

XAVIER CATHOLIC COLLEGE



Xavier Sport

2025 HANDBOOK

PLAYERS · COACHES · PARENTS

Table of Contents

1.	Introduction	1
2.	College Houses and Interhouse Champions	2
3.	Xavier Team Name	3
4.	College War Cry	4
5.	True Sport Principles and Goals	5
6.	Overview of School Sport Pathways	6
7.	Xavier Team Sport Opportunities	7
8.	Sporting Awards and Leadership Opportunities	8
9.	Communication Procedures	9
10.	Player Selection Process	10
11.	Xavier Sport Codes of Behaviour	11
12.	Appendix 1: HBDSSS Calendar	13
13.	Appendix 2: QLD School Sport Calendar	15
14.	Appendix 3: Xavier Team Sport Information Sheets	17
15.	Appendix 4: Player Selection Process Supporting Research (Winning Vs Developing Objectives)	32
16.	Appendix 5: Player Selection Process Supporting Research (Four Corner Development Model)	33
17.	Appendix 6: Player Selection Process Supporting Research (True Sport Principles)	34
18.	Appendix 7: Codes of Behaviour	38



Xavier Catholic College

Dear Students, Coaches, Managers and Parents

Welcome to the 2025 school sport year! We hope that once again the Xavier Sport program provides fun and rewarding experiences for all involved that contribute to making positive memories for life.

Xavier Catholic College's vision is to *'provide an exceptional Catholic education in the Ignatian tradition which encourages all to strive for their personal best and aspire to make a difference to the world.'* In sport we live out this vision by providing a competitive experience that inspires excellence, promotes good health, develops character and builds strong relationships that strengthen our community. We recognize a broad range of abilities and commitment among our athletes. We strive to provide age-appropriate instruction and competition within the constraints of time and additional resources.

The College does not discriminate on the basis of gender, race, sexual orientation, national origin or religious affiliations. We seek to place athletes, with similar desires and objectively assessed abilities, together to maximize their enjoyment and development.

In the right environment, sport comes closer than almost any other cultural activity in delivering equal opportunity for all. This environment – one that is fair, safe, and open to everyone – creates a sport experience that will teach the right lessons and will celebrate physical and ethical achievements. This is what we know as good sport. It is with this intent that we are committed to a fun and fair environment that develops self-confidence and leadership skills.

Our coaches teach skills and strategy, and also contribute to building character in youth. Although competition and the desire to win is an important element of any sport, it is how we play that matters more. Wins and losses come and go, but our character is here to stay. When good sport is sacrificed for winning at all costs, the sport, the athletes, the coaches and the community lose something special.

Xavier Catholic College is committed to the [True Sport Principles and Goals](#). By promoting sport at its best—good sport – we seize the opportunity to instill character in our students, strengthen our community and increase our opportunities for excellence.

We welcome you to join us on this journey!

Yours sincerely

A. Flesser

Ashleigh Flesser
Dean of HPE & College Sport

Simon Dash
Principal

PO Box 1630, Hervey Bay Q 4655
Wide Bay Drive, Eli Waters Q 4655
PH 07 4197 1177 Fax 07 4197 1170
ABN 49 991 006 857 132
Email sherveybay@bne.catholic.edu.au
Web www.xavier.qld.edu.au

College Houses

Xavier house names have been chosen from the language of the Butchulla people, traditional landowners in the Hervey Bay region.



Buthu – Dolphin
Colour – Blue
Patron – Mary Ward
Motto – ‘Murinj’ (act)



Dirum – Sun
Colour - Yellow
Patron – St Ignatius of Loyola
Motto – ‘Buranga’ (know)



Kondari – Whale
Colour – Red
Patron – Mary MacKillop
Motto – ‘Wuga’ (give)



Narwari – Waves of the sea
Colour - Green
Patron – Edmund Rice
Motto – ‘Gam’ngan’ (guide)

Interhouse Champions

Year	Athletics	Cross-Country	Swimming
2024	Buthu	Cancelled	Buthu
2023	Buthu	Buthu	Buthu
2022	Dirum	Kondari	Buthu
2021	Kondari	Buthu	Buthu
2020	Kondari	Cancelled	Buthu
2019	Kondari	Buthu	Kondari
2018	Buthu	Buthu	Kondari
2017	Dirum	Buthu	Narwari
2016	Narwari	Narwari	Dirum
2015	Dirum	Dirum	Dirum
2014	Dirum	Dirum	Dirum
2013	Dirum	Dirum	Dirum
2012	Dirum	Dirum	Buthu
2011	Dirum	Dirum	Kondari
2010	Dirum	Dirum	Buthu
2009	Dirum	Buthu	Dirum
2008	Buthu	Buthu	Narwari
2007	Buthu	Buthu	Kondari
2006	Dirum	Buthu	Narwari
2005	Buthu	Narwari	Dirum
2004	Narwari	Kondari	Dirum
2003	Kondari	Kondari	Dirum



*Todd Baldwin
2017 Graduate*

Xavier Team Name



In 2020, students and staff at Xavier nominated and voted on a Team Name for all Xavier Sport Teams.

We are proudly the XAVIER WOLVES.

The wolf has a strong connection to the family of Ignatius Loyola where an image of 2 wolves eating from a cooking bowl (kettle) is included in the Loyola family crest. This image reflects the story of the Loyola family being so generous to people in need in their community by feeding family members, soldiers and surrounding villagers with enough left over to also feed the local wildlife, including 2 wolves. This meshes well with our ethos here at Xavier of always thinking of others and giving when we see a need.

The wolfpack is a symbol of strength in unity and is an attitude all Xavier athletes should embrace. Wolves are fierce defenders of all members of the pack and have a never say die attitude.

We pride ourselves on representing the College with maximum participation, maximum humility and maximum respect for our fellow competitors, coaches and officials.

College War Cry

WHO ARE WE?
XCC

XAVIER XAVIER - HERE WE ARE
WE ARE THE WOLVES – RA RA RA

PATRON FRANCIS – MIGHT MIGHT MIGHT
WE GOT IGGY – FIGHT FIGHT FIGHT

COME ON XAVIER MAKE SOME NOISE
WE ARE XAVIER - OI OI OI



Jordan Kerby - 2009 Graduate

Xavier 'True Sport' Principles & Goals

Go For It

Rise to the challenge – always strive to be your best.
Discover how good you can be.

Goal: to develop skills and teach athletes how to compete to the best of their abilities.

Play Fair

Play honestly – obey both the letter and the spirit of the rules. Winning is only meaningful when competition is fair.

Goal: to develop sportsmanship, fair play, pride and achievement through involvement in sport.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field. Win with dignity and lose with grace.

Goal: to teach athletes, coaches and parents the importance of respecting all those who come to play, including respect for teammates, coaches, opponents, referees and officials.



Matt Hauser - 2015 Graduate



Beth Mooney - 2010 Graduate

Keep It Fun

Find the joy of sport. Keep a positive attitude both on and off the field.

Goal: to provide a competitive sport experience that is enjoyable and rewarding for the athletes.

Stay Healthy

Place physical and mental health above all other considerations – avoid unsafe activities. Respect your body and keep in shape.

Goal: to ensure that the athletes are developed in a way that promotes and protects their safety and wellbeing.

Include Everyone

Share sport with others. Ensure everyone has a place to play.

Goal: to create opportunities for everyone to play regardless of ability, gender, race, sexual orientation, national origin or religious affiliations.

Give Back

Find ways to show your appreciation for the community that supports your sport and helps make it possible.

Goal: to foster an understanding among our athletes that their community supports their chosen sport and the importance therefore of behaving as positive role models and in ways that contribute to improving the quality of life in their community.

Overview of School Sport Pathways

SCHOOL SPORT

School Representative Sport

[Appendix 1: 2025 HBD and WB School Rep Sport Calendar](#)

Students (13-19yrs) have opportunities to gain selection in **Hervey Bay District**, **Wide Bay** and **Queensland** teams for the sports listed below. Dependant on numbers, it may be necessary to conduct a trial here at Xavier to determine the Xavier students who can participate in the Hervey Bay trials.

Interschool Team Sport

Students (Year 7-12 including 12yr old Year 7's) have opportunities to gain selection in **Xavier Teams** to compete in local, regional and state competitions. To be eligible to represent Xavier in these teams, students must meet a set of expectations ([see p11 for details](#)).
The list of possible [Team Sports](#) are on [p7](#).

Hervey Bay District Cluster 1 Trials
Thursday 30th Jan
Tennis: 13-19 Boys/Girls

Wednesday 19th Feb
Football: 13-15 & 16-19 Boys/Girls
Netball: 13-15 & 16-19 Girls
Rugby League: 14-15 & 16-18 Boys/ 15-16 & 17-18 Girls
Volleyball: 13-15 & 16-19 Boys/Girls
Softball: 13-19 Boys/Girls (Paper Nomination)

Hervey Bay District Cluster 2 Trials
Wednesday 26th Feb

Basketball: 13-15 & 17-19 Boys/Girls
Rugby Union: 14-15 & 17-18 Boys
Rugby 7's: 15-16 & 17-18 Girls
Hockey: 13-15 & 16-18 Boys/Girls (Paper Nomination)

Hervey Bay District Cluster 3 Trials
Wednesday 5th Mar

AFL: 13-15 & 16-19 Boys/Girls
Touch Football: 13-15 & 16-19 Boys/Girls
(Paper Nominations)
Surfing: 13-19 Boys/Girls
Golf: 13-19 Boys/Girls
Squash: 13-19 Boys/Girls

Hervey Bay District Cluster 4 Trials
Thursday 19th Junes
Rugby League: 13-14yrs Girls

Wednesday 23rd July
Cricket: 13-15 & 16-19 Boys/Girls
Futsal: 13-15 & 16-19 Boys/Girls

Hervey Bay District Swimming Carnival
Tuesday 25th March
(these are NOT trials)
Students selected from Xavier Interhouse Swimming Carnival.

Hervey Bay District Cross-Country Trials
Tuesday 6th May
Students selected from Xavier Interhouse X-Country Carnival.

Hervey Bay District Athletics Trials
Tuesday 29th & Wednesday 30th July
Students selected from Xavier Interhouse Athletics Carnival.

Wide Bay Cluster 1 Trials
Wednesday 12th Feb (Tennis)
Tuesday 11th March (Football, Netball,, Rugby League, Volleyball & Softball)

Wide Bay Cluster 2 Trials
Thursday 27th Mar (Basketball, Hockey & Rugby Union)
Thursday 24th April (Girls Rugby 7's)

Wide Bay Cluster 3 Trials
Thursday 3rd April

Wide Bay Cluster 4 Trials
Friday 25th July (13-14yrs Girls)
Thursday 21st Aug & Friday 22nd Aug (Cricket & Futsal)

Wide Bay Swimming Noms
Paper nominations only

Wide Bay Cross-Country Trials
Tuesday 3rd June

Wide Bay Athletics Trials
Mon 25th & 26th August

For QLD State Titles dates and locations, please see [QLD School Sport Calendar \(Appendix 2\)](#)

Possible* Team Sport Opportunities at Xavier in 2025

A sign-on day for Interschool Team Sport occurs early in Term 1. Attendance is **COMPULSORY** for any student wishing to play Team Interschool Sport for Xavier. The number of teams and competitions entered is determined by student numbers following the collation of the sign-on data.

