



# ST THOMAS MORE COLLEGE EXTRA-CURRICULAR SPORT HANDBOOK 2022 (YEARS 7-12)



# WELCOME

## COLLEGE PRINCIPAL – MR. LES CONROY

We all know the value that sport can play in the development of young people. Sport plays an important role in the holistic growth of young people by fostering their physical, social and emotional health. The benefits of sport reach beyond the impact of a win on the sporting field and carry over into lessons for life, the building of College culture and improvements in school engagement.

The pages of this booklet provide an introduction to the sporting program at St Thomas More. Like all good books, our hope is that the pages come alive through the participation of our students in this important aspect of College life. Whatever their sporting ability, whatever the result on the field, our hope is that our students come to appreciate the importance of representing their College in sport. Wearing your College colours is an honour and how you represent the community in this arena says a lot about the culture of our College. Being humble in victory and gracious in defeat is the College expectation so that the true value of sport can transcend any result. You will hear a lot about the sporting spirit that lies behind our TEAM MORE motto in the coming years.

This booklet is an introduction to assist students and families with the College's co-curricular sport program. You will find a broad range of sports available for your son or daughter to participate in. It is expected that all students involved in a team sport attend training sessions.

If you have questions or need a more detailed explanation around the sports program, then I encourage you to contact the College Program Leader-Sports. For other matters, the best staff to contact are your son or daughter's Pastoral Care teacher or Pastoral Leader.

Best wishes for the sporting season.

## MR LES CONROY

### *GOOD SPORTSMANSHIP AND FAIR COMPETITION IS THE FOUNDATION OF ALL SPORT AT ST THOMAS MORE COLLEGE.*

A student's participation in sport is an important component of the well-rounded educational experience offered at St Thomas More College. The College's co-curricular sports program offers students the opportunity to participate in a variety of sports. Every student is encouraged to participate in a sports program, which caters for the beginning sportsperson through to the elite athlete.

Through a student's participation in co-curricular sport, STMC continues the development of essential life-long physical skills and healthy behaviours, which track into adulthood. The College also believes that co-curricular sport is an aid to good academic achievement, as sport and the associated training, is integrated with the study pattern of a student.

St Thomas More College is a member school of the South East Colleges Association (SECA) and is affiliated with the Metropolitan West Regional Sporting Association. Sports offered at STMC, and their pathway to regional competition are listed in this handbook. Students of all ages, abilities and ambitions are encouraged to pursue excellence and explore their potential within the realm of the College's extensive sporting program, which includes inter-school and intra-school competitions.

I look forward to working with your son or daughter during their journey here at St Thomas More College.

# EXTRA-CURRICULAR SPORT AT ST THOMAS MORE COLLEGE

Sport at St Thomas More College is designed to provide our students with positive experiences in physical activity and competitive sport. No matter what sport a student is involved with, emphasis is always placed on:

- Commitment
- Strong Work Ethic
- Teamwork
- Enjoyment
- Good Sportsmanship

St Thomas More College is a member of the South Eastern Colleges Association (SECA) in which it competes against several other Catholic Co-educational Secondary Schools.

All sports (except AFL 9s) are played in school time to allow students to fulfil any club commitments they may have on weekends. The SECA Sport season is run on Thursday afternoons across Terms Two and Three with games taking place between 11am-2pm. The SECA Carnivals of Swimming, Cross Country and Athletics are held during the week as are the SECA Gala Days of Cricket, Oz Tag and Rugby 7s. The SECA AFL 9s competition runs on a Thursday afternoon after school.

Students involved in the Under 18 Rugby League team and Open A Netball team must be available to play in the first week of the June/July holidays. Students involved in Queensland Volleyball Schools Cup teams must make themselves available to compete outside of school hours when competitions come around. Students involved in AFL 9s must be available to play on a Thursday afternoon.

Training commitments are before and after school. It is an expectation that all students involved in a team attend training sessions. Students must provide a note to their coach/manager if they are unable to attend a session.

