sport District. White Rock Secondary is part of the Trinity Coast South (TCS) 13-19 Years Interschool Sport District.

Students compete in interschool carnivals within these districts for swimming (secondary only), cross-country and athletics (track and field). Numbers of TAS students attending these carnivals vary, but are based on the performance of students at preceding interhouse carnivals. If our students perform well in these carnivals, they may be offered a place in the respective district team that goes on to compete in the Peninsula (Regional) Carnival. These carnivals are also termed Peninsula trials, where strong performance here may result in the student being selected in the peninsula team, which will in turn compete at a state championship.

The Peninsula Region extends from Innisfail to the tip of Cape York, including the Torres Strait Islands and the Western Cape. Students selected in Peninsula teams then go on to compete at State Championship level. Several sports offer National Championships also, with a limited number of international competitions being offered.

Apart from major sports carnivals, the districts also conduct trials for the entire range of sports offered by School Sport Australia. These trials are advertised through the school by means of student noticeboards, assembly announcements, website information and school newsletter calendars. TAS students who compete in a Peninsula level team or higher receive sporting colours awards at the annual school sports awards evening.

Students turning 12 during the calendar year in secondary school attend representative sporting trials with the affiliated Year 10-12 Sport District, being Cairns Independent for the case of White Rock Secondary students.

The following websites contain further information about representative sport:


Queensland School Sport: www.schoolsport.qld.edu.au
School Sport Australia: www.schoolsport.edu.au
Trinity Coast South
(TCS) Secondary School Sport (13-19)

TCS Sport is affiliated with Peninsula School Sport as a representative sport pathway for secondary school students aged 13-19 years. Students turning 12 in secondary school align themselves with the relevant U12 sport district trials—see your sport coordinator for more info.

The TCS District comprises the following 8 schools from south of Cairns:

Trinity Anglican School, St Mary’s Catholic College, Trinity Bay SHS, Woree SHS, Bentley Park College, Gordonvale SHS, Djarragun College and Yarrabah Secondary College.

District sport team trials are held for each recognised school sport at the school of the convening teacher from 4pm on school days. TCS district teams then compete in the Peninsula Regional Carnival a few week’s later. The TCS district uniform is pictured below and is supplied for use on the day of the regional trials carnival only. For the cross-country and track and field carnivals a singlet can also be borrowed from the TCS Staff Supervisor for the day of competition.

To keep up to date with TCS Sport Trials and Carnivals please contact your school’s sport coordinator or check sport notices from your school. There is also a “TCS Sport” facebook page that you can “like” to stay informed and access the 2015 TCS Trials Calendar and permission forms.
Interschool Sport Competitions
There are a number of opportunities for students to represent TAS at an interschool level and these are not associated with School Sport Australia. Some of the major competitions are detailed below, however these may change.

Junior and Senior Secondary School Sport
Formal interschool sport competitions for secondary students are held in terms 1 and 2 for Year 10-12 students (CISSA) and terms 3-4 for students in years 8 and 9 (JSS). Sports for girls include touch football, basketball, netball, volleyball and football. Sports for boys include touch football, volleyball, football, basketball and AFL. Training and games occur during Wednesday Afternoon Activities.

Netball – Fowlers and Vicki Wilson Cups
One-off competition days for both primary and secondary teams played at the Martyn Street Netball Centre. Held on school days, normally in August.

Rugby – FNQ Rugby Union Schoolboys’ Competition
Full seasons for U18, U15 and U13 boy’s teams. Games on weekday afternoons (mostly Fridays) after school – home and away games in terms two (U14) and three (U15 & U18). Year 5-6 students also have the opportunity to train for and play in the Development Cup Sevens Tournament in August and the White Rock Cup in November each year – a match traditionally between White Rock State School and TAS White Rock Junior.

Football – Bill Turner Cup and Trophy
One-off competition for U15 boys and U15 girl’s football teams. TAS is in the southern Cairns draw, with the competition day being held on a school day in May each year in Innisfail or Silkwood.

Hockey – Schools Cup
One-off competition for girls and boys, secondary only.

Tennis – Queensland School Tennis Titles
One-off competition for secondary students, teams of four for girls and boys.

Primary Gala Sports Days
Major sporting event days for year 5-6 students.