Sport	Possible Teams
AFL	Yr 7-9 Girls, Yr 7-9 Boys, Yr 10-12 Girls, Yr 10-12 Boys
Basketball	15 Boys, Open Boys, Girls
Cricket	15 Boys, Open Boys, Girls
Equestrian	Year 7-12 Boys & Girls
Futsal	Open Boys & Girls, 13yrs Boys & Girls, 15yrs Boys & Girls
Hockey	Open Boys, Open Girls
Lifesaving	Year 7-12 Boys & Girls
Netball	Yr 7-9 Girls, Yr 10-12 Girls, QISSN (Yr 9 -12)
Oztag	Various boys, girls and mixed teams dependent on sign-on
Rugby Union	13 Boys, 15 Boys, Open Boys, Girls
Rugby League	13 Boys & Girls, 15 Boys & Girls, Open Boys & Girls
Soccer	Yr 7-9 Boys & Girls, Yr 10-12 Boys & Girls
Touch Football	13 Girls, 13 Boys, 15 Girls, 15 Boys, Open Girls, Open Boys
Volleyball	Open Boys & Open Girls

Click on the hyperlinks above to view sport-specific information sheets (Appendix 3) for more details including: competitions, training and estimated costs.



2017 Xavier QISSN Netball Team

Sporting Awards and Leadership Opportunities

Xavier Catholic College seeks to recognize the achievements and contributions of students to the sporting life of the College. In addition to publishing newsletter articles, Facebook posts (including 'Sporting Spotlights') and making assembly presentations, students can also be recognized for their sporting contributions by receiving a Sporting Award.

Certificate Awards

For each sport representation, students earn points. Representations include:

- Xavier Sport Teams
- Hervey Bay District, Wide Bay and Queensland Teams
- Age Champion (interhouse carnivals)
- Best and Fairest (Xavier Teams)

These points are set at the start of the school year by the Dean of College Sport and can range from 5 points to 100 points depending on a number of factors including (but not limited to): the level of representation, the training commitment required, the quality of competition, etc. The assigning of these points are reviewed prior to the Sports Awards being collated and adjusted if required. Students are able to receive the following Certificate Awards:

- **Merit Award:** 3 Xavier Sport Teams or 3 Hervey Bay District Team representations
- **Bronze Certificate:** 50 points
- **Silver Certificate:** 100 points
- **Gold Certificate:** 150 points

Students must earn a Merit Award to be eligible for a Bronze, Silver or Gold certificate.

Medallion Awards (Sporting Excellence)

Students who excel in Representative School sport can receive sporting excellence awards (medallions) as follows:

- **Bronze Medallion:** 1 Wide Bay representation
- **Silver Medallion:** 2 or more Wide Bay representations
- **Gold Medallion:** 1 QLD representation

Major Sporting Awards:

- **Xavier Wolves Medal:** awarded to a student across Years 7-12 who accumulated the highest number of points from their school sport representation.
- **Olympic Change-Maker Award:** awarded to a Year 12 student who actively demonstrated leadership in their sport through their school or local community and/or used sport as a vehicle to improve health and well-being and drive social change in their school or local community.
- **BCE Spirit of Sport Award:** awarded to a Year 12 sportsperson who has given outstanding leadership and service to the school sports program as well as participated in a range of sports and activities during their time at the College.
- **Edmund Rice Sporting Excellence Award:** awarded to a Year 12 student who is considered the most outstanding sportsperson.

Leadership Opportunities:

Students have opportunities to be selected Captain of their sporting team – a decision made by the coach. In addition, each year 2 Year 12 students are selected as the College War Cry Leaders. This decision is made by the preceding year's War Cry leaders in consultation with the Dean of College Sport.

Communication Procedures

Communication from Xavier to students and parents:

As a College, we endeavor to communicate information pertaining to school sport timely and clearly. For students and parents, access to this information is available through the following school-based mediums:

- ✓ **Student notices during PC:** it is the student's responsibility to listen to morning notices (or check emails if they miss PC class) to ensure they do not miss team meetings, trials or other important information.
- ✓ **Emails:** the Dean of College Sport as well as Team Coaches and Managers will often send students Information Letters and other information of importance via email. It is the responsibility of the student to pass this information onto their parents promptly.
- ✓ **Newsletter:** sport information is regularly published in the school fortnightly newsletter which is emailed to all students and parents of the College.
- ✓ **College Facebook:** sport information is regularly published on the College Facebook site.
- ✓ **Xavier Sport Handbook:** this document is available to all students and parents in digital form.

Communication from Students to Team Coaches/Managers:

Students are expected to be accountable for their team selections and the importance of their place in a team. As a result, students must strive to communicate timely and clearly to their coach/manager about any issues that arise, including:

- Being absent from a training session
- Clarifying due dates for paperwork submission and Qkr payments
- Discussing any concerning issues within the team environment

Communication from Parents to Team Coaches/Managers:

When parents are unaware of information pertaining to a school sporting event, parents should firstly ask their child to check emails and/or morning notices sent from their coach/manager.

Parents are encouraged to send through photos of their child/children involved in school sport and we will endeavor to include these in newsletter or Facebook articles and end of year College Yearbook and/or presentation evenings. Please note that with the volume of photos received, not all can be included in end of year publications.

Due Dates and Deadlines:

Due dates and deadlines for paperwork submission and Qkr payments are set to ensure that as a College, we meet the expectations and guidelines that govern our school sport events. Students and parents should make every effort to meet these due dates and are encouraged to email the Dean of College Sport or the team coach/manager to advise of any issues arising. All paperwork (e.g. medical forms, project consent forms) should be submitted to the Sports Box in student reception by the due date communicated on information letters (emailed to students).

Player and Team Selection Process

Because good sport can make a great difference, Xavier Catholic College is committed to creating a sport experience that is fair, safe and open; one that brings out the best in everyone involved in the game, that helps athletes discover their potential and compels them to be the best they can be, both physically and ethically. In doing so, we not only strengthen the character of our athletes, and increase opportunities for excellence, but also strengthen our community as a whole.

By creating an appropriate development path for our players, avoiding a win-at-all-cost mentality and embracing and balancing the True Sport Principles, Xavier Catholic College will make a great difference by providing a good sport experience for all.

The following research and initiatives have contributed to the development of Xavier Catholic College's Player Selection Process:

- [Winning versus Development Objectives \(Horst Wein\) – Appendix 4](#)
- [Four Corner Development Model \(OSA\) – Appendix 5](#)
- [True Sport Principles – Appendix 6](#)

It is important to note that not all interschool sport teams require a Player Selection Process. Numbers of students who register their interest to play at the Sport Sign-On Day early in Term 1 will provide coaches and managers with the necessary data to:

- decide what teams can be entered into competitions
- decide whether a Player Selection Process is required for specific teams

If a Player Selection Process is not required, then students must still work toward demonstrating a level of skill and ability that satisfies the safety and risk assessment guidelines for safe participation in that sport. Coaches will provide students every opportunity to meet this expectation in order to safely participate.

If a Player Selection Process is required, coaches and managers of teams will work in collaboration with the Dean of College Sport to determine the specifics of the process required so that the Player Selection Process is fair, equitable and supports the ideas and values evident in the research and initiatives included in Appendix 4, 5 and 6. All coaches and managers operate according to the guidelines and expectations outlined in the ***Xavier Sport Coaches and Managers Handbook***.

Xavier Sport Codes of Behaviour

Representing Xavier in representative and/or interschool sport is to be accepted as a privilege and not a right. As a result, a specific code of behavior is expected to be adhered to by all parties involved in Xavier Sport, including:

- the players (Xavier students)
- the coaches and managers (Xavier staff)
- the spectators (Xavier parents, family members and friends)

These codes of behavior have been adopted from the Australian Sports Commission (Australian Government). It is important that all players, coaches and spectators carefully read these behavior expectations.

[The Xavier Sport Codes of Behaviour \(from Australian Sports Commission\) – Appendix 7.](#)

In addition to these codes of behaviour, there is an additional set of expectations for players and spectators that are specific to our context here at Xavier Catholic College.

Expectations for players (students): students **MUST:**

- ✓ maintain a school attendance record of above 85%
- ✓ attend and participate in the 3 Xavier interhouse sport carnivals, including running/jogging the entire cross-country course. Failure to do so without a legitimate reason may result in your position in Xavier sport teams to be withdrawn.
- ✓ make every effort to represent Xavier at Hervey Bay District Carnivals if selected.
- ✓ exhibit behaviour within the school and wider community prior to representation that signifies a capacity to represent Xavier College to an acceptable standard as a member of a team. Students who fail to demonstrate these capacities may be withdrawn from school team without notice.
- ✓ demonstrate a commitment to studies of an acceptable standard, otherwise it may lead to not being allowed to represent the College in co-curricular activities and this decision could be made at any time leading up to or during a sporting competition.
- ✓ make every reasonable effort to ensure paperwork (e.g. forms) are submitted to the Sports Box and sport event fees are paid (via online Qkr payment system) by the due date and time
- ✓ make every reasonable effort to be on time to all training sessions and notify the coach if unable to make it.
- ✓ follow all reasonable directions of team coach including playing according to the team structure stipulated by the coach.
- ✓ show respect for yourself, your teammates, officials, your opponents and their skills.
- ✓ never argue with or question the Referee's decision.
- ✓ control your temper – no criticism by word or gesture.

- ✓ compete by the competition conditions and rules.
- ✓ be a good sport and encourage and support your own team members.
- ✓ work equally hard for yourself and your team – your team’s performance will benefit and so will your own.
- ✓ behave in a manner that respects the rights of others regardless of mediums of communication used e.g. digital mediums such as Twitter, Facebook, email and texts.
- ✓ wear the official team uniform at all times, including purchasing items if needed, as directed by team coach.
- ✓ stay in the designated team area and support other team members during times when you are not competing.

Possible consequences for players when unable to meet Expectations

- ✓ Verbal warning to student identifying breaches of expectations
- ✓ Formal meeting with Coach, House Dean and Dean of College Sport
- ✓ Notification of parents
- ✓ Meeting with Head of Secondary, Assistant to the Principal – Student Well-Being and/or Principal to discuss removal from team and/or suspension from all school sport

Expectations for spectators (parents, family, friends)

The support of parents and family members of the Xavier community is a vital component of the success and enjoyment of Xavier Sport. To ensure our sporting teams and events run smoothly and we strive to adhere to our True Sport principles, parents, family members and friends are respectfully requested to:

- ✓ check with their child about correspondence received relating to sporting teams and events by ensuring their child is passing on any emails and hardcopy documents
- ✓ make every reasonable effort to support their child to ensure that consent and medical forms and online Qkr payments are completed by the due date and time communicated
- ✓ spectate games demonstrating behaviours that are in line with the Xavier Sport Codes of Behaviour (adopted from the Australian Sports Commission)
- ✓ spectate games from a position that is apart from the coach and reserves bench to allow the coach to perform their coaching duties without external input that may instigate confusion for player’s receiving feedback
- ✓ not engage with or approach officials, opposition players or coaches to express personal views concerning game incidents

All coaches and managers, in addition to adhering to the Xavier Sport Codes of Behaviour are also required to meet an additional set of expectations when coaching/managing teams that is specific to our College. These expectations are explained to coaches and managers and are provided support to meet these expectations by the Dean of College Sport and is represented in the staff policy document entitled the ***Xavier Sport Coaches and Managers Handbook***.

