

Senior School Sport Winter 2023

When

Online registration through the jot form link [here](#) before Monday 27 February. Winter skills and conditioning training (compulsory) will start in Week 7 and trials will take place in Weeks 8 and 9. The ISA Winter Season runs on Saturdays through Terms 2 and 3. Read through this document at home with your parents/caregivers so everyone is aware of each commitment.

Why

Our purpose is to inspire students to achieve excellence by providing an environment that nurtures learning through enjoyable and authentic sport programmes.

Who

All Senior School students from Years 7-12 are required to participate in a minimum of one ISA sport throughout the year as part of their education at Oxley College. Any student that registers and commits to a sport will be provided a spot in a team in that selected sport.

What

Representative School Winter Sport
ISA Football (Girls and Boys)
ISA Hockey (Girls)
ISA Netball (Girls)
ISA Rugby (Boys)
ISA Tennis (Girls and Boys)

ISA – Independent Sporting Association

Kind regards,



Nathan Sievert
Head of Sport



Kim McNaught
Sports Administrator

Additional Sports at Oxley College

These sports are not part of the ISA competition and are optional, however they provide additional school age competition at various times throughout the year for interested students.

Equestrian

Students who become members of the Oxley College Equestrian team must compete at the annual Oxley Equestrian Day. There are many other events on the Equestrian NSW calendar and students must represent the College at a number of these events. Students in the Equestrian team are responsible for completing their own entries and organising their own transport, horses and equipment.

Fencing

The Oxley College Fencing Academy meets on Friday afternoons in the PCC from 3.30pm to 5.00pm. Members participate in a group lesson run by Maitre d'Armes Mr Jeff Gray. The fees associated with Fencing will be charged to the student's school account. This fee will cover the cost of the lesson and the use of the equipment. There may be a small number of inter-school competitions once students are proficient.

Mountain Biking (XC)

Mountain Biking (XC) is run at the Welby Mountain Bike Trails. National MTB Coach Mr Peter Dowse and National Masters Champion Ms Meaghan Stanton will run these sessions. Students need to supply their own bike helmet and working mountain bike in order to participate in this activity. Training is run at the Welby Mountain Bike Trails on Friday afternoons from 4.00pm to 5.30pm. Students can register to train in either the Summer or Winter or All Year Programmes. Registration costs will be charged to the student's school account.

Snowsports

The Northern Region Inter-Schools Snowsports Championships are held in the July school holidays at Perisher in 2023. The cross country skiing component forms a separate part of the Championships and is held in August. Students compete in a variety of disciplines as part of the Oxley College Snowsports Team. Families are responsible for arranging their own accommodation, travel, and equipment. Registration costs will be charged to the student's school account. Participation in Snowsports cannot affect the student's commitment to their Winter ISA team.

Tennis Lessons

Tennis lessons at Oxley College are offered via Complete Tennis before school. Families wishing to enrol their child/ren should contact <http://bowraltennis.com.au/CT-Schools.aspx>

Carnival Sports

Running Training and Swimming Training

Oxley College will be providing Running training on Wednesday and Friday mornings and Swimming Training on Wednesday and Friday mornings. These sessions are open to all students. Further details are available from the Sports Department.

Uniform

Basketball – Oxley Basketball singlet and shorts, white socks.

Cricket – Oxley Cricket shirt, long white Cricket trousers, Oxley broad rim hat or Oxley cap.

Cross Country/Athletics Training – Oxley PE uniform, Oxley singlet when representing the College.

Equestrian – Oxley white collared shirt, Oxley tie, Oxley jumper, Oxley sports jacket, beige jodhpurs.

Fencing – Oxley College PE uniform. All other equipment is provided.

Football – Oxley Football jersey and shorts, Oxley Football/Hockey socks, Football boots, shinpads.

Hockey – Oxley PE shirt, Hockey skirt (compulsory), white Oxley Hockey/Football socks, shinpads, mouthguard.

Mountain Biking – Oxley bike top and knicks.

Netball – Oxley Netball dress, white socks, athletic shoes.

Rugby – Oxley Rugby jersey, Oxley Rugby shorts, Oxley Rugby socks, boots.

Running Training – Oxley PE uniform, Oxley singlet when representing the College.

Snowsports – Oxley Snowsports or sports jacket or Oxley drizabone, Oxley beanie.

Softball – Oxley knickerbockers, Oxley long white sports socks, Oxley PE shirt, appropriate runners, Oxley cap or Oxley visor.

Swimming Training – Oxley Swimming costume or plain navy blue costume.

Tennis – Oxley tennis shirt and PE shorts, Hockey skirt for girls (optional), white socks.

Touch Football – Oxley Touch Football singlet, Oxley Rugby shorts or Oxley Athletics shorts, Oxley visor.

Sports Draw

The Sports Draw will be published on the Skoolbag app and Oxley College [website](#) each week by Tuesday afternoon.

Travel

As a part of the ISA competition, students will be required across certain weeks to travel to various locations in NSW. In this case students will be provided bus transport to and from the necessary venues. Bus departure times will be listed on the Sports Draw. There are additional drop off and pick up points for students in Mittagong and Pheasants Nest. Please email sport.admin@oxley.nsw.edu.au if you require additional information.

Wet Weather

In the event of wet weather for training or Saturday fixtures, **the Oxley College website should be your primary source of information**. A notification will be placed on the Oxley College website: Sport and Wet Weather Update on the home page at <https://www.oxley.nsw.edu.au/>. The Sports Department will attempt to notify families of the cancellation of training or fixtures via text message. For training, a decision to cancel will wherever possible be made by 1.30pm on the day, allowing time for changes to after school arrangements.