## SPORTS OFFERED AT ST THOMAS MORE COLLEGE

### TERM 1

- Swimming
- Cricket (boys)
- Oz Tag (girls)

### TERM 2

- Cross Country
- Rugby League (Boys)
- Netball (Girls)
- Volleyball
- Football (Soccer)
- Futsal
- Basketball
- Touch Football
- Tennis
- Rugby 7s (After SECA Sport Season)
- QLD Schools Cup Volleyball
- AFL Schools Cup
- Issa Cup Football
- ULH Sport Cup Football

### TERM 3

- Athletics
- Rugby League (Boys)
- Netball (Girls)
- Volleyball
- Football (Soccer)
- Futsal
- Basketball
- Touch Football
- Tennis
- Rugby 7s (After SECA Sport Season)
- QLD Schools Cup Volleyball
- AFL Schools Cup
- Issa Cup Football
- ULH Sport Cup Football

### TERM 4

- AFL 9s
- Rugby 7s (QRU)
- Australian Schools Cup Volleyball
- All Schools Touch Football



SECA SPORT SEASON

SECA CARNIVALS

SECA GALA DAYS

SECA AFL 9s SEASON (THURSDAY AFTER SCHOOL)

## REPRESENTATIVE SPORT

### METROPOLITAN WEST SCHOOL SPORT



St Thomas More College is a member of the Eastern Taipans District within the Metropolitan West School Sport Region for students wishing to compete in state and national titles in their chosen sport/s.

Students wishing to trial for a Metropolitan West team must notify the Sports Program Leader one month prior to the district trial or regional trial for Swimming, Cross Country and Athletics.



St Thomas More College is also a member of the Metropolitan West District. Students wishing to trial for a sport (other than Swimming, Cross Country and Athletics) must first go through the South West District trial. The College is able to nominate directly into the regional carnival for Swimming, Cross Country and Athletics.

Trial notices, forms and specific information can be found on the Metropolitan West School Sport website or by emailing the Met West Sports office using the email address below. Students can collect a permission to trial form from the Sports Office.

<https://metwestschoolsport.eq.edu.au>

*Please note it is the student's responsibility to register interest with the Head of Sport one month prior to district trials.*



### QUEENSLAND SCHOOL SPORT

Students who are selected in a Metropolitan West team then attend the State Championships where they can be selected to represent Queensland at National School Championships.



### AUSTRALIAN SCHOOL SPORT

Students who are selected in a Queensland team then attend the National Championships where they can be selected to represent Australia.