2025 HBDSS 13-19yrs Calendar (as of 28th of January)

January	February	March	April	May	June	July	August	September	October	November	December
1 We <small>New Year's Day</small>	1 Sa	1 Sa	1 Tu	1 Th	1 Su	1 Tu	1 Fr <small>13-14G League WB</small>	1 Mo	1 We	1 Sa	1 Mo
2 Th	2 Su	2 Su	2 We	2 Fr	2 Mo	2 We	2 Sa	2 Tu	2 Th	2 Su	2 Tu
3 Fr	3 Mo	3 Mo	3 Th <small>WB Cluster 3 Trials</small>	3 Sa	3 Tu <small>WB Cross Country</small>	3 Th	3 Su	3 We	3 Fr	3 Mo	3 We
4 Sa	4 Tu	4 Tu	4 Fr	4 Su	4 We	4 Fr	4 Mo	4 Th	4 Sa	4 Tu	4 Th
5 Su	5 We	5 We <small>HBD Cluster 3 Trials</small>	5 Sa	5 Mo <small>Labour Day</small>	5 Th	5 Sa	5 Tu	5 Fr <small>Student Free Day</small>	5 Su	5 We	5 Fr
6 Mo	6 Th	6 Th	6 Su	6 Tu <small>HBD Cross Country</small>	6 Fr	6 Su	6 We	6 Sa	6 Mo <small>Kings Birthday</small>	6 Th	6 Sa
7 Tu	7 Fr	7 Fr	7 Mo	7 We	7 Sa	7 Mo	7 Th	7 Su	7 Tu	7 Fr	7 Su
8 We	8 Sa	8 Sa	8 Tu	8 Th	8 Su	8 Tu	8 Fr	8 Mo	8 We	8 Sa	8 Mo
9 Th	9 Su	9 Su	9 We	9 Fr	9 Mo	9 We	9 Sa	9 Tu	9 Th	9 Su	9 Tu
10 Fr	10 Mo	10 Mo	10 Th	10 Sa	10 Tu	10 Th	10 Su	10 We	10 Fr	10 Mo	10 We
11 Sa	11 Tu	11 Tu <small>WB Cluster 1 Trials</small>	11 Fr	11 Su	11 We	11 Fr	11 Mo	11 Th	11 Sa	11 Tu	11 Th
12 Su	12 We <small>WB Tennis Trials</small>	12 We <small>NAPLAN</small>	12 Sa	12 Mo	12 Th	12 Sa	12 Tu	12 Fr	12 Su	12 We	12 Fr
13 Mo	13 Th	13 Th <small>NAPLAN</small>	13 Su	13 Tu	13 Fr	13 Su	13 We	13 Sa	13 Mo	13 Th	13 Sa
14 Tu	14 Fr	14 Fr <small>NAPLAN</small>	14 Mo	14 We	14 Sa	14 Mo	14 Th	14 Su	14 Tu	14 Fr	14 Su
15 We	15 Sa	15 Sa	15 Tu	15 Th	15 Su	15 Tu	15 Fr	15 Mo	15 We	15 Sa	15 Mo
16 Th	16 Su	16 Su	16 We	16 Fr	16 Mo	16 We	16 Sa	16 Tu	16 Th	16 Su	16 Tu
17 Fr	17 Mo <small>WB Swim Noms Due</small>	17 Mo <small>NAPLAN</small>	17 Th	17 Sa	17 Tu	17 Th	17 Su	17 We	17 Fr	17 Mo	17 We
18 Sa	18 Tu	18 Tu <small>NAPLAN</small>	18 Fr <small>Easter</small>	18 Su	18 We	18 Fr	18 Mo	18 Th	18 Sa	18 Tu	18 Th
19 Su	19 We <small>HBD Cluster 1 Trials</small>	19 We <small>NAPLAN</small>	19 Sa <small>Easter</small>	19 Mo	19 Th <small>HBD 13-14yrs Girls</small>	19 Sa	19 Tu	19 Fr	19 Su	19 We	19 Fr
20 Mo	20 Th	20 Th <small>NAPLAN</small>	20 Su <small>Easter</small>	20 Tu	20 Fr	20 Su	20 We	20 Sa	20 Mo	20 Th	20 Sa
21 Tu	21 Fr	21 Fr <small>NAPLAN</small>	21 Mo <small>Easter</small>	21 We	21 Sa	21 Mo <small>HBD Athletics Noms Due</small>	21 Th <small>WB Cluster 4 Trials</small>	21 Su	21 Tu	21 Fr	21 Su
22 We	22 Sa	22 Sa	22 Tu	22 Th	22 Su	22 Tu	22 Fr <small>WB Cluster 4 Trials</small>	22 Mo	22 We	22 Sa	22 Mo
23 Th	23 Su	23 Su	23 We	23 Fr <small>Show Holiday</small>	23 Mo	23 We <small>HBD Cluster 4</small>	23 Sa	23 Tu	23 Th	23 Su	23 Tu
24 Fr	24 Mo	24 Mo	24 Th <small>WB Girls Rugby 7's</small>	24 Sa	24 Tu	24 Th	24 Su	24 We	24 Fr	24 Mo	24 We
25 Sa	25 Tu	25 Tu <small>HBD Swimming</small>	25 Fr <small>ANZAC DAY</small>	25 Su	25 We	25 Fr	25 Mo <small>WB Track & Field</small>	25 Th	25 Sa	25 Tu	25 Th <small>Christmas Day</small>
26 Su	26 We <small>HBD Cluster 2 Trials</small>	26 We	26 Sa	26 Mo	26 Th	26 Sa	26 Tu <small>WB Track & Field</small>	26 Fr	26 Su	26 We	26 Fr
27 Mo <small>Australia Day</small>	27 Th	27 Th <small>WB Cluster 2 Trials</small>	27 Su	27 Tu	27 Fr	27 Su	27 We	27 Sa	27 Mo	27 Th	27 Sa
28 Tu	28 Fr	28 Fr	28 Mo	28 We	28 Sa	28 Mo	28 Th	28 Su	28 Tu	28 Fr	28 Su
29 We		29 Sa	29 Tu <small>HBD Cross Country Noms</small>	29 Th	29 Su	29 Tu <small>HBD Athletics</small>	29 Fr	29 Mo	29 We	29 Sa	29 Mo
30 Th		30 Su	30 We	30 Fr	30 Mo	30 We <small>HBD Athletics</small>	30 Sa	30 Tu	30 Th	30 Su	30 Tu
31 Fr		31 Mo		31 Sa		31 Th	31 Su		31 Fr		31 We

