



TEAM MORE



STMC SPORT INFORMATION BOOKLET

2026

St. Thomas More
COLLEGE



God's Servant First

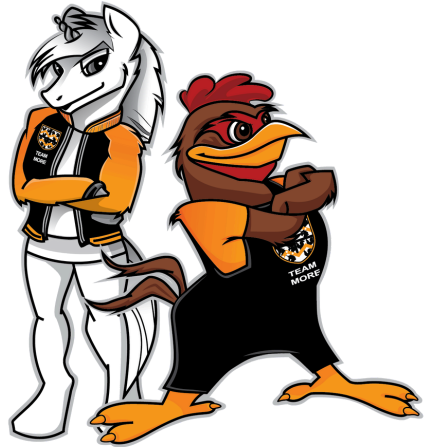
STMC Sport

St. Thomas More
COLLEGE



God's Servant First

STMC Sport



TEAM MORE

PROUDLY SUPPORTED BY

Community Bank

Acacia Ridge

B Bendigo Bank

TOTALFUSION

HEALTH & WELLNESS CLUBS

GUMDALE
DEMOLITION

TABLE OF CONTENTS



PRINCIPAL'S WELCOME	4
INTRODUCTION	5
METROPOLITAN WEST (MET WEST) SCHOOL SPORT	6
SECA SPORT	7
AFL	8
ATHLETICS	9
BASKETBALL	10
CRICKET	11
CROSS COUNTRY	12
FOOTBALL/FUTSAL	13
NETBALL	14
RUGBY LEAGUE	15
RUGBY 7's	16
SPORT AEROBICS	17
SWIMMING	18
TOUCH FOOTBALL	19
VOLLEYBALL	20
STRENGTH & CONDITIONING PROGRAM	21
ATHLETE DEVELOPMENT PROGRAM (ADP)	22
OTHER SPORTS	23
STMC SPORT CODE OF CONDUCT	24
STMC SPORT SELECTION POLICY	25
2026 ST THOMAS MORE COLLEGE SPORT'S CALENDAR	26

PRINCIPAL'S WELCOME



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 introduce 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 team sport will attend training sessions.

If you have questions or need a more detailed explanation around the sports program, then I encourage you to contact Mr Stephen Undery (Program Leader – Sport). For other matters, the best staff to contact are your son or daughter's Pastoral Care Teacher or Pastoral Leader.

Mr Les Conroy
College Principal



INTRODUCTION

St Thomas More College provides a broad range of sporting and recreational activities. This booklet provides information for those wishing to participate in the College Sport Program. This is your invitation to join the College community in sporting and recreational endeavours.

These activities provide for the personal growth of the students by developing individual skills, teamwork, leadership, friendship, understanding, decision-making and self-discipline in an atmosphere of fun and enjoyment. This in turn benefits curriculum performance and school behaviour and helps build a real sense of community.

The College is a part of the Eastern Taipans District in the Metropolitan West region for representative sport, competes in Southeast Colleges Association (SECA) along with many other competitions. All these opportunities are outlined in this booklet.

SPORT CONTACTS

Mr Stephen Undery
Program Leader - Sport
sundry1@stmc.qld.edu.au
(07)3323 4600

Mr Jay Paterson
Sport Officer
jay.paterson@stmc.qld.edu.au
(07) 3323 4600

SPORTING AWARD SYSTEM

Students are encouraged to participate in sport at the College as a part of a holistic education and are recognised and awarded for their efforts through the Sporting Award System. This Sporting Award System is designed to recognise and award the commitment of students participating and competing in sport for St Thomas More College. The flow chart below demonstrates how students can progress through to the sporting awards.



Sporting Recognition is the first step in the Award System and is awarded to students when they represent the College at a specified sporting event. This includes but is not restricted to:

- SECA Cross Country
- SECA Gala Days
- SECA Swimming
- STMC Rep Sport
- SECA Athletics
- Met West Competitions and Trials

Sports Bronze Award is the second step in the Award System and is awarded to students when they receive six Sporting Recognition awards or are selected to represent Metropolitan West School Sport.

Sports Silver Award is the third step in the Award System and is awarded to students when they receive three Sports Bronze Awards or are selected to represent QLD School Sport.