Chess
FNQ Chess Competitions held three times each year for primary & secondary.
The Interhouse Competition at TAS forms a major component of the School’s Pastoral Care system, with many events being of a sporting nature. Every student competes in the Swimming, Cross country and Athletics Carnivals, with secondary school students also completing a Triathlon (aquathon for primary students). Additionally, Trinity Day is for students in Years 7-12 and involves house teams in a tug-o-war competition and selected house students in a 500m dash running race. All primary carnivals combine house groups across both Kewarra and White Rock Junior Campuses. At each carnival an official Program will be available to students and parents containing detailed information such as the event Program, student entries, event rules, regulations and school sporting records.

**Interhouse Swimming Carnival**
Two interhouse carnivals are held at the TAS Aquatic Centre each year: Secondary Interhouse Swimming and the Primary Years 3-6 Swimming Carnival. In Term Four the Year 3-6 carnival has races of the four strokes plus relays, with event length (25 or 50m) depending on age. The secondary carnival in Term One includes 50m events of the four strokes and medley and freestyle house relay events. All carnivals include participation-based races and novelty events to encourage all students to enter the water several times, regardless of their swimming ability. Students are selected into the competitive events based on their performance in trials, which take place in swimming time for the primary students and in Wednesday afternoon activity time for the secondary students.

**Interhouse Cross-Country**
For the primary students the Year 3-6 Cross-Country Carnival is held at TAS Kewarra. It is held in the morning late in term one with the U8 &U9 age groups completing 1.0km, the U10 age group 2.0km and the U11-U12 & Open age groups 3.0km. The circuit courses may feature small hills, some mud-patches and thick grass. A K-2 cross-country event is being introduced from 2014 for both primary campuses.

The secondary students all complete a 4.0km one-loop course, on a Wednesday morning early in term two. The course is predominantly off-campus and includes one large hill and three water points. Police are utilised to manage road traffic on the course. A new finish to the course was introduced in 2011, whereby students run through the 10000 native trees planted alongside sawpit gully during late 2009.
Trinity Day Events
After the Trinity Day Service (occurring in May or June) students in Years 7-12 proceed to the oval for an afternoon of sporting activities. The Dash is the first event, which is a 500m (approx.) running race on a course around the oval and netball courts. Houses select their best runners in the following categories: Year 7-8 male and female, Year 9-10 male and female and Year 11-12 male and female. The Tug-o-war is the second Trinity Day sporting event, where houses compete against each other, according to a pre-determined draw with finals rounds.

Interhouse Secondary Triathlon and Primary Aquathon
The secondary students complete a triathlon based out of the TAS Aquatic Centre on the last day of term two. 13-15 year old secondary students complete a 200m swim, 7km ride and 2km run. 16-18 year old students complete a 300m swim, 10km ride and 3km run. According to Schools Sport Australia recommendations, students turning 12 do a swim and run (no ride). There is also an option to do the triathlon as a team or to compete in either a swim/run or ride/run duathlon. Complimentary lunch is provided by the TAS P & F after the event. Several police traffic control officers are employed to manage road traffic on the course and a sports medicine official will be on site. A primary interhouse aquathon for years 3-6 was introduced in 2011 and is now a popular event on the Term One Primary sporting calendar.

Interhouse Athletics Carnival
A Year 3-6 Carnival is held at the world-class facility of Barlow Park for the Primary students and a carnival for the Secondary students also. The Primary carnival includes the 100m, 200m and 800m running events, along with the long jump, high jump and shot put field events. The secondary carnival features the track events from 100m to 1500m and field events including discus, javelin, shot put, high jump, long jump and triple jump. The primary carnival is normally held late in Term two and the secondary carnival early in term three. All carnivals include participation-based 100m races to encourage all students to compete regardless of ability. Students are selected into the competitive events based on their performance in trials, which take place in HPE classes for the primary students and in Wednesday afternoon activity time early in Term three for the secondary students. An ambulance or sports medicine specialist will be on site at both carnivals.

School Sporting Records
The full list of school sporting records is too long to include herein, however, this information is available on the school website and is included in the relevant printed Program for each major sporting carnival. Record breakers each receive a special school record-breaker medallion.
18 – School Sports Awards

Where possible, many sporting achievements will be acknowledged and students congratulated as they happen, such as at school and sports assemblies and in school publications including the TAS E-news and the Trinitas yearly publication.