Appendix 2: 2025 WIDE BAY and QUEENSLAND SCHOOL SPORT CALENDAR

Sport	Age Division	Gender	Regional Trials Start Date	Regional Trials Finish Date	Regional Trials Host District	Regional Trials Venue	State Championships Start Date	State Championships Finish Date	State Championships Host Region	State Championships Venue
AFL	13-15 Yrs	Boys	Thursday, 03 April	Thursday, 03 April	Gympie	x Mile Oval (Gympie Cats AFL Ground	Thursday, 22 May 2025	Sunday, 25 May 2025	WB	Bombers + Bay Power AFL, Hervey Bay
AFL	13-15 Yrs	Girls	Thursday, 03 April	Thursday, 03 April	Hervey Bay	Hervey Bay Bombers Oval	Thursday, 22 May 2025	Sunday, 25 May 2025	WB	Bombers + Bay Power AFL, Hervey Bay
AFL	16-18 Yrs	Boys	Thursday, 03 April	Thursday, 03 April	Gympie	x Mile Oval (Gympie Cats AFL Ground	Sunday, 22 June 2025	Wednesday, 25 June 2025	PEN	Cazalys + Watson Ovals, Cairns
AFL	16-18 Yrs	Girls	Thursday, 03 April	Thursday, 03 April	Hervey Bay	Hervey Bay Bombers Oval	Sunday, 22 June 2025	Wednesday, 25 June 2025	PEN	Cazalys + Watson Ovals, Cairns
Aquathlon (Multi-Class)	13-19 Yrs	Boys & Girls	Held in 2024 (29/09/24)		Hervey Bay	Torquay Beach, Hervey Bay	Saturday, 15 February 2025	Saturday, 15 February 2025	WB	Torquay Beach, Hervey Bay
Basketball	13-16 Yrs	Boys & Girls	Thursday, 27 March	Thursday, 27 March	Hervey Bay	BOYS - Urangan SHS + GIRLS - FCAI	Thursday, 5 June 2025	Sunday, 8 June 2025	CAP	Mackay Multi-Sports Stadium
Basketball	17-19 Yrs	Boys & Girls	Thursday, 27 March	Thursday, 27 March	Hervey Bay	BOYS - Urangan SHS + GIRLS - FCAI	Thursday, 8 May 2025	Sunday, 11 May 2025	PEN	Cairns Basketball
Cricket	13-14 Yrs	Boys	Thursday, 21 August	Thursday, 21 August	South Burnett	Murgon Showgrounds, Murgon	Monday, 01 December 2025	Friday, 05 December 2025	CAP	TBC
Cricket	13-14 Yrs	Girls	Thursday, 21 August	Thursday, 21 August	South Burnett	Murgon Showgrounds, Murgon	Monday, 03 November 2025	Thursday, 06 November 2025	CAP	Rockhampton Cricket Grounds
Cricket	15-19 Yrs	Boys	Friday, 22 August *	Friday, 22 August	South Burnett	Murgon Showgrounds, Murgon	Monday, 3 March 2025	Thursday, 6 March 2025	MW	Ivor Marsden Complex - Amberley
Cricket	15-19 Yrs	Girls	Thursday, 21 August *	Thursday, 21 August	South Burnett	Murgon Showgrounds, Murgon	Monday, 10 March 2025	Thursday, 13 March 2025	WB	Kendall Flats, Bundaberg
Cross Country	10-19 Yrs	Boys & Girls	Tuesday, 03 June	Tuesday, 03 June	North Burnett	Gayndah Golf Club	Friday, 18 July 2025	Sunday, 20 July 2025	MN	St Paul's School, Bald Hills
Football	13-15 Yrs	Boys	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Kingaroy Junior Soccer Field, Oliver Bend St, Kingaroy	Sunday, 27 April 2025	Wednesday, 30 April 2025	PEN	Marlin Coast Rangers FC, Trinity Beach
Football	16-19 Yrs	Boys	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Kingaroy Junior Soccer Field, Oliver Bend St, Kingaroy	Sunday, 27 April 2025	Wednesday, 30 April 2025	PEN	Marlin Coast Rangers FC, Trinity Beach
Football	13-15 Yrs	Girls	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Kingaroy Junior Soccer Field, Oliver Bend St, Kingaroy	Thursday, 15 May 2025	Sunday, 18 May 2025	SOUTH	Hunt Park (Musgrave FC & Legends FC) - Musgrave
Football	16-19 Yrs	Girls	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Kingaroy Junior Soccer Field, Oliver Bend St, Kingaroy	Thursday, 15 May 2025	Sunday, 18 May 2025	SOUTH	Hunt Park (Musgrave FC & Legends FC) - Musgrave
Futsal	13-14 Yrs	Boys & Girls	Friday, 22 August	Friday, 22 August	South Burnett	B - Kingaroy SHS + Girls - St Mary's College, Kingaroy	Tuesday, 07 October 2025	Friday, 10 October 2025	SOUTH	Coomera Indoor Stadium, Coomera
Futsal	15-16 Yrs	Boys & Girls	Friday, 22 August	Friday, 22 August	South Burnett	B - Kingaroy SHS + Girls - St Mary's College, Kingaroy	Tuesday, 07 October 2025	Friday, 10 October 2025	SOUTH	Coomera Indoor Stadium, Coomera
Golf	10-19 Yrs	Boys & Girls	Thursday, 03 April	Thursday, 03 April	Gympie	Gympie Golf Club	Sunday, 22 June 2025	Wednesday, 25 June 2025	MW	Gailes Golf Club
Hockey	13-15 Yrs	Boys	Thursday, 27 March	Thursday, 27 March	Hervey Bay	Hervey Bay Hockey Fields	Sunday, 18 May 2025	Wednesday, 21 May 2025	NDR	Townsville Hockey, Annandale
Hockey	13-15 Yrs	Girls	Thursday, 27 March	Thursday, 27 March	Maryborough	Maryborough Hockey Fields	Thursday, 29 May 2025	Sunday, 1 June 2025	SOUTH	Gold Coast Hockey Centre
Hockey	16-19 Yrs	Boys	Thursday, 27 March	Thursday, 27 March	Hervey Bay	Hervey Bay Hockey Fields	Sunday, 18 May 2025	Wednesday, 21 May 2025	NDR	Townsville Hockey, Annandale
Hockey	16-19 Yrs	Girls	Thursday, 27 March	Thursday, 27 March	Maryborough	Maryborough Hockey Fields	Thursday, 29 May 2025	Sunday, 1 June 2025	SOUTH	Gold Coast Hockey Centre
Netball	13-15 Yrs	Girls	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Kingaroy Netball Courts, Fisher St, Kingaroy	Wednesday, 14 May 2025	Saturday 17 May, 2025	ME	Nissan Arena
Netball	16-19 Yrs	Girls	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Kingaroy Netball Courts, Fisher St, Kingaroy	Wednesday, 14 May 2025	Saturday 17 May, 2025	ME	Nissan Arena
Rugby League	13-14 Yrs	Girls	Friday, 01 August	Friday, 01 August	Maryborough	TBC	Monday, 15 September 2025	Thursday, 18 September 2025	NDR	Townsville Sports Precinct, North Ward
Rugby League	14-15 Yrs	Boys	Tuesday, 11 March	Tuesday, 11 March	Gympie	Albert Park, Gympie	Saturday, 17 May 2025	Tuesday, 20 May 2025	CAP	Marley Brown Oval, Gladstone
Rugby League	16-18 Yrs	Boys	Tuesday, 11 March	Tuesday, 11 March	Gympie	Albert Park, Gympie	Saturday, 17 May 2025	Tuesday, 20 May 2025	CAP	Marley Brown Oval, Gladstone
Rugby League	15-16 Yrs	Girls	Tuesday, 11 March	Tuesday, 11 March	Gympie	Albert Park, Gympie	Thursday, 8 May 2025	Sunday, 11 May 2025	SOUTH	Burleigh Bears Seniors + Cbus Stadium
Rugby League	17-18 Yrs	Girls	Tuesday, 11 March	Tuesday, 11 March	Gympie	Albert Park, Gympie	Thursday, 8 May 2025	Sunday, 11 May 2025	SOUTH	Burleigh Bears Seniors + Cbus Stadium
Rugby 7's	15-16 Yrs	Girls	Thursday, 24 April	Thursday, 24 April	Maryborough	Maryborough SHS	Friday, 6 June 2025	Sunday, 8 June 2025	DD	Highfields Sport & Recreation Park
Rugby 7's	17-19 Yrs (Invitational)	Girls	Thursday, 24 April	Thursday, 24 April	Maryborough	Maryborough SHS	Friday, 6 June 2025	Sunday, 8 June 2025	DD	Highfields Sport & Recreation Park
Rugby Union	14-15 Yrs	Boys	Thursday, 27 March	Thursday, 27 March	Bundaberg	St Luke's Anglican School	Thursday, 24 July 2025	Sunday, 27 July 2025	MN	Padua College Playing Fields
Rugby Union	17-18 Yrs	Boys	Thursday, 27 March	Thursday, 27 March	Bundaberg	St Luke's Anglican School	Thursday, 22 May 2025	Sunday, 25 May 2025	NDR	Townsville Sports Precinct, North Ward
Softball	13-19 Yrs	Boys & Girls	Tuesday, 11 March	Tuesday, 11 March	Bundaberg	Across the Waves Softball Fields	Wednesday, 26 March 2025	Saturday, 29 March 2025	ME	Redlands Softball Association
Squash	10-19 Yrs	Boys & Girls	Thursday, 03 April	Thursday, 03 April	Bundaberg	Across the Waves Softball Fields	Thursday, 22 May 2025	Sunday, 25 May 2025	MW	Acacia Ridge Squash - Acacia Ridge
Surfing	13-19 Yrs	Boys & Girls	Thursday, 03 April	Thursday, 03 April	Rainbow Beach	Rainbow Beach	Thursday, 31 July 2025	Sunday, 3 August 2025	SUNC	Tickle Park, Coolom Beach
Swimming	13-19 Yrs	Boys & Girls	Monday 17 February	Monday 17 February	Nominated Time	WBSS (QR Code)	Wednesday, 26 March 2025	Friday, 28 March 2025	DD	Sleeman Aquatic Centre, Chandler
Tennis	13-19 Yrs	Boys & Girls	Wednesday, 12 February	Wednesday, 12 February	Maryborough	Maryborough & District Junior Tennis Association	Monday, 10 March 2025	Thursday, 13 March 2025	ME	University of Queensland, St Lucia
Touch	13-15 Yrs	Boys & Girls	Thursday, 03 April	Thursday, 03 April	Hervey Bay	Hervey Bay Sports Club (Tavistock St	Thursday, 12 June 2025	Sunday, 15 June 2025	ME	Redlands Touch Association, Cleveland
Touch	16-18 Yrs	Boys & Girls	Thursday, 03 April	Thursday, 03 April	Hervey Bay	Hervey Bay Sports Club (Tavistock St	Thursday, 12 June 2025	Sunday, 15 June 2025	ME	Redlands Touch Association, Cleveland
Track & Field	13-19 Yrs	Boys & Girls	Monday, 25 August	Tuesday, 26 August	Bundaberg	Bundaberg Athletics Facility	Thursday, 16 October 2025	Sunday, 19 October 2025	NDR	Townsville Sports Precinct, North Ward
Triathlon	13-19 Yrs	Boys & Girls	Held in 2024		Hervey Bay	Torquay Beach, Hervey Bay	Thursday, 13 February 2025	Saturday, 15 February 2025	WB	Torquay Beach, Hervey Bay
Volleyball	13-15 Yrs	Boys & Girls	Tuesday, 11 March	Tuesday, 11 March	South Burnett	Murgon SHS Indoor Sports Centre	Sunday, 27 April 2025	Wednesday, 30 April 2025	SUNC	Caloundra Indoor Stadium
Volleyball	16-19 Yrs	Boys & Girls	Tuesday, 11 March	Tuesday, 11 March	Gympie	Gympie SHS Gym	Thursday, 8 May 2025	Sunday, 11 May 2025	MN	Boondall Entertainment Centre

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

AFL

Sport Overview:	Xavier offers participation in AFL through various local and regional school-based AFL competitions. Students also have opportunities to progress to representative teams, through our district and Wide Bay trials.
Coach/Manager:	Mr Paul Damms: pdamms@bne.catholic.edu.au Mr Ashley Humphries: ashley.humphries@bne.catholic.edu.au
Major Competitions:	2024 AFLQSCUP: knockout competition with potential Xavier teams including: <ul style="list-style-type: none"> - Junior Female: Grades 7-9 (16-a-side) - Junior Male: Grades 7-9 (18-a-side) - Senior Female: Grades 10-12 (16-a-side) - Senior Male: Grades 10-12 (18-a-side)
Estimated Costs:	2024 AFLQSCUP: travel costs only
Uniform Information:	Playing strips provided by the College. Students would need to purchase Xavier Football socks (\$7.50) from the uniform shop.
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Teams would likely train once to twice a week during lunchtimes in the lead up to this competition.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

BASKETBALL

Sport Overview:	Xavier competes in the Fraser Coast Schools Competition that takes place typically Thursday afternoons in Term 3. This Competition offers divisions for Open Girls, Years 7-10 Boys & Open Boys. With the growing participation of Basketball at Xavier, an opportunity to participate in The Champion Basketball School of QLD (CBSQ Tournament), is an option.
Coach/Manager:	Mr Ashley Humphries: ashley.humphries@bne.catholic.edu.au Mr Tom Riggs: thomas.riggs@bne.catholic.edu.au
Major Competitions:	Fraser Coast Inter-school Basketball: Usually 8 weeks in Term 3. Games are typically Thursday afternoons at HBSHS. Juniors & Open Girls from 3:45pm and Open Boys from 4:30pm. CBSQ Tournament: Term 3, Qualifying Tournament September Holidays, CBSQ Tournament
Estimated Costs:	Fraser Coast Inter-School Basketball: \$10 to cover costs of finalist's medallions and refs. CBSQ Tournament: \$500-600 (<i>rough estimate</i>) This would cover Accommodation, transport, food, nomination fee etc.
Uniform Information:	Compulsory Items: School jerseys are provided. Non-compulsory Items: In the past the Senior Boys have negotiated a jersey and shorts to keep at a cost of \$50. This can be negotiated for all teams; however all players must be in agreeance. Grey hoodie (\$46).
Player Selection Process:	Usually, a Player Selection Process is needed to select teams. This occurs towards the end of Term 1, early Term 2.
Training:	Typically, all teams train once a week on Tuesday mornings (7:00am – 8:15am) starting Term 2. Training is compulsory and students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

CRICKET

Sport Overview:	Xavier has traditionally competed at a very high level in this competition, with several appearances at Southern QLD Finals Days. Matches take place throughout the year however it is a knockout competition, meaning one loss is the end of the season. This Competition offers divisions for Intermediate Female (Yr 7-9), Intermediate Male (Yr 7-9) and Senior Male (Yr 7-12).
Coach/Manager:	Mrs Simone Collins: skcollins@bne.catholic.edu.au Mr Tom Riggs: thomas.riggs@bne.catholic.edu.au
Major Competitions:	T20 State Challenge: Knockout Competition. 1 st Round – Hervey Bay 2 nd Round – Maryborough Regional Final – Gympie / Bundaberg / Maryborough. South QLD Finals – Brisbane / Sunshine Coast. Finals – Brisbane (Alan Border Field).
Estimated Costs:	T20 State Challenge: As this is a knockout competition fees are calculated per game. Round 1 fixture is usually \$12 Approx. Round 2 \$18 Approx. Subsequent rounds are \$25 approx. These costs cover team nomination, grounds fees when required, and ball costs.
Uniform Information:	Compulsory Items: Cricket White Pants. Non-compulsory Items: XCC XI Personally numbered Xavier Baggy (\$35.50).
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Typically, training is challenging with no net facilities on campus. We will negotiate lunch time fielding drills, and afternoon net sessions as required. Training is compulsory and students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

EQUESTRIAN

Sport Overview:	Xavier competes in both official and unofficial interschool competitions. The unofficial competition is held at Maryborough each year in Mid-August and hosted by Riverside Christian College. Official Interschool Events are held by members of Equestrian Queensland Interschool at a variety of places including Gympie, Brisbane, Toowoomba, Sunshine Coast and Pomona. In 2024 Interschool state titles will be held on 26 th – 30 th June in Toowoomba and all students who achieve qualifiers are welcome to attend. To participate in Official Interschool Equestrian competitions, students must be members of Equestrian Australia. Those students who wish to compete at state titles must also ensure their horses have full registration at Equestrian Queensland. Due to health and safety concerns all students must be accompanied by a parent or caregiver to all events. All members of the equestrian team must have access to their own horses.
School Contact	Miss Ashleigh Flesser: aflesser@bne.catholic.edu.au
Major Competitions:	Wide Bay Regional Championships: 1 – 3 March, Dundowran Equestrian Park EQ Interschool Showjumping: 27 April, Gympie Showgrounds EQ Interschool State Championships: 26 – 30 June, Toowoomba Showgrounds
Estimated Costs:	Interschool competitions costs are determined by the hosting school. Stabling ranges from \$15 per day at Maryborough to \$50 per day at QSEC. Event costs vary.
Uniform Information:	Compulsory Items: Beige and/or white Jodphurs, White shirt, Black/brown Tall Boots or riding boots and chaps, Australian approved helmet. Saddle cloths and equestrian uniforms will be distributed at competitions.
Selection Process:	All students are welcome to participate in equestrian events. However students must have their own horse. Transport may be available with other students travelling to the event.
Training:	Staff at Xavier are not qualified to provide training for equestrian events. However we would recommend that all riders attend clinics and become members of local riding organisations such Fraser Coast Horse Trials, Hervey Bay Active Riders, Hervey Bay or Maryborough Pony Clubs where they receive regular instruction by qualified and insured instructors.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

