

SPORTS AND ACTIVITIES 2009



ST ANDREW'S COLLEGE

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Can You Help?

COACHES AND MANAGERS REQUIRED

St Andrew's College invites you to assist us as a sports team coach or manager.

We'd particularly like to hear from people interested in coaching cricket, basketball or netball, but assistance in any sport is appreciated. Positions are for either mid-week or weekend teams. Most positions are remunerated.

Please contact Head of Co-curriculum Denley Jones on (03) 940 2055 if you can help, or require more information.

INTRODUCTION

Sports and cultural activities are a major part of student life at St Andrew's College. Sport is compulsory for students in Years 9 to 12, as are the College athletics, swimming and cross-country events. Staff try to cater for a wide variety of interests and abilities, and encourage both elite performance and enthusiastic involvement. St Andrew's College has a proud history and strength in both sport and the performing arts. Both contribute greatly to the unique culture and experience that is St Andrew's College.

This publication provides students and parents with information needed to choose the sports and activities they want to take part in, and contains information that may be required during the year.

STUDENT SPORTING OBLIGATIONS

All students from Year 9 to Year 12 are required to take part in one summer and one winter sport or activity. If they choose an activity that runs for the whole year, they must also take part in at least one other activity in either summer or winter. Middle School students are expected to choose at least one team sport. Sports participation is encouraged but optional for Year 13 students.

Students in Year 12 may apply in writing to the Head of Co-curriculum for a dispensation from their sporting obligations where there is a significant commitment to a sport or activity outside the College that is not catered for in the College.

INFORMATION TO STUDENTS/PARENTS

Draw notices and results are regularly posted on the sports notice board outside the Middle School Centre. The same information is available on the College intranet in the Co-curriculum section. Students should also regularly check their e-mail and the daily notices for further information.



SPORT AND ACTIVITY OPTIONS

Below is a list of the sports and activities offered by the College at different times of the year.

You must do the same summer sport in Term 1 and Term 4.

SUMMER	WINTER	YEAR-LONG ACTIVITIES
Athletics and Cross-Country	Badminton	Barbershop*
Cricket*	Basketball*	Chamber Orchestra*
Golf (Beginners)	Canoe Polo*	Chorale*
Multi-Sport	Chess	Concert Band*
Rowing*	Cross Country	Debating*
Squash (Beginners)	Football*	Drama
Swimming	Golf (Winter)	Equestrian
Tennis*	Hockey*	Fencing*
Touch*	Ice Hockey*	Indoor Football
Volleyball*	Netball*	International Group
Water polo*	Rugby*	Middle School Choir*
Yachting*	Squash (Competition)	Performance Dance
	Table Tennis	Pipe Band*
	Trap Shooting	Skiing/Snowboarding
		Smallbore Shooting
		Stage Band*
		Stage Challenge
		String Ensemble*
		Theatre Sports*
		Underwater Hockey*



INTER-HOUSE AND LUNCHTIME SPORT

Student Leaders will run a range of lunchtime competitions and a full programme of sports and activities for students throughout the year. Details can be found on the intranet.

TOURNAMENTS

There are a variety of tournaments at junior and senior level held during the year. Major tournaments and competitions take place during summer and winter tournament weeks, in: athletics, cross-country, basketball, cricket, fencing, football, golf, hockey, ice-hockey, netball, rowing, rugby, shooting, tennis, touch, underwater hockey, volleyball and water polo.

CULTURAL ACTIVITIES

The College enters various music, dance, drama and theatre sports competitions and events and takes part in the Sheilah Winn Shakespeare Festival.

SPORTS EXCHANGES AND OVERSEAS TOURS

Students have the opportunity to participate in national and international inter-school exchanges. This is a significant part of the StAC sports experience. Some teams tour overseas biennially. A programme of fundraising for these tours is run.



