



SALTUS SPORTS HANDBOOK 2006/2007

The Sports Handbook - Introduction

The Sports Handbook has been produced in an effort to inform parents, students and other users of the school of the range of sporting activities that are on offer at Saltus.

While every effort has been made to provide information that is as accurate and informative as possible, please note that some information is subject to change. The programmes offered are often tied to external organisations outside the schools influence, especially when it comes to competitions. **Parents are therefore recommended to check on final dates/times/venues closer to the date of the event.**

In most cases, once your child has signed up for an event or club, they will be provided with more accurate information at that time.

SALTUS SPORTS OVERVIEW

The PE Department at Saltus is responsible for teaching and developing the PE curriculum, and providing extra-curricula sport for our students. The extra-curricula sports are both intramural and inter-school.

Our intramural program is most particularly based around our house system, and is designed to give large numbers of students the opportunity to play some sport and to represent their house.

Our inter-school program is designed to allow those students with a particular interest and ability in a sport to be able to develop this interest at a somewhat higher level, and to provide contest at such a level. Students would participate in squad training sessions. These vary from once a week to three times a week depending on the age of the students - the older students tend to have the more frequent practices. The teams would then expect a game a week.

Saltus is a member of the Bermuda Schools Sports Federation (BSSF). This is the governing body for school sports on the island, and covers competition between all schools. Saltus enters the vast majority of the competitions available to us. Competition is split into (NB these grades are as per Bermuda, and are different than the North American grading system): Primary/Junior (grades 1-6), Middle Schools (grades 7-9), and High School (grades 10 -13)

It must be recognized that recent changes in the government system have resulted in competition at the High school level now being considerably reduced (as eight schools merged into two), but this competition is of a high standard. Apart from the two government schools, there is also competition against the other five private schools on the island.

The inter-school competition is focused in the Primary/Junior level at Grade 5 and 6 students. As the students move into Middle School, and High School the level of competition increases, as does the number of games and the necessary commitment.

In Cavendish the emphasis is of course more on team building, co-operation, body movement and basic skills. As the students move through the age groups they tend to begin to "specialize" in certain sports, especially in their last few years of High School

At the high performance level, some of our teams in the senior High school level currently travel at least once a year to gain exposure to their sport in North America or the UK. This is indeed something the school encourages as it expands our students' horizons, both in a sporting sense and culturally.

There is, therefore, a wide array of opportunities available for the interested athlete. This is obviously not as extensive a program as provided in some boarding schools overseas - but we are a day school on a small island, and as such our program is outstanding. Students who want more are able to find it in the numerous programs in our island community - run in many cases by our former students.

SALTUS SPORTS FACILITIES

- A 25 meter outdoor swimming pool, where students are provided with swimming lessons
- A large playing field with pitches for soccer, cricket, field hockey and rugby. The field is also large enough to accommodate a four-lane 400metre running track that is marked in place each spring.
- In the Senior Dept - a gymnasium for team games, especially basketball, badminton and volleyball
- The Junior Dept and Cavendish have smaller multi-purpose Halls that enable students to enjoy gymnastics, and a number of team games.

PE CURRICULUM

	CAVENDISH	JUNIOR	SENIOR
Term One	Football Rugby Basketball Netball Apparatus Gymnastics Movement	Swimming Football Netball	Swimming Football Volleyball Badminton Netball
Term Two	Apparatus High jump / Long jump Field Hockey Cross Country (running) Sports Day practices	Cross Country Basketball Tag Rugby Track and Field Field Hockey	Cross Country Basketball Rugby Track and Field Field Hockey
Term Three	Rounders Softball Cricket Volleyball Badminton Frisbee	Track and Field Cricket Softball Swimming	Track and Field Cricket Softball Swimming
PE Sessions:	2 x 45 mins per week	S3 to S5: 1 x 60 min + 1 x 40 mins per week S6: 2 x 60 mins per week	2 x 80 mins per week

SALTUS SPORTS STAFF/CONTACT INFORMATION

Head of Senior School PE	Tim Figureido	tfigureido@saltus.bm
Senior School PE Teacher	Sarah Robinson	srobinson@saltus.bm
Senior School PE Teacher	Jon Beard	jbeard@saltus.bm
Senior/Jnr School PE Teacher	Lesley White	lwhite@saltus.bm
Junior School PE Teacher	Mary Hopkins	mhopkins@saltus.bm
Junior School PE Teacher -with special responsibility for after school programs	Martin Allen	mallen@saltus.bm
Cavendish PE Teacher	Amanda Petty	apetty@saltus.bm
Cavendish Dept.	236-3215	
Junior Dept.	292-3895	
Senior Dept. Gym	292-0792/2926177	

SALTUS INTRA-MURAL, AND INTER-SCHOOL SPORTS PROGRAMME

The intra-mural, and inter-school Sports Programme aims to provide the opportunity for students to take part in a wide range of sports activities.

The team concept is something that children begin to understand from around the age of 6. Our clubs seek to help them to develop their gross motor skills and the positive outcomes from team involvement; e.g. co-operation, commitment, discipline.

The PE Curriculum and the Sports Clubs Programme have as their aim that of helping students to find a sport (or sports), or activity, that they can enjoy whilst in their school years, and will hopefully continue with after leaving school.

The Sports Club programme is dependent upon the teamwork and co-operation between the students and the coaches, working together whether it is to provide either high-level participation or a recreational program. It is also dependent upon the dedication of the coaches who come from either our teaching staff, our parental body or qualified coaches from the community who simply wish to contribute.

Fees:

Some after-school sports clubs charge fees. These fees are needed for items such as; payment of registration fees into local competitions, purchase of sports equipment, purchase of team uniforms, etc. The clubs are not run to make a profit. Any surplus moneys that are left over will be invested back into the upgrade of sporting equipment and facilities at the school. Fees are subject to change. The exact amount will be notified upon receipt of applications forms for the various sports clubs.

The Students Responsibilities

Our goal for Saltus students is to leave a positive impression on others, uphold the good reputation of the school and display outstanding sportsmanship at all times.