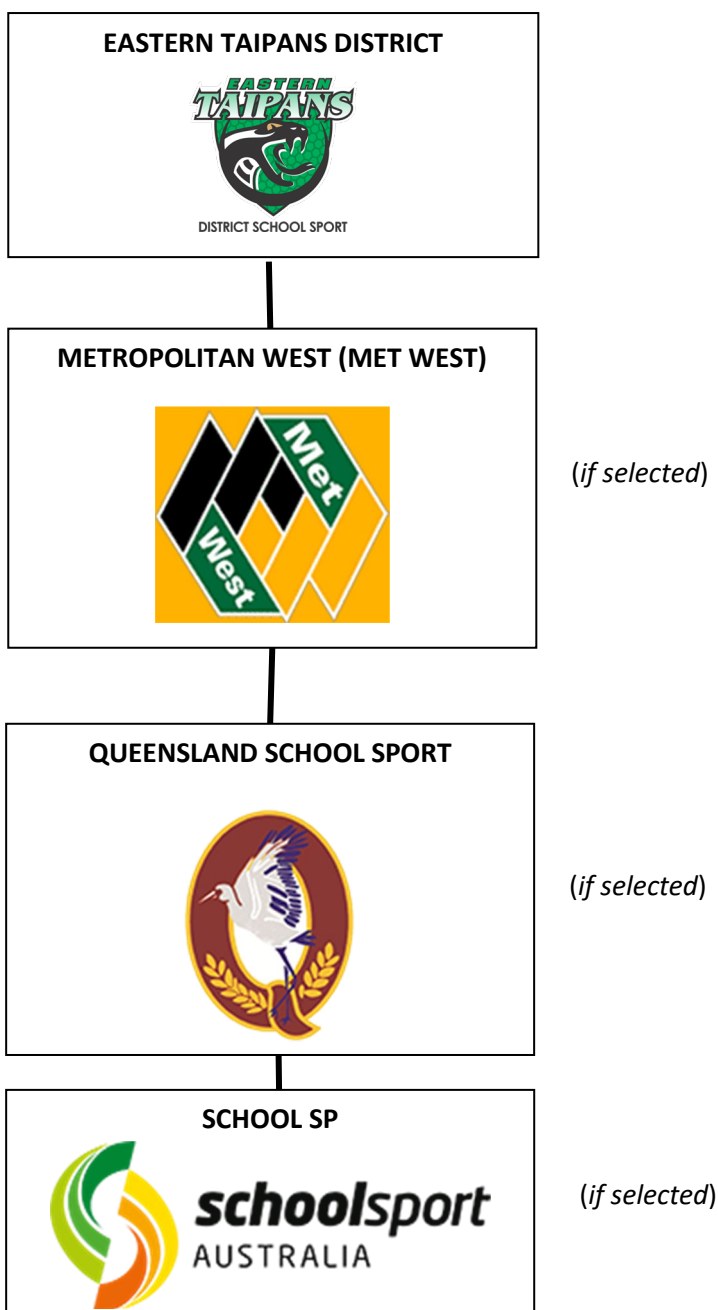
**schoolsport**  
AUSTRALIA

## REPRESENTATIVE SPORT PATHWAY FOR STMC STUDENTS

St Thomas More College (STMC) is associated with Metropolitan West Sport (Met West). Met West is responsible for organising a sport program that enables students to be selected in regional representative teams capable of competing at a state level. This year, the District Competition undertook a large restructure where the 17 districts were amalgamated into just 5 Districts that now come under the Met West banner. Students at STMC now form part of the Eastern Taipans District and all students regardless of age will participate in this District.

### Nomination Process

For a STMC student to participate in representative sport they are required to fill out a Nomination Form one month prior to the Met West trial date. Students are to see the Sports Program Leader for a Nomination Form. Trial dates are listed on the STMC Parent Portal (under the co-curricular tile) and on the Met West website: <https://metwestschoolsport.eq.edu.au>.



## STAY CONNECTED WITH STMC

Parent Portal: <https://extranet16.bne.catholic.edu.au/parent/stmc/Pages/default.aspx>

Facebook: <https://www.facebook.com/STMCsunnybank/>

Facebook Closed Group: <https://www.facebook.com/groups/STMC.Students.Parents.Friends/>

BCE Connect App: St Thomas More College

College website: <http://www.stmc.qld.edu.au/Pages/default.aspx>

### EXTRA-CURRICULAR SPORT MOODLE PAGE

Using your students log on, the Moodle Page is a fantastic way to access information that cannot be placed on the public website for privacy reasons (such as photos). Please log on and explore!

### PARENT PORTAL

Using your parents log on, the Parent Portal is a great way to access information that cannot be placed on the STMC public website - including training times and game information.

### SECA WEBSITE

For all the latest information including draws, results and carnival programs please visit: <http://seca.sportzvault.com/default.aspx>

### METROPOLITIAN WEST SCHOOL SPORT WEBSITE

For all information in regards to regional and district trials, please visit: <http://met.west@dete.qld.gov.au>

## CONTACTS

**CURRICULIUM LEADER –  
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W: [www.stmc.qld.edu.au](http://www.stmc.qld.edu.au)

# STMC SPORTING CARNIVALS

## SWIMMING

1. Junnebei Swimming Carnival @ Yeronga Park
2. SECA Swimming Carnival @ Chandler Aquatic Centre
3. District carnival @ Yeronga Pool
4. Met West Regional Swimming Trials @ Chandler Aquatic Centre

All students participate in the STMC Swimming Carnival. This is a normal school day; students attend homeroom in the afternoon and then catch a bus to Hibiscus pool Upper Mt Gravatt. The Carnival commences at 2pm and is completed by 8pm, after which students are collected from the venue by their parents.