SPORT AND ACTIVITY CO-ORDINATORS FOR 2009

Athletics and Cross Country	Mr Phil Costley	pcostley@stac.school.nz
Badminton	Mrs Nicola Richards	nrichards@stac.school.nz
Barbershop	Mr Bryan Botting	bbotting@stac.school.nz
Basketball	Ms Lena Cassidy-Clark	lcassidy-clark@stac.school.nz
Canoe Polo	Mr Andrew Walton	awalton@stac.school.nz
Chamber Orchestra	Mr Michael Lawrence	mlawrence@stac.school.nz
Chess	Mr Graeme Sharfe	gsharfe@stac.school.nz
Chorale	Mr Michael Lawrence	mlawrence@stac.school.nz
Concert Band	Mr Michael Lawrence	mlawrence@stac.school.nz
Cricket	Mr Michael Johnston	mjohnston@stac.school.nz
Debating	Mrs Jacqueline Yoder	jyoder@stac.school.nz
Drama	Mrs Julie Drummond	jdrummond@stac.school.nz
Equestrian	Mr Michael Woodlock	mwoodlock@stac.school.nz
Fencing	Dr Jeni Curtis	jcurtis@stac.school.nz
Football	Mr Wayne Milligan	wmilligan@stac.school.nz
Golf (Summer)	Mr Bill Clarke	bclarke@stac.school.nz
Golf (Winter)	Mr Bill Clarke	bclarke@stac.school.nz
Hockey	Ms Anna Hill	ahill@stac.school.nz
Ice Hockey	Mr Richard Carr	rcarr@stac.school.nz
Indoor Football	Mr Denley Jones	denley.jones@stac.school.nz
International Club	Mrs Stephanie Brooks	sbrooks@stac.school.nz
Middle School Choir	Mr Bryan Botting	bbotting@stac.school.nz
Multi-sports	Mr Rainer Klebert	rklebert@stac.school.nz
Netball	Ms Anna Hill	ahill@stac.school.nz
Performance Dance	Mrs Julie Watson	jwtatson@stac.school.nz
Pipe Band	Mr Richard Hawke	rhawke@stac.school.nz
Rockclimbing	Mr Peter Dawkings	pdawkings@stac.school.nz
Rowing	Ms Lena Cassidy-Clark	lcassidy-clark@stac.school.nz
Rugby	Mr Michael Johnston	mjohnston@stac.school.nz
Skiing/Snowboarding	Mr Ian White	iwhite@stac.school.nz
Smallbore Shooting	Mr Graeme Besley	gbesley@stac.school.nz
Squash (summer)	Mr Graeme Sharfe	gsharfe@stac.school.nz
Squash (winter)	Mr Steve Macintosh	smacintosh@stac.school.nz
Stage Band	Mr Michael Lawrence	mlawrence@stac.school.nz
String Ensemble	Mr Michael Lawrence	mlawrence@stac.school.nz
Swimming	Mr Ian White	iwhite@stac.school.nz
Table Tennis	Mr Errol Campbell	ecampbell@stac.school.nz
Tennis	Ms Anna Hill	ahill@stac.school.nz
Theatre Sports	Ms Anna Garrett	agarrett@stac.school.nz
Touch	Ms Anna Hill	ahill@stac.school.nz
Trap Shooting	Mr Roland Burrows	rburrows@stac.school.nz
Underwater Hockey	Mrs Lynda Collins	lcollins@stac.school.nz
Volleyball	Mrs Ann Price	aprice@stac.school.nz
Water Polo	Mr Denley Jones	denley.jones@stac.school.nz
Yachting	Mr Steve Macintosh	smacintosh@stac.school.nz

CUPS AND TROPHIES

A number of cups and trophies are awarded to students for outstanding performances. These are normally presented at Friday awards assemblies throughout the year. Parents of students receiving trophies will be invited to the assembly and are also welcome to stay for morning tea afterwards.

If you receive a trophy it is your responsibility to return it, cleaned and engraved, to Reception or directly to Mr Jones. Students who were presented with trophies in 2008 will need to return their trophies by the following dates:

Athletics and Swimming Trophies:	1st February 2009
Winter Sports Trophies:	End of Term 2, 2009
Summer Sports Trophies:	End of Term 3, 2009

SPORTS UNIFORMS

Uniform requirements for each sport are detailed in the following pages. Many sports uniforms are available through the College Shop. In some cases students are provided with sets of uniforms that remain the property of the College, and a deposit and/or hire charge may be required. Students failing to return gear will be invoiced for the cost of replacement.

When travelling to and from sports events, or returning home following sports practices and matches, students are required to wear either the full College tracksuit or full school uniform.

TRANSPORT

When teams are transported to games using College vans or hired taxis and buses, the hire costs will be disbursed to the accounts of the students concerned.

Students with their own vehicle are not to take passengers without the knowledge of the coach or manager of the team and without the written permission of the parents/guardians of both the driver and the passengers concerned. This information is included in the Student Diary.

COSTS

The College sports budget aims to cover the costs of coaching, equipment and College-based facilities. To help with the purchase of extra equipment, court hire and functions or affiliation fees a small charge is made for most sports and activities. Parents are advised of this either in this booklet, or by the sports co-ordinator early in the season.

SPORTS AND ACTIVITIES BLAZERS AND COLOURS

Each year, students are awarded blazers and colours in recognition of their co-curricular achievements. These are allocated by the Awards Committee, which meets once a term to consider nominations made by the coaches and co-ordinators of the various activities, or by self nomination. The criteria for each sport or activity are contained in a folder available in the library and accessible on the intranet under Co-curricular. The criteria are quite varied, but the general principles are:

- Blazers are awarded to members of the College's top team in a particular sport or activity, who have been regular participants and exhibited a high degree of commitment and sportsmanship. Usually this means participation in at least eight games, which can be spread over more than one season.
- Where there is only one team in a sport, or the College's top team is not performing at the highest level, the success of the team will be taken into account when considering the number of blazers awarded.
- Colours are awarded to outstanding performers. The key criterion is that the student represents Canterbury at Under 18 or Secondary level, or better.
- Colours are primarily aimed at senior students, but exceptional performances by Middle School students playing at a senior level may be recognised with a Colour Award.
- Performances can be cumulative over more than one season, within a year.
- Colours will generally be awarded at the end of Term 1 and Term 3.
- Students who perform at a high level in sports or activities are considered role models within the College, and therefore their attitude and behaviour will be taken into account when considering Colour Awards.
- Blazer and colour recipients are eligible to have their blazers embroidered. This must be done through the College Shop during the holidays.
- Colours are awarded at assemblies and Blazer Awards are posted on notice boards.
- The awarding of Colour Awards is not automatic.
- Teachers in charge of sports and cultural activities nominate students for blazer and colour awards. Students can self-nominate, but their application must be signed by the teacher in charge.

STUDENT ACHIEVEMENT

Please inform the Head of Co-Curriculum, Mr Denley Jones, of Student successes such as selection in representative teams or individual successes.

A calendar of school events for 2009 is available
at the start of Term 1. It is found on the intranet under
Fixtures and Event 2009.