Behaviour that is not acceptable in the classroom is similarly not acceptable on the sports field. Students who cannot participate in a sensible and respectful manner will lose the privilege of being in the programme

The Parents/Guardians Responsibilities

Ensure your child attends practices and games regularly and on time. The younger children are often reliant on a parent to get them where they need to go. If you have other commitments, try to arrange a car-pool system with another parent. Prior notice of absence is a common courtesy that is expected of all participants.

Parents must recognize that this is not a part of an after school care programme, and that students involved in these activities are expected to take a full and active part in the training and the games.

Saltus Sports Committee Code of Conduct

A number of the sports offered as extra-curricular activities come under the umbrella of the Saltus Sports Committee, a parent body organisation. Participation in these events requires students/parents/coaches to conform to a code of conduct (please refer to Appendix A). These activities are identified within the sports descriptions with a **red title bar**.

CAVENDISH PREPATORY DEPARTMENT (Foundation Year/S1/S2)

ATHLETICS

CAVENDISH INTER HOUSE SPORTS DAY

Coordinator/Contact Person	Ms. Amanda Petty
Contact Details	236-3215 apetty@saltus.bm
Open To:	All at Cavendish
Uniform Requirements:	PE
Date:	May
Venue:	Cavendish Field
Game Times/Events:	Afternoon

CAVENDISH RUNNING CLUB (Extra-Curricular)

Coordinator/Contact Person	Ms. Amanda Petty
Contact Details	236-3215 apetty@saltus.bm
Fees:	None
Open To:	S2
Equipment:	Student are required to purchase a club T-shirt
Uniform Requirements:	Running Clothes
Date:	Term 1 after mid-term break, Term 2
Practice Times:	Thursdays 2:50 to 3:45
Practice Venue:	Cavendish
Competition Venue:	Varies
Game Times/Events:	Various Road Races, Cross-Country Races and Track & Field events are held in Bermuda, mostly on Saturday and Sunday mornings (see Bermuda Track & Field Association Calendar of Events).

FOOTBALL

SALTUS FOOTBALL PROGRAM (Extra-Curricular)

Coordinator/Contact Person	Saltus Sports Committee / Henrik Schroder (Parent)
Contact Details	Phone: 504-4424 email: hschroder@northrock.bm
Fees:	\$60 for the recreational players and \$85 for the team players
Open To:	Recreational Program: Open to Boys & Girls, Foundation Year through S2. Competitive Program: Open to Boys & Girls that qualify into the U7 teams. The teams are limited to a minimum of 10 players and a maximum 14 players per team. However, if we have more interest, we can enter two teams into the same age group.
Equipment:	Provided by the Club
Uniform Requirements:	Football Club Jerseys (provided by the program), white shorts, long white socks, shin guards and boots with cleats.
Date:	Recreational: Third week of September until end of term in December. Competitive: First week of September until end of BFA season, usually the end of March
Practice Times:	Recreational: Saturdays around 8:30/9:00 o'clock, to be confirmed. Competitive: Wednesdays between 3:45-5:15, depending on age group, and Saturday 9:00 – 13:00, depending on age group. Practice times range from 1 hr 15 minutes for the S1, to 2 hours per session for the U11
Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various venues as determined by the BFA league. However, a majority of the games will be played at our home field
Game Times/Events:	U7 Boys/Girls at 9:00 am every Saturday

JUNIOR DEPARTMENT (S3 to S6)

ATHLETICS

JUNIOR DEPT INTER-HOUSE CROSS-COUNTRY

Coordinator/Contact Person	Mrs. Hopkins & Mr. Allen
Contact Details	292-3895 or mhopkins@saltus.bm mallen@saltus.bm
Open To:	All students
Uniform Requirements:	School PE uniforms
Date:	Feb
Competition Venue:	Saltus

JUNIOR DEPT CROSS-COUNTRY TEAMS

Coordinator/Contact Person	Mrs. Hopkins & Mr. Allen
Contact Details	292-3895 or mhopkins@saltus.bm mallen@saltus.bm
Open To:	Selection into teams is based on performance during PE lessons and inter-house cross-country.
Uniform Requirements:	School PE uniforms
Date:	February
Practice Times:	PE
Competition Venue:	Arboretum (to be confirmed)
Game Times/Events:	Teams compete in inter-school BSSF races in February.

JUNIOR DEPT INTER-HOUSE SPORTS DAY (TRACK & FIELD)

Coordinator/Contact Person	Mrs. Hopkins & Mr. Allen
Contact Details	292-3895 or mhopkins@saltus.bm mallen@saltus.bm
Open To:	All students
Uniform Requirements:	School PE uniforms
Date:	May
Practice Times:	PE
Competition Venue:	Saltus

JUNIOR DEPT TRACK & FIELD TEAMS

Coordinator/Contact Person	Mrs. Hopkins & Mr. Allen
Contact Details	292-3895 or mhopkins@saltus.bm mallen@saltus.bm
Open To:	Selection into teams is based on performance during PE lessons and school sports day.
Uniform Requirements:	School PE uniforms
Date:	April/May
Practice Times:	PE
Competition Venue:	National Stadium
Game Times/Events:	Teams compete in inter-school BSSF races at the National Stadium.

JUNIOR DEPT RUNNING CLUB (Extra-Curricular)

Coordinator/Contact Person	Ms. Amanda Petty & Mr. Allen
Contact Details	236-3215 apetty@saltus.bm
Fees:	None
Open To:	S3 to S6
Equipment:	Students to purchase club T-shirt
Uniform Requirements:	Running Clothes
Date:	Terms 1 & 2
Practice Times:	S4 to S6 Mondays 3:30 to 4:30 S3 Tuesdays 3:20 to 4:20
Practice Venue:	Saltus Woodlands Road
Competition Venue:	Varies
Game Times/Events:	Various Road Races, Cross-Country Races and Track & Field events are held in Bermuda, mostly on Saturday and Sunday mornings (see Bermuda Track & Field Association Calendar of Events).

CRICKET

JUNIOR DEPT CRICKET TEAM

Coordinator/Contact Person	Mr. Allen
Contact Details	292-3895 or mallen@saltus.bm
Open To:	Open to Boys & Girls, S5 & S6. One team of 12 students. Selection into team required. Tryouts will be held in March.
Equipment:	Supplied by School
Uniform Requirements:	Saltus white polo shirt, white shorts or long white pants (optional).
Date:	March to June
Practice Times:	Tuesday 3:30 to 4:45
Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various locations
Game Times/Events:	BSSF matches generally played Friday afternoons after 2:30pm. BSSF cricket finals at Shelly Bay in June.