Following the STMC Swimming Carnival a squad is chosen to represent the College at the SECA Swimming Championships. The squad usually consists of approximately 60-70 students from Years 7-12. This event is the highlight of the Swimming season for our Squad.

Students wishing to represent Metropolitan West at the State Championships need to register their interest to trial with the Sports Program Leader one month prior to the regional carnival and **MUST** participate in the District Carnival. Students will then be asked to nominate which events they wish to trial for along with a personal best time.

**NOTE: Met West Trials: Only for students that express interest with the Sports Program Leader ONE month prior to the trial.**

## CROSS COUNTRY

1. Junnebei Cross-Country Carnival @ STMC
2. SECA Cross-Country Carnival @ Limestone Park Ipswich
3. District Carnival @ Richlands Fields
4. Met West Regional Cross-Country Trials @ Limestone Park Ipswich



All students participate in the STMC Cross Country Carnival held at STMC and surrounding areas. Following the House Cross Country Carnival, a squad is chosen to represent the College at the SECA Cross Country Championships. The squad usually consists of approximately 60-70 students from Years 7-12.

Students wishing to represent Metropolitan West at the State Championships need to register their interest to trial with the Sports Program Leader one month prior to the regional carnival and **MUST** compete in the District carnival.

**NOTE: Met West Trials: Only for students that express interest with the Sports Program Leader ONE month prior to the trial.**

## TRACK AND FIELD

1. Junnebei Track and Field Carnival @ STMC
2. SECA Track and Field Carnival @ QSAC
3. District Track and Field Trials @ QSAC
4. Met West Regional Track and Field Trials @ QSAC

All students participate in the STMC Athletics Carnival held at Queensland Sport and Athletics Centre (QSAC), Nathan.

Following the Athletics Carnival a squad is chosen to represent the College at the SECA Athletics Championships. The squad usually consists of approximately 120-130 students from Years 7-12.

Students who are selected in the squad are required to attend training sessions leading into the SECA Athletics Carnival.

Students wishing to represent Metropolitan West at the State Championships need to register their interest to trial with the Sports Program Leader one month prior to the regional carnival and MUST compete in the District Carnival. Students will then be asked to nominate which events they wish to trial for along with personal bests.

**NOTE: Met West Trials: Only for students that express interest with the Sports Program Leader ONE month prior to the trial.**





# S.E.C.A SPORTS

## TOURING SPORTS

### RUGBY LEAGUE

SECA Rugby League Season

U12/U13/U14/U15/Open



Top placing SECA Teams from each Age division participate in the Metropolitan Cup Final Series.

The Open Team will participate in the Confraternity Carnival - first week of the June/July holidays.

All teams participate in the SECA Competition held throughout Terms 2 and 3. The Rugby League season culminates in the Under 18 side participating in the Confraternity Carnival held in the first week of the June/July holidays.