The highest award in the Sporting Award System is the Sports Gold Award. This award is the most prestigious of the sporting awards and is awarded to students who receive two Silver Awards or are selected to represent Australian School Sport.

INTER-JUNNEBEI (HOUSE) SPORT

The College's Inter-Junnebei sporting tradition is an integral part of the sporting culture here at St Thomas More College. This Inter-Junnebei tradition creates a strong sense of belonging and community within the whole College. St Thomas More College has five Junnebei:



Students are assigned a Junnebei at the time of enrolment. Throughout the year students across all ages have an opportunity to represent their Junnebei in sporting, academic, attendance, cultural and other competitions. Significant events through the year include Swimming, Cross Country, and Athletics Carnivals.

REPRESENTATIVE SPORT PATHWAY

St Thomas More College is a member of the Eastern Taipans district within the Metropolitan West School Sport region. Many sports conduct trials across Primary and Secondary schools within the Metropolitan West region as a pathway to state and national selection.

Students wishing to trial for a district or regional team must nominate through the sports office via the District Sport Coordinator. District trials are posted on the college calendar. Additionally, information regarding trials will be posted in the college notices and emailed to students throughout the year.

****Please note that it is the student's responsibility to nominate in time for District and Met West Trials****

STUDENTS 18 YEARS & UNDER

Eastern Taipans District School Sport

Metropolitan West School Sport

Queensland School Sport

Australian Secondary School Sport

STUDENTS 12 YEARS & UNDER

Eastern Taipans District School Sport

Metropolitan West School Sport

Queensland School Sport



QUEENSLAND SCHOOL SPORT
Est. 1920



****Only students approved and nominated by the college can attend representative trials****

HELPFUL LINKS

Metropolitan West School Sport

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

SECA School Sport

<https://www.secasport.com.au/>

METROPOLITAN WEST SCHOOL SPORT



Participation in Eastern Taipans District and Met West regional trials provides students with the opportunity to gain regional, state, and national selection in their chosen sport.

Metropolitan West School Sport offers opportunities in the following sports:

AFL 10-12yrs/13-15yrs Girls	Netball 10-12yrs/13-15yrs/16-19yrs Girls
AFL 10-12yrs/13-15yrs Boys	Rugby League 11-12yrs/14-15yrs/16-19yrs Girls
Athletics 10-19yrs	Rugby League 11-12yrs/14-15yrs/16-19yrs Boys
Baseball 12-14yrs/14-18yrs	Rugby Union 11-12yrs/14-15yrs/17-18yrs Girls
Basketball - 10-12yrs/13-15yrs/16-18yrs	Rugby Union 11-12yrs/14-15yrs/17-18yrs Boys
Cricket 10-12yrs/13-15yrs/16-19yrs Girls	Softball 10-12yrs/13-19yrs Boys & Girls
Cricket 10-12yrs/13-15yrs/16-19yrs Boys	Squash 10-19yrs Boys & Girls
Cross Country 10-19yrs	Surfing 13-19yrs Boys & Girls
Football 10-12yrs/13-15yrs/16yrs Girls	Swimming 10-19yrs
Football 13-16yrs/17-19yrs Boys	Tennis 10-12yrs/13-19yrs Boys & Girls
Futsal 13-14 years	Touch Football 10-12yrs/13-15yrs/16-18yrs Boys & Girls
Golf 10-18yrs Boys & Girls	Triathlon 11-19yrs
Hockey 10-12yrs/13-19yrs Boys & Girls	Volleyball 12-15yrs/16-19yrs
	Water Polo 13-17yrs

Information regarding when, and how, to trial is announced in morning notices, emails, and on assemblies. Students are advised to pay particular attention to said notices and nominate accordingly at the Sport Office. Only students approved and nominated by the College can attend district and regional trials.

