



YEAR 7-8 SPORT

HANDBOOK



Lauriston
GIRLS' SCHOOL

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Lauriston Sport

Lauriston Girls' School believes sport and recreation builds strong, healthy and flourishing students. It is through physical activity that we foster in our students the competence, confidence and capability to pursue an interest in and a passion for sport and recreational activities throughout their lives.

Our aim is to:

- engage all of our students in regular sport and recreation programs that enhance their lifelong learning capabilities and involvement with physical activity;
- give students the opportunity to develop sport specific skills including physical skills and strategic knowledge;
- develop values of respect, positive self-identity, resilience and good sportsmanship;
- develop strong pathways and provide support to allow each student to achieve their individual sporting goals

Traditionally, Lauriston Girls' School has had exceptional participation rates in Sport and Recreational activities. We are passionate about providing a range of opportunities to engage students in physical activity and for them to experience the physical, social and emotional benefits of being active. Lauriston students in Year 7, Year 8 and Year 10 are required to participate weekly in at least one sport or recreational physical activity each term.

Should you wish to discuss any aspect of the sport program at Lauriston Girls' School please contact:



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SPORT OVERVIEW

Welcome to Lauriston Sport. The following information has been collated to give all families background information and details outlining sport at Lauriston Girls' School. We provide information about our sports program on the Lauriston Schoolbox 'Sport@Lauriston' page (<https://schoolbox.lauriston.vic.edu.au/homepage/7042>), 'Clipboard' as well as in the emailed Lauriston News notices to ensure all families are up to date with any opportunity the girls have to participate in recreational and sporting activities.

The Lauriston sports program is designed to give students the opportunity to experience a wide variety of activities, ranging from social to competitive and from team to individual.

GIRLS SPORT VICTORIA (GSV)

Lauriston Girls' School is a member of the Girls Sport Victoria (GSV) sporting organisation which is one of the largest independent school sporting associations in Victoria. Within the 24 member schools nearly 15,000 girls from Years 7 to 12 have the opportunity to be involved in more than 20 sports - in weekly sport competitions, carnivals, tournaments and skills development programs.

GSV WEEKLY SPORT - JUNIOR

GSV Weekly Sport is divided into 3 year group sections:

- Senior; Year 11 and Year 12
- Intermediate; Year 10
- Junior; Year 7 and Year 8.

All Year 7 and 8 (GSV Junior) interschool matches are played on Thursday afternoon between 4.00pm and 6.00pm, with training occurring on Thursday mornings from 6.45am - 8.00am. Matches are played at both home and away venues and fixtures can be found on the Lauriston Sport Schoolbox pages and 'Clipboard'. For matches that are played offsite girls will depart class early and travel by bus to the venue and back to Lauriston at the completion of the match.

There is no cost involved in these weekly sports.

Event	Term 1	Term 2	Term 3	Term 4
GSV Weekly Sport	Tennis Softball Indoor Cricket	Hockey Netball AFL	Soccer Volleyball	Basketball Field Cricket Waterpolo (Wed)

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Term 1

INDOOR CRICKET

Girls in Year 7 and 8 combine to form Junior Indoor Cricket teams. Girls are placed into teams based on their ability, however all girls will be selected each week to compete. Teams will consist of no more than 10 players and all teams will travel off-site to an indoor cricket venue.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	Orrong Park	Thursday 3.00pm-6.00pm	All equipment will be supplied, however if girls wish to bring their own bats/gloves they are most welcome. Mouth guards are strongly recommended.

Due to the development of our sporting facilities Indoor Cricket training will take place outdoors until our indoor facility at Lauriston is available. Students will be transported back to school after training, by bus.

SOFTBALL

Girls in Year 7 and 8 combine to form Junior Softball teams. Girls are placed into teams based on their ability, however all girls will be selected each week to compete. Teams will consist of no more than 12 players. Games will be played either at LGS or students will be transported to an external venue.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS	Thursday 3.00pm-6.00pm	All equipment will be supplied, however if girls wish to bring their own bats and gloves they are most welcome.

TENNIS

Girls in Year 7 and 8 combine to form Junior doubles Tennis teams. Teams are ranked based on ability and depending on the number of girls registered, all girls will play matches each week. Teams of four doubles pairs make up a single team and girls play one match each week against an opposition school. Games will be played on a rotational basis and students will be transported to an external venue.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	Orrong Park Malvern Tennis Centre Union St, Armadale	Thursday 3.00pm-6.00pm	All equipment will be supplied, however if girls wish to bring their own rackets they are most welcome.



Term 2

AFL

Girls in Year 7 and 8 combine to form Junior AFL team(s). Girls are placed into teams based on their ability, however all girls will be selected each week to compete. Teams will consist of no more than 22 players per team and all teams will travel off-site to an external venue.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS	Thursday 3.00pm-6.00pm	All equipment will be supplied. Girls must have their own long blue socks and a mouthguard is compulsory. Football boots are recommended. LGS Football jumpers will be loaned for the season.

