



# **CHS SPORT POLICY**

## **MISSION STATEMENT**

### **1. General**

Cradock High is committed to providing the best sporting environment and facilities possible, so that every young boy/girl in the school is able to play the sport of his/her choice, guided by quality coaching and instruction. This commitment endeavours to provide for the full spectrum of Cradock High sportsmen and women - from the ambitious and talented sportsman and women, being prepared for sport at the highest level, to those who wish to enjoy their sport on a more social level. Furthermore, the sports coaches are committed to creating an environment in which each boy/girl is encouraged to play games in the correct manner and spirit.

### **2. Objectives**

Sport at Cradock High must always be regarded as a means to an educational objective where the learners are developed to their full potential. We must strive to develop **all** learners and not be satisfied with only a few stars who reach the top. Coaches must try to identify and develop potential especially in the lower grades where learners have to make choices about sport. This will ensure that the minimum learners are lost and the few achievers are burdened with too many responsibilities.

It is important to win, but that should not be the primary objective. A learner may never be abused to ensure the success of a team. The primary objective at CHS must be one of enjoyment, for both learners and coach. Whereas we agree with the legendary Vince Lombardi when he said: "Winning isn't everything; it's the only thing" we hold winning to be more than just points on the board; winning relates to values, commitment and the pursuit of the best of one's abilities.

### **3. Sport as a marketing tool**

Together with academics, sport is an extremely important marketing tool of our school. Sport tours should be used to give exposure to the learners as well as the marketing of the school. Coaches are encouraged to plan tours in such a way that the school receives maximum exposure. In this regard, advertising boards, social media and newspapers must be utilised fully.

### **THE SPORTS COMMITTEE**

The Sports committee consists of all the masters in charge of sports and is chaired by the HOD - Sports. The functions of this committee are to discuss all matters relating to games and facilities and to make recommendations thereon to the Principal and Governing body.

**No recommendation of this committee shall be of any effect until it has been confirmed by the Headmaster.**

### **COMPULSORY SPORT**

All young learners are expected to take part in at least 2 sports, of which at least one must be a team sport, unless there is a health problem. At least one sport must be practised in summer, and at least one in winter. No learner is permitted to give up participation in school sport unless permission has been granted by the HOD - Sport in charge of sport.

### **SPORTS PRESENTED BY CRADOCK HIGH**

#### **1. Summer Sport**

Cricket, Athletics, Swimming, Tennis, Squash and Golf.

The following guidelines apply to these sports.

1. Summer sports take place during the first and fourth terms
2. A learner may participate in 2 summer sports. Learners will necessarily give preference to one of these sports. The school (coaches) must respect this preference.
3. In any case where there is overlapping of practices two days per week per sport will be allowed for participation (practice or match)
5. If a learner has to participate in two different sports on the same day, the preferred sport of the learner will be given precedence.

## **2. Winter sport**

### **Rugby, Netball, Hockey, Golf, and Squash**

1. A learner participates in only one winter sport excluding golf and tennis
2. Practice times will be communicated to the players.
3. No player will be allowed to participate in any practice or match without a coach or manager being present.

### **ABSENTEEISM**

It is a policy decision, that if a learner is absent on the day of a match, or is **absent on a Friday, he may not be permitted to play sport on the following day.**

It is also policy that, if a learner is concussed, he/she must remain off-sport for three weeks, or until given official clearance by his doctor.

### **INJURIES**

All injuries, that occur whilst playing sport for a Cradock High team, must be reported by the coach/supervisor to the person in charge of that sport and must be registered.

Recent concern over the dangerous U/V levels have highlighted the danger of skin cancer. Where it is appropriate, boys should wear CHS caps and block-out creams.

As a general rule, an injured player should not return to the same team immediately, even if he'd only missed one match. Upon return, he should play for, and at least practice in the lowest existing team, so that nobody else is inconvenienced, as part of his fitness test. If the coach of his previous team is satisfied, however, he may return there immediately, but only after achieving satisfactorily during an appropriate (contact) practice. The coach may also decide to put him on the bench and bring him on in the next game in the same team. However, if, according to the coach's judgement, the player who has replaced the previously injured player is playing better than he is, the previously injured player will be selected for the next lower team where he will have to prove himself.