STAFF CONTACT

Mr Jay Paterson
Sport Officer
jay.paterson@stmc.qld.edu.au
(07) 3323 4600

Mr Stephen Undery
Program Leader - Sport
sundry1@stmc.qld.edu.au
(07) 3323 4600

SECA SPORT

St Thomas More College is a proud foundation member of SECA and since its inception in 1996. STMC students continue to enjoy the varied and competitive sport offered by SECA Sport. SECA Sport is an interschool sporting competition conducted on Thursday during school, in Terms 2 and 3. In addition to this, SECA holds a range of one-day carnivals throughout the year. The competition is graded to cater for all individual abilities, age and skill levels. St Thomas More College competes against the following schools:



SECA SPORT PROGRAM

SECA SPORT SEASON 1

TERM 2

- Chess
- Futsal
- Netball
- OzTag
- Rugby League
- Theatre Sports
- Volleyball

SECA SPORT SEASON

TERM 3

- Basketball
- Debating
- E-Sports
- Football (Soccer)
- Tennis
- Touch Football

SECA CARNIVALS

- Cricket - Term 1
- Swimming - Term 1
- Cross-Country - Term 2
- Athletics - Term 3
- Rugby 7's - Term 3
- AFL 9's - Term 4

UNIFORM

Students are to wear STMC Sport uniform specific to each sport. These are outlined in the uniform section of each sport in this booklet

STAFF CONTACT

Mr Stephen Undery
Program Leader - Sport
sundry1@stmc.qld.edu.au
(07) 3323 4600

St Thomas More College has an emerging AFL program with students competing in the SECA 9-a-side AFL Carnival in Term 4. Our teams have been quite successful winning multiple SECA AFL premierships since its inception in 2015. Students also have opportunities to progress to representative teams, through our district and Met West trials. Students begin training for AFL Term 3.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport AFL 9's Carnival	Term 4	7-12

UNIFORM

Students are to wear STMC AFL Jersey, STMC Footy Shorts and STMC Footy Socks during AFL games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Joshua Wells
Head Coach - Boys
joshua.wells@stmc.qld.edu.au

Mr Robert Hadden
Head Coach - Girls AFL
rhadden@stmc.qld.edu.au

ATHLETICS

Students can compete in several athletics meets throughout the school year, including the STMC Athletics Carnival, SECA athletics Carnival and Eastern Taipans District Athletics trials. The College holds its Athletics carnival during Term 3, from which students can be selected to represent the College at the SECA Athletics Carnival. Training begins in Term 3.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
St Thomas More College Athletics Carnival	Term 3	7-12
Eastern Taipans District Athletics Carnival	Term 3	7-12
SECA Sport Athletics Carnival	Term 3	7-12

UNIFORM

Students are to wear the STMC Sport Singlet or Sport Shirt, STMC Sport Shorts or STMC Footy Shorts or STMC Bike Pants (Girls only), during athletics events, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Tim Parravicini
Head Coach – Athletics
tparravicini@stmc.qld.edu.au

BASKETBALL

Basketball is rapidly growing at STMC, and with that, we are forging a strong relationship with the Brisbane Bullets, to enhance the basketball program. Our Firsts boy's and girl's teams are aiming to compete in the largest school basketball competition in QLD, the Champion Basketball School of QLD (CBSQ) tournament. In addition to this, students may participate in the SECA competition or target representative honours with the Eastern Taipans district or Met West regional trials. Training is undertaken at various stages throughout the school year.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport Season 2	Term 3	7-12
Champion Basketball School of QLD (CBSQ)	Term 3 & 4	7-12

UNIFORM

Students are to wear the STMC Basketball Singlet and STMC Sport Shorts during basketball games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Jay Paterson
Head Coach - Boys Basketball
jay.paterson@stmc.qld.edu.au

Ms Kristy-Lee Farley
Head Coach - Girls Basketball
kristy-lee.farley@stmc.qld.edu.au

CRICKET



Each year St Thomas More College participates in the SECA Cricket Carnival, building a proud tradition in the sport. Training begins in Term 1 and is held at MacGregor Cricket Club. Students also have opportunities to progress to representative teams, through our district and Met West trials.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport Cricket Carnival	Term 1	7-12

UNIFORM

Students are to wear STMC Sport Shirt and Cricket White Pants, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Stephen Undery
Head Coach – Boys Cricket
sunderyl@stmc.qld.edu.au