SALTUS CRICKET CLUB (Extra-Curricular)

Coordinator/Contact Person	Saltus Sports Committee / Brett Forgesson (Parent)
Contact Details	Daytime Phone: 295-5216. Email brettf@ibl.bm
Fees:	\$30
Open To:	Open to Boys & Girls, S3 to S6 inclusive. Numbers limited to ~30 students on first come basis (once entry forms have been circulated).
Equipment:	Supplied by Club. Play is with a 'soft' cricket ball. No pads/helmets are needed.
Uniform Requirements:	White shirt, Long white pants
Date:	April to June
Practice Times:	Sunday Mornings 11:00am to 12:30 pm
Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various locations
Game Times/Events:	Bermuda Cricket Board U/10 league, Wednesday afternoons, 5:00pm to 7:30pm.

FIELD HOCKEY

JUNIOR DEPT FIELD HOCKEY TEAM

Coordinator/Contact Person	Mrs. Hopkins
Contact Details	292-3895 or mhopkins@saltus.bm
Open To:	Boys & Girls S5 To S6. Selection into teams required.
Equipment:	Shin guards required. Remainder provided by school.
Uniform Requirements:	PE
Date:	Jan to Mar
Practice Times:	Lunchtimes
Practice Venue:	School Field and/or National Stadium
Competition Venue:	National Stadium Astro turf.
Game Times/Events:	BSSF Primary schools tournament March.

JUNIOR DEPT FIELD HOCKEY CLUB (Extra-Curricular)

Coordinator/Contact Person	Saltus Sports Committee / Catherine Godet (Parent)
Contact Details	Degasbda@hotmail.com
Fees:	\$75 per season
Open To:	Boys & Girls S4 To S6.
Equipment:	Provided by BHF.
Uniform Requirements:	Shin Guards, long socks, mouth guards. Shirts provided.
Date:	Sept to April
Practice Times:	Sunday 9:00 to 10:30
Practice Venue:	National Stadium Astro turf
Competition Venue:	National Stadium Astro turf
Game Times/Events:	End of Season Round Robin in April

FOOTBALL

JUNIOR DEPT FOOTBALL TEAM

Coordinator/Contact Person	Mr. Allen
Contact Details	292-3895 or mallen@saltus.bm
Open To:	Open to Boys & Girls, S5 & S6. Two teams of 9. Selection into team required. Tryouts will be held.
Equipment:	Supplied by School
Uniform Requirements:	Students to provide boots, shin guards and long white socks. School provides Red soccer jersey. White gym shorts to be used.
Date:	Sept to Dec.
Practice Times:	Tuesday 3:30 to 4:45
Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various locations
Game Times/Events:	BSSF Primary schools central league (9-a-side) and 6-a-side tournament in October.

SALTUS FOOTBALL PROGRAM (Extra-Curricular)

Coordinator/Contact Person	Saltus Sports Committee / Henrik Schroder (Parent)
Contact Details	Phone: 504-4424 email: hschroder@northrock.bm
Fees:	\$60 for the recreational players and \$85 for the team players
Open To:	Recreational Program: Open to Boys & Girls, S3 to S6. Competitive Program: Open to Boys & Girls that qualify into U7, U9, and U11. For the teams there is a limit of a minimum of 10 players and a maximum 14 players per team. However, if we have more interest, we can enter two teams into the same age group.
Equipment:	Provided by the Club
Uniform Requirements:	Football Club Jerseys (provided by the program), white shorts (boys) blue shorts (girls), long white socks, shin guards and boots with cleats.
Date:	Recreational: Third week of September until end of February (the mid term break) Competitive: First week of September until end of BFA season, usually the end of March
Practice Times:	Wednesdays between 3:45-5:15, depending on age group, and Saturday 9:00 – 13:00, depending on age group. Practice times range from 1-hr 30 minutes for the S3, to 2 hours per session for the U11

teams.

Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various venues as determined by the BFA league. However, a majority of the games will be played at our home field
Game Times/Events:	U7 Boys/Girls at 9:00 am, U9 Boys/Girls at 10:15 am, U11 Boys/Girls at 12:30 pm, all on Saturdays

NETBALL

JUNIOR DEPT NETBALL TEAM

Coordinator/Contact Person	Mrs. Hopkins
Contact Details	292-3895 or mhopkins@saltus.bm
Open To:	Girls S5 To S6. Limited to ~20 students.
Equipment:	Provided by school.
Uniform Requirements:	PE
Date:	Term 1
Practice Times:	TBA
Practice Venue:	School Field
Competition Venue:	Bernards Park
Game Times/Events:	BSSF Primary Schools Netball Nov/Jan

RUGBY

JUNIOR DEPT RUGBY TEAM

There is currently no inter-school rugby competition amongst schools in Bermuda at the primary school level. There is a one-off rugby tag tournament held in March by the BSSF. Children wishing to participate in this event should notify their PE teacher.

JUNIOR DEPT RUGBY CLUB (Extra-Curricular)

Coordinator/Contact Person	Saltus Sports Committee / Brett Forgesson (Parent)
Contact Details	Daytime Phone: 295-5216. Email brettf@ibl.bm
Fees:	\$35
Open To:	Open to Boys & Girls, S3 to S6 inclusive. Numbers limited to ~40 students on first come basis (once entry forms have been circulated).
Equipment:	Supplied by Club

Uniform Requirements:	White shorts, long white socks. Rugby boots optional. Mouthguards required. Rugby Club Jersey (supplied by club),
Date:	January to March
Practice Times:	Thursday afternoons 3:30 to 4:45 p.m.
Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various locations
Game Times/Events:	Currently there is no inter-school rugby for primary schools. Friendly games will be organised against other schools, probably after-school.