This movement must be handled with the utmost sensitivity, especially toward the learner who had acted as substitute for the injured player.

In summary, therefore, when a player who has been injured returns, there are two questions which will need to be answered:

1. Is the player medically fit?
2. Can he be exposed to a stiff contact session in order to gauge his fitness and standard?

### **DROPPING**

Coaches get to discuss selections and the rating of the various players. A player may not be dropped further than one team at a time. Squad systems may be used by first teams only, and only after consultation with the HOD - Sport, as well as the Headmaster

### **COACHES AND STAFF INVOLVEMENT**

Every team, that represents Cradock High will have its own coach, who will either be a member of the academic staff, or somebody from outside the school specifically chosen for his/her ability to coach sport. These 'outside coaches' will be monitored by the person in charge of that sport, and the HOD - Sport.

Under no circumstances will a team representing Cradock High leave the school, or indeed, play a match, unaccompanied by its coach or a suitable manager.

***All members of the permanent academic staff are expected to be involved extramurally.***

### **SPORTS EQUIPMENT**

1. Coaches are requested to pay particular attention to the use of sport equipment since the school is responsible for the acquisition and maintenance of the sport equipment at great cost.

### **FIELDS AND FACILITIES**

1. The estate manager is responsible for the preparation of all the fields.  
Written requests for any work to be done must be given to him personally.
2. ***The overall cleanliness of the tennis courts and terrain is everyone's responsibility***

## **SPORTDRAG:**

1. Soos voorgeskryf in die gedragkode van die Hoërskool Cradock.

## **TRANSPORT**

1. The schoolbuses are available for the transport of all school teams. Where there is an overlapping resulting in and not enough buses are available the longer distance travelled will be decisive. Those teams travelling the furthest will be given preference and the remainder must make use of other bus services. The cost involved must always be taken into consideration.
2. Each Learner have to pay a fee of R100,00 to travel on a bus.
3. It is not compulsory for all learners to travel to sports events by bus. Any parent who wishes to take their children home must make the necessary arrangements with the teacher in charge of the bus if the learner travelled to the event by bus. Only own children may be transported! Others may be transported only if written or if a parent give written permission to that parent.
4. Coaches have to supply the teachers on the bus with the names of their teams especially if they are not travelling on that bus. School buses may only be driven by people in possession of the correct driver's licence.

## **TOURS**

All proposed tours must be ratified by the Sports committee and all details, such as dates and costs, must be approved by the Principal, before any plans are released to either parents or potential tourists.

## **SPONSORSHIP**

To ensure uniformity sponsorships have to be submitted to the sports committee to prevent any conflict. Only the school's first teams are allowed to play in sponsored jerseys.

## AGE GROUPS

All learners are expected to play for the teams that are in accordance with his age group. In effect, this means that a learner may not play for an under 16 team when he is still under 15. Exceptions to this regulation are possible, but **only with the approval of the Deputy Headmaster: Sports and Headmaster, after consultation with all interested parties. This would include the parents coaches.**

In the case of teams, which do not have an age structure such as golf and hockey, learners of all ages may compete for places in all teams. In sports such as tennis, squash, swimming, golf and hockey junior learners may represent the school at senior level as long as they have earned their place in the side by working their way through the lower sides.

For the teams that do have an established age structure i.e. under 14, 15 and 16, such as rugby, cricket, learners are expected to play within their age groups. Exceptions may be made for brilliant individuals who might benefit from the exposure.