SUMMER SPORTS

ATHLETICS

CO-ORDINATOR: Mr Phil Costley

GENERAL INFORMATION: Athletics coaching, including conditioning and event-specific coaching, is available for the serious athlete. Individual programmes will be written for committed athletes. The College has its own club, which operates in the Saturday competition at QEII Park each weekend. Teams compete at all inter-school competitions.

VENUES: Venues and training times will be announced at the start of the year.

STUDENT COMMITMENT: Serious athletes are expected to train at least twice a week and to compete at QEII on Saturdays for the majority of the summer. Those doing the sport for fitness should come to two supervised sessions and are expected to do other sessions by themselves, such as running or working out in the weights room.

UNIFORM/GEAR REQUIREMENTS: Most technical equipment is provided although only a limited range of hurdles is available. The College athletic strip is available from the College Shop.

COSTS: Registration to compete on Saturdays is set by Athletics Canterbury each year. This is the only charge passed onto athletes. Typically the cost is \$40-\$50, depending on age grade. Travel and accommodation costs associated with the South Island and National Championships are disbursed to accounts.

CRICKET

CO-ORDINATOR: Mr Mike Johnston

GENERAL INFORMATION: Cricket is played by boys' teams in the Saturday competition, and a girls' team in a Wednesday competition. A Cricket Club Committee helps administer cricket at the College.

VENUES: Practice facilities with grass and artificial pitches are available at the College.

STUDENT COMMITMENT: Players are required to attend practices after school once or twice a week and to play on Saturday afternoons. 1st and 2nd XI players start their matches in the morning. Games are played throughout the summer holidays.

UNIFORM/GEAR REQUIREMENTS: Some team equipment is provided. Players must wear whites and have a tracksuit top or blazer to wear when umpiring. Students should take care not to damage or lose College cricket gear.

COSTS: There is an annual subscription of \$40 per player.

GOLF (Summer)

CO-ORDINATOR: Mr Bill Clarke

GENERAL INFORMATION: Summer golf is aimed at new golfers. Instruction is available at driving ranges, and students play a variety of courses. Rounds are held on Wednesday from 2:30pm until 5:30pm.

VENUES: Various golf courses and driving ranges.

STUDENT COMMITMENT: Students are expected to attend all sessions.

UNIFORM/GEAR REQUIREMENTS: Students need to supply their own clubs, bag and balls. School uniform may be worn with suitable golf or sports shoes.

COSTS: Transport and green fee costs are approximately \$70 for Term 1 and \$50 for Term 4.

MULTI SPORT

CO-ORDINATOR: Mr Rainer Klebert

Entries for Secondary School multi-sport events are arranged in school, but there are no organised practices. Participation in these events does not fulfil a summer or winter sports commitment.

ROWING

CO-ORDINATOR: Ms Lena Cassidy-Clark

GENERAL INFORMATION: Rowing is a sport that requires a good deal of commitment for both training and competition. It is an excellent method of improving fitness and strength, and is highly enjoyable.

VENUES: Training takes place at Kerr's Reach on the Avon River. There are competitions at Kerr's Reach, Lake Hood and at Lake Ruataniwha near Twizel.

STUDENT COMMITMENT: Rowers are expected to train at least three times per week, which includes some gym work. They are also expected to attend weekend regattas. Commitment over summer holidays may be required.

UNIFORM/GEAR REQUIREMENTS: A rowing uniform is available from the College Shop.

COSTS: Travel and accommodation for regattas will be disbursed to student accounts.

SQUASH

CO-ORDINATOR: Mr Graeme Sharfe

GENERAL INFORMATION: Summer squash is aimed at beginners. Coaching is provided by a qualified coach. Players who learn quickly graduate from summer squash to winter squash, which is for more competitive players.

VENUES: There is only one squash court at St Andrew's College, so numbers are limited.

STUDENT COMMITMENT: One after-school session per week.

UNIFORM/GEAR REQUIREMENTS: Students need to wear non-marking shoes and PE gear.

COSTS: To be advised.

SWIMMING

CO-ORDINATOR: Mr Ian White

Competitive swimmers are expected to be members of a club.

SWIMMING FOR FITNESS: Takes place after school on Tuesdays and Thursdays. The programme involves set routines working on fitness and stroke development. Training programmes for all levels are provided.

TENNIS

CO-ORDINATOR : Ms Anna Hill

GENERAL INFORMATION: Tennis teams are entered in the Wednesday sports competition. Players practise one afternoon per week and take part in traditional inter-school fixtures. There are also opportunities for beginners to receive coaching.

VENUES: Practices and home games are held at StAC, Elmwood Tennis Club or the Waimairi Tennis Club.

UNIFORM/GEAR REQUIREMENTS: Players need to provide their own racquet. Tennis balls are provided. Wednesday competition players wear the StAC tennis uniform, others wear PE gear.

COSTS: College shirts are \$40-\$45 and shorts \$25. A fee of approximately \$40 is charged to cover court hire, affiliation and transport costs.

TOUCH

CO-ORDINATOR: Ms Anna Hill

GENERAL INFORMATION: Touch is played by boys' and girls' teams in the Wednesday sport competition throughout Terms 1 and 4. Usually teams practise on a Monday or a Tuesday. There is a recreational touch group for those not involved in competition on a Wednesday.

VENUES: Practices and games are usually held on the 1st XV rugby field (Field 3).