SOFTBALL

JUNIOR DEPT SOFTBALL TEAM

Coordinator/Contact Person	Mrs. Hopkins
Contact Details	292-3895 or mhopkins@saltus.bm
Open To:	Boys/Girls S4/S5/S6. Limited to ~12 boys & 12 girls. Try outs at PE.
Equipment:	Provided by school.
Uniform Requirements:	PE
Practice Times:	TBA
Practice Venue:	School Field
Competition Venue:	Bernards Park
Game Times/Events:	BSSF Primary Schools Softball, June

SWIMMING

JUNIOR DEPT SWIM TEAM

Coordinator/Contact Person	Mrs. Hopkins
Contact Details:	292-3895 or mhopkins@saltus.bm
Open To:	Boys/Girls S4, S5, S6. Limited to ~20 students.
Equipment:	Swim suit, goggles
Practice Times:	TBA
Competition Venue:	Warwick Academy
Game Times/Events:	BSSF Primary Schools Swim Meet October

INTER HOUSE SWIM MEET

Coordinator/Contact Person	Mrs. Hopkins
Contact Details	292-3895 or mhopkins@saltus.bm
Open To:	All
Uniform Requirements:	Swim suit, goggles
Date:	June
Competition Venue:	BASA Pool
Game Times/Events:	9:00am to 12:00pm

SENIOR DEPT (S7 to S11 / SGY 1 & 2)

It is recognized that there are some fundamental differences in the program in the Senior Department, in terms of increased inter-school competition, which is entirely in-line with the students development and interests. It is therefore also understood that such competition is often geared towards those with particular interests in sports, and usually better gifted in that sport.

Inter-school sport at this level is split along the lines of government schools, i.e. Middle Schools (for grades 7,8 and 9), and High School (for grades 10,11, SGY1 and SGY 2). Our intra mural program may not always mirror this particular division as it is geared to try and involve those most keen to participate in particular sports.

COACHES - the PE Dept. and interested staff coach the vast majority of the teams, but we are very fortunate to have some expert volunteer help from people in the community, who give of their time in a number of our programs. This is especially so in Basketball and Volleyball.

BADMINTON - Girls

SCHOOL BADMINTON TEAM – MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	Under 13 division and Over 13 division. All are welcome to try out and train - however team selection will be limited, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	Sept - November
Practice Times:	At least once a week (day to be determined) 1.15 -2.00
Practice Venue:	Saltus Gym
Competition Venue:	MSA
Game Times/Events:	One tournament

BADMINTON - Boys

SCHOOL BADMINTON TEAM – MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games.

School jerseys will be provided for games. They must be returned to the coach after each game. s.

Date:	Sept- November
Practice Times:	At least once a week (day to be determined) 1.15 -2.00
Practice Venue:	Saltus Gym
Competition Venue:	MSA
Game Times/Events:	One tournament

BADMINTON - Girls

SCHOOL BADMINTON TEAM – HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	Sept- November
Practice Times:	At least once a week (day to be determined) 1.15 -2.00
Practice Venue:	Saltus Gym
Competition Venue:	MSA or War Ac
Game Times/Events:	One tournament

BADMINTON - Boys

SCHOOL BADMINTON TEAM – HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	Sept- November

Practice Times:	At least once a week (day to be determined) 1.15 -2.00
Practice Venue:	Saltus Gym
Competition Venue:	MSA or War Ac
Game Times/Events:	One tournament

BASKETBALL – Boys

SCHOOL BASKETBALL TEAM - MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10 per game, based on ability
Uniform Requirements:	School jerseys shorts will be provided for games. Players must provide white socks for games They must be returned to the coach after each game. Players must provide white socks for games
Date:	November - March
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Gym
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.45 – 5.30

BASKETBALL – Girls

SCHOOL BASKETBALL TEAM - MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10 per game, based on ability
Uniform Requirements:	School jerseys shorts will be provided for games. Players must provide white socks for games They must be returned to the coach after each game. Players must provide white socks for games
Date:	November - March
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00 - or possibly at lunchtime
Practice Venue:	Saltus Gym

Competition Venue: Various locations
 Game Times/Events: At least once a week. 3.00 – 4.30

BASKETBALL – Boys

JUNIOR VARSITY (under 16) SCHOOL BASKETBALL TEAM - HIGH SCHOOL

Coordinator/Contact Person PE DEPT
 Contact Details 2920792
 Open To: All are welcome to try out and train - however team selection will be limited to 10 per game, based on ability
 Uniform Requirements: School jerseys shorts will be provided for games. Players must provide white socks for games They must be returned to the coach after each game. Players must provide white socks for games
 Date: November - March
 Practice Times: At least once a week (day to be determined) from 3.45 -5.00
 Practice Venue: Saltus Gym
 Competition Venue: Various locations
 Game Times/Events: At least once a week. 3.45 – 5.30

BASKETBALL – Girls

VARSITY SCHOOL BASKETBALL TEAM - HIGH SCHOOL

Coordinator/Contact Person PE DEPT
 Contact Details 2920792
 Open To: All are welcome to try out and train - however team selection will be limited to 10 per game, based on ability
 Uniform Requirements: School jerseys shorts will be provided for games. Players must provide white socks for games They must be returned to the coach after each game. Players must provide white socks for games
 Date: November - March
 Practice Times: At least once a week (day to be determined) from 3.45 -5.00/ 5.00-6.00
 Practice Venue: Saltus Gym
 Competition Venue: Various locations
 Game Times/Events: At least once a week. 3.45 – 5.30/ 5.00 -6.30

BASKETBALL – Boys

VARSITY SCHOOL BASKETBALL TEAM - HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10 per game, based on ability
Uniform Requirements:	School jerseys shorts will be provided for games. Players must provide white socks for games They must be returned to the coach after each game. Players must provide white socks for games
Date:	November - March
Practice Times:	At least once a week (day to be determined) from 5.00- 6.00
Practice Venue:	Saltus Gym
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 5.00 -6.30/ 6.00 – 7.30

BASKETBALL - Boys and Girls

INTRA MURAL - INTER HOUSE

Coordinator/Contact Person	Head of House
Contact Details	2926177
Open To:	Under 13, Over 13, Senior. Students sign up to compete. Selection by Head of House
Uniform Requirements:	PE Uniform
Date:	March
Practice Venue:	Saltus Field
Competition Venue:	Semi – finals/ Finals
Game Times/Events:	In last week of term