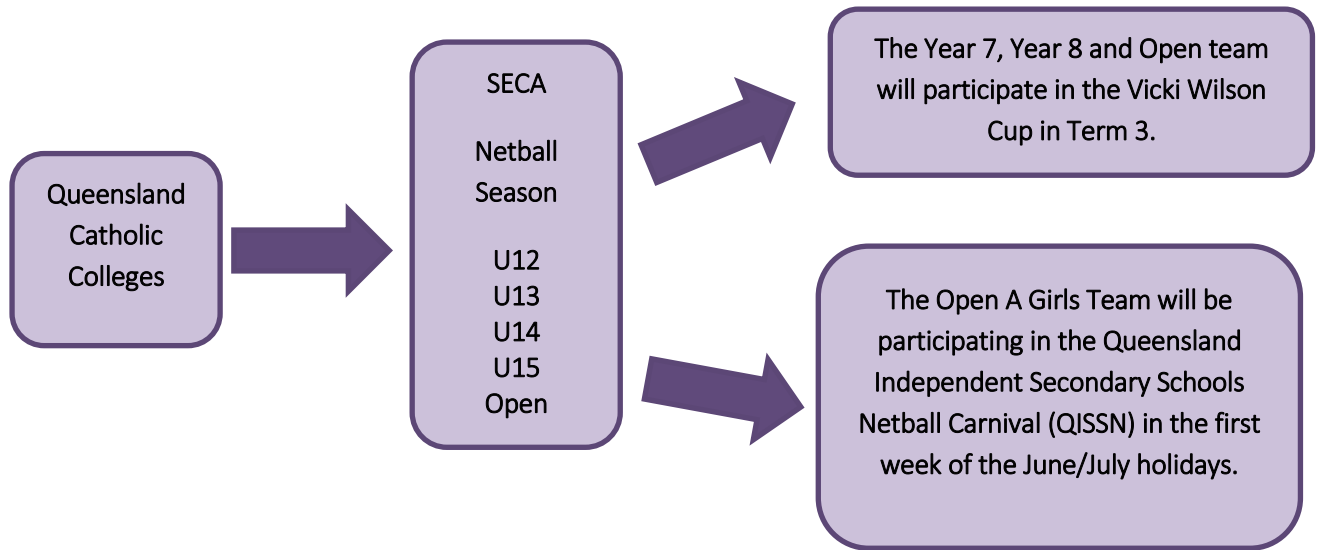
The Confraternity Carnival is run by QISSRL (Queensland Independent Secondary Schools Rugby League) and is the largest of its kind in the state. St Thomas More College first participated in Confraternity in 2003 and has been a regular participant ever since. Carnivals have been held in cities and towns all over the state including Brisbane, Gold Coast, Toowoomba, Ipswich, Cairns, Bundaberg (2009), Yeppoon (2011), Townsville (2013) and Brisbane (2017). The 2019 Carnival was held in Bundaberg.

Students wishing to play in the Under 18 Rugby League side will be required to participate in a strength and conditioning program through Semester 1.

All students who play Rugby League need to purchase footy socks and footy shorts from the uniform shop. A jersey is loaned to students for the duration of the season. While the College recommends a mouth guard and head gear, the final decision needs to be made by students and their parents and guardians.



## NETBALL



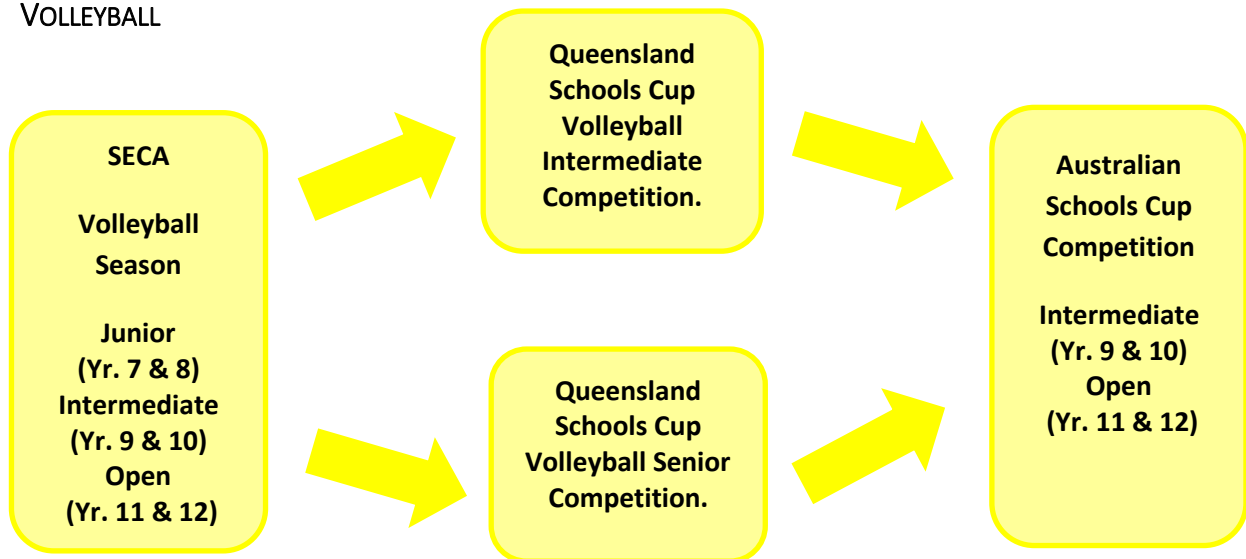
All teams participate in the SECA Competition held throughout Terms 2 and 3 in which they play 8 games across the season. Selected teams will play in the Queensland Catholic Cup Carnival day held at Downey Park in May.