Expectations and Sport Selections

Expectations

ISA Sports require attendance at all training sessions and all games. Students are expected to train after school two afternoons a week, typically taking place on Tuesday and Thursday afternoons.

In the event that a student is unable to participate in sport due to injury, misadventure or higher level state or national representation in other activities students can apply for an exemption. A sport exemption application form can be found on the website – **Exemption Form. Please note that sports exemption will only be granted by the Head of Sport and Head of Senior School based strictly on a student meeting the criteria listed on the exemption form.**

Once student choices are collated, the number of teams will then be determined and submitted to the various associations. **Students will be unable to alter their selection or withdraw from a team once the form is received by the Sports Department. Once teams are selected the positions are final.**

It is an expectation that School sport take priority over additional club or local sport. Students may be granted an exemption from certain school sport trainings if they compete as part of a state level team or national representative team under contract. Examples include NPL division Football, State Age Netball Teams, State level Hockey Teams. Club teams, academies, or development programmes such as SAP or DAP programmes do not constitute a level acceptable of exemption from school training or games.

If a student has other school commitments such as senior productions or debating they are to see the Sports Department to discuss how to manage multiple commitments.

Commitment to Oxley College Sport

This commitment includes:

- Attendance at all training sessions except if injured or sick.
- Attendance at all games, both home and away for the entire season regardless of the team a student is selected into.
- Upholding the ISA Code of Conduct.
- Uphold all behaviour and uniform expectations of Oxley College relevant to sport.

Absence and Attendance

Reasons for absence from Training/Saturday Sport: (*correspondence must be made by parents*)

- Sickness: Email or phone call after training or prior to Saturday game/bus departure.
- Misadventure: There is an acceptable reason for not attending. Email or phone call before training or prior to Saturday game/bus departure.
- Approved Leave: In writing to the Sports Administrator one week prior to the game.
- It is an expectation that prior to a game/training, coaches are aware of any students who will not be playing or training.

Behavioural management processes for absences

If a student does not meet the commitments listed above, the following student management processes are in place:

- One unexplained or unreasonable absence will be listed as a warning.
- Second unexplained or unreasonable absence, the student will be required to fulfill additional sport set up and pack up duties at Saturday sport or on Friday afternoons.
- One unexplained or unreasonable absence to a Saturday fixture will result in an additional sport duty at a Saturday fixture or Friday afternoon.
- If a student has missed multiple trainings or games without reason or explanation further behavioural management process will be undertaken by the Head of Senior School. The student may be removed from the sport and will need to complete an ISA sport in the following season.
- As per the Co-Curricular Awards Policy, students may not be awarded relevant school awards.

Co-Curricular Awards Policy

The College's Awards System recognises excellence, commitment and contribution of students in Co-curricular activities. Visit the link [here](#) to read the further information.

Grading and Selection

Team Grading

Oxley sport teams are graded in competitions based on the grading systems set by the associations. This is based on the most suitable competition for all schools with consideration to previous year's results, size and structure of all ISA member schools. Our affiliated sporting associations manage this process and works closely with schools to ensure the best fit competition for all member schools.

Oxley Team Selection process

All students will be selected into teams based on the following four criteria:

- Commitment and attendance at trials
- Behaviour and attitude
- Skill level
- Position experience or demand (if applicable to sport)

Please be aware that coaches and staff can only select teams based on what is observable at trials they cannot base selections on future potential or any underperformance at trials. To maintain the integrity and transparency of trials we set out these parameters. Whilst no trial process is perfect, it is a requirement to ensure we can aim to provide the best experience for all students in the sport of their choice. However, students may from time to time be disappointed with the outcome of their selection. In these cases, students are encouraged to develop a growth mindset and seek feedback personally in order to learn from the process for future opportunities both within and outside sport.

Oxley College ISA Opens 1sts teams

The Oxley College 1sts teams are the highest representative team within our College sporting programme. Therefore, any selection into these teams comes with a higher expectation on the training and behaviour expected of these students selected. 1sts teams are open teams, meaning the selection for these teams is open to any students in the Senior School. Selection into these teams is therefore not based on age but on the students that display the highest levels of the selection criteria listed above.

What is ISA?

Oxley College is a member of the Independent Sporting Association (**ISA**), a school-based sport association that provides opportunities for inter-school sports competition. Games are played on a home-and-away basis between the member schools for both genders in Years 7 - 12.

Participating in the ISA competition encourages and promotes citizenship and education through sport. The ISA programme consists of a 12 week competition, with games held on a Saturday. In most sports the ISA has representative teams in the U16 and Open Age Groups. This representative pathway allows students who want to excel in their chosen sport to compete in progressively higher levels, as outlined below.

Competitive Pathways in Sport

ISA - The Independent Sporting Association is a school-based sport association which provides opportunities for inter-school sports competition.

NSWCIS - The New South Wales Combined Independent Schools aims to provide a pathway to State and National level competition for a wide variety of sports.

NSW All Schools - NSW All Schools is State level representation, which encompasses all schools in New South Wales.

Representative Teams - Oxley College selects representative teams to compete in Swimming, Cross Country and Athletics. Teams are selected from results at the Oxley College House Carnivals, and students selected in these teams attend all Invitational and Representative Carnivals during the season