Whilst external recognition of sporting achievements is important and valued, it must be remembered that sport is played for a myriad of other reasons including fun, participation, fitness, teamwork and for the intrinsic satisfaction of doing your best for yourself and your team.

Sports Awards Evening
The annual school sports awards evening is normally held early in Term Four in the Bishop Centre. At this event a year’s worth of sporting achievements are acknowledged formally for students in Years 5-12, with the presentation of many awards, prizes and trophies. This is also a time where the school staff and sports coaches are thanked for their commitment to the School’s sporting Program.

Awards presented at the sports awards evening are aligned with sports offered by School Sport Australia, with the exception of chess as it is both popular at TAS and within the region for interschool sport. TAS often sends team away to state championships for chess also. All nominees receive award certificates and winners receive trophies or medallions. Award categories include:

1. Junior, Half and Full Colours – for Peninsula or regional representation;
2. TAS Sports Team Awards – Awarded to students in TAS Sporting Teams under the titles of best and fairest and most improved player;
3. Major Sports Carnival Champions;
4. State and National Representation;
5. Sportspersons of the Year – Primary, Junior Secondary and Senior Secondary Boy and Girl.

Interhouse Sporting Carnivals
At all major primary and secondary sports carnivals, overall age champions, runner-up and third place age champions each receive a TAS sports medallion for their achievements. Ties are awarded also. Ribbons are given for encourage at K-2 sporting events only. Students at Year 3-6 Primary carnivals should focus on development of skills and fitness and improvement of performance. All new school record holders are presented with a special TAS record-breaker medallion. Perpetual house trophies are presented to winning houses for the sports carnival in several categories and these are stored in house or communal areas (administration display cabinets). Major secondary sports carnivals also have perpetual trophies for each individual age group age champion. These are presented to the winners on the day (with a photo taken) and then stored safely. House Colours and House Awards certificates are also presented at the end of each semester for student performances in the major interhouse events, many of these being sporting events. Top 5 placing in an age group or category earn House Colours, whilst a top ten placing earns a House Award certificate.
19 – Sport Safety

Safe sport at school is a result of three groups of people adhering to safety standards and procedures – the School, the students and the parents. The School aims to provide safe sporting experiences by adhering to relevant sports and activity guidelines and regulations, employing competent and experienced sport staff and by comprehensive safety and risk management practices. The School also has comprehensive first aid practices, including having an ambulance on site at all major sporting carnivals. Parents and students also have a responsibility to adhere to the safety procedures and recommendations as detailed below:

**Personal Protective Equipment**
The use of appropriate and properly fitted equipment is essential to reduce the risk of injuries. Most sports have compulsory items of personal protective equipment, for example shin and mouth guards and these must be worn or the student will not be allowed to participate. Other personal protective equipment may be recommended or optional (e.g. head protection in rugby). The use of a range of protective equipment is encouraged as per the table below, *for both Training and Competition.*

<table>
<thead>
<tr>
<th>Sport</th>
<th>Compulsory Equipment</th>
<th>Recommended Equipment</th>
<th>Optional Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>RUGBY</td>
<td>Mouth guard</td>
<td>Head Protection, football boots</td>
<td>Shoulder / Chest Pads</td>
</tr>
<tr>
<td>FOOTBALL</td>
<td>Shin Pads, long socks</td>
<td>Mouth guard, football boots</td>
<td>-</td>
</tr>
<tr>
<td>HOCKEY</td>
<td>Mouth guard, Shin Pads, long socks</td>
<td>Sun Visor, hockey shoes</td>
<td>TAS Bike Pants, lycra socks for under shin pads</td>
</tr>
<tr>
<td>NETBALL</td>
<td>NO Jewelry or long fingernails</td>
<td>Specialised netball shoes eg Asics netburners</td>
<td>Ankle support / braces</td>
</tr>
<tr>
<td>BASKETBALL</td>
<td>-</td>
<td>Specialised Basketball Boots</td>
<td>Ankle support / braces, mouth guard</td>
</tr>
</tbody>
</table>

TAS SPORT – A Guide for Parents & Students
Sun Protection
Ultraviolet Radiation (UVR) is the part of sunlight which causes sunburn and skin damage leading to premature aging and skin cancer. Damage to the skin occurs as soon as the skin is exposed to UVR. The effects of UVR are cumulative, so damage is building up even without your skin burning. It is recommended to apply SPF30+ broad spectrum, water resistant sunscreen at least 10 minutes prior to commencing an outdoor activity. This then has to be re-applied at least every two hours when outdoors. The school will supply sunscreen for student use at all major sporting carnivals and events. Athletics singlets should be used for competing only and a shirt should put on again at the completion of the event / race. TAS sun visors are available for use in most sports and are recommended. Students are also encouraged to wear sunglasses where appropriate for outdoor use, but not sports with high levels of contact.