CRICKET – Boys

UNDER 13 SCHOOL CRICKET TEAM - MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 12 per game, based on ability
Uniform Requirements:	Cricket whites
Date:	April- June
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.00 – 5.30

CRICKET – Boys

OVER 13 SCHOOL CRICKET TEAM - MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 12 per game, based on ability
Uniform Requirements:	Cricket whites
Date:	April- June
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.00 – 5.30

CRICKET – Boys

UNDER 16 SCHOOL CRICKET TEAM - HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be

	limited to 12 per game, based on ability
Uniform Requirements:	Cricket whites
Date:	April- June
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.00 – 5.30

CRICKET – Boys

1ST XI SCHOOL CRICKET TEAM - HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 12 per game, based on ability
Uniform Requirements:	Cricket whites
Date:	April- June
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.00 – 6.00

CRICKET - Boys

INTRA MURAL - INTER HOUSE

Coordinator/Contact Person	Head of House
Contact Details	2926177
Open To:	Under 13, Over 13, Senior. Students sign up to compete. Selection by Head of House
Uniform Requirements:	PE Uniform
Date:	June
Practice Times:	TBA
Practice Venue:	Saltus Field

Competition Venue: Semi – finals/ Finals

Game Times/Events: In last week of term

SALTUS CRICKET CLUB (Extra-Curricular)

Coordinator/Contact Person Saltus Sports Committee / Brett Forgesson (Parent)

Contact Details Daytime Phone: 295-5216. Email brettf@ibl.bm

Fees: \$30

Open To: We are considering entering an U13 team into the BCB league. However, in order to do so we need to field a full team of 11 players plus reserves. We will solicit interest for this during March/April and will make the determination whether or not to enter a team.

Open to Boys & Girls, S7 to S9 inclusive. Numbers limited to ~14 students on first come basis (once entry forms have been circulated).

Equipment: Supplied by Club. Play is with a 'hard' cricket ball.

Uniform Requirements: White shirt, Long white pants

Date: April to June

Practice Times: TBA

Practice Venue: Saltus Junior School, Woodlands Road

Competition Venue: Various locations

Game Times/Events: Bermuda Cricket Board U/13 league, Friday evenings, 5:00pm to 8:00pm.

CROSS COUNTRY/ROAD RACE

INTER HOUSE MEET

Coordinator/Contact Person Heads of House

Contact Details 2926177

Open To: Under 12, Under 13, Under 14, Under 15 and Senior Boys; under 13, under 15 and Senior Girls. Students sign up to compete. Selection by Head of House

Uniform Requirements: As per school requirements.

Date: February

Practice Times: PE

Competition Venue: Saltus Field and nearby roads

Game Times/Events: 9-3.30

CROSS COUNTRY

MIDDLE SCHOOL AND HIGH SCHOOL – INTER SCHOOL MEET

Coordinator/Contact Person PE DEPT

Contact Details 2920792

Open To: Two separate meets (Middle School/ High School). Students selected by PE staff based on results of inter house competition.

Uniform Requirements: As per school requirements.

Date: February

Competition Venue: Astwood Park - or similar

Game Times/Events: Varies

FIELD HOCKEY – Girls

SWIFTS HOCKEY TEAM - HIGH SCHOOL

Coordinator/Contact Person MR HERMANN-SMITH. Mr. Hermann-Smith runs two teams that play in the Bermuda Hockey Association League.

Contact Details 2926177

Open To: All are welcome to try out and train - however team selection will be limited to 16 per game, based on ability. This is a team for high-level performers.

Uniform Requirements: Uniforms must be purchased.

Date: September to March

Practice Times: At least once a week (day to be determined) from 3.45 -5.00

Practice Venue: The Hockey Centre at the National Sports Centre

Competition Venue: The Hockey Centre at the National Sports Centre

Game Times/Events: At least once a week on weekends - times vary.

FOOTBALL**UNDER 13 SCHOOL SOCCER TEAM - MIDDLE SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 16 per game, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Shinguards are compulsory for games.
Date:	September to December
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.45 – 5.30

FOOTBALL**OVER 13 SCHOOL SOCCER TEAM – MIDDLE SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 16 per game, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Shinguards are compulsory for games.
Date:	September to December
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.45 – 5.30

FOOTBALL – Girls**OVER 13 SCHOOL SOCCER TEAM – MIDDLE SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 16 per game, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Shinguards are compulsory for games.
Date:	September to December
Practice Times:	At least once a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	A 6-a-side tournament (an 11-a-side league is being planned)
Game Times/Events:	At least once a week. 3.45 – 5.30

FOOTBALL

UNDER 16 SCHOOL SOCCER TEAM - HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 16 per game, based on ability. Usually this team will train with the 1 st XI, and some players will play in both teams.
Uniform Requirements:	School jerseys, short and socks will be provided for games. They must be returned to the coach after each game. Shinguards are compulsory for games.
Date:	September to December
Practice Times:	At least twice a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.45 – 5.30

FOOTBALL

1st XI SCHOOL SOCCER TEAM - HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be

limited to 16 per game, based on ability. This is a team for high-level performers.

Uniform Requirements:	School jerseys, short and socks will be provided for games. They must be returned to the coach after each game. Shinguards are compulsory for games.
Date:	September to December
Practice Times:	At least twice a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.45 – 5.30

FOOTBALL – Girls

1st XI SCHOOL SOCCER TEAM - HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 16 per game, based on ability. This is a team for high-level performers.
Uniform Requirements:	School jerseys, short and socks will be provided for games. They must be returned to the coach after each game. Shinguards are compulsory for games.
Date:	September to December
Practice Times:	At least twice a week (day to be determined) from 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	Various locations
Game Times/Events:	At least once a week. 3.45 – 5.30

FOOTBALL – Boys and Girls

INTRA MURAL - INTER HOUSE

Coordinator/Contact Person	Head of House
Contact Details	2926177
Open To:	Under 13, Over 13, Senior. Students sign up to compete. Selection by Head of House
Uniform Requirements:	PE Uniform

Date:	December
Practice Times:	PE
Practice Venue:	Saltus Field
Competition Venue:	Semi – finals/ Finals
Game Times/Events:	In last week of term