HOCKEY

Girls in Year 7 and 8 combine to form Junior Hockey teams. Girls are placed into teams based on their ability, however all girls will be selected each week after training to compete. Teams will consist of no more than 15 players per team and all teams will travel off-site to an external facility to take part.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	Hawthorn Hockey Ground Auburn Rd, Hawthorn East	Thursday 3.00pm-6.00pm	All equipment will be supplied; however, girls must have long blue socks and a mouthguard. Girls are welcome to bring their own sticks if they wish. LGS Hockey tops will be loaned to the girls for the season.

NETBALL

Girls in Year 7 and 8 combine to form our Junior Netball teams. Girls are placed into teams based on ability, however all girls will play matches each week. Girls will be transported to an external venue to take part in matches.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS/Duncan McKinnon	Thursday 3.00pm-6.30pm	All equipment will be supplied. Girls are required to purchase a netball dress from the Uniform Shop.

NOTE: Often the return time for Netball is after 6.30pm on Thursday afternoons.

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Term 3

SOCCER

Girls in Year 7 and 8 combine to form Junior Soccer teams. Girls are placed into teams based on their ability, however all girls will be selected into teams each week to compete. Teams will consist of no more than 15 players and all teams will travel off-site to external venues.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS	Thursday 3.00pm-6.00pm	All equipment will be supplied. LGS Soccer tops will be loaned to the girls. Soccer boots are highly recommended. Mouthguards are optional.

VOLLEYBALL

Girls in Year 7 and 8 combine to form Junior Volleyball teams. Girls are placed into teams based on their ability, however all girls will be selected each week to compete. Teams will consist of no more than 9 players. Games will be played at LGS or students will be transported to external venues.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS	Thursday 3.00pm-6.00pm	All equipment will be supplied, however if girls wish to bring their own knee and elbow pads they are most welcome.

RUGBY 7S

Girls in Year 7 and 8 have the opportunity to take part in an 8 week training program for this new sport. Following the training program, in conjunction with Rugby Victoria, the team will then be given the opportunity to take part in a Gala event, playing against other GSV and APS schools. The team will be coached by a qualified and experienced rugby player/coach and we encourage girls to take part and give it a go.



Term 4

BASKETBALL

Girls in Year 7 and 8 combine to form Junior Basketball teams. Girls are placed into teams based on their ability, however all girls will be selected each week to compete. Teams will consist of no more than 9 players. Games will be played at LGS or students will be transported to external venues.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS	Thursday 3.00pm-6.00pm	All equipment will be supplied. LGS Basketball singlets will be loaned to the girls for the season.

FIELD CRICKET

Girls in Year 7 and 8 combine to form Junior Cricket teams. Girls are placed into teams based on their ability, however all girls will be selected each week to compete. Teams will consist of no more than 13 players and all teams will travel off-site to external facilities to take part.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Thursday 6.45am-8.00am	LGS	Thursday 3.00pm-6.00pm	All equipment will be supplied, however if girls wish to bring their own bats/gloves they are most welcome.

WATERPOLO

Girls in Year 7 and 8 combine to form Junior Waterpolo teams. Girls are selected into teams based on their ability, however all girls will play matches each week. Games will be played either in our school pool or at external venues.

NOTE: Matches are played on a different night to the usual GSV Weekly sports.

Training Day/Time	Training Location	Match Day/Time	Equipment Requirement
Tuesday 6.30am-8.00am	Lauriston Swimming Pool	Wednesday 3.00pm-6.30pm	All equipment will be supplied; however girls are required to purchase LGS school bathers. Mouthguards are recommended

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GSV SPORT CARNIVALS

Students are given the opportunity to trial for any of the carnival events over the year. Training and carnival event information will be posted on the specific Lauriston Sports Schoolbox page, Clipboard and in the Lauriston emailed news update.

There is no cost involved in these carnival sports.

Event	Term 1	Term 2	Term 3	Term 4
GSV Carnivals	Swimming Diving Triathlon	Cross-Country	Track & Field	

Please note: Students wishing to participate in a carnival sport are also able to participate in a weekly sport each term.

The Girls Sport Victoria (GSV) Carnival Sport structure sees the 24 girls' schools being split into 3 Preliminary Carnivals for Swimming & Diving, Cross Country and Track & Field. Once this carnival has been completed, then schools are moved into Championship Division Carnivals (Div 1/Div 2/ Div 3) based on the results in the Preliminary Carnivals.

At the conclusion of the Championship Division Carnivals, girls are selected, based on their results, to take part in the Finals Evening event.

Swimming & Diving

The Lauriston team competes in GSV competitions during Term 1 in both Swimming and Diving. These competitions involve two Training Meets followed by a Preliminary Meet to determine Championship Divisions. An opportunity arises for girls to compete in the Finals Evening for the top 10 competitors across the three Championship Division Meets.