## THE CALENDAR YEAR

It is a firm policy that **no sport may be either played or practised out of season.**

- (1) In effect this means that Winter sports may not commence until 1 March, and then only, if the Summer sports has been completed. Similarly no Summer sport may commence until all Winter sports have been completed.
- (2) **Exceptions** to this regulation are possible, but only with the approval of the Principal. The most likely exception would be for a team preparing itself for a pre-season tour or festival. Therefore, the first team / squad in any team sport will be allowed to practice after the previous season's sports have been completed.
- (3) For example, the first rugby team will be allowed to practice during the first term outside of summer practice times. For the other teams, 1 March is more than enough.
- (4) The permission for the first team practices is reliant on the prior composition of an understanding between the cricket and rugby coaches. This must be put in writing at very latest at the beginning of each year.
- (5) No fitness practices during early morning will be allowed. It remains optional for individuals.

- (6) During each term, **specific times** have been arranged for each sport to hold practices. It is a fundamental policy that these times are respected by every other sport, as well as academic departments, so that clashes do not occur and learners are not put under unnecessary pressure and demands.
- (7) In this regard, it must be a matter of policy that athletes on their way to provincial colours will not be allowed to take part in winter sports practices before the very last race has been run. These athletes will find their way back into their team of ability in the same way an injured player does (See Policy on the return of injured players). The same goes for any other sport still involved in provincial trials
- (8) Early practices by first teams will be stopped at the first realistic complaint regarding non-attendance from any coach of the “legitimately practised” sport

**Sports may not take place at any other times other than their allocated practice days.**

### **ATTENDANCE**

No learner may ever miss a practice or match without permission from his coach, **in advance. Punctuality is expected for all commitments.** “Bunkers” will be referred to the HOD: Sports for disciplinary action

### **COLOURS**

1. Specifications for colours can be found in the colours policy.
2. The organisers and coaches are responsible for the application for colours in their individual sports for the boys.
2. Applications to the colours committee must be done on prescribed form at the end of each season.
3. Colours requirements have to be studied carefully before any application is made.

### **CODE OF CONDUCT FOR SPORTSMANSHIP**

Although participation in sport implies physical activity and involves competition, there is a very important element of sportmanship involved.

**The true sportsman will uphold the “unwritten rules” of the game.**

## 1. KULTUUR

Dit is belangrik dat ons (skool/leerders) te alle tye getrou bly aan die strewe om tradisie te skep en te onderhou, onderlinge respek betoon en trots en lojaliteit teenoor die skool bevorder in 'n gees van eerlikheid, ondersteuning, nederigheid, geloof en vertroue.

Kwaggas neem deel aan aan sport en kultuuraktiwiteite: ten minste een winter –en en somersport of aktiwiteit. Ons weet 'n gesonde liggaam huisves 'n gesonde gees. **Dit beteken dat middele wat skadelik is vir die liggaam, soos dwelms, alkohol en enige verbode prestasieverhogende middels soos anaboliese steroïdes, streng verbode is.**

Ons plaas 'n hoë premie op netheid, stiptelikheid en beskaafde kommunikasie. Die skool ontmoedig ongesonde groeppvorming. Leerders moet gekenmerk word aan selfdissipline en 'n verantwoordelike sin. Die skool skep 'n wenkultuur sonder die verlies aan verdraagsaamheid, gasvryheid en sportmanskap.

## 2. SPANGEES

'n Gesonde spangees behels dat almal mekaar ondersteun (ook 'n plaasvervanger in jou posisie) met die afwesigheid van ongesonde jaloesie.

**Ons verbind ons daartoe om onself so te gedra dat ons nooit die span in die steek laat of die span en CHS se goeie naam in die gedrang bring nie. Daarom berei ons onself altyd geestelik en fisies optimaal voor en sal o.a. die aand voor die wedstryd genoeg slaap kry en nie by partytjies e.d.m. betrokke wees nie.**

Ons verbind ons tot geheimhouding en aanvaar seleksies. Oorwinnings word nederig hanteer en ons behou ons waardigheid as ons verloor. Die skool verbind hom tot die skep van 'n positiewe omgewing, die uitbou van sosiale aktiwiteite en respek vir medespelers. Ons wen deur 'n gesonde spangees, vertroue in mekaar as 'n eenheid. Groeppvorming is ontoelaatbaar in die gees van gesonde kompetisie.