SALTUS FOOTBALL PROGRAM (Extra-Curricular)

Coordinator/Contact Person	Saltus Sports Committee / Henrik Schroder (Parent)
Contact Details	Phone: 504-4424 email: hschroder@northrock.bm
Fees:	\$85 for the team players
Open To:	Competitive Program: Open to Boys & Girls that qualify into the U11 team for boys and U12 for girls. For the teams there is a limit of a minimum of 10 players and a maximum 14 players per team. However, if we have more interest, we can enter two teams into the same age group. We are contemplating entering a boys U13 team into the BFA league. However, in order to do so we need to field a full team of 11 players plus substitutes. We will solicit interest for this during August/September and will make the determination in September whether or not to enter.
Equipment:	Provided by the Club
Uniform Requirements:	Football Club Jerseys (provided by the program), white shorts (boys) blue shorts (girls), long white socks, shin guards and boots with cleats.
Date:	Competitive: First week of September until end of BFA season, usually the end of March
Practice Times:	Wednesdays between 3:45-5:15, depending on age group, and Saturday 9:00 – 13:00, depending on age group. Practice times will be 2 hours per session for the U11 teams.
Practice Venue:	Saltus Junior School, Woodlands Road
Competition Venue:	Various venues as determined by the BFA league. However, a majority of the games will be played at our home field
Game Times/Events:	U11 Boys/Girls at 12:30 pm, all on Saturdays

NETBALL - Girls**OVER 13 SCHOOL NETBALL TEAM – MIDDLE SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 12, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	Sept- Dec
Practice Times:	At least once a week (day to be determined)
Practice Venue:	Saltus Field
Competition Venue:	Bernard Park Netball facility
Game Times/Events:	3.45

NETBALL - Girls**SENIOR SCHOOL NETBALL TEAM – HIGH SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 12, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	Sept - Dec
Practice Times:	At least once a week (day to be determined) 3.45 – 5.00
Practice Venue:	Saltus Field
Competition Venue:	Bernard Park Netball facility
Game Times/Events:	3.45

SOFTBALL - Girls**SCHOOL SOFTBALL TEAM – MIDDLE SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	April - May
Practice Times:	At least once a week (day to be determined) 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	TBA
Game Times/Events:	One tournament

SOFTBALL - Boys**SCHOOL SOFTBALL TEAM – MIDDLE SCHOOL**

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	April - May
Practice Times:	At least once a week (day to be determined) 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	TBA
Game Times/Events:	One tournament

SOFTBALL - Girls**SCHOOL SOFTBALL TEAM – HIGH SCHOOL**

Coordinator/Contact Person	PE DEPT
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Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	April - May
Practice Times:	At least once a week (day to be determined) 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	TBA
Game Times/Events:	One tournament

SOFTBALL - Boys

SCHOOL SOFTBALL TEAM – HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited, based on ability
Uniform Requirements:	Players need to provide White shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game.
Date:	April - May
Practice Times:	At least once a week (day to be determined) 3.45 -5.00
Practice Venue:	Saltus Field
Competition Venue:	TBA
Game Times/Events:	One tournament

SOFTBALL - Girls

INTRA MURAL - INTER HOUSE

Coordinator/Contact Person	Head of House
Contact Details	2926177
Open To:	Middle School/ Senior. Students sign up to compete. Selection by Head of House

Uniform Requirements:	PE Uniform
Date:	June
Practice Times:	PE
Practice Venue:	Saltus Field
Competition Venue:	Semi – finals/ Finals
Game Times/Events:	In last week of term

SWIMMING

MIDDLE SCHOOL AND HIGH SCHOOL – INTER HOUSE MEET

Coordinator/Contact Person	Heads of House
Contact Details	2926177
Open To:	Two separate meets (Middle School/ High School). Students sign up to compete. Selection by Head of House
Uniform Requirements:	As per school requirements.
Date:	September
Competition Venue:	BASA Pool
Game Times/Events:	9-11

SWIMMING

MIDDLE SCHOOL AND HIGH SCHOOL – INTER SCHOOL MEET

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	Two separate meets (Middle School/ High School). Students selected by PE staff based on results of inter house competition.
Uniform Requirements:	As per school requirements.
Date:	Early October
Competition Venue:	BASA Pool
Game Times/Events:	9-11

TRACK and FIELD

INTER HOUSE MEET

Coordinator/Contact Person	Heads of House
Contact Details	2926177
Open To:	Under 12, Under 13, Under 14, Under 15 and Senior Boys; under 13, under 15 and Senior Girls. Students sign up to compete. Selection by Head of House
Uniform Requirements:	As per school requirements.
Date:	April
Competition Venue:	Saltus Field
Game Times/Events:	9-3.30

TRACK and FIELD

MIDDLE SCHOOL AND HIGH SCHOOL – INTER SCHOOL MEET

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	Two separate meets (Middle School/ High School). Students selected by PE staff based on results of inter house competition.
Uniform Requirements:	As per school requirements.
Date:	April/May
Competition Venue:	National Stadium
Game Times/Events:	9-3. Each meet is held over two days.

VOLLEYBALL BALL - Girls

OVER 13 SCHOOL VOLLEYBALL TEAM – MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Knee guards are compulsory for games.

Date:	Sept - November
Practice Times:	At least once a week (day to be determined) 1.15 -2.00
Practice Venue:	Saltus Gym
Competition Venue:	MSA
Game Times/Events:	One tournament

VOLLEYBALL BALL - Boys

OVER 13 SCHOOL VOLLEYBALL TEAM – MIDDLE SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Knee guards are compulsory for games.
Date:	Sept- November
Practice Times:	At least once a week (day to be determined) 1.15 -2.00
Practice Venue:	Saltus Gym
Competition Venue:	MSA
Game Times/Events:	One tournament

VOLLEYBALL BALL - Girls

SENIOR SCHOOL VOLLEYBALL TEAM – HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide blue shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Knee guards are compulsory for games.
Date:	Sept - November
Practice Times:	At least once a week (day to be determined) 3.45 – 5.00

Practice Venue:	Saltus Gym
Competition Venue:	Various locations
Game Times/Events:	A game a week + an end of season tournament