Mouthguards
Dental injuries are the most common type of facial injury in contact sports. Most dental injuries in sports can be prevented if a professionally fitted mouthguard is worn. Inexpensive mouthguards are available from the TAS Uniform and Bookshop, as well as chemists and supermarkets and offer basic protection, however custom made maxillary mouthguards provide the ultimate level of protection. Further information on mouthguards and tooth care is included in the following pages.

Hydration
The sharing of drink bottles has been identified as an area of high risk in relation to the transfer of saliva and the increased possibility of contracting infectious diseases including meningococcal disease. The dangers occur when the lips are touched, therefore the School’s policy is that the sharing of water bottles is not recommended.
The tropical environment of North Queensland present many challenges for exercising bodies, one of the biggest being staying hydrated. Students are therefore strongly encouraged to always have a water bottle with them when exercising, including both training and games. In some cases students will be issued with a TAS sports water bottle when they sign-up for a sport at the beginning of the season. They should immediately write their name on the bottle in the space provided.

As a rough guide, students should aim to drink at least 2 litres of water per day as an absolute minimum. A standard sports water bottle such as the one pictured holds 750ml of fluid, therefore at least three of these should be consumed. This rate can increase even further when undertaking vigorous exercise, where up to 1 litre per hour is required.

**Footwear**

Footwear should fit well and provide good cushioning and stability. For all sport and physical activity at TAS students are required to wear sports shoes which are predominantly white and recognised as a standard “jogger-style” shoe. Dunlop volleys and skate shoes are not appropriate for sport and physical activity as they do not provide appropriate support or cushioning.

Footwear specifically designed for a particular sport should be used, where possible, rather than general running or sports shoes, particularly in sports which require sideways movement like netball and basketball. Football boots should have appropriate studs for the sport and surface.

**Appropriate Sport Footwear**

**Inappropriate Sport Footwear**

Sports Medicine Australia is a national multi-disciplinary organisation committed to enhancing the health of all Australians through safe participation in sport and physical activity. The Sports Medicine Australia Recommended symbol/ tag is a good one to look for when purchasing sporting footwear. Asics make a range of sport footwear with this recommendation which is specific to certain sports eg Asics Netburners for netball, Asics gel hockey for hockey etc.
What type of mouthguard should I wear?

There are many types of mouthguards, ranging from cheap, over-the-counter types to professionally custom-fitted mouthguards.

The Australian Dental Association (ADA) strongly recommends wearing a custom-fitted mouthguard from your dentist. Over-the-counter mouthguards don’t provide enough protection from serious injury.

Custom-fitted mouthguards

Custom-fitted mouthguards are made by a dentist by taking an impression and creating a plaster model of your teeth. Custom fitting allows the dentist to look at your mouth and provide the best fitting mouthguard. The dentist will also make a mouthguard that is most appropriate for your sport.

Custom-fitted mouthguards provide a better fit than other varieties as they are made to suit your individual needs. When made by your dentist, a custom-fitted mouthguard is:

- Comfortable
- Tight fitting and provides maximum resistance against being dislodged
- Allows you to speak coherently and won’t restrict breathing

Over-the-counter (boil and bite) mouthguards

These mouthguards are significantly less effective than custom-fitted mouthguards. Over-the-counter mouthguards can include stock mouthguards that do not require fitting and mouthguards that are self-fitting using hot water.

These types of mouthguards do not fit as well and are less comfortable to wear than a custom-fitted mouthguard. This means they are less effective and sometimes can increase the risk of even greater damage to teeth. The ADA and Standards Australia do not recommend over-the-counter ‘boil and bite’ mouthguards.