Ms Catherine Sandurski
Head Coach – Girls Cricket
csandurski@stmc.qld.edu.au

CROSS COUNTRY

Students can compete in several cross-country meets throughout the school year including, STMC Cross-Country Carnival, SECA Cross Country Carnival and Eastern Taipans District Cross Country Trials. The College holds its annual Cross Country Carnival in Term 2, from which students can then gain selection to represent the College at the SECA Cross Country Carnival. Training for cross-country events begins in Term 1.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
St Thomas More College Cross Country Carnival	Term 2	7-12
Eastern Taipans District Cross Country Carnival	Term 2	7-12
SECA Sport Cross Country Carnival	Term 2	7-12

UNIFORM

Students are to wear STMC Sport Singlet or STMC Sport Shirt, STMC Sport Shorts or STMC Footy Shorts or STMC Bike Pants (Girls only), during cross-country events, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Matthew Gorry
Head Coach – Cross Country
mgorry@stmc.qld.edu.au

FOOTBALL/FUTSAL

Football & Futsal are two of the fastest growing sports at STMC. Students can play football in the SECA competition, the Bill Turner Cup/Trophy and UhlSPORT Cup. We are quickly gaining a proud history in the sport with many of our teams making finals across several of the competitions we play in. Students can also progress to representative honours through our Eastern Taipans district and Met West trials. Training is undertaken at various stages throughout the year.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
Brisbane Metro Futsal Titles	Term 1	7-12
SECA Sport Season 1 (Futsal)	Term 2	7-12
SECA Sport Season 3 (Football)	Term 3	7-12
UhlSPORT Football Cup	Term 2 & 3	Opens
Bill Turner & ISSA Football Cup & Trophy	Term 2 & 3	7-9

UNIFORM

Students are to wear STMC Sport Shirt, STMC Sport Shorts and STMC Footy Socks during football games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Michael Needham
Head Coach – Boys Football
mneedham@stmc.qld.edu.au

Mr Cameron Brett
Head Coach – Girls Football
cbrett@stmc.qld.edu.au

NETBALL

Netball has a strong tradition at St Thomas More College with several of our past students being selected for representative teams. At the College girls and boys can compete at the prestigious QLD Independent Secondary Schools Netball(QISSN) Competition, as well as the Vicki Wilson Shield and QLD Catholic Schools Cup. St Thomas More College also enters numerous teams in the SECA Sport Season 1 Competition. The College has a long and proud tradition in netball claiming numerous trophies in the SECA, QISSN, QC Cup and Vicki Wilson Competitions. As like other sports at St Thomas More College, students can progress to representative teams, through our district and Met West trials.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport Season 1	Term 2	7-12
QLD Catholic Schools Cup	Term 2	7-12
Vicki Wilson Shield	Term 2	7-12
QISSN Tour	June/July Holidays	Opens

UNIFORM

Students are to wear STMC Netball Dress (Girls Only) with STMC Bike Pants (Girls Only) or STMC Sport Shirt with STMC Sport Shorts during netball games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mrs Carla Hamilton
Head Coach – Boys Netball
carla.simpson@stmc.qld.edu.au

Mrs Carla Krstevski
Head Coach – Girls Netball
ckrstevski@stmc.qld.edu.au

RUGBY LEAGUE



St Thomas More College has a strong culture in rugby league, with our First XIII representing the college at Confraternity Shield each year, claiming silverware at this prestigious schoolboy's carnival in 2014, 2015 and 2019. Some of STMC's Rugby League alumni include NRL players Jayیدن Hunt, Darius Farmer & Daniel Vidot. The rugby league program at the college operates in Terms 1, 2 & 4 with the focus being on preparation & pathways for students toward the prestigious Confraternity Shield - also known as the Queensland Independent Secondary Schools Rugby League (QISSRL) Carnival.

As part of the rugby league program students will also compete in the SECA Inter-School sport competition and other trial games and rugby league carnivals throughout the school year. Like other sports at St Thomas More College, students can progress to representative teams, through our Eastern Taipans district and Met West trials.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
NRL Schools Trophy	Term 1	7-12
Western Tour	Term 1	9-10
SECA Sport Season 1	Term 2	7-12
Confraternity Shield Tour	June/July Holidays	Opens

UNIFORM

Students must wear the STMC rugby league jersey, STMC footy shorts and STMC football socks during rugby league games, unless otherwise specified by the coach. All items are available from the College's uniform shop.

