



St Cyprian's School

SPORT POLICY

1. Preamble

Sport forms an integral part of St Cyprian's School and aligns with our vision: *"We teach not for school but for life. We train not for time but for eternity."*

Sport helps embed our core values: respect, integrity, compassion, and accountability, strengthening students' connection to the school.

Benefits of School Sport:

- Enhances physical health: strength, coordination, fitness
- Boosts mental health: self-esteem, social connections, reduced anxiety
- Improves academic performance
- Develops sportsmanship, problem-solving, teamwork, commitment, and time management

2. Principles

Our sport programme supports individual development from ages 3 to 19, while fostering competitive excellence. We follow a tailored Long-Term Athlete Development (LTAD) model focused on skill progression, passion, and physical literacy before adolescence.

We reject a "win at all costs" mentality. Our goals are to:

- Encourage participation and enjoyment
- Build competitive teams aiming to win
- Uphold grace and integrity in winning and losing
- Provide pathways to excellence

The Sports Department, under the leadership of the Director of Sport and Managers-in-Charge (MICs), has full responsibility for managing the sports programme and offerings. All team selections and related decisions are made independently, without external influence.

The programme is delivered within available resources: facilities, funding, and staffing.

3. Sport Programme Vision

Pre-preparatory School

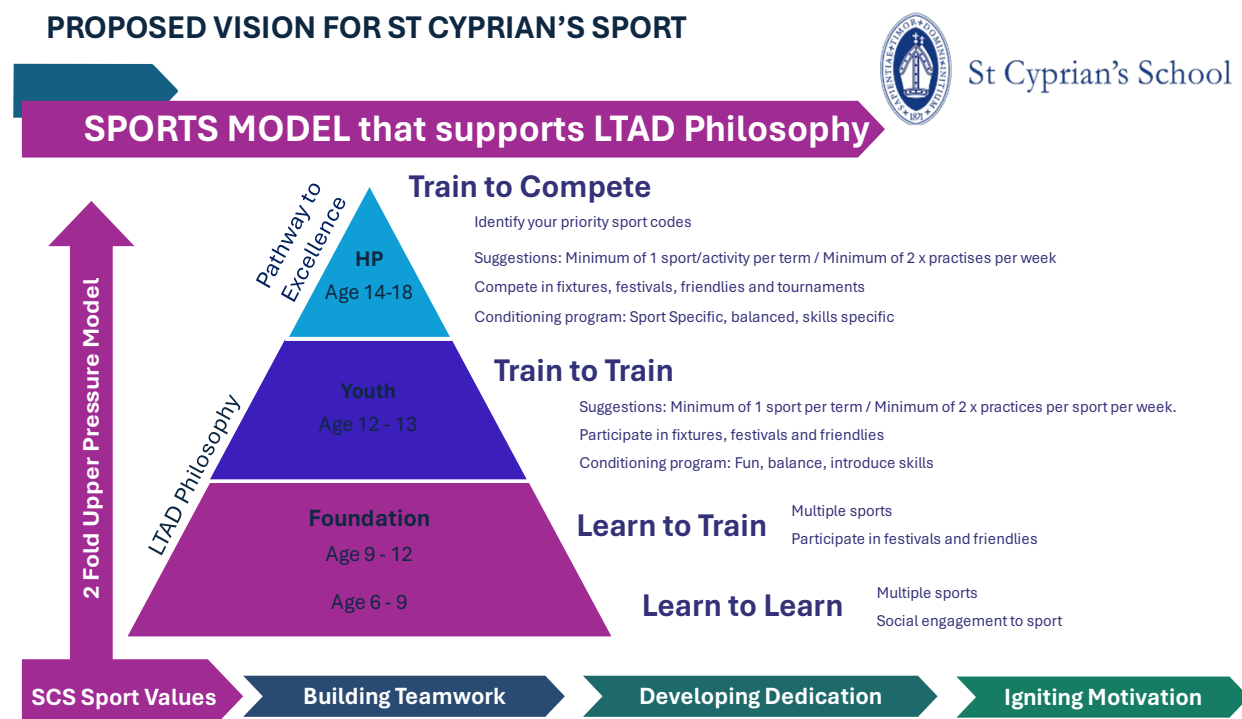
To support and encourage physical literacy through "Active Start" lessons where students learn fundamental movement skills through play.