An over-the-counter mouthguard may be a short-term solution if there is absolutely no alternative available. However, even with careful attention to the directions, a poorly fitting mouthguard offers inadequate protection. Some studies suggest their protection is only slightly better than wearing no mouthguard at all.

For more information on mouthguards and protecting teeth visit: www.mouthguardawareness.info

Australian Dental Association
What to do if a tooth is knocked out

Mouthguard Awareness Fact Sheet

Wearing a custom-fitted mouthguard while participating in contact sports will help protect against painful and potentially expensive dental injuries.

However, if an accident does occur and a tooth is knocked out, this sheet outlines what to do to try and save a tooth and prepare it for dental treatment.

If a tooth is knocked out, remain calm and act quickly. The following steps should be taken immediately:

- Locate the tooth and handle it gently by the crown, ensure it is clean. The crown is the smooth white part of the tooth that is normally visible in the mouth.
- If the root of the tooth is dirty, and the patient is calm and conscious, ask them to gently suck the tooth clean. Alternatively, rinse the entire tooth in milk or very briefly in water.
- Immediately place the tooth back in the socket making sure it is facing the right way. Immediate replacement is essential and should ideally occur within 5-10 minutes of the tooth being knocked out.
- Hold the tooth in place by biting gently into a soft cloth or by using aluminium foil placed over the tooth and the tooth on either side to stabilise the tooth.

- If you are unable to replant the tooth back in the socket, keep it moist by putting it in a cup of milk, sealing it in plastic wrap or placing it in the conscious patient’s mouth, next to the cheek.
- Immediately Seek Dental Treatment - Time is Critical to prevent permanent damage.

Extra care should be taken with a tooth that has been knocked out. Avoid the following:

- Do not handle the root of the tooth
- Do not scrape or rub the surface of the tooth
- Do not let the tooth dry out - keep it moist at all times
- Do not put the tooth in ice or hot water
- Avoid rinsing or storing the tooth in water for more than one or two seconds
- Do not remove any soft tissue fragments from the tooth

For more information on mouthguards and protecting teeth visit:

www.mouthguardawareness.info

Australian Dental Association
TAS WAR CRY

(Seniors in italics, rest of school underlined)

Start Stomping (All bent over to start & linking shoulders for whole war cry - 8 second count)

Hey TAS Hey What (standing up to speak)

Hey TAS Hey What
Beat ‘em up Beat ‘em down
Beat ‘em up Beat ‘em down
We are strong We are loud
We’ve got spirit We are proud (all stand)

Give us a T I A A S S
T I A A S S
Say it loud TAS
Say it proud TAS
(everyone) T A S TAS

Developed by 2009 Sports Captains, Daniel Chapelle and Sarah Martin
Team Song

TAS TAS
That’s our name
(the sport twice) eg. Rugby Rugby

Is our game
We are the best
The best by far
So let’s go TAS

or for after game use ...
So well done TAS
Rarr, Rarr, Rarr !!!

Developed by 2010 Sports Captains, Jock Dawson and Natasha Hunter
23 – Funding Assistance for Sport

1. **Local Sporting Champions Program**
The Federal Government's Local Sporting Champions Program provides financial support for 12-18 year old sportsmen and women participating in state or national sporting competitions or national school sport competitions. Grants of $500 for individuals and $3000 for teams are available to contribute to the cost of travel, accommodation, uniforms or equipment when competing in endorsed competitions. For details, visit [www.ausport.gov.au](http://www.ausport.gov.au) online or phone 1300 301 942.

2. **Young Athlete Assistance Program (YAAP)**
Applicants eligible for financial assistance of $200 (once every two years) to assist with the cost of travel and accommodation for an eligible event are those who:

   - Compete at a Queensland State Championship, Queensland State School Championship, Australian National Championship, and Australian National School Championship OR International Championship within the last 6 months.
   - are under the age of 18 at the start of the event;
   - reside more than 200km radial distance from the event location for the one-way trip; have their participation confirmed by their local club, relevant regional or State sporting organisation; or have their participation at a school championship confirmed by their School.