STAFF CONTACT

Mr Jay Paterson
Head Coach - Rugby League
Jay.paterson@stm.c.qld.edu.au

RUGBY 7'S

St Thomas More College is an emerging powerhouse in Rugby 7's with teams competing in the SECA Rugby 7's Carnival and QRU Independent Schools Carnival each year. Rugby 7's is offered as a pathway for both boys and girls at the College with trainings running in Terms 3 and 4.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport Rugby 7's Carnival	Term 3	7-12
QRU Independent Schools Rugby	Term 4	7-12

UNIFORM

Students must wear the STMC rugby jersey, STMC footy shorts and STMC football socks during rugby games, unless otherwise specified by the coach. All items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Declan Wellings
Head Coach – Rugby 7's
dwellings@stmc.qld.edu.au



SPORT AEROBICS

Sport Aerobics is a fast-paced sequence of choreographed steps and skills that showcase strength, flexibility and fitness, combining aerobics, dance and gymnastics. St Thomas More College partners with Meg Ryan Sport Aerobics to deliver an exciting Sport Aerobics program, in which students compete in local and state competitions with the hope of qualifying for Nationals each year. Sport Aerobics is offered to boys and girls at the College with trainings running in Terms 1, 2 & 3.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
Meg Ryan Sport Aerobics Gala	Term 2	7-12
FISAF Queensland Super Series	Term 2	7-12
FISAF QLD State Championships	Term 3	7-12
Queensland Cup	Term 3	7-12
Meg Ryan Sport Aerobics End of Year Showcase	Term 4	7-12

UNIFORM

Students must wear the STMC sports uniform to all training sessions. STMC leotards, scrunchie and tights (STMC aerobics top and pants for male athletes) are purchased through Meg Ryan Sport Aerobics. Teams wear a STMC Sport Rep Polo to and from all competitions.

STAFF CONTACT

Mr Stephen Undery
Manager - Sport Aerobics
sundery1@stmc.qld.edu.au

SWIMMING

Students can compete in several swimming meets throughout the school year. The College holds its annual swimming carnival early in Term 1. This provides students with the opportunity to gain selection to represent the college at the SECA swimming carnival. If students want to attend the Eastern Taipans district swimming trials, they are required to nominate to the Sport Office prior to the college swimming carnival.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
St Thomas More College Swimming Carnival	Term 1	7-12
Eastern Taipans District Swimming Carnival	Term 1	7-12
SECA Sport Swimming Carnival	Term 1	7-12

UNIFORM

Students must wear the STMC sport's uniform to swimming carnivals. Whilst swimming, students must wear appropriate personal swimming attire and wear the STMC swimming cap.

STAFF CONTACT

Mr Shane Gornik
Head Coach - Swimming
sgornik@stmc.qld.edu.au

TOUCH FOOTBALL



Touch Football is another sport with a strong tradition at STMC. Each year we send teams to the QLD All Schools Touch tournament, which is the largest schools touch football tournament in the world. Students are also provided with the opportunity to compete in the SECA Sport, Season 2 competition. Training begins in Term 2. Like most sports at St Thomas More College, students can progress to representative teams, through our Eastern Districts Taipans and Met West trials.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport Season 2	Term 3	7-12
Kings Touch Football Carnival	Term 3	7-12
QLD All Schools Touch Carnival	Term 4	7-12

UNIFORM

Students must wear STMC sport shirt or STMC sport singlet with STMC sport shorts or STMC bike pants (girls only) during touch football games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Matthew Molloy
Head Coach - Boys Touch Football
matthew.molloy@stmc.qld.edu.au

Mrs Bec Webster
Head Coach - Girls Touch Football
rebecca.cooper@stmc.qld.edu.au



VOLLEYBALL

STMC has a proud tradition in volleyball and has a trophy cabinet to prove it. Each year the college sends teams away to the Volleyball QLD Schools Cup and competes strongly in the SECA competition. Training and trials for our volleyball teams begin in Term 1. As with all other sports at STMC, students can progress to representative teams, through our Eastern District Taipans and Met West trials.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA Sport Season 1	Term 2	7-12
VQ Intermediate Schools Cup	Term 2	9-10
VQ Senior Schools Cup	Term 3	Open
VQ Junior Schools Cup	Term 4	7-8

UNIFORM

Students are to wear STMC Sport Shirt with STMC Sport Shorts or STMC Bike Pants (Girls only) during volleyball games, unless otherwise specified by the coach. All these uniform items are available from the College's Uniform Shop.