Preparatory School

To develop a culture of a love for sport and create an environment that enables sportswomen and teams to achieve outcomes to the best of their ability during competition as well as for enjoyment whilst participating.

High School

To develop a passion for wellness and sport for life. Also, to record consistent podium performances when competing against top performing sportswomen and teams in the school system, but not at the expense of fun and enjoyment. Where the potential for excellence is observed and identified, we will endeavour to assist, promote and facilitate opportunities, mentoring and training on their pathway to success.



4. Mission

Provide physical literacy scientifically and developmentally before adolescence, building lifelong health, confidence, and a foundation for sport at all levels, including high performance.

5. Scientific Approach

Balance mass participation for enjoyment with competitive sport aiming for excellence, fostering physical literacy and a love for sport.

6. Sport Codes

Preparatory School:

- Foundation phase summer: athletics, swimming, tennis
- Foundation phase winter: cross country, soccer, hockey, netball

- Intermediate phase summer: athletics, water polo, swimming, tennis
- Intermediate phase winter: cross country, hockey, netball, soccer

High School:

- Summer: athletics, basketball, indoor hockey, swimming, tennis, water polo
- Winter: cross country, hockey, soccer, netball

7. Practice Excuses

Students need valid reasons and must follow the communication process. High performing athletes training for provincial or higher honours may miss some practices (not competitions) with prior approval from Director of Sport.

8. Uniform

Students must wear the correct sport-specific uniform for practices and matches.

9. Weather

Practices continue unless extreme weather occurs. Alternative land-based sessions may replace regular practice. Updates will be sent timeously via email/SportsHub.

10. Multiple Sports Participation

Preparatory: Students are strongly encouraged to play all sport codes.

High School: Students are strongly encouraged play two or more sports per season if they alternate conflicting practices and commit to all matches.

11. Selection Criteria

School Teams: Based on rankings, trials, and performances.

Age Group Teams: Based on trials or coach-led evaluation.

Changes may occur in-season based on performance, injury, or withdrawal. Athletics, Cross Country, Swimming, and Tennis have specific selection models (e.g. trials, rankings, ladders and race times).

12. Participation Requirements

Preparatory: Sport participation is compulsory.

High School: Compulsory in competitive sports, with at least one summer and one winter sport in Grades 8–10.

13. Competition Types

Preparatory Foundation: Mostly participation and enjoyment with occasional league swimming and cross country.

Preparatory Intermediate: Intra-school, PGSGU, inter-school, and league fixtures.

High School: Intra-school, PGSGU, inter-school, festivals, and league fixtures, National Events and tournaments.

14. Beyond-School Selections (Western Province)

The school supports initial provincial trial logistics. Parents handle later rounds.

15. Communication Guidelines

- Students: Must get excused by MIC with parent note if absence not pre-approved. Use Teams and notice boards for info. Communicate with coaches only via group chats or through captains.
- Coaches: Communicate team matters only via MIC. No direct parent contact for team issues.
- Parents: Contact sport staff via school channels only (landline, email, appointment). No direct coach contact or unsolicited calls/WhatsApp unless initiated by school.

16. Management & Leadership

Staff includes; Director of Sport, Head of Prep Sport, MICs, teachers/ manager, and coaches.

Student leadership roles: Head of Sport, Heads of Sport Codes, Team Captains (voted by peers and approved by Director of Sport).

17. Achievement Recognition

Minor events: Recognised on social media and celebration assemblies.

Major events: Formal awards assemblies for top achievements High School

18. Tours

Regional and national tournaments/tours are held yearly per sport code, subject to approval.

International tours may happen every two years for each sport code.

Parents attending tours must do so privately.

19. Sports Code of Conduct

Parents / Guardians / Spectators

- Be respectful, supportive, and positive role models.
- Understand selection processes before raising concerns.
- Communicate professionally and avoid negative behaviour during matches.
- Follow communication protocols and respect staff/ coach boundaries.
- Help ensure players stay for full match/tournament commitments.

(Updated May 2025)