STUDENT COMMITMENT: Players are required to attend practices after school and to play on Wednesday after school. There are occasional inter-school games for seniors during the holidays.

UNIFORM/GEAR REQUIREMENTS: Senior A teams are provided with tops. Other teams need an athletic singlet and white shorts. Balls and cones are provided.

COSTS: Uniform hire fee for senior teams is \$5 per term. Transport costs are normally around \$40 and will be disbursed to accounts.

VOLLEYBALL

CO-ORDINATOR: Mrs Ann Price

GENERAL INFORMATION: Volleyball is played by teams in the Monday after school/evening competitions, throughout Terms 1 and 4. Teams practice either after school or at lunchtimes.

VENUES: Practices are held in the College gymnasium.

STUDENT COMMITMENT: Players are expected to attend all practices and to be available for all Monday games and tournaments, such as Canterbury and South Island Tournaments.

UNIFORM/GEAR REQUIREMENTS: Balls and shirts are provided. Students need to supply their own blue shorts.

COSTS: All players are charged a \$35 sub that includes a uniform hire fee, transport and an affiliation fee. Travel and accommodation costs for tournaments will be disbursed to accounts.

COMMENTS: This is an exciting summer team sport for both males and females.

WATER POLO

CO-ORDINATOR: Mr Denley Jones

GENERAL INFORMATION: Water Polo teams are entered in the Wednesday afternoon competition in Terms 1 and 4. Training is generally held once a week at QEII pool before school. During Term 1 additional training may take place in the school pool. Professional coaches are provided by Water Polo New Zealand.

VENUES: All games and most training takes place at QEII pool.

STUDENT COMMITMENT: Water Polo requires a reasonable level of swimming ability and general fitness. Students are expected to attend all practices and Wednesday or Friday afternoon games. In addition, teams are entered into South Island and Canterbury Schools Tournaments, which usually take place over weekends.

UNIFORM/GEAR REQUIREMENTS: Players are required to have St Andrew's togs. Girls are expected to have St Andrew's swimming caps for games. It is recommended that girls wear catsuit togs which can be ordered through the College Shop.

COSTS: Transport and pool entry costs are disbursed. There are additional costs for students attending tournaments.

YACHTING

CO-ORDINATOR: Mr Steve Macintosh

GENERAL INFORMATION: The Peter Mander Trophy, Rotary Trophy and Team Sailing inter-school competitions are held on selected dates. Currently the focus is primarily on recreation and developing basic skills. In 2009 the aim is to develop a competitive team for the Peter Mander and Team Racing competitions.

VENUES: Sailing is held at the Naval Point Yacht Club in Lyttelton.

PREREQUISITES: Students should be enthusiastic and keen to learn.

STUDENT COMMITMENT: Sailing sessions are held once a week on Wednesdays from 2:30pm until 6:00pm. Students are encouraged to compete in the inter-school regattas, held in March, along with a junior regatta in November.

UNIFORM/GEAR REQUIREMENTS: A wet suit is desirable, as well as warm clothing such as polyprops. Life jackets will be provided.

COSTS: A cost of \$4 per sailing day is charged to cover boat hire and storage costs.





WINTER SPORTS

BADMINTON

CO-ORDINATOR: Ms Nicola Richards

GENERAL INFORMATION: Badminton teams are entered in the Wednesday sport competition.

STUDENT COMMITMENT: Commitment to Wednesday afternoon is essential. No previous experience is required.

VENUES: Practices are held in the College gymnasium and games are at various venues around Christchurch.

UNIFORM/GEAR REQUIREMENTS: Players need to supply their own racquets, and have correct PE gear for practice. Inter-school players should wear the College badminton uniform.

COSTS: Students can either arrange for their parents to transport them to games or pay a transport charge of \$50 to cover the cost of taxis. The playing uniform costs approximately \$60 and can be used for other sports such as tennis and squash.

BASKETBALL

CO-ORDINATOR: Ms Lena Cassidy-Clark

GENERAL INFORMATION: Basketball is played on Saturday morning (elite U23 and U17 teams), Friday nights (most boys' and girls' teams) and Wednesday afternoons (Y9 beginners). Most teams practice either once or twice a week after school or in the evening.

VENUES: Practices are held in the College gym.

STUDENT COMMITMENT: Students are expected to attend all practices and games. Only the U17 and U23 teams play during the holidays.

UNIFORM/GEAR REQUIREMENTS: A basketball singlet must be worn and can be purchased from the College Shop. Players may wear their PE shorts.

COSTS: \$35 per player to cover uniform hire and BBNZ affiliation fee. Transport costs will be disbursed to accounts.

CANOE POLO

CO-ORDINATOR: Mr Andrew Walton

GENERAL INFORMATION: Canoe Polo is played by girls and boys during Terms 2 and 3. Games are on a Wednesday evening and start between 4:00 and 6:30pm. Each game lasts approximately 25 minutes. Practices will be scheduled by agreement with the team.

VENUE: QEII pool.

COSTS: \$30 to cover player affiliation fees.

UNIFORM/GEAR REQUIREMENTS: All equipment is supplied.

CHESS

CO-ORDINATOR: Mr Graeme Sharfe

GENERAL INFORMATION: Chess games take place mainly during lunch hours. Tuesday and Thursday are the most popular days. All levels of players, from learners to advanced, are catered for. A one-hour coaching session takes place on one day of the week, when our professional coach is available. Inter-school competition matches are played between 4pm and 6pm on a day suitable to both teams (usually Thursday or Friday).