One of the highlights of the Netball season is when our Open A Team participates in the Queensland Independent Schools Netball (QISSN) Carnival held in the first week of the June/July holidays each year.

Previous carnivals have been held in Rockhampton (2008), Sunshine Coast (2009 and 2012), Brisbane (2010), the Gold Coast (2011), Townsville (2013) and Brisbane (2017). In 2019 the QISSN Carnival was held in Bundaberg.



## VOLLEYBALL



Volleyball has become a much-loved sport amongst our students over the past few years. All teams participate in the SECA Competition held throughout Terms 2 and 3.

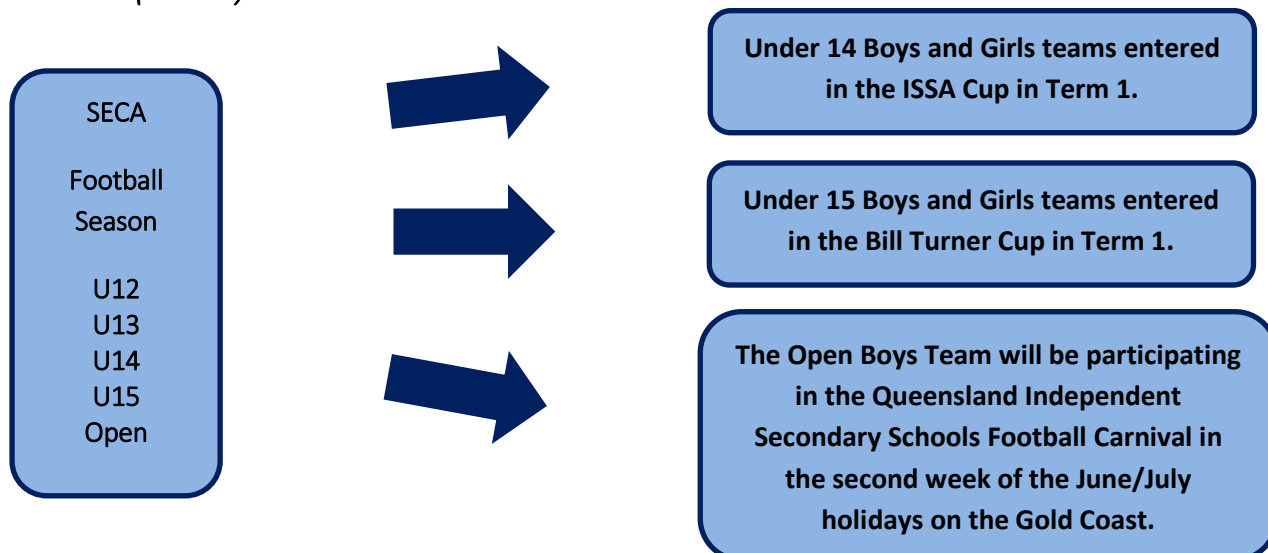
At the completion of the SECA season, students will be invited to try out for the Queensland Schools Cup Volleyball Competition. (This opportunity is also available to students who participated in SECA sports other than Volleyball).