A sports team has only one captain. Support him at all times.



Ons ondersteun ons maats langs die veld en maak nooit aanmerkings op die teenstanders of skeidsregter nie.

Ons raas nooit met mekaar as dit swaar gaan nie – ons is ‘n familie, en op die veld het ons net mekaar.

### 3. **OP DIE VELD/BAAN**

Kwaggas toon karakter en dissipline op die veld. Hulle speel oefen hard en speel hard, dog regverdig, en nooit vuil nie. Hulle aanvaar beslissings en motiveer medespelers. Hulle duld nie “chirping” of ‘n vloekery nie en speel binne die reëls. Kwaggas staan uit t.o.v netheid, positiewe ondersteuning en kommunikasie en positiewe lyftaal.

Aggressie binne reëls volgens die wedstrydplan is toelaatbaar in ‘n gees van sportiewe gedrag. Die ideaal is om ‘n wedstryd te geniet en te alle tye positiewe gedrag te toon.

We know the rules of the game and stick to them. Rules will not be bent to suit the team. It is dishonest to cheat.

Ons raak nooit betrokke by ‘n geskellery wedersyds nie – as jou opponent jou kan kwaad maak, het hy jou net waar hy jou wil hê! Ons vermy teatrale woedebuie as ‘n beslissing teen ons gaan (Gooi hande in die lug, slaan oë omhoog of derglike kinderagtighede)

Ons slaan nooit op veral die rugbyveld nie – die een wat jou geslaan het, sal wel binnekort in jou pad kom, waar jy hom wettiglik fisies kan karnuffel. Dit werk maar so op ‘n rugbyveld! Dieselfde geld vir Netbal en ander sportsoorte.

### 4. **VAN DIE VELD/BAAN**

Kwaggas stel die voorbeeld, is diplomaties en ware ambassadeurs. Hulle aanvaar die uitslag en sosialiseer met opponente. Hulle is altyd gedissiplineerd ten opsigte van taal, kleredrag, klub- en skoolreëls en alkoholgebruik. Enige persoonlike geskille is ondergeskik aan die skool se etos.

### 5. **TYDENS OEFENINGE**

Kwaggas is altyd stiptelik en geklee in die korrekte oefenklere.

Jy bevorder ‘n positiewe houding en oefen met oorgawe soos vir ‘n wedstryd. Verskonings word dadelik aangeteken by die afrigter.

Oefeninge is bedoel vir luister en leer, jy weet wanneer en hoe om te kommunikeer. Jy aanvaar kritiek, respekteer klub- of skooliendom en is gedissiplineerd.

## 6. **DISSIPLINE**

Die Hoërskool Cradock duld nie vloekery en negatiewiteit nie. Geel- / rooikaarte word opgevolg met dissiplinêre verhore. Spelers moet die gedragskode aanvaar, stiptelik wees en alle ander spelers en afrigters respekteer. Die regte strukture om dissipline te handhaaf, 'n boetestelsel en die toepaslike reëls moet voor die aanvang van die seisoen in plek wees.

## 7. **ALGEMEEN**

Ouers en toeskouers tree te alle tye beskaafd en beheersd op en weerhou hul van kritiek op lynregters, skeidsregters, opponente en medespelers, afrigters en keurders. 'n Positiewe atmosfeer en genotvolle ondersteuning is belangrik. Kwaggas is altyd lojaal, gemotiveerd en weerhou hul van laatnagte voor wedstryde.

A true sportsman will not look for excuses if he loses. Accept the fact that your defeat was because the opposition was superior on the day.

Ons bly vriende met ons teenstanders en hul ouers – vroeër of later speel ons dalk saam proewe of kom op een of ander manier in hul geselskap.

Kwaggas strooi nie rommel nie – na sportbyeenkomste word die paviljoen eers deur almal skoongemaak voordat die terrein verlaat word.