FUTSAL

Sport Overview:	Futsal is five a side indoor soccer. It is a fast-paced game that is complementary to outdoor soccer in terms of skills development. Possible divisions include (13, 14, 16 and Open Girls) and (13, 14, 16 and Open Boys)
Coach/Manager:	Mr Denys Legg: dlegge@bne.catholic.edu.au
Major Competition:	Fraser Coast School Titles: 3 rd – 11 th March (one day competition)
Estimated Costs:	Approx \$25 per player for the local competition day
Uniform Information:	Compulsory Items: Shin pads; non-slip flat soled shoes; Xavier football socks.
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Lunch times as required. Training is compulsory, students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

HOCKEY

Sport Overview:	Traditionally we have entered an Open Boys and an Open Girls team in a local Wide Bay competition. Our teams have always been quite successful in this sport.
Coach/Manager:	Ms Lynette Pritchard: lynette.pritchard@bne.catholic.edu.au
Major Competitions:	<p>Wide Bay Schools Hockey Cup: Usually held in Week 3 Term 3 held at either Hervey Bay, Maryborough or Gympie hockey fields. If it is in Maryborough or Gympie we travel by bus. 1 day carnival.</p> <p>QLD All Schools Hockey Cup: Usually held in Toowoomba in Term 4 (October). Dates TBC. Student travel and accommodation will be with the team. Travel and accommodation TBC.</p>
Estimated Costs:	<p>Wide Bay Schools Hockey: \$40 includes bus costs, turf fees, 1st aid and referees.</p> <p>QLD All Schools Hockey Cup: TBC – Dependant on travel, accommodation and team registration fees.</p>
Uniform Information:	<p>Compulsory Items: playing socks and shorts. These do not need to be purchased each year if a student already has one. Students should also have their own protective equipment e.g. mouthguard, shin pads. Shirts will be provided.</p> <p>Non-compulsory Items: grey hoodie (\$46), visor (\$12), cap (\$19), bag (\$38.50), backpack (\$33.50)</p>
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Training isn't required for the Wide Bay Schools Hockey Cup. However, a weekly training will be required if we compete at Qld All Schools Hockey Cup beginning in Term 3. Training times TBC. Training is compulsory and students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

NETBALL

Sport Overview:	Xavier has a long history of successful netball representation. Throughout the year, the college is represented several times, through: entering three local competitions, the major Queensland Independent Secondary School Netball Competition (QISSN), and a few friendly games against other local Catholic schools. For this first time this year we will be looking to enter a Boys Team into QISSN which is an exciting step forward for Xavier Netball.
Coach/Manager	Mr Chris Relf: crelf@bne.catholic.edu.au Mrs Bridget Moloney: bridget.moloney@bne.catholic.edu.au
Major Competitions	<ul style="list-style-type: none"> • Fast 5: An all-day Friday event held in March at Fraser Coast Anglican College. Minimal cost if any. Own transportation to and from venue required. School Netball uniforms will be worn. Only 7 girls selected to represent a middle and senior team. • Vicki Wilson Cup: A one-day regional competition held in Term 2, likely in Bundaberg. This could lead to representation in Brisbane on the 5th – 6th August. Year 7-9 Girls, Open Girls QISSN and Open Boys QISSN teams will represent Xavier. Minimal cost to cover umpires and uniforms will be either QISSN dresses (girls) QISSN Singlets (boys) or supplied uniforms. • QISSN: During the first week of July school holidays (25th - 30th June), a selected team of Xavier's best representative players will travel to Brisbane to play in the week-long competition. Uniform will have to be purchased at players own cost, accommodation for the week will be with the team, and the transport to and from the game will be with the team. There will also be compulsory team fund raising to assist with keeping the cost of this trip manageable for families.
Estimated Costs:	<p>Fast 5: \$10 includes team entry and referees.</p> <p>Interschool: \$10 includes team entry fees and referees.</p> <p>Vicki Wilson: \$10 includes team entry fees and referees.</p> <p>QISSN: <\$800 includes nomination costs, accommodation, travel, meals for 6 days.</p>
Uniform Information:	TBA
Player Selection Process:	Player Selections for QISSN will take place early in the year. A QISSN team will be initially named, and the senior and middle teams for the other competitions will be named a few weeks before the event. Times for trials will be advised through emails.
Training:	Starting in Term 1, the QISSN team will train one morning a week (TBA), from 7am to 8am. Leading up to major competitions, teams may have some extra lunch time trainings. Training is compulsory, and students are expected to advise their coach (preferably verbally) if they are unable to make training. Training for other teams and competitions will be advised by coaches closer to competition dates.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

OZ TAG

Sport Overview:	Oztag is a rapidly expanding sport within the college both within the primary and secondary areas. Where possible, the College will field teams in all ages groups from Year 4 and up depending on interest shown. Each team has its own coach. Mrs Kath Thompson is the Oztag Manager (kathryn.thompson@bne.catholic.edu.au)
Coach/Manager:	Mrs Kathryn Thompson: kathryn.thompson@bne.catholic.edu.au Mr Michael Thompson: michael.thompson@bne.catholic.edu.au
Major Competitions:	QLD Oztag All Schools Tournament Sunshine Coast: Friday 25 July to Sunday 27 July Over 150 teams from 55+ schools will attend the event on the Sunshine Coast in 2024 Students travel and accommodation is private arrangements, organised by accompanying parents.
Estimated Costs:	QLD Oztag All Schools Tournament Sunshine Coast TBA
Uniform Information:	Compulsory Items: personalised playing shirt, Oztag pants (girls), shorts (boys), playing socks total cost is approximately \$90 own cost for football boots Non-compulsory Items: grey hoodie (\$46), visor (\$12), cap (\$19), bag (\$38.50), backpack (\$33.50)
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Training will be negotiated between coaches and their team. Training is compulsory and students are expected to advise their coach (preferably verbally) if they are unable to attend training.



Specific Team Sport Information

XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

RUGBY LEAGUE

Sport Overview:	Xavier has grown to be a powerhouse in rugby league in the Fraser Coast region. The College enters multiple teams into local school-based competitions throughout the year: 13 Girls, 13 Boys, 15 Girls, 15 Boys, Open Girls, Open Boys. This is complemented by the sought after 'Confro' tour and Karyn Murphy Cup for girls.
Coach/Manager:	Mr Tony McQuaid : tmcquaid@bne.catholic.edu.au Mr Neil Feather: nfeather@bne.catholic.edu.au Miss Ashleigh Flesser: aflesser@bne.catholic.edu.au
Major Competitions:	Broncos Challenge: Wednesday afternoons/nights between March and May. Matches played in either Maryborough or Hervey Bay culminating in finals in mid May. Teams can progress to regional and state-wide knockout competitions. Confraternity Shield: The largest schoolboy competition in Australia played in first week of June/July holidays. 6 matches. Held at different colleges around QLD, Confro is a week-long tour open to boys turning 16 or older. Players travel and stay together for the duration of the tour including rest day. Karyn Murphy Cup: A rugby league pathway for female players and teams. Teams nominated by schools and progress through local gala days to state-wide knock-out competition.
Estimated Costs:	Broncos Challenge/Karyn Murphy Cup: \$30, includes transport, training supplies, 1 st aid and referees. Confraternity Shield: \$700 includes travel, accommodation, meals, team entry fees, 1 st aid and playing kit (players keep)
Uniform Information:	Compulsory Items: Shorts (boys), playing socks. These do not need to be purchased each year. Confraternity: Players design & purchase kit to keep (approx. \$140) incl. jersey, shorts, socks, polo & training singlet. All players MUST wear a suitable mouthguard.
Player Selection Process:	Broncos Challenge/Karyn Murphy: Open to all students subject to training attendance. Confraternity: Squad of 20 selected by coaching staff. Final squad selected at the end of Broncos Challenge based on playing performance and commitment to training.
Training:	Typically, all teams train once a week on Tuesday mornings (7:00am – 8:00am) starting early Term 1. Leading up to major competitions (eg Confro), teams may train twice a week (Tuesday and Thursday mornings). Training is compulsory, and students must advise their coach (preferably verbally) if they are unable to attend. Players to attend all team meetings requested by staff.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

RUGBY UNION

Sport Overview:	Xavier has a strong tradition in Rugby Union and in more recent years has moved towards Rugby 7s. The College enters multiple teams into a local based competition (FCAC 7s): 13 Boys, 15 Boys, Open Boys and in some years, we have also entered some girls teams.
Coach/Manager	Mr Reagen Collier: recollier@bne.catholic.edu.au
Major Competitions:	FCAC 7s: Usually in week 8, Term 1, local school FCAC hosts a weekend 7's rugby carnival.
Estimated Costs:	FCAC 7's: \$250 team nomination, which is shared between the 12 players i.e. \$20 per player.
Uniform Information:	Compulsory Items: students are to wear their school uniform to and from the tournament. There is no need to purchase jerseys for the tournament, however we do encourage students to purchase the football playing shorts (boys) & playing socks. These do not need to be purchased each year.
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Typically, all students train together during the lunch breaks leading up to the tournament in Week 7. As the training sessions are during school time, training is compulsory and students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

FOOTBALL (SOCCER)

Sport Overview:	With the inaugural Hervey Bay Challenge Cup occurring in 2019 with great success, it is pleasing to now see opportunities for boys and girls of all ages in secondary to compete in inter-school soccer competitions.
Coach/Manager:	Mr Denys Legg: dlegge@bne.catholic.edu.au
Major Competition:	<p>Bill Turner Soccer is an Under 15 Nation Wide knock out competition played in Term 2 and 3 of the year. It is for U15 boys and girls.</p> <p>Hervey Bay Challenge Cup occurs in Term 4 with games played on Wednesday afternoons at the sports precinct for the following teams:</p> <ul style="list-style-type: none"> - Year 7-9 Girls - Year 7-9 Boys - Year 10-12 Girls - Year 10-12 Boys
Estimated Costs:	Approx \$10 per player plus travel costs depending on success at the local level.
Uniform Information:	Compulsory Items: Shin pads; Football boots; Xavier football socks.
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Lunch times as required. Training is compulsory, students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

LIFESAVING

Sport Overview:	This sport and the associated championships offer students who are not in a Surf Life Saving Club, opportunities to engage in surf lifesaving events. The emphasis is on participation and teamwork given the nature of the events on offer. Whilst it is not a requirement to be a current member of SLS Australia all students are welcome to attend!
Competition:	Wide Bay Surf Life Saving Championships, Bargara – during the last week of term 3
Estimated Costs:	Nomination fee approx. \$10 and transport \$10
Uniform Information:	TBA
Player Selection:	All students with interest and ability are welcome to participate in this event. Surf Lifesaving experience is not necessary for some events.
Training:	It is anticipated to compete at this event you would be able to compete in a variety of events including beach relays and flags. Optional events are swimming and Cameron relays (conditions apply). An adequate level of fitness would be expected to compete and specifically in certain events.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

TOUCH FOOTBALL

Sport Overview:	Xavier has a strong tradition in Touch Football. The College enters multiple teams into 3 major school-based competitions throughout the year: 13 Girls, 13 Boys, 15 Girls, 15 Boys, Open Girls, Open Boys.
Coach/Manager:	Mrs Simone Collins: skcollins@bne.catholic.edu.au Miss Ashleigh Flessler: aflessler@bne.catholic.edu.au
Major Competitions:	Wide Bay All Schools: held on a Thursday 1 st week of September in Bundaberg QLD All Schools: Wednesday 8 th to Sunday 12 th October held in Gold Coast. Note: 13yrs Girls & Boys and 15yrs Girls & Boys compete Wednesday to Friday and Open Boys & Girls compete Friday to Sunday. Students travel and accommodation is private arrangements, organised by accompanying parents.
Estimated Costs:	Wide Bay All Schools: \$45 includes bus costs, team entry, 1 st aid and referees. QLD All Schools: \$60 includes team entry fees, 1 st aid and referees.
Uniform Information:	Compulsory Items: personalised playing singlet, shorts, playing socks, polo shirt. These do not need to be purchased each year. If a student requires all these items, total cost is ~\$110 Non-compulsory Items: grey hoodie (\$46), visor (\$12), cap (\$19), bag (\$38.50), backpack (\$33.50)
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	Typically, all teams train once a week on Thursday mornings (7:15am – 8:15am) starting mid Term 2. Leading up to major competitions, teams train twice a week (Tuesday and Thursday mornings). Training is compulsory and students are expected to advise their coach (preferably verbally) if they are unable to make training.