VOLLEYBALL BALL - Boys

SENIOR SCHOOL VOLLEYBALL TEAM – HIGH SCHOOL

Coordinator/Contact Person	PE DEPT
Contact Details	2920792
Open To:	All are welcome to try out and train - however team selection will be limited to 10, based on ability
Uniform Requirements:	Players need to provide white shorts and white socks for games. School jerseys will be provided for games. They must be returned to the coach after each game. Knee guards are compulsory for games.
Date:	Sept - November
Practice Times:	At least once a week (day to be determined) 5.00 – 6.00
Practice Venue:	Saltus Gym
Competition Venue:	Various locations
Game Times/Events:	A game a week (5.00 -6.00) + an end of season tournament

APPENDIX A

SALTUS SPORTS COMMITTEE PROGRAMME

The Saltus Sports Committee (SSC) is a sub-committee of the Saltus Association (the Saltus PTA). Its aims are to provide the opportunity for students to take part in a wide range of sports activities, both in a recreational and competitive environment, depending on the individual child.

AIMS

Opportunities for participation to **all** students in a safe, fun, non-threatening environment where children are not afraid to make mistakes.

Opportunities for those at recreational level, where often students are left out due to the competitive nature of sports and selection of teams.

Opportunities for those who wish to compete on a more serious level.

To provide sports that both boys and girls wish to participate in.

GOALS

School staff and parents working together to provide a number of sports within the school, both during and after school hours.

To enhance existing sports programs at the school and add new ones where there is a demand.

To provide a clear organizational and coaching structure within the sports clubs so that when staff and parents move on, the organization can continue without major disruption.

To provide on-going training for as many coaches/parents as possible in order to improve standards, spread the burden and ensure continuity.

To enter school teams in local competitions.

To become involved where necessary in the administration of local sports organizations in order to further the sporting opportunities on offer to school students.

To organize games and tournaments against other local and overseas schools.

To provide results of competitions and events held.

To assist in fund-raising for overseas competitions.

To improve sporting facilities and equipment at the school.

SPORTS COMMITTEE CONTACT INFORMATION

Chairman
Vice-Chairman

Henrik Schroder
Brett Forgesson

hschroder@northrock.bm
brettf@ibl.bm

SALTUS SPORTS COMMITTEE CODE OF CONDUCT

The Students Responsibilities

Participation in sports teams and clubs is a privilege. Bad behaviour is disruptive to fellow students and coaches. Students who cannot participate in a sensible and respectful manner will lose the privilege of being in the programme. Expulsion from a team may impact upon acceptance into other sports teams/clubs.

Students taking part in sports are representing their school and their actions leave a lasting impression on those who witness their behaviour. Our goal for Saltus students is to leave a positive impression on others, uphold the good reputation of the school and display outstanding sportsmanship at all times.

Behaviour that is not acceptable in the classroom is similarly not acceptable on the sports field. Taking part in sport is not a chance to 'act the fool' with your best buddy. Get this out of you system at lunchtime. Arrive at practice or games ready to listen, learn and perform. This way you will get the most out of your chosen sport.

Always compete in a fair and sportsmanlike manner. Cheating of any kind is not acceptable, whether or not it furthers your or the teams cause.

Be a gracious winner and a good loser. In sport we all win some and lose some. No one likes to have a loss flaunted in their faces by wild celebrations and gloating by the winner. Nor do players like to see a player sulk and act dejected by a loss.

Follow instructions and advice of coaches whether or not you agree. Ask for a quiet word in private after a session with a coach to discuss any concerns that you may have.

Pay attention to and be respectful of coaches/teachers/parents. These people give voluntarily of their time and effort to coach. There are plenty of other things they could do with their time.

Talk to your parents about your sport and share your experiences with them. Help them to understand the game if they are unfamiliar with it.

Once you have signed-up to play a sport you need to show full commitment. Remember that you may have taken the place of another student who would love to be in your place. Attend practices regularly and on time. Prior notice of absence is a common courtesy that is expected of all participants.

If you are injured, continue to turn out to encourage and support your team.

Wear the correct uniform at all times. Make sure it is clean and wear it in the correct manner.

Be organised. Before coming to games and practices make sure you have all the correct equipment and clothing. Don't rely on your parents to do all this for you. Take responsibility for yourself.

Respect and encourage your teammates. **Remember there is no 'i' in 'team'**. Everyone will have different strengths and weaknesses. If you can help your teammates achieve success you will enjoy and benefit from their achievements.

Take time to read, watch and learn about your sport. You can learn a lot about how to play by observing and studying the world's best players.

Use your head as well as your physical abilities. The best players often win because they out-think their opponents, even when their competitors have superior natural ability. A thorough understanding of the rules and tactics of the game are often the key to success as much as your physical fitness and ability.

Always give 100% of your effort. Whether you win or lose, you will look back and feel justifiable proud if you have given all you had to give.

Have fun and enjoy your sport. To win is great, to play is greater, to love the sport is greatest.

The Parents/Guardians Responsibilities

Ensure registration fees are paid fully and on-time. Speak to the coach in advance if there is any problems in this area.

Ensure your child attends practices and games regularly and on time. The younger children are often reliant on a parent to get them where they need to go. If you have other commitments, try to arrange a car-pool system with another parent. Prior notice of absence is a common courtesy that is expected of all participants.

Take an interest in your child's sporting endeavors. It likely means a lot to them and they will be grateful that you are interested.

Attend games and practices where possible. Your child will appreciate it. Mandatory attendance is required if your child has received a written warning regarding behavioral issues.

Take time on weekends or holidays to practice with your child if possible. You will gain a better understanding of their chosen sport and spend quality time together.

Volunteer to help if at all possible. Even if you have no technical knowledge of the sport there are likely to be other areas where you can assist such as administration, transport or fundraising.

Do not openly question or criticize a coach's decision in front of the students. Speak to the coach after the session to discuss any concerns that you may have.

Be positive in support of your child. Continuing negative criticism may put your child off participating in the sport.

Conduct yourself in an appropriate and controlled manner on the sidelines at matches and events. Respect the official's decisions, whether right or wrong. Remember that actions speak a lot louder than words. Your children will remember your behaviour.