New application forms and brochures are now available from the Department’ of Communities website at [http://www.communities.qld.gov.au/sportrec/funding](http://www.communities.qld.gov.au/sportrec/funding)

3. **FNQ Youth Assistance Fund**
This is a charity fund which relies on community support and is for disadvantaged youth. Up to $3000 per grant is available and several special grants are available for particular sports. [www.fnqyaf.org.au](http://www.fnqyaf.org.au)

4. **Peninsula Sport Fundraising**
Students selected for a Peninsula sporting team have the option to sell raffle tickets in order to reduce their cost of participation at a state championship event. Depending on the amount of tickets sold, this can substantially reduce the price.
24 – Parent and Student Coaching of TAS Sporting Teams

To be a coach or manager of a school sporting team can be an incredibly rewarding experience. The School normally has more than 65 sporting teams each year, stretching from U6 to U18 age groups. Parents and senior students are called upon to coach several teams, with many also being coached by school staff and external sport coaches. There are several benefits to coaching a school sport team, including being able to work with your own children and the satisfaction of having performed an important community service. All coaches will also receive a complimentary TAS Sport polo shirt, cap and shorts. These are to be worn both at training and games. The polo shirts and shorts can also be purchased as a supporter’s outfit from the Uniform and Bookshop at a cost of $37 per item, caps and buckets hats can be purchased by supporters for $15 each.

TAS Sports Coaches will have access to a variety of coaching resources and training.
25 – Inspirational Sporting Quotes

- The longest journey begins with a single step…….Ancient Chinese Proverb
- Each of us is dealt a hand of cards by life. It’s not so much the hand you get dealt but what you do with what you've got……Woodrow Wilson Sayre.
- The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy…….Martin Luther King, Jr.
- Success is step after step until the ladder is ascended……Anonymous.
- The big shots are only the little shots who keep on shooting……Anonymous.
- Education teaches you the rules. Experience teaches you the exceptions……Anonymous.
- A turtle makes progress when it sticks its neck out……Anonymous.
- A smooth sea never made a skillful sailor……Anonymous.
- A small leak can sink a great ship……Anonymous.
- You can't direct the wind, but you can adjust your sails……Anonymous.
- It is not the victories but the defeats that strengthen a person……Anonymous.
- Unless you try to do something beyond what you have already mastered, you will never grow……Ralph Waldo Emerson.
- Whatever you can do or dream you can, begin it. Boldness has genius, magic and power in it. Begin it now……Goethe'.
- If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting……Dick Vermeil.
- Tough times don't last……tough people do.
- You’ve achieved success in your field when you don’t know whether what you’re doing is work or play……Warren Beatty.
- Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.”……..Orisen Swett Marden.
- Endurance is nobler than strength and patience than beauty……..John Ruskin.
- The healthiest competition occurs when average people win by putting above average effort”……..Colin Powell.
  Champions expect pain, endure pain, and never complain……Anonymous
- There is no elevator to success……you must take the stairs……Anonymous
- Mistakes are always forgivable, if one has the courage to admit them. Bruce Lee.
26 – Personal Goal Setting for Sport

Successful sportspeople set goals and often remind themselves of them. It would be a good idea to answer the following questions to aid in the setting of some personal sporting goals for the 2016 sporting year. A good acronym to remember for goal-setting is SMART:

**S** – **Specific**: Detailing the what, the why and the how.

**M** – **Measureable**: How will you know if the goal has been achieved?

**A** – **Attainable**: Must be within reach.

**R** – **Realistic**: Setting the bar high enough for a satisfying achievement.

**T** – **Timely**: Set to a timeframe, e.g. within 3 months or by the year’s end.

1. What are your personal fitness goals for 2016?

2. What regular activity will you complete to achieve your fitness goals?

3. What results would you like to achieve at interhouse carnivals?

4. What school sporting teams would you like to be involved in?

5. What are your hopes in relation to representative sport?

6. Other sporting goals you have for 2016?
27 – Personal Record of Sporting Performances in 2016

To aid in assessing the achievement of your goals for sport in 2016 it would be a good idea to keep a record of your sporting performances throughout the year. This information will also be important when completing a sports awards nomination form in October.

1. What results did you achieve at interhouse carnivals?

2. What results did you achieve at interschool carnivals?

3. What results did you achieve at Peninsula carnivals?

4. What school sporting teams were you involved in?

5. What other club sporting achievements did you have?

6. Other sporting achievements for 2016?
TAS SPORT

COME JOIN US
WE’RE GOOD SPORTS