Appendix 3: Specific Team Sport Information



XAVIER CATHOLIC COLLEGE 2025 INTERSCHOOL SPORT

VOLLEYBALL

Sport Overview:	Dependant on numbers at sign-up, Xavier is hopeful of having some volleyball teams in 2024. There is both regional and state level interschool competitions available.
Coach/Manager:	Mr Denys Legg: dlegge@bne.catholic.edu.au Mr Paul Damms: pdamms@bne.catholic.edu.au
Major Competitions:	Regional Challenges: 3 divisions... Intermediate – Term 2 Senior – Term 3 Junior – Term 4
Estimated Costs:	To be advised
Uniform Information:	Xavier will supply playing singlets
Player Selection:	The need for a Player Selection Process is dependent on numbers on sign-on day.
Training:	It is hopeful, teams will train once a week either before school or during a lunch time.

Appendix 4: Supporting Documents for Player Selection Process

Winning versus Development Objectives (Horst Wein)

Good sport should **never** be sacrificed for winning at all costs. The following are guidelines aimed at making player development a priority. (Horst Wein, University Lecturer and coach from Germany)

Winning At All Costs	Player Development
If the more physically advanced players can guarantee a win, their behaviour and practice attendance are seen as less important than their performance.	Everyone is held to the same standard and given equal opportunity. Effort and behaviour on and off the field of play are key selection factors.
Underdeveloped, younger and less skilled players are forgotten.	Everyone has the right to play, regardless of physique and ability.
The focus on tactics is overemphasized.	Players can gain tactical experience in games.
Players must obey the coach's orders because winning is the only thing that matters.	A participatory environment is encouraged. The focus is less about winning, and more about improving performance.
Winning only happens when players are taught to be dishonest, create traps and deceive opponents and referees.	Win or lose, players are taught the values of sportsmanship, honesty and respect for rules.
Players do as the coach's game plan says, without any room for improvisation.	Improvisation, creativity and imagination from the players is encouraged by the coach.
Players specialize in their roles prematurely.	Coaches give the players the opportunity to experience different positions.
Some players aren't provided with opportunities to play.	Everyone plays, regardless of ability.
Physical skill is overemphasized because these factors get results most quickly.	Players gain coordination and the ability to play under different conditions when they are exposed to various competitions each season.
Younger players are prematurely exposed to competition that is not age-appropriate.	Younger players are exposed to age-appropriate competition (i.e. 3 vs. 3 for 6 yr. olds), which makes for a more efficient learning environment.
In the interest of winning, training relies primarily on traditional methods of teaching.	In the interest of understanding the game and making fewer mistakes, training emphasizes the discovery of skills and capacities in simplified games.
Everything connected to the sport is valued over the individual. Dubious behaviour is frequently accepted.	Priority is given to personal development through sport. Sport is regarded as "training for life".

Appendix 5: Supporting Documents for Player Selection Process

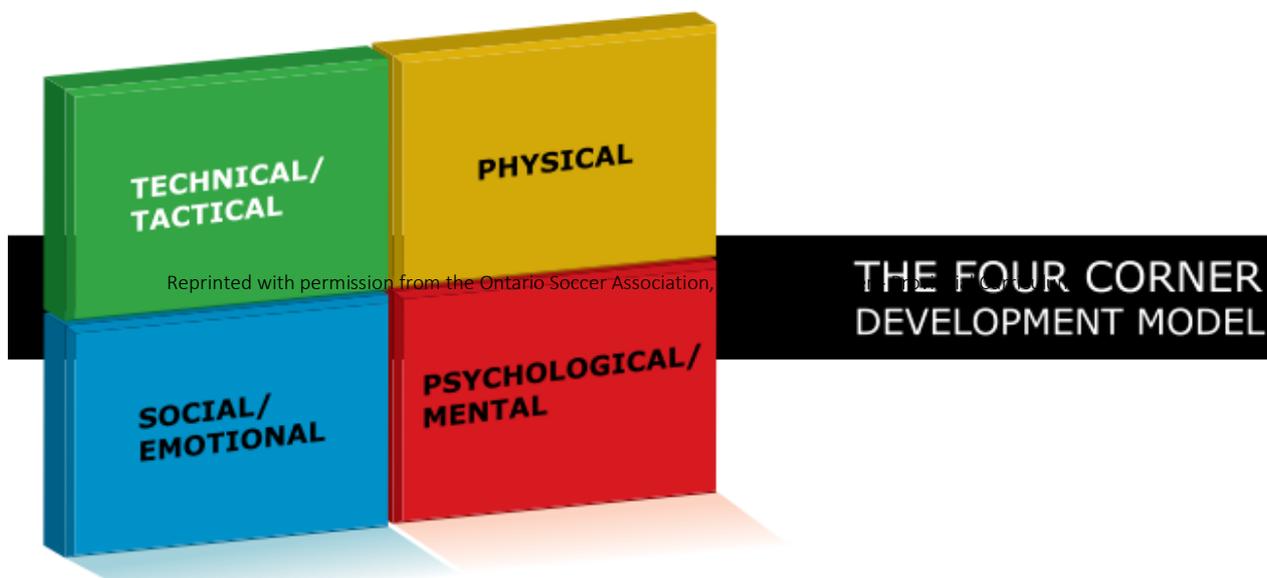
Four Corner Development Model (OSA)

The Four Corner Long-Term Player Development model consists of technical/tactical, psychological/mental, physical and social/emotional components. Each corner of the model reflects an aspect of a player's development that has to be considered. The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. The Four Corner approach ensures the sport experience meets the four key needs of the athlete.

Although priorities will vary during the player's different ages and phases of maturity, the model provides a basic framework for coaches to work within. In addition to the four main components, there are a number of additional 'contributions' from a large number of people, such as parents, teachers, schools and local clubs. The model is deliberately interlinked, which means that activity in any one corner will produce a reaction throughout all aspects of the model. For example, a practice technique may impact physical balance and co-ordination while producing increased confidence and enhanced social standing within the group. The key message to coaches is not to consider any of the program's aspects in isolation.

As the development pathway for individual players is unique and diverse, the needs of each player will ebb and flow in all of the four corners. And, whilst the need for added support for some players will be minimal, others will require much more applied and specific support.

A player's performance in practice and matches can be influenced by the following factors, nearly all of which need to be considered when forming an opinion of a player's progress and true ability: date of birth relative to the rest of the group; body type; adolescent growth spurt in all four corners; physical maturity; psychological maturity; social maturity; previous experience; opposition; position suitability; instructions given to the player; and recent playing activity.



Appendix 6: Supporting Documents for Player Selection Process

True Sport Principles

True Sport is... designed to give people the inspiration and means to leverage the many benefits of sport to instill character in our kids, strengthen our communities and increase our opportunities for excellence. It exists to not only create the right conditions for people to promote good sport in their community, but also to identify and connect with others looking to do the same.

Why True Sport... At the heart of True Sport is the belief that good sport can make a great difference. Good sport – sport that is values based and principle driven – often happens on its own; but too often it does not. True Sport exists to help individuals, communities and organizations make certain that good sport happens by design. People know what good sport looks like. They feel the buzz of excitement. They witness the camaraderie among children of all shapes and sizes. And they see the group dynamics of sport – and the competition that’s associated with it – bring individual behaviour, conduct and ethics continually into play.

True Sport recognizes that while good sport gives our kids joy, it also gives them opportunities to learn about themselves, about interacting with others and about the achievements and disappointments that are a natural part of life. True Sport seeks to help people to consistently create sport experiences that will teach the right lessons, celebrating physical and ethical achievements.

When good sport turns bad... Every child deserves the opportunity to experience sport that is pure, joyful and true. Every parent wants to see their child take part in sport that helps them discover their potential, teaches them to work well with others and compels them to be the best they can be. Whether we’re playing, coaching or just watching, we all know that when sport is good, it has a positive impact on us all.

But when sport becomes solely about winning, it turns bad. It becomes the premeditated check into the end boards. It becomes the calculated decision to sit less talented kids on the bench. It becomes the abusive coach, the argumentative parent, the bullying kid and the kid who drops out of sport prematurely because it stopped being fun. Competition and the desire to win are an important element of sport and what distinguishes it from pure exercise. However, when good sport is sacrificed for winning at all costs, we lose something special. But we don’t have to; True Sport can help our kids and our communities have the kind of sport experience they deserve and desire.

By promoting sport at its best — sport that is fair, excellent, inclusive, and fun — communities seize an opportunity to model positive values to citizens of all ages. When sport facilities are welcoming and safe, people feel good about sharing public space. When the contributions of volunteers, officials, coaches, and organizers are valued, people feel good about sharing their time and talent with their community. When ethical conduct is championed on the field, rink, and court, it reinforces honesty and respect in the classroom, in the workplace, and on the street.

Good sport can make a great difference... True Sport is not in the business of getting individuals to believe in the power and value of sport. They already believe. What they need, and what they have been asking for in ever-greater numbers, is a way to influence their sports community to safeguard and promote good sport. It is as if parents, coaches, officials and supporters lack the equipment to participate in a competition where the prize is the future of good sport. True Sport wants to give them that equipment.

True Sport is seeking to give individuals and communities the capacity to act on their positive beliefs about what good sport can do. We seek to instill character in our children, strengthen our communities and spur the healthy competition that makes athletes perform to the very highest standards. Taken together, these three areas create a powerful foundation from which good sport can be developed and thrive.

The True Sport Principles... True Sport is dedicated to the notion that good sport can make a great difference. It is our mission to deliver programs and initiatives that:

- Enable participants, parents, coaches and officials to articulate and act upon their deeply held belief in the virtues of good sport.
- Enable participants, parents, coaches and officials to identify with others holding similar values.

- Create a fair, safe and open atmosphere where good sport can grow stronger through inclusive competition at all levels.

To achieve these goals, we promote the following True Sport Principles, which represent a good sport experience. For sport to be truly good and have the opportunity to make the greatest difference, all seven of these principles need to be in play at all times, working in perfect balance with one another.