VENUE: Room AB23

STUDENT COMMITMENT: Players must be available on Tuesday and Thursday lunch-times. Inter-school team members must be available on one night after school.

COSTS: None

CROSS COUNTRY

CO-ORDINATOR : Mr Phil Costley

Further information available from Mr Costley.

FOOTBALL

CO-ORDINATOR: Mr Wayne Milligan

GENERAL INFORMATION: Girls' teams and boys' social teams are entered in Wednesday sports competitions. Boys' Saturday teams play in various grades of the Mainland Junior Football competition.

VENUES: Practices are held after school on the College grounds and at Elmwood Park.

STUDENT COMMITMENT: Students playing football are expected to be available on all playing days (including first and last Saturdays of the Easter and Winter holidays) and to attend all practices as required.

UNIFORM/GEAR REQUIREMENTS: Girls' and Senior Boys' teams are provided with uniforms which are hired from the College. Junior boys may purchase playing gear from the College Shop.

COSTS: Costs vary from \$75 for 1st XI boys, to \$35 for junior teams and cover registration and uniform hire.

GOLF (winter)

CO-ORDINATOR: Mr Bill Clark

GENERAL INFORMATION: Wednesday 9-hole option: Players purchase a winter membership of the Harewood Golf Club, which means they can play at Harewood during weekends and holidays and be eligible for their coaching programme.

Elite Squad: During winter, coaching continues with Jason Tilley at Garden City Golf. During the winter terms there is also an inter-school competition against TBHS and a tri-series in tournament week for the top eight players.

VENUES: Usually students play at Harewood Golf Course, but occasionally other courses are used.

PRE-REQUISITES: Players should provide their own clubs and balls. They should also have a reasonable level of ability (i.e. have played at least a few rounds previously). Applications for the elite squad open in Term 1.

STUDENT COMMITMENT: Players must be available on Wednesdays after school during Terms 2 and 3.

COSTS: Approximately \$40 for winter membership plus occasional other green fee and transport costs. Elite squad costs are approximately \$80 for coaching and \$120 for the tri-series.

HOCKEY

CO-ORDINATOR: Ms Anna Hill

GENERAL INFORMATION: The College enters teams in appropriate grades of the Canterbury Hockey Association weekly competition for both boys and girls. In the past boys have competed in men's division 2 and 4, and youth grades 2 and 3. Girls have played in Women's division 3 and youth grades 1 and 3. Players in the CHA competition must be prepared to play games right through Terms 2 and 3, and in the holidays.

VENUES: All competitions are held at either Nunweek or Porritt Park on the artificial turf. Practices are held at these venues or at the College at various times through the week. Matches may be at almost any time during the week, but will be relatively consistent for any particular grade.

STUDENT COMMITMENT: Players are expected to attend all team trainings and maintain individual fitness. Holiday play may be required.

UNIFORM/GEAR REQUIREMENTS: Players in youth grade teams purchase their own uniform from the College shop. Players need to provide their own stick, mouthguard and shinpads. Goalkeepers are encouraged to purchase their own gear. The College can provide a limited amount of goalkeeping gear.

COSTS: Registration of teams and match fees are paid by the College, along with turf hire. These costs are considerable, and players are charged a sub of approximately \$120 to cover them.

IMPORTANT DATES: The boys' and girls' 1st XIs compete in national tournaments during winter tournament week. The boys' 2nd XI plays in the local Nunweek Park tournament. Inter-school fixtures are also played.

TRIALS : Trials are held in Term 1, as most grades begin their competitions at the end of Term 1. Although the trial for 1st XI Boys is by invitation only, all players should attend trials.

ICE HOCKEY

CO-ORDINATOR: Mr Richard Carr

GENERAL INFORMATION: Students can play at two levels:

- A premier league team competing in inter-school competition during Terms 2 and 3 and other times as arranged. Practice is held on Thursdays and games held on Saturdays.
- A combined high school league team, which plays on Saturdays. Practice is by way of the Development League on Wednesday afternoons.

VENUES: Practices and games are at the Alpine Ice Sports Centre on Thursday afternoons with a professional coach.

PRE-REQUISITES:

- Premier league team – (full contact): Experience is necessary. The team is selected on merit. All players will also be playing in the CIHA leagues.
- Combined High School team: – suitable for beginners and up. All safety gear is essential. Players are expected to be playing in the CIHA Leagues or the Development League.

STUDENT COMMITMENT: Players are expected to train regularly, be available for games, attend meetings, return forms on time, wear their uniform correctly and be positive role models.

UNIFORM/GEAR REQUIREMENTS: Socks, helmet, ice hockey shorts, protective gear and stick need to be provided by the players. A shirt will be provided for the Combined League. Named Premier League shirts need to be purchased by the player.

COSTS: Ice Hockey is an expensive sport and costs vary according to the league, the numbers training and the need to replace lost or broken gear.

NETBALL

CO-ORDINATOR: Ms Anna Hill

GENERAL INFORMATION: Netball is played by teams entered in both the Wednesday schools competition and the Saturday club competition. Practices are held either after school or in the early evening, depending on the coach.

VENUES: Practices are usually held on the College courts and occasionally at Hagley. Saturday games are held at the Hagley courts and the Wednesday games are held at a variety of venues.

STUDENT COMMITMENT: Apart from social teams, all players must attend trials at the beginning of the season and attend all practices and matches. There may be the occasional game or tournament in the holidays. The Saturday competition usually includes the first and last Saturdays of the holidays.