STAFF CONTACT

Mr Matthew Ross
Head Coach - Boys Volleyball
matthew.ross@stmc.qld.edu.au

Mr Stuart Kamp
Head Coach - Girls Volleyball
skamp@stmc.qld.edu.au

STRENGTH & CONDITIONING PROGRAM



STMC offers high class gym facilities to all enrolled students in Year 7-12. The gym is open to all STMC students who want to improve their strength and conditioning. All students must first undergo an induction prior to using the gym facilities.

PURPOSE OF THE PROGRAM

The program aims to provide students with the opportunity to:

- Develop their skills in an inclusive, supportive, and stimulating environment.
- Be involved in a structured personal development program that instills lifelong skills that encompass healthy and active lifestyles.
- Learn how to correctly train with safe, age appropriate and supervised exercise prescription, enhance their physical literacy and movement skills and improve on muscular imbalances to reduce the risk of injury.
- Be exposed to a variety of different training, including strength, speed and power development, conditioning, flexibility, and injury prevention programs.
- Skills to develop physical fitness for life.
- Support St Thomas More College student's strength and conditioning goals.

PROGRAM STRUCTURE

Monday 3:30pm - 4:30pm	General Strength & Conditioning
Tuesday 3:30pm - 4:30pm	General Strength & Conditioning
Friday 3:30pm - 4:30pm	General Strength & Conditioning

This program operates all year round.

For more information on the Strength & Conditioning program please contact Mr Timothy Parravicini (tparravicini@stmc.qld.edu.au).

ATHLETE DEVELOPMENT PROGRAM (ADP)

The Athlete Development Program (ADP) was introduced at STMC for the first time in 2023. This 'invitation only' program is designed to provide students with the opportunity to develop their physical and mental attributes, to help them succeed in their chosen sport and in the wider community.

PURPOSE OF THE PROGRAM

The ADP seeks to provide selected STMC students with the opportunity to:

- Identify performance pathways to progress in their given sport/s.
- Enhance their physiological & psychological capabilities in an inclusive, supportive, and stimulating environment.
- Enhance their leadership qualities to benefit personal, educational, and vocational endeavours. Gain access to technical coaching, with support from industry specialists within:
 - ➔ Sports Psychology, Nutrition & Physiotherapy
 - ➔ Strength & General Conditioning - Running, agility and speed technique, as well as dynamic strength and power development
- Be involved in a structured personal development program that seeks to instill lifelong skills which support holistic health & wellbeing, not just sporting performance.
- Be purposefully mentored with a view of challenging the athlete's mental and physical capabilities in relation to training and in-competition demands.

PROGRAM STRUCTURE

- 1 x ADP specific lesson
- 2 x Strength & Conditioning lessons a week
- Emphasis on holistic athlete development, catering for a range of team and individual sports
- Practical and theory perspective, not just sport-specific skills
- Facilitated independent fitness program designed by Mr Jay Paterson (Cert III & IV Fitness, Diploma of Sports Development)

The ADP operates all year round before school, and may require students to attend additional ADP experiences, such as guest speakers and excursions outside of this time. For students to be a part of the ADP they must be accepted after undergoing an Expression of Interest (EOI) and application process. For more information on the ADP please contact Mr Stephen Undery (sundery1@stmc.qld.edu.au) or Mr Jay Paterson (jay.paterson@stmc.qld.edu.au).

OTHER SPORTS

Students can also compete and trial in other sports at St Thomas More College. These include:

- Chess
- eSports
- OzTag
- Tennis

Trials for these sports occur leading up to the competition. Students are reminded to pay close attention to notices, emails, and assemblies to ensure they do not miss any opportunities.