Go For It

Rise to the challenge – always strive for excellence. Discover how good you can be.

Play Fair

Play honestly – obey both the letter and spirit of the rules. Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field. Win with dignity and lose with grace.

Keep It Fun

Find the joy in sport. Keep a positive attitude both on and off the field.

Stay Healthy

Place physical and mental health above all other considerations – avoid unsafe activities. Respect your body and keep in shape.

Include Everyone

Share sport with others. Ensure everyone has a place to play.

Give Back

Find ways to show your appreciation for the community that supports your sport and helps make it possible.

The True Sport LTAD Matrix <https://truesportpur.ca/true-sport-ltad-matrix>

The True Sport LTAD Matrix identifies ethical literacy as a key component of the overall Sport for Life (S4L) LTAD model. It is based on the fundamental principles of True Sport and provides guidelines for developing ethical literacy in children and youth - an essential element of well-rounded athletes and citizens. This matrix is represented on the following two pages.

Appendix 6: Supporting Documents for Player Selection Process

The True Sport Long-Term Athlete Development Matrix

The True Sport Long-Term Athlete Development (LTAD) Matrix identifies ethical literacy as a key component of the overall Canadian Sport for Life (CS4L) LTAD model.

Sport is a valuable public asset, one that impacts the community as well as its citizens. When sport is done right, these impacts have the potential to extend well beyond the commonly recognized health benefits associated with sport, including putting children and youth on a positive life course, building stronger and more inclusive communities, and contributing to economic and environmental sustainability. These benefits are realized when sport is good – when it is value-based and principles-driven. In Canada, we call good sport True Sport.

If we want sport to live up to its potential, we need to be intentional about ensuring that it reflects our shared values, and that the sport environment is positive. We must be deliberate to ensure that sport is accessible, affordable, excellent, inclusive, fun and fair. True Sport and Long-Term Athlete Development provide the opportunity to exercise this intention – to transform our desire for good sport into action.

As coaches, teachers, administrators and parents, we need to look at the larger picture for Canadian sport. We want to develop athletes who can compete at all levels of the spectrum. We want to foster recognition of the value of lifelong participation and wellness. We also want to develop individuals with strong character, good morals and strong ethics who will contribute positively in sport and in their communities. Through the lens of the LTAD's athlete-centered approach, the True Sport Matrix provides guidelines to support this intention to develop well-rounded athletes and well-rounded citizens.

The True Sport Matrix is guided by the True Sport Principles – Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone and Give Back. The principles are simple enough to be understood at all stages of development. By living these principles, people can ensure that the benefits of sport such as the joy of achievement, the growth of community or the breaking down of social barriers will naturally flow. Although the True Sport Matrix has been created for coaches, whether you are a coach, volunteer, parent or athlete, it will inspire you to create ways to enhance ethical literacy at each stage of development.

Keep in mind that the True Sport Matrix is cumulative. Similar to physical literacy, ethical literacy progresses along the ages and stages of development whereby the ethical standards acquired in Active Start and Fundamentals are relevant and central to an athlete's ethical development throughout the rest of the stages.

Ethical Standards for all ages and stages

- When children are introduced to activity and sport appropriately, they will have the necessary motor skills and confidence (physical literacy) to remain Active for Life in virtually any sport they choose.
- Share the True Sport Principles and have all members of your group (participants, coaches, parents) sign the True Sport Declaration. Use these principles to help guide your programming decisions.
- By using the LTAD stages, participants can ensure that they have the physical, mental, technical and tactical knowledge they need to stay involved in sport and be active for life.
- Remember you are not only building athletes, you are shaping people.
- A positive experience in sport is the key to retaining athletes after they leave the competition stream. We call that experience... True Sport.



Stage 1: Active Start

Discovering Sport
(Girls 0-6, Boys 0-6)

Children should participate in stimulating activities and games that develop basic movement skills in a FUN atmosphere.

Stage 2: Fundamentals

Fundamental Movement Skills
(Girls 6-8, Boys 6-9)

Players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere.

Stage 3: Learning to Train

Fundamental Sport Skills
(Girls 8-11, Boys 9-12)

Players are introduced to disciplined training and begin to develop their understanding of principles of play alongside their skills practice.

Stage 4: Training to Train

Building Physical and Mental Capability
(Females 11-15, Males 12-16)

Skill training demands and training loads are increased to develop and refine skills. Tactics are also introduced and progressed.

Stage 5: Training to Compete

High Performance Sport
(Females 16-23, Males 15-21)

Players who are proficient in their skills are exposed to quality sport environments which extend their capabilities.

Stage 6: Training to Win

High Performance Sport
(Females 18+, Males 18+)

Players are training and competing at the highest level. The focus of training shifts to optimization of performance.

Active for Life

At any stage in the LTAD model, regardless of their level of ability, players may decide to play a sport as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.

Go For It

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

Play Fair

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

- Encourage lots of different unstructured activities to promote physical literacy.
- Teach fundamental movements through play and unstructured games.
- Create an enthusiasm for attempting new physical experiences by keeping it fun.
- Recognize active parental involvement and support as key.
- Reward and recognize effort.
- Use the Active for Life website for age-appropriate activities that will develop physical literacy.
- Emphasize equal participation for all. Focus on play rather than competition.
- Cultivate a sharing environment (e.g., people, equipment, attention, time).
- Teach listening skills through activities.
- Introduce sportsmanship (e.g., high fives for all, shaking hands).
- Introduce co-operative activities.
- Encourage young athletes to help put away equipment, toys and games.

- Teach the various fundamental movement skills and build overall motor skills.
- Encourage enrolment in multi-sport programs that offer a wide variety of different activities.
- Offer a variety of well-structured activities that develop basic skills.
- Continue to encourage all-round physical literacy.
- Become a trained or certified leader or coach for each stage of development.
- Continue to focus on effort, learning and skill development rather than outcome-focused games.
- Use process-driven activities, directing efforts towards goals.
- Introduce more complex games that increase problem-solving abilities.
- Ensure everyone participates equally at play, practice and competition.
- Have the participants play different positions and try different activities.
- Introduce simple rules.
- Begin to introduce concepts related to commitment (e.g., encourage participants to be responsible for their own equipment).
- Teach individual responsibilities.
- Appreciate that not everyone learns the same way or at the same pace.
- Introduce skills and activities that foster teamwork and cooperation.
- Have athletes take time to share and learn from their teammates to build observation and communication skills.
- Model good behaviour when athletes are playing (e.g., avoid yelling, respect officials, shake hands after the game).
- Differentiate between fairness and justice.
- Legitimize feelings and challenges.
- Ensure that athletes understand the importance of respecting their surroundings (e.g., pick up after themselves, do not damage facilities).

- Teach overall sport skills and avoid excessive single-sport training while refining fundamental movement skills.
- Focus on shaping positive attitudes towards winning and losing.
- Develop the ability to focus through skill-based drills.
- Begin to understand the pursuit of personal excellence.
- Foster an appreciation for work ethic and its contribution to outcomes. Highlight examples, reward effort over outcome, and model good behaviours.
- Cultivate a sense of responsibility by encouraging athletes to lead warm-ups and maintain their personal equipment, or by assigning tasks such as picking up cones and setting up/taking down equipment.
- Ensure everyone gets to participate. Opportunities to compete are earned through effort and commitment, not just ability.
- Play by the rules. Encourage ethical discussions by asking "What would you do if..."
- Demonstrate and reward sportsmanship by highlighting good examples of fair play and by discussing situations that are considered unfair.
- Introduce team-building exercises.
- Select players according to their behaviour both on and off the field of play.
- Demonstrate that actions have consequences, both good and bad.
- Define and demonstrate respect towards officials, players, coaches and parents.
- Teach players the values of sportsmanship, honesty, work ethic, respect for rules as well as loyalty to the team/club.
- Win with dignity and lose with grace. Celebrate and recognize athletes who demonstrate these principles.
- Encourage the expression of opinions in a respectful manner.

- Consolidate basic sport-specific skills and tactics.
- Teach coping mechanisms for the physical and mental challenges of competition.
- Recognize the value of winning and losing.
- Teach athletes to honour the game by giving their best.
- Use motivational techniques to achieve success, especially in the face of adversity.
- Begin to identify athletes that are showing a drive to win and could pursue a high-performance stream.
- Continue to foster personal motivation and encourage athletes to document personal and/or team goals.
- Play by the rules. Encourage reflection on personal actions as well as those of parents, coaches and teammates.
- Explore the concept of controlling emotions.
- Promote ethical choices (e.g., no bending the rules, no drug use, no cheap shots).
- Explore why cheating violates the integrity of the game. Use situations to help athletes evolve their decision-making.
- Make a Coaches Assessment Form available to parents.
- Encourage debate surrounding tactical sport strategy among athletes.
- Support discussions about moral or ethical issues through scenarios and role playing.
- Strive for good team chemistry and a positive interaction between everyone involved in the game (coaches, parents, officials).

- Athletes can begin to specialize in one sport and pursue an elite competitive stream.
- Provide year-round, high-intensity, individual event and position-specific training.
- Train athletes to peak for major competitions.
- Increase the emphasis on personal commitment to achieve individual and collective outcomes.
- Work with athletes to help them master the emotional elements of sport.
- Define excellence with athletes so they contribute to the shared objective.
- Provide training opportunities that maximize athletes' mental readiness (e.g., preparation, positive attitude, perception, concentration, control).
- Encourage elite athletes to pursue the most intense training suitable for winning performances.
- Encourage athletes to participate in a variety of goal-setting exercises to help them stay focused.
- Apply rules consistently (as an individual) and reason through your behaviour as well as the behaviour of athletes, parents, officials and colleagues.
- Channel emotional energy.
- Advocate drug-free sport, equity, fair play, safety and non-violence.
- Encourage athletes to be constructively critical of themselves and to use that energy positively.
- Make a Coaches Assessment Form available to athletes and parents.
- Speak out about social issues that matter to you and encourage athletes to do the same.

- Ensure that all children are given a solid foundation – technical, tactical, physical and mental – upon which to build their lifelong athletic abilities.
- Encourage participants to try new sports, stay involved and stay active, and always try to do their personal best.
- Promote playing by the rules. Teach and live them as a group, regardless of your role.
- Insist on respect for all at all times.
- Win with dignity and lose with grace.
- Reinforce positive behaviours that help build character and set standards.

The True Sport Long-Term Athlete Development Matrix

The True Sport Long-Term Athlete Development (LTAD) Matrix identifies ethical literacy as a key component of the overall Canadian Sport for Life (CS4L) LTAD model.

Sport is a valuable public asset, one that impacts the community as well as its citizens. When sport is done right, these impacts have the potential to extend well beyond the commonly recognized health benefits associated with sport, including putting children and youth on a positive life course, building stronger and more inclusive communities, and contributing to economic and environmental sustainability. These benefits are realized when sport is good – when it is value-based and principles-driven. In Canada, we call good sport True Sport.

If we want sport to live up to its potential, we need to be intentional about ensuring that it reflects our shared values, and that the sport environment is positive. We must be deliberate to ensure that sport is accessible, affordable, excellent, inclusive, fun and fair. True Sport and Long-Term Athlete Development provide the opportunity to exercise this intention – to transform our desire for good sport into action.

As coaches, teachers, administrators and parents, we need to look at the larger picture for Canadian sport. We want to develop athletes who can compete at all levels of the spectrum. We want to foster recognition of the value of lifelong participation and wellness. We also want to develop individuals with strong character, good morals and strong ethics who will contribute positively in sport and in their communities. Through the lens of the LTAD's athlete-centered approach, the True Sport Matrix provides guidelines to support this intention to develop well-rounded athletes and well-rounded citizens.