UNIFORM/GEAR REQUIREMENTS: Players need to purchase their own tops and skirts from the College Shop. Dresses are supplied for the Senior A team.

COSTS: A sub to cover entry fees, transport and tournament costs are disbursed during the season.

ROCK CLIMBING

CO-ORDINATOR: Mr Peter Dawkings

GENERAL INFORMATION: Using the College climbing wall as a base, you will learn the techniques and technical skills required for indoor wall climbing. This activity takes place on Tuesdays from 3.30pm to 4.30 - 5.00pm.

VENUES: St Andrew's College.

STUDENT COMMITMENT: This activity is open to students of any ability.

UNIFORM/GEAR REQUIREMENTS: All gear can be provided. Students need only supply suitable clothing (ie. track pants/shorts and tee shirt/polo shirt).

RUGBY

CO-ORDINATOR: Mr Mike Johnston

GENERAL INFORMATION: Boys' teams are entered in the Saturday competition organised by the Canterbury Rugby Union. The girls' team plays in the Wednesday sport competition.

VENUES: Teams practice twice a week after school on the College grounds.

STUDENT COMMITMENT: Players are expected to attend all practices and games. Students are expected to make themselves available for training and games in Terms 1 and 3 holidays. Excellent behaviour is expected both on and off the field.

UNIFORM/GEAR REQUIREMENTS: Players need to purchase their own playing gear from the College Shop. Practice equipment and balls are supplied by the College.

COSTS: There is an annual subscription of \$50 per player.

SQUASH (Competition)

CO-ORDINATOR: Mr Steve Macintosh

GENERAL INFORMATION: Squash is played by teams entered in the Wednesday winter sports competition. Teams are coached once a week after school, on Monday or Tuesday.

VENUES: Practices are held at the Christchurch Football Squash Club. Games are held at various venues. The College squash court is also available for games and practice.

PRE-REQUISITES: All levels, including beginners, are catered for. Students who are not already members of a club will join the Christchurch Football Squash Club.

STUDENT COMMITMENT: Students are expected to attend one practice per week. In addition, team members play in the Wednesday competition throughout the winter terms. The A team may enter in the weekend Canterbury, South Island and National Secondary School Championships, depending on team strength.

UNIFORM/GEAR REQUIREMENTS: Racquets are provided for learner and recreational squash. Students should wear PE gear and non-marking shoes. Competition players wear the white school polo shirt and blue shorts.

COSTS: \$40 membership of Christchurch Football Squash Club.

TABLE TENNIS

CO-ORDINATOR: Mr Errol Campbell

GENERAL INFORMATION: Table Tennis is available during winter, either as a recreational or inter-school sport. Two teams are usually entered in the Wednesday sport competition.

VENUES: Practice and coaching sessions are held in the College mini-gym. Competition matches are usually played at the Blenheim Road table tennis stadium.

STUDENT COMMITMENT: Students opting for table tennis are expected to attend practice and coaching sessions on Tuesdays after school in the mini-gym.

UNIFORM/GEAR REQUIREMENTS: Participants need suitable non-marking shoes. Wednesday competition players should wear PE gear. Bats are available, although senior participants should have their own.

COSTS: Transport costs are disbursed at the end of the season.

TRAP SHOOTING

CO-ORDINATOR: Mr Roland Burrows

GENERAL INFORMATION: Trap Shooting is held throughout Terms 2, 3 and 4.

VENUES: Practices are held at McLeans Island on Wednesdays after school.

STUDENT COMMITMENT: Students are expected to attend all practices, as well as the monthly shoots on Sunday at the Gun Club, and any other competitions as required.

PRE-REQUISITES: No previous experience is necessary, but students in Years 11,12 and 13 cannot join Trap Shooting unless they have done it in Years 9 or 10.

UNIFORM/GEAR REQUIREMENTS: All equipment is provided.

COSTS: Approximately \$300



YEAR-LONG ACTIVITIES

BARBERSHOP

CO-ORDINATOR: Mr Michael Lawrence

Two or three barbershop groups are formed each year (male and female) by Mr Botting. Usual practice times are Tuesday, Thursday or Friday lunchtimes in MS02.

CHAMBER ORCHESTRA

CO-ORDINATOR: Mr Michael Lawrence

This group consists of about 14 string and woodwind players, with brass added if required. Entry is by audition. Players perform some challenging works in their time together. They meet on Mondays after school in MS01 under the direction of Mr Mark Hodgkinson.

CHORALE

CO-ORDINATOR: Mr Michael Lawrence

This consists of Year 12 and 13 students. It performs sacred music for major Chapel services and a variety of popular and jazz style works for general concert performances such as the annual Choral Festival. Practices are held on Tuesday after school and Wednesday at lunchtime. If you are a new senior student and have an interest in joining the Chorale, please make yourself known to Mr Botting.

CONCERT BAND

CO-ORDINATOR: Mr Michael Lawrence

This is a wind band or symphonic band, rather like an orchestra but minus the strings, with woodwind, brass and percussion sections. It plays original compositions, classical transcriptions, music from shows and popular tunes and is directed by Mr Mark Hodgkinson. Practice is at Thursday lunchtime in MS01, with a sectional practice every Friday lunchtime (woodwind or brass or percussion). More able Preparatory School students can join this group.