COMPETITIONS

COMPETITION	TERM	YEAR LEVEL
SECA OzTag (SECA Sport Season 1)	Term 2	7-12
SECA Chess (SECA Sport Season 1)	Term 2	7-12
SECA Tennis (SECA Sport Season 2)	Term 3	7-12
SECA eSports (SECA Sport Season 2)	Term 3	7-12

STMC SPORT CODE OF CONDUCT

The following code of conduct highlights the level of expected behaviour of students, parents and spectators when participating in or attending sporting events at or for St Thomas More College. Any students found in breach of the 'STMC Sport Code of Conduct' or any school rules, will be referred to the College behavioural support processes.

Consequences for spectators not honouring this code of conduct may include staff or event officials warning offenders about their conduct, asking offenders to leave venues, banning offenders from future events, and calling police to intervene where necessary.

Please ensure that you have read and understand this code of conduct prior to participating in or attending any sporting events that the College organises or is a part of. Further information is available by contacting St Thomas More College on (07) 3323 4600.

Please note ignorance of the contents of this Code will not be accepted as an excuse for any breach.

EXPECTATIONS OF STUDENT PARTICIPANTS

- Take responsibility for your own behaviour and performance. Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee's, or Umpire's decisions. Always demonstrate the Principles of Fair Play.
- Control your temper, no criticism by word or gesture.
- Work equally hard for yourself and your team; your team's performance will benefit and so will your own.
- Be a good sport. Encourage and support your own team members.
- Show respect for yourself, your teammates, officials, your opponents, and their skills. Behave in a manner that respects the rights of others.
- Always wear the official college/team uniform, as directed by college staff or officials. Stay in the designated team area and support other team members during times when you are not competing.
- Follow all directions of college staff and officials.

EXPECTATIONS OF PARENTS/CAREGIVERS & SPECTATORS'

- Cooperate with the College to achieve the best outcomes for your child.
- Support team and event officials in maintaining a safe and respectful learning environment for all students. Maintain positive relationships with college staff and team officials regarding your child's learning, wellbeing and behaviour.
- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous and constructive in your communication with players, college staff, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty. Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Support School Sport Australia's policy of a smoke-free and alcohol-free environment.

STMC SPORT SELECTION POLICY

Selection into St Thomas More College sporting teams provides an opportunity for our students, who are proficient in the fundamental skills related to their chosen sport, to extend their skills and compete against similarly skilled students from other schools. All students can trial for relevant school teams; however, eligibility and selection criteria are used to determine team selections. Being selected to represent St Thomas More College in sport is an honour and students who represent the College have the responsibility to always compete in a manner that demonstrates exemplary behaviour, including the principles of fair play.

ELIGIBILITY CRITERIA

The following are pre-selection criteria used to determine student eligibility to represent St Thomas More College in a sporting team. Eligibility criteria will be determined by the Program Leader – Sport in conjunction with the relevant members of College Leadership, Pastoral and Curriculum Leaders.

Behaviour: Students must exhibit behaviour that aligns with the College Expectations. The behaviour of students at school and on school activities, including sport and excursions, will be considered.

Learning Expectations: Students need to be up to date with their learning and where representation in STMC Sport occurs during class time, students need to demonstrate the ability to implement a plan to catch up on missed learning.

Attendance: Student attendance rates including unexplained absences will be considered, particularly where the sporting event is scheduled within class time.

SELECTION CRITERIA

After meeting the eligibility criteria, the selection of teams is at the discretion of the team coach/manager. The team coach/manager may use other key stakeholders (teachers, support staff, development officers, officials, etc) to help make team selections. Team selections made by the team coach/manager are final. St Thomas More College follows a series of guidelines to ensure the selection process is fair and transparent. The criterion for selection includes:

Student Ability and Natural Athleticism: Students need to demonstrate an ability or natural athleticism in the sport that they are trialing for.

Attitude including demonstrating the principles of fair play: Students need to display a positive attitude and the principles of fair play in both victory and defeat.

Commitment and Reliability: Students need to commit to the team for which they trial, for the duration of the season. This includes attendance at any scheduled training sessions. Failure to commit fully to the team and regularly attend training sessions, even after selection in the team, may result in the student been left out of the team.

Previous Playing Experience: Previous playing experience of the student while representing the school, district/region/state and club will be considered when selecting teams.