The True Sport Matrix is guided by the True Sport Principles – Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone and Give Back. The principles are simple enough to be understood at all stages of development. By living these principles, people can ensure that the benefits of sport such as the joy of achievement, the growth of community or the breaking down of social barriers will naturally flow. Although the True Sport Matrix has been created for coaches, whether you are a coach, volunteer, parent or athlete, it will inspire you to create ways to enhance ethical literacy at each stage of development.

Keep in mind that the True Sport Matrix is cumulative. Similar to physical literacy, ethical literacy progresses along the ages and stages of development whereby the ethical standards acquired in Active Start and Fundamentals are relevant and central to an athlete's ethical development throughout the rest of the stages.

Ethical Standards for all ages and stages

- When children are introduced to activity and sport appropriately, they will have the necessary motor skills and confidence (physical literacy) to remain Active for Life in virtually any sport they choose.
- Share the True Sport Principles and have all members of your group (participants, coaches, parents) sign the True Sport Declaration. Use these principles to help guide your programming decisions.
- By using the LTAD stages, participants can ensure that they have the physical, mental, technical and tactical knowledge they need to stay involved in sport and be active for life.
- Remember you are not only building athletes, you are shaping people.
- A positive experience in sport is the key to retaining athletes after they leave the competition stream. We call that experience... True Sport.



TRUE SPORT
lives here



Keep it Fun

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

Stage 1: Active Start
Discovering Sport
(Girls 0-6, Boys 0-6)
Children should participate in stimulating activities and games that develop basic movement skills in a FUN atmosphere.

- Use the CS4L/LTAD resources to ensure that physical activity skills and drills are fun and appropriate for this stage.
- Be creative in the use of equipment and of coaching/teaching methods.
- Teach parents, colleagues and administrators that by keeping it fun, kids will likely continue to stay involved in sport.
- Encourage parent-led activities.



Stay Healthy

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.

Stage 2: Fundamentals
Fundamental Movement Skills
(Girls 6-8, Boys 6-9)
Players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere.

- Focus on learning and having fun. Introduce formal competition in moderation.
- Have a positive attitude.
- Discourage specialization in a single sport.
- Follow your sport's LTAD guide to coordinate structured, age-appropriate games and activities.
- Stress the importance of fun and developing friendships.
- Ensure access to ongoing professional development as it builds new skills for incorporating fun into every training session.
- Enroll in continuing education courses in coaching or sport as part of your overall development.



Include everyone

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.

Stage 3: Learning to Train
Fundamental Sport Skills
(Girls 8-11, Boys 9-12)
Players are introduced to disciplined training and begin to develop their understanding of principles of play alongside their skills practice.

- Develop skills through a combination of unstructured play in safe and challenging environments, and quality instruction from knowledgeable teachers, leaders or coaches.
- Encourage daily unstructured physical play with friends and family.
- Ensure an appropriate practice-to-competition ratio as per your sport's LTAD guide.
- Make being healthy a cool thing.
- Introduce proper eating, sleeping and hydration habits.



Give Back

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

Stage 4: Training to Train
Building Physical and Mental Capability
(Females 11-15, Males 12-16)
Skill training demands and training loads are increased to develop and refine skills. Tactics are also introduced and progressed.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

Stage 5: Training to Compete
High Performance Sport
(Females 16-23, Males 15-21)
Players who are proficient in their skills are exposed to quality sport environments which extend their capabilities.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

Stage 6: Training to Win
High Performance Sport
(Females 18+, Males 18+)
Players are training and competing at the highest level. The focus of training shifts to optimization of performance.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

Active for Life
At any stage in the LTAD model, regardless of their level of ability, players may decide to play a sport as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

Active for Life
At any stage in the LTAD model, regardless of their level of ability, players may decide to play a sport as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

Active for Life
At any stage in the LTAD model, regardless of their level of ability, players may decide to play a sport as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.

- Encourage participation in land-based, water-based and snow/ice-based activities.
- Introduce fun competitive elements (e.g., races between groups).
- Foster a strong work ethic.
- Maintain a high level of enjoyment while learning new skills.
- Accentuate the importance of friendships in the context of the team.
- Highlight good role models to ensure continued participation.
- Recognize that boys and girls learn differently and have fun doing different things.

- Foster continuous athletic improvement by maintaining a level of fun.
- Emphasize the joy of effort and the commitment to excel.
- Understand that the thrill of competition provides an opportunity to continuously learn and master new skills.
- Recognize the achievement of objectives.
- Stress the importance of social networks both in and out of sport.
- Accentuate the bond between athletes, their friends and the coach/athlete family dynamic.
- Recognize the relationship between an athlete's intrinsic motivation and participation at a higher level of competition.

- Try new sports and activities to keep the joy alive. Move from one sport to another (e.g., sprinting to bobsleigh, soccer to rowing).
- Participate for the enjoyment of it.
- Continue to create social connections to enhance your life.
- Find the joy that comes from maintaining a healthy active lifestyle.
- Seek new/additional ways to enhance your sport and recreational experience.

- Find a positive work-life-play balance.
- Maintain healthy eating habits.
- Participate for the health benefits of an active lifestyle.
- Use sport as a stress reducer.
- Recognize that the transition from one sport to another always requires an adjustment period.

- Be accepting of varying levels of ability and structure activities to accommodate them.
- Transfer your knowledge back to your community by mentoring, coaching, or as a community sport leader or role model.
- Evolve as a participant – become a coach, an official, or an administrator.
- Consider sport-related careers such as coaching, officiating, sport administration, small business enterprises, or media.
- Find ways to encourage your community to take a stand.
- Rally your community to become a True Sport Community.

Appendix 7: Xavier Sport Codes of Behaviour



Australian Government
Australian Sports Commission

Junior Sport Codes of Behaviour





Players

Code of Behaviour

- ① Play by the rules.
- ① Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- ① Control your temper. Verbal abuse of officials, sledging other players or deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- ① Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- ① Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- ① Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- ① Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.
- ① Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- ① Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents

Code of Behaviour

- ① Remember that children participate in sport for their enjoyment, not yours.
- ① Encourage children to participate, do not force them.
- ① Focus on your child's efforts and performance rather than whether they win or lose.
- ① Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- ① Never ridicule or yell at a child for making a mistake or losing a competition.
- ① Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- ① Support all efforts to remove verbal and physical abuse from sporting activities.
- ① Respect officials' decisions and teach children to do likewise.
- ① Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- ① Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.





Coaches

Code of Behaviour

- ① Remember that young people participate for pleasure, and winning is only part of the fun.
- ① Never ridicule or yell at a young player for making a mistake or not coming first.
- ① Be reasonable in your demands on players' time, energy and enthusiasm.
- ① Operate within the rules and spirit of your sport and teach your players to do the same.
- ① Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- ① Avoid overplaying the talented players; the 'just average' need and deserve equal time.
- ① Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- ① Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- ① Show concern and caution towards sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- ① Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- ① Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- ① Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Teachers

Code of Behaviour

- ① Encourage young people to develop basic skills in a variety of sports and discourage overspecialisation in one event, sport or playing position.
- ① Create opportunities to teach appropriate sports behaviour as well as basic skills.
- ① Give priority to free play activities, skill learning and modified sports over highly structured competition for primary school children.
- ① Prepare young people for intra and inter-school competition by teaching the basic sport skills.
- ① Make young people aware of the positive benefits of participation in sporting activities.
- ① Keep up to date with coaching practices and the principles of physical growth and development. Read and use the latest coaching and teaching resources for junior sport.
- ① Help young people understand the differences between the junior competition they participate in and professional sport.
- ① Help young people understand that playing by the rules is their responsibility.
- ① Give all young people equal opportunities to participate in administration, coaching and refereeing as well as playing.
- ① Support implementation of the National Junior Sport Policy.
- ① Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



Administrators

Code of Behaviour

- ① Involve young people in planning, leadership, evaluation and decision-making related to the activity.
- ① Give all young people equal opportunities to participate.
- ① Create pathways for young people to participate in sport, not just as a player but as a coach, referee, administrator, etc.
- ① Ensure that rules, equipment, length of games and training schedules are modified to suit the age, ability and maturity level of young players.
- ① Provide quality supervision and instruction for junior players.
- ① Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
- ① Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
- ① Ensure that everyone involved in junior sport emphasises fair play, rather than winning at all costs.
- ① Give a code of behaviour sheet to spectators, officials, parents, coaches, players and the media, and encourage them to follow it.
- ① Remember, you set an example. Your behaviour and comments should be positive and supportive.
- ① Support implementation of the National Junior Sport Policy.
- ① Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.
- ① Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Officials

Code of Behaviour

- ① Modify rules and regulations to match the skill levels and needs of young people.
- ① Compliment and encourage all participants.
- ① Be consistent, objective and courteous when making decisions.
- ① Condemn unsporting behaviour and promote respect for all opponents.
- ① Emphasise the spirit of the game rather than the errors.
- ① Encourage and promote rule changes that will make participation more enjoyable.
- ① Be a good sport yourself. Actions speak louder than words.
- ① Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- ① Remember, you set an example. Your behaviour and comments should be positive and supportive.
- ① Place the safety and welfare of the participants above all else.
- ① Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.





Media

Code of Behaviour

- ① Provide coverage of young people's competitive and non-competitive sport as well as reporting adult sport.
- ① Be aware of the differences among adult sport, professional sport and modified sports programs for young people.
- ① Do not highlight isolated incidents of inappropriate sporting behaviour.
- ① Focus on a young player's fair play and honest effort.
- ① Do not place unfair expectations on young people. They are not miniature professionals.
- ① Describe and report on the problems of young people participating in organised sport.
- ① Focus on the abilities and not the disabilities of young people.
- ① Avoid reinforcing stereotypical views on the involvement of boys and girls in particular sports.
- ① Give equal time and space to reporting boys and girls sports.
- ① Familiarise yourself with the National Junior Sport Policy.
- ① Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Spectators

Code of Behaviour

- ① Remember that young people participate in sport for their enjoyment and benefit, not yours.
- ① Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the game's outcome.
- ① Respect the decisions of officials and teach young people to do the same.
- ① Never ridicule or scold a young player for making a mistake. Positive comments are motivational.
- ① Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.
- ① Show respect for your team's opponents. Without them, there would be no game.
- ① Encourage players to follow the rules and the officials' decisions.
- ① Do not use foul language, sledge or harass players, coaches or officials.
- ① Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.





A 'fair go' for young Australians

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the game is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people fail to live up to the traditional values of sport. Worse still, young people can be influenced and the rest of their sporting lives coloured by these experiences.

These Codes of Behaviour identify a series of key principles on which young players, parents, coaches, teachers, administrators, officials, the media and spectators should base their sporting involvement. If adopted, the Codes will ensure that young people develop good sporting behaviours and have an enjoyable experience of sport, which will encourage them to remain involved throughout their lives.

The Codes of Behaviour

Young people involved in sport have a right to participate in a safe and supportive environment. Australians are sport mad. We love our sport, however, this can at times create unpleasant situations. Over-zealous parents, boisterous spectators, opinionated players and quick-tempered coaches may need to be reminded of appropriate behaviour when involved with junior sport.

The Australian Sports Commission has developed the Codes of Behaviour to remind and encourage all Australians involved in junior sport to support and nurture all our young players.

The Codes of Behaviour provide the basis for fair play for young people and encourage fun, friends and safe environments. We hope that they will be endorsed and adopted by all.

For further information on junior sport contact:

National Junior Sport
Australian Sports Commission
PO Box 176
BELCONNEN ACT 2616
Fax: (02) 6214 1224
Email: junior@ausport.gov.au
Web site: www.ausport.gov.au/junior