DEBATING

CO-ORDINATOR: Mr David Bevin

GENERAL INFORMATION: Debating is offered at three levels – senior, intermediate and junior. At the beginning of the year each level is informed of meeting times and they compete against other schools in rounds of the Secondary Schools Debating Competition (two for seniors and three for junior and intermediate). The senior team also has three debating evenings organised by the Canterbury Speakers' Union.

VENUES: As advised by the teachers in charge of various levels.

STUDENT COMMITMENT REQUIRED: Students are required to attend meetings and take part in debates and preparation.

DRAMA

CO-ORDINATOR: Mrs Julie Drummond

Sheilah Winn Shakespeare Festival: The Festival is staged in Term 1. Year 13 students have the opportunity to direct two entries, one of 15 minutes duration and one of 5 minutes. Year 12 and 13 students have the opportunity to perform in these entries.

Senior College Production: Open to Year 11 to 13 students. Auditions will be held before the start of Term 1, with rehearsals commencing immediately. Students are required to attend an intensive week of rehearsals in the last week of Term 1 holidays. The show opens during week three of Term 2 for a six night season (Monday to Saturday).

Year 9 and 10 Production: Auditions will be held at the end of Term 2, with rehearsals commencing in Term 3. Some intensive rehearsals during the Term 3 holidays will also be required. The show opens week three of Term 4 for a five performance season.

EQUESTRIAN

CO-ORDINATOR: Mr Michael Woodlock

Students who have their own horse and belong to a club may choose this as a non-directed College activity. There is an annual Secondary Schools event in which the College enters a team or teams.

FENCING

CO-ORDINATOR: Dr Jeni Curtis

GENERAL INFORMATION: Fencing is a co-educational sport that runs throughout the year, although its main competitions are held in the winter. Students electing fencing need to commit to the whole year, not just a summer or winter season.

VENUES: Training is held on Monday after school, 4:00pm until 5:30pm, in the school mini-gym. The coach is Daniel Chan, who has also coached the Hong Kong team. No experience is necessary.

STUDENT COMMITMENT: Rather than regular competitions, fencers are expected to compete in various tournaments held over Terms 3 and 4. These are usually held on Saturdays and/or Sundays at Linwood College. Dr Curtis will issue a full calendar of events.

UNIFORM/GEAR REQUIREMENTS: Equipment for beginners is provided by the school. As students get more involved they usually get their own gear.

COSTS: A fee of \$150 is charged, which includes affiliation and entrance costs, and subsidises elite coaching. Students may also be charged to replace broken blades.

INDOOR FOOTBALL

Games take place on Wednesday evenings at 5:30pm in the main College gymnasium.

INTERNATIONAL CLUB

CO-ORDINATOR: Mrs Stephanie Brooks

GENERAL INFORMATION: The International Club is active, and seeks to promote cultural awareness and the spirit of inclusiveness. In the first term, meetings provide essential information for new international students and continuing students. Meetings are held each week and activities are held regularly throughout the year.

VENUES: International Room – Strowan House for meetings.

PRE-REQUISITES: You need to demonstrate an interest in other cultures. Everyone is welcome.

STUDENT COMMITMENT REQUIRED: International Club members are expected to attend all club meetings and activities as well as participating or assisting with the International Assembly or similar event. Members should also promote cultural awareness and inclusion in their day to day behaviour at the College.

MIDDLE SCHOOL CHOIR

CO-ORDINATOR: Mr Bryan Botting

For Years 9 to 11, this group forms an excellent training ground for the Chorale while existing independently as a performing unit for Chapel and public performances. Practice times are Monday lunchtimes and Thursdays after school in MS02. The choir is directed by Mr Bryan Botting.

PERFORMANCE DANCE

CO-ORDINATOR: Mrs Julie Watson

GENERAL INFORMATION: Classes and hours will be confirmed in week two of Term 1. Dancers will be called upon to perform in both school and inter-school performances.

VENUES: Dance Studio

STUDENT COMMITMENT: Students must enrol for two or more hours a week for all 4 terms.



PIPE BAND

BAND DIRECTOR : Mr Richard Hawke

GENERAL INFORMATION: The St Andrew's College Pipe Band has a proud history and strong tradition and performs in competitions and at many functions and occasions throughout the year. Currently there are 95 students involved with the Band.

VENUES: Practices are held in the Pipe Band Room at the College.

PRE-REQUISITES: Students in the Learners' Band should preferably be Year 6. Students should be enthusiastic and have a good sense of rhythm.

STUDENT COMMITMENT: Students need to attend all practices:

- Learners – during class time and Thursday 6:30pm–8:00pm
- 'B' Band - during class time, midweek (Tuesday or Wednesday) and Saturday 8:45am-11:00am.
- 'A' Band - Wednesday 6:30pm–8:00pm and Saturday 8:45am-11:00am.

UNIFORM/GEAR REQUIREMENTS: Band uniforms are supplied.

COSTS: \$50 per term.

Any enquires should be directed to Mrs Margaret Lyons, Pipe Band Secretary, in Strowan House.

SKIING/SNOWBOARDING

CO-ORDINATOR: Mr Ian White

The College enters a team at the Canterbury and South Island Championships. A time trial is held prior to these events.

SMALLBORE SHOOTING

CO-ORDINATOR: Mr Graeme Besley

GENERAL INFORMATION: Smallbore shooting can be a summer or a winter sports choice. For the members of the top school team, participation and competition runs throughout the year.

VENUES: Practices take place at the Bangor St Range in Central Christchurch, on either Wednesday or Thursday after school.