Balance of the Team: Students must display an ability to work well with other students in the team. Student's specific positional skills as well as versatility to play alternative positions to best help the team perform are also considered.

2026 STMC SPORT CALENDAR

TERM 1

- Feb 4: STMC Swimming Carnival
- Feb 10: SECA Mass
- FEB 11: ET District Swimming Trials
- FEB 25: MW Swimming Trials
- FEB 26: SECA Cricket Carnival Day 1
- MAR 5: SECA Cricket Carnival Day 2
- MAR 20: STMC Sport Trivia Night
- MAR 26-28: Rugby League Western Tour
- MAR 30: STMC Cross Country Carnival
- MAR 30: SECA Season 1 Practice Session
- APR 1: SECA Swimming Carnival
- Bill Turner & Uhlspport Football Trials
- Confraternity Shield Rugby League Trials
- QISSN Netball Trials
- VQ Schools Cup Volleyball Trials
- ET District/Met West Sport Trials
- CBSQ Basketball Trials
- SECA Season 1 Trials (Futsal/ Rugby League / Netball/ Volleyball)

TERM 2

- APR 29: ET District Cross Country Trials
- APR 30: SECA Season 1, Match Day 1
- May 12-13: CBSQ Wildcard Opens
- MAY 7: SECA Season 1, Match Day 2
- MAY 14: SECA Season 1, Match Day 3
- MAY 19: QC Netball Schools Cup
- MAY 21: SECA Season1, Back-Up Day
- May 26-27: CBSQ Wildcard Junior Secondary
- MAY 27: MW Cross Country Trials
- MAY 29 - JUN 31: VQ Intermediate Schools Cup
- JUN 3: SECA Cross Country Carnival
- JUN 5: Vicki Wilson Cup
- JUN 6: Kokoda Challenge
- JUN 16-17: CBSQ Wildcard Sophomore
- JUN26: SECA Season 2 Practice Session
- FISAF Aerobics Super Series
- Bill Turner/Uhl Sport Cup Football CBSQ Basketball Trials
- VQ Schools Cup Volleyball Trials QLD All Schools Touch Trials
- ET District/Met West Sport Trials
- SECA Season2 Trials (Basketball / Football / Tennis / Touch Football)

2026 STMC SPORT CALENDAR

JUNE/JULY HOLIDAYS

- JUN 28 – JUL 3: QISSN
- JUL 28 – JUL 3: Confraternity Shield

TERM 3

- JUL 17: STMC Athletics Carnival
- JUL 20-21 ET District Athletics Trials
- JUL 23: SECA Season2 Match Day 1
- JUL 30: SECA Season 2 Match Day 2
- AUG 6: SECA Season 2 Match Day 3
- AUG 7-9: VQ Senior Schools Cup
- AUG 13-16: CBSQ Shield
- AUG 13: SECA Season 2, Back-Up Day
- AUG 19: SECA Athletics Carnival
- SEP 1-2: MW Athletics Trials
- SEP 2: SECA Rugby 7's Boys Carnival
- SEP 3: SECA Rugby 7's Girls Carnival
- SEP 15-16: Kings Touch Football Carnival
- SEP 17-20: CBSQ Main Draw Opens
- FISAF Aerobics State Championships
- FISAF Aerobics Future Championships
- ET District/Met West Sport Trials

TERM 4

- OCT 7-11: QLD All Schools Touch Football Carnival
- OCT 15-18: CBSQ Main Draw Junior Secondary
- OCT 23-25: VQ Junior Schools Cup
- OCT 28: SECA AFL9's Carnival
- OCT 29 – NOV 1: CBSQ Sophomore
- NOV 13: Sport Awards Evening
- QRU Independent Schools 7's
- MRSA Aerobics Showcase
- ET District/Met West Sport Trials

*** All dates are subject to change ***

2026 SCHOOL TERM DATES

TERM 1: JAN 28 - APR 2 (10 weeks)

TERM 2: APRIL 20 - JUNE 26 (10 Weeks)

TERM 3: JULY 14 - SEP 18 (10 weeks)

TERM 4: OCT 6 - DEC 4 (10 weeks)