# Werkspesifikasie en werksbeskrywing: AFRIGTERS

## WERKSPESIFIKASIE

1. Afrigters moet altyd stiptelik by oefeninge opdaag en verseker dat hulle daar is voor die leerders almal daar moet wees. Hou so gereeld as moontlik 'n register van aanwesige leerders en volg op wanneer leerders afwesig is sonder verskoning.
2. Afrigters moet geklee wees in sportdrag by die spesifieke sportsoorte. (By party sportsoorte is dit nie nodig nie.)
3. Afrigters moet toegewyd en met entoesiasme hul taak verrig. Dit is onteenseglik bewys dat dit aansteeklik deurwerk na die leerders toe.
4. Dit word verwag dat afrigters wat spanne vergesel na wegwedstryde netjies gekleed sal wees.
5. Aangesien die beoefening van sport 'n opvoedkundige doel moet dien, moet die onderwyser te alle tye die goeie voorbeeld stel t.o.v. taalgebruik, drag, ens.

## WERKBESKRYWING

1. Afrigters moet te alle tye by hulle spanne teenwoordig wees tydens afrigting. Indien van 'n buitepersoon gebruik gemaak word, moet dit vooraf met die skoolhoof bespreek word.
2. Afrigters moet onderling reël dat daar ten minste een onderwyser per bus aanwesig is tydens wegwedstryde om orde en dissipline op die bus te handhaaf.
3. Afrigters wat spanne vergesel wat aan ligabepalings deelneem wat nie tuis afgehandel word nie, moet toesien dat alle leerders netjies in hul skooldrag/sportdrag gekleed is. Na afloop van afgehandelde wedstryde moet die afrigters toesien dat alle leerders weer netjies gekleed is in hul korrekte skooldrag/sportdrag voordat hulle uit die kledkamers gaan. Geen T-hempies of oortrektrui word toegelaat nie.
4. Afrigters moet seker maak dat alle leerders wat aan hulle betrokke sportsoorte deelneem, wel voldoen aan die vereistes, bv. ouderdom moet reg wees vir 'n spesifieke ouderdomsgroep. Kontroleer ouderdom met die rekenaar.

5. Afrigters moet toesien dat leerders wat aan hul sportsoort deelneem, nie gedurende die seisoen na 'n ander sportsoort oorstap of ophou nie. Indien 'n leerder ingeskryf het by 'n spesifieke sportsoort, is hy verplig om vir die res van die seisoen aan daardie sportsoort deel te neem.
6. Geen oefening mag afgestel word sonder dat dit eers met die spesifieke sport se organiseerder bespreek is nie. Indien hy nie 'n besluit kan neem nie, moet dit met die DH : Sport bespreek word. Geen afkondiging van enige kansellering van oefeninge mag ingedien word alvorens dit nie die handtekening van die sportorganiseerder het nie.
7. Alle uitslae moet elke Maandagoggend om 07:20 by die sport-organiseerder ingegee word wat dit dan weer op sy beurt aan die skoolhoof sal gee en moet aan sosiale-media hoof gegee word vir plasing
8. Dissiplinêre probleme met leerders op die sportveld moet deur die afrigters van die spesifieke sportsoort self besleg en opgelos word, of moet verwys word na die HD : Sport. In ernstige gevalle sal die geval verwys word na die skoolhoof.
9. Die sportorganiseerder is verantwoordelik vir die afkondigings i.v.m. elke naweek, asook die week se sportbedrywighede.
10. Streng kontrole moet deur elke afrigter gehou word oor alle apparaat wat deur hom/haar gebruik word in sy spesifieke sportsoort. Hy moet self boekhou van alle apparaat aan hom uitgereik en dit aan die einde van die seisoen weer teruggee vir bewaring.
11. Afrigters moet ten minste teen Woensdag die sportorganiseerder daarvan in kennis stel indien die velde vir 'n tuiswedstryd in gereedheid gebring moet word. In gevalle waar wedstryde op ander dae as Saterdag gespeel word, sal ander reëlings getref word.