STUDENT COMMITMENT: Students need to attend one of the practice sessions each week. Students are also responsible for arranging their own transport to and from the venue.

PRE-REQUISITES: No experience is necessary but, as numbers are limited, selection trials are usually held.

COSTS: \$20 per student, towards ammunition costs.

STAGE BAND

CO-ORDINATOR: Mr Michael Lawrence

This is our jazz ensemble or 'big band', playing music from the swing era as well as popular tunes, funk and jazz/rock numbers. Saxophones, trumpets, trombones, guitar, bass, keyboard and drums are involved. Practice times are Tuesday lunchtimes in MS01 and Thursday nights from 7pm – 8.30pm.

STRING ENSEMBLE

CO-ORDINATOR: Mr Michael Lawrence

The ensemble comprises about 15 students, and plays an interesting repertoire under the direction of Mr Alastair Sands. It meets on Friday lunchtimes in MS01. More able Preparatory school students can join this group.

THEATRE SPORTS

CO-ORDINATOR: Dr Shelley Chappell

GENERAL INFORMATION: Theatre sports combines the physical skills of team sports and the mental agility of the Brains Trust. It is great training for real life. Learn to think on your feet and always have an answer at the tip of your tongue. It is seriously great fun, taken by professional tutors.

VENUES: Erwin House – Drama Room.

STUDENT COMMITMENT: Students need to attend weekly sessions and extra practices where required. Weekly session times are:

Year 9 and 10

Wednesday 3:30pm – 4:30pm

Years 11,12 and 13

Wednesday 4:30pm – 5:30pm

COSTS: Approximately \$30 per student towards tutoring costs.

UNDERWATER HOCKEY

CO-ORDINATOR: Mrs Lynda Collins

GENERAL INFORMATION: The focus is on training and learning the basic skills of this game.

The College enters teams in the South Island Southern School zones tournament with the aim of entering teams in the New Zealand Secondary Schools Championships in Wellington, in August.

There will be boys' and girls' Senior and Junior grades. Teams are able to be mixed.

The school playing season will be in Terms 2 and 3 and will involve two sessions per week, Wednesday afternoons and Friday evenings, at QEII Pool.

VENUE: QEII Sports and Leisure Complex.

STUDENT COMMITMENT: Under water hockey requires a reasonable level of swimming ability, water confidence and general fitness. Students will be required to attend all practices and be available to play in inter-school competitions.

UNIFORM/GEAR REQUIREMENTS: Players will require St Andrew's togs and will need to provide their own mask, snorkel and fins. Other playing equipment such as a polo cap, glove and sticks will also need to be purchased. All this equipment is very personal and the co-ordinator will assist in the correct choice for each student. There will be equipment to use for the first few weeks until players purchase their own gear.

COST: Costs comprise pool entry at \$2.00 per session, plus a \$40 annual registration fee. Transport costs will be disbursed.



SPORTS / ACTIVITIES CHOICE – 2009

Please read the following information, then complete the form overleaf, detach it and return it to your tutor.

1. All students in Years 9 to 12 must take part in at least two different sports or activities throughout the year. At least one must be selected from each of the summer and winter seasons. Participation is optional for Year 13 students.
2. For Years 9, 10 and 11 students, at least one of the sports or activities should be team based (as marked by an asterisk). See the list on page 5 of this handbook.
3. Only enrol in sports and activities that you actually intend to do.
4. You are required to do the same summer sport or activity in Term 4 as you chose in Term 1 – so choose carefully. The last date to change your sport in Term 1 is Monday 16th February 2009. Anyone who wants to change their sport in Term 4 will need a form signed by the sports co-ordinator and Mr Jones.
5. You may reconsider your winter sport or activity at the end of Term 1.
6. You are encouraged to choose a priority sport and can choose one other per season, but you need to consult the handbook to check practice and competition times, to ensure there is no clash. Students must obtain permission from the Head of Co-curriculum if they intend to do more than two sports in a season.

PLAYER CONTRACT

Students representing St Andrew's College are encouraged to strive for excellence in preparation, presentation, and performance so that the school, the team and the individual become the best they can be.

St Andrew's College players:

1. Take pride in representing St Andrew's College and are committed to the team and the school.
2. Play hard and fair. Uphold the spirit of the Fair Play Charter.
3. Attend all practices and games unless negotiated with coach/manager. If you are sick and are unable to attend then you must ring the College and leave a message for your coach, or ring him/her directly.
4. Respect the authority of the coach and manager.
5. Always wear the full and correct sports uniform.
6. Always act in a manner which brings credit to themselves, the team and the College.

(Please fill in this sheet and return)

Student's Name: _____ Year Level (2009) _____

Confirmed choice:

Winter Sport/Activity

Summer Sport/Activity

1. _____

1. _____

2. _____

2. _____

Parent/Guardian Permission

I/We have read the Sports Contract and accept the conditions. I give my permission for my son/daughter to take part in the sports and activities as shown and agree to expenses incurred.

Signed: _____

I am able to help if required in the following capacity (Coach/Manager/other etc):

MEDICAL INFORMATION

(This information will be kept confidential by the Co-curriculum Dept)

Parent's / Caregiver's name

(printed)

(signature)

Date: _____

Please describe any medical condition, medication or other information that may be relevant to your child's participation:

(In the event of any changes to this information please contact the Co-curricular office on 940 2055 IMMEDIATELY).

In an emergency I can be contacted by phone on _____