The Senior Teams will travel to the Gold Coast to participate in the Senior Schools Queensland Volleyball Schools Cup in September/October.

In 2017 for the first time, STMC entered the intermediate teams in the Queensland Schools Cup Competition that was held in Toowoomba.

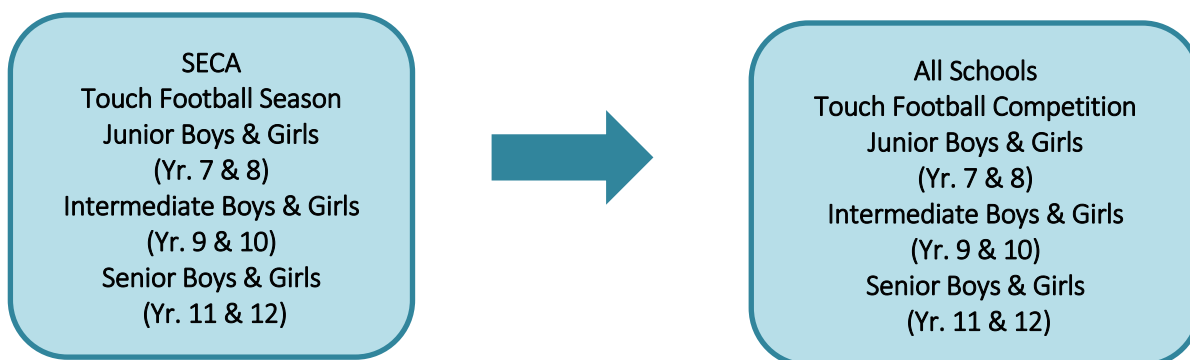


## FOOTBALL (SOCCER)



All teams participate in the SECA Competition held throughout Terms 2 and 3. Football has improved immensely at the College in recent years. Our coaches ensure that students are receiving top quality coaching as well as learning about good sportsmanship whilst enjoying Football.

## TOUCH FOOTBALL



Touch Football provides an excellent alternative to Rugby League for both our male and female students. All Touch Football teams participate in the SECA Competition held throughout Terms 2 and 3.

Students who are selected to play Touch Football for the College need to purchase a singlet from the College uniform shop before the season begins.

At the completion of the SECA season, students will be invited to try out for the All Schools Touch Football Competition that occurs in the first week of Term 4. (This opportunity is also available to students who participated in SECA sports other than Touch Football).

## NON TOURING SPORTS

### BASKETBALL

SECA  
Basketball Season  
Junior Boys & Girls  
(Yr. 7 & 8)  
Intermediate Boys & Girls  
(Yr. 9 & 10)  
Senior Boys & Girls  
(Yr. 11 & 12)

Re-introduced into the College in 2010, Basketball is a popular sport amongst our students. All Basketball teams participate in the SECA Competition held throughout Terms 2 and 3.

Students who are selected to play Basketball for the College will wear their normal sports uniform and be provided with numbered bibs (Junior and Intermediate) or College Basketball Singlets (Senior) to participate in.

### FUTSAL (*INDOOR SOCCER*)

SECA  
Futsal Season  
Junior Boys & Girls  
(Yr. 7 & 8)  
Intermediate Boys & Girls  
(Yr. 9 & 10)  
Senior Boys & Girls  
(Yr. 11 & 12)  
(N.B Open Boys is a 5 a side competition)

Futsal provides an excellent alternative to outdoor football for our students. All Futsal teams participate in the SECA Competition held throughout Terms 2 and 3.

### TENNIS

SECA  
Tennis Season  
Junior Boys & Girls  
(Yr. 7, 8 & 9)  
Senior Boys & Girls  
(Yr. 10, 11 & 12)

Introduced into the College in 2014, Tennis is a growing sport amongst our students. Over these years, we have had a small group of dedicated students. We have grown to become a formidable force in tennis. We look forward to seeing that growth continue in 2019 and beyond.