Encourage your child's participation in sports. Not all children will be world-beaters but simply by taking part they will build self-esteem, discipline and fitness, traits, which will carry forward into future life.

The Coaches Responsibilities

Be on time or early to practices and games. Set an example to the students.

Be organised. Plan sessions in advance to make best use of time and maximize results.

Get to know the students being coached. Each individual will respond in a different way to various forms of teaching and will have different strengths and weaknesses.

Provide a safe, fun, non-threatening environment where children are not afraid to make mistakes.

Keep practices and games fun. Take the fun out of the sport and you will take the kids out of the sport.

Be positive in communication with the students. All athletes will need corrections and improvements. How their faults are explained and rectified is very important. Too much negative criticism is damaging.

Set goals for individual players and the team. The goals must be measurable and achievable.

Emphasize player development of all members on the team rather than focus solely on winning. Players will lose interest if the 'bench-sit' every game while the star players get all the game time.

Teach basic skills of the sport correctly and clearly. Be patient with the players and be prepared to repeat instructions a number of times over the course of a program.

Be a role model to the students with how you conduct yourself in regards to other teams, coaches and officials. Remember that actions speak louder than words. A coach who continually verbally abuses a referee cannot lecture a player about respecting an official.

APPENDIX B

Note: The attached BSSF schedule is included for information. It is preliminary and is subject to change. Check with school PE teachers closer to the scheduled event for confirmation of final dates and times.

**Bermuda School Sports Federation Ltd.
TENTATIVE 2006/2007 Calendar of Events**

<u>DATE</u>	<u>EVENT</u>	<u>VENUE</u>	<u>TIME</u>
OCTOBER			
Thursday	5th Senior School Swim Meet	BASA Pool	2:00
Monday	9th Senior School Girls Badminton	Warwick Academy	1:00
Tuesday	10th Senior School Boys Badminton	Warwick Academy	1:00
Wednesday	11th Primary School Swim Meet	Warwick Academy	12:00
Thursday	12th Middle School Swim Meet	BASA Pool	2:00
Monday	16th Senior School Girls six-a-side football	Shelly Bay Park	12:00
Tuesday	17th Senior School Boys six-a-side football	Shelly Bay Park	12:00
Wednesday	18th Middle School Boys six-a-side football	Shelly Bay Park	12:00
Thursday	19th Primary School Girls six-a-side football	Shelly Bay Park	12:00
Friday	20th Primary School Boys six-a-side football	Shelly Bay Park	12:00
NOVEMBER			
Wednesday	1st Middle School Girls Badminton	Warwick Academy	1:00
Thursday	2nd Middle School Boys Badminton	Warwick Academy	1:00
Tuesday	7th Middle School Girls Volleyball	MSA	1:00
Wednesday	8th Middle School Boys Volleyball	MSA	1:00
Tuesday	21st Senior School Netball	Bernard Park	12:00
Wednesday	22nd Middle School Netball	Bernard Park	12:00
Thursday	23rd Senior School Boys Volleyball	MSA	1:00
Friday	24th Middle School Girls six-a-side football	Saltus	1:00
Tuesday	28th Senior School Girls Volleyball	MSA	12:00
Wednesday	29th Primary School A Netball	Bernard Park	10:00
Thursday	30th Primary School B Netball	Bernard Park	10:00
DECEMBER			
Friday	1st Senior School Football Finals	National Stadium	5:00
Friday	8th Middle School Football Finals	National Stadium	5:00
JANUARY 2007			
Wednesday	10th Primary School KO Netball	Bernard Park	10:00
Friday	26th ALL STAR FOOTBALL	National Stadium	4:00
Saturday	27th ALL STAR NETBALL	Bermuda College	10:00

FEBRUARY

Tuesday	20th	Senior School Cross Country	Aboretum	1:00
Wednesday	21th	Middle School Cross Country	Aboretum	1:00
Thursday	22nd	Primary School Cross Country	National Stadium	12:00

MARCH

Thursday	1st	Primary School Tag Rugby	Warwick Academy	12:00
Friday	2nd	Middle School Tennis	Tennis Stadium	12:00
Thursday	8th	Middle School Rugby	Sandy's Middle	12:00
Friday	9th	Primary School Tennis	Tennis Stadium	12:00
Thursday	15th	Primary School Hockey	National Stadium	12:00
Friday	16th	Senior School Tennis	Tennis Stadium	12:00

APRIL

Tuesday	17th	Primary School Track & Field - East & East Central	National Stadium	9:00
Wednesday	18th	Primary School Track & Field - West & West Central	National Stadium	9:00
Thursday	19th	Rain Date	National Stadium	9:00
Monday	23rd	Rain Date	National Stadium	9:00
Tuesday	24th	Middle School Track and Field	National Stadium	9:00
Wednesday	25th	Rain Date	National Stadium	9:00
Thursday	26th	Senior School Track & Field	National Stadium	9:00
Friday	27th	Senior School Track & Field	National Stadium	9:00
Monday	30th	Rain Date	National Stadium	9:00

MAY

Tuesday	1st	Rain Date	National Stadium	
Wednesday	2nd	Middle School Track and Field	National Stadium	9:00
Thursday	3rd	Rain Date	National Stadium	
Friday	4th	Primary School Track and Field Finals	National Stadium	9:00
Monday	7th	Rain Date	National Stadium	
Monday	21st	Senior Girls Softball	Bernard Park	12:00
Tuesday	22nd	Senior Boys Softball	Bernard Park	12:00
Wednesday	30th	Middle School Girls Softball	Bernard Park	12:00
Thursday	31st	Middle School Boys Softball	Bernard Park	12:00

JUNE

Friday	1st	Primary School Girls Softball	Bernard Park	10:00
Wednesday	6th	Primary School Boys Softball	Bernard Park	10:00
Friday	8th	Primary School Co-ed Softball	Bernard Park	10:00
Wednesday	13th	Primary School Cricket Finals	Shelly Bay	12:00
Thursday	14th	Denton Hurdle Awards	St. Paul's Church	2:00
Friday	15th	Middle School Cricket Finals	Shelly Bay	12:00
Friday	22nd	All Star Cricket	Shelly Bay	12:00
Thursday	28th	AGM	Police Club	9:00