## SECA GALA DAYS of EXCELLENCE

### OZ TAG

**Junior Girls**  
(Yr. 7 & 8)

**Intermediate Girls**  
(Yr. 9 & 10)

**Senior Girls**  
(Yr. 11 & 12)

This competition is held in Term 1 and provides girls with exposure to different sports than those offered throughout the SECA Sport Season in Terms 2 and 3. The training commitments that need to be made are a lot less than that of the SECA Sport Season as the competition is finished in one day. Trials and training for Oz Tag teams usually start a few weeks out from the Gala Day itself.

### Cricket

**Junior Boys**  
(Yr. 7 & 8)

**Intermediate Boys**  
(Yr. 9 & 10)

**Senior Boys**  
(Yr. 11 & 12)

This competition is held in Term 1 and provides boys with exposure to different sports than those offered throughout the SECA Sport Season in Terms 2 and 3. The training commitments that need to be made are a lot less than that of the SECA Sport Season as the competition is finished in one day. Trials and training for Cricket teams usually start a few weeks out from the Gala Day itself.

### RUGBY 7s

**Junior Boys & Girls**  
(Yr. 7 & 8)

**Intermediate Boys & Girls**  
(Yr. 9 & 10)

**Senior Boys & Girls**  
(Yr. 11 & 12)

This competition is held in Term 3 and provides boys and girls with exposure to different sports than those offered throughout the SECA Sport Season in Terms 2 and 3. The training commitments that need to be made are a lot less than that of the SECA Sport Season as the competition is finished in one day. Trials and training for Rugby 7s teams usually start a few weeks out from the Gala Day itself.

### A.F.L 9s

**Junior Boys & Girls**  
(Yr. 7 & 8)

**Intermediate Boys & Girls**  
(Yr. 9 & 10)

Commencing in 2015, AFL 9s provides an opportunity for students in Years 7-10 to learn a new sport once the business of the sporting year is starting to wind down. Fixtures will be held on a SECA Sport GALA DAY which will be held in Term 4.

Due to the location of the AFL Season, this sport is NOT offered to students in Years 11 & 12.

## NON SECA SPORT-RECREATIONAL ACTIVITIES AT THE COLLEGE

What happens if I missed out on selection in a SECA team? Competitive sport is not my thing!

Unfortunately, the SECA competition is limited by certain factors including facilities, time and officials. As a result, we should cap the amount of teams we enter into the association. However, we do offer recreational activities/sports for students who are not competing in a SECA team in the eight afternoons of the SECA season. These activities may include:

- College Production
- Personal Training
- Rock Climbing
- Instrumental Music
- Cardio Boxing
- Chess
- Master Chef
- Beach Volleyball
- Rebound Volleyball
- Graphic Design Club
- Photography Club
- Badminton
- Sustainability Project

These activities are designed to engage students in physical activity and ensure all students in Years 7-12 are taking time out of their academic schedule, on the nine SECA days, to be physically active.

## SPORTS JERSEYS / UNIFORM

The following items must be purchased from the College Uniform Shop.

### 1. Singlet

- Track and Field
- Cross Country
- Touch Football
- Basketball
- Oz Tag

### 2. Football Socks

- Football (Soccer)
- Rugby League
- Indoor Soccer
- Rugby 7s
- AFL 9s

### 3. Representative Shorts

- Rugby League
- Track and Field (Boys)
- Cross Country (Boys)
- Rugby 7s

### 4. Bike Pants

- Track and Field (Girls)
- Cross Country (Girls)
- Touch Football (Girls)
- Oz Tag (Girls)
- Netball (Girls)

All other sports will require students to wear NORMAL College Sports Uniform. Failure to wear correct uniform will forfeit the students' participation in sport.

The following items will be loaned to students for the duration of the season and must be returned to the team coach immediately after the game has finished.

- Rugby League Jerseys for SECA Competition
- Netball Body Suits for QISSN Competition
- Jerseys for Rugby 7s Carnivals
- Jerseys for AFL 9s Competition
- Representative Singlets for SECA Athletics and SECA Cross Country.



ST THOMAS MORE COLLEGE

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