SWIMMING

Training Day	Training Time	Training Location
Monday Wednesday Friday	6.30am-8.00am	Lauriston Swimming Pool



DIVING

Training Day	Training Time	Training Location
Tuesday	6.30am-8.00am	Lauriston Swimming Pool
Thursday		

*Diving is held weekly in Term 1 and Term 4. A 'Learn to Dive' program is held during Term 3.

For more information on the Swimming & Diving Programs please refer to the information on the specific Lauriston Schoolbox 'Sport@Lauriston' Swimming & Diving pages (<https://schoolbox.lauriston.vic.edu.au/homepage/7049>).

Triathlon

Lauriston offers and supports girls that wish to take part in Triathlon events run by both the GSV and external providers. Lauriston will assist girls with their training through the Swimming and Running programs already offered at Lauriston. GSV, offer a one off Triathlon event that runs on a Sunday during Term 1. Students that select Triathlon as their sport for Term 1 must attend a minimum of one swimming and one running session each week.

Swim

Monday/Wednesday/Friday Recreational Swimming

Ride

Students provided with training program

Run

Tuesday/Friday Cross Country or Wednesday morning Run Challenge

Athletics (Track & Field/Cross Country)

Lauriston competes in both GSV competitions and a number of Athletics Victoria events in both Cross Country and Track & Field. Athletics training is held each Monday throughout the year in an association with Old Scotch College offering specialised coaching in each of the Track & Field disciplines as well as Cross Country. Further training sessions are held during Terms 2 and 3 leading up to the respective Cross Country and Track & Field seasons.

Athletics Term 1

Monday	3.00-4.45pm	Track & Field	Kooyong Park
Tuesday	6.45-7.45am	Cross Country	Orrong Park
Friday	6.45-7.45am	Cross Country	Kooyong Park

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Athletics Term 2

Monday	3.00-4.00pm	Track & Field Specific	Kooyong Park
Tuesday	6.45-7.45am	Cross Country	Orrong Park
Friday	6.45-7.45am	Cross Country	Kooyong Park

Athletics Term 3 (commencing Week 9 of Term 2)

Monday	3.00-4.45pm	Track & Field	Kooyong Park
Wednesday	3.30-4.45pm	Track & Field	Kooyong Park
Friday	6.45-7.45am	Track & Field	Kooyong Park

Event specific training will be held at lunchtimes for each discipline

Athletics Term 4

Monday	3.00-4.45pm	General Running/Fitness	Kooyong Park
Wednesday	6.45-7.45am	Run Challenge General	Kooyong Park Kooyong
Friday	6.45-7.45am	Running/Fitness	Park
		Howqua Training (Year 8)	

RECREATIONAL PROGRAM

Throughout the year, Lauriston also offers various recreational activities to enable students an opportunity to participate in sport in a non-competitive environment. There is no cost to take part in these activities. Some of the activities include:

Activity	Day	Time	Location
Strength & Conditioning (All year)	Monday	1.00pm - 1.40pm	Lauriston Weights Room
	Wednesday	3.30pm - 4.45pm	
	Thursday	6.45am - 8.00am	
Athletics (All year)	Monday	3.00pm - 4.45pm	Kooyong Park
Run Challenge (All year)	Wednesday	6.45am - 8.00am	Kooyong Park
Learn to Dive (Term 3)	Tuesday	6.30am - 8.00am	Lauriston Pool
Recreational Swimming (all year)	Monday/Wednesday/Friday	6.30am - 8.00am	Lauriston Pool
Yoga (all year)	Thursday	3.30pm - 4.30pm	Lauriston Dance Studio
Table Tennis	Wednesday	3.30pm - 4.30pm	Irving Courtyard

HOUSE SPORT

Students at Lauriston participate in many House events throughout the year, including House Sport. The interhouse sport program is designed to provide maximum participation for all students in a competitive sporting environment whilst fostering House spirit and positive sportsmanship.

Event	Term 1	Term 2	Term 3
House Sport	Swimming Diving Cross Country	Track & Field	House Winter Sport

SNOWSPORTS

Lauriston offers the opportunity for students to participate in the Lauriston SnowSports team. Disciplines offered include Alpine, Cross Country, Moguls, Skiercross and Snowboarding. The team competes at the Victorian Interschool Ski Championships at Mt Buller. Trials and competition occur throughout Term 3.

For more information on the Snow sports program please refer to the Lauriston Schoolbox 'Sport@Lauriston' Snowsports page (<https://schoolbox.lauriston.vic.edu.au/homepage/7053>) or contact Karl Lewis (snowsports@lauriston.vic.edu.au).

ROWING

Lauriston Girls' School rowing is an exciting sports program designed to challenge our girls from Year 8 to 12. The rowing season commences early Term 3 for our Year 8 students, in both land based and on water training sessions. These sessions aim to build strength, stamina and resilience amongst our girls. Girls row in a quad, double or single boats. Our Year 8 girls are selected into crews during Term 4, and then compete in 3 regattas prior to the end of the school year.

For more information on the Rowing program please refer to the Lauriston Schoolbox 'Sport@Lauriston' Rowing page (<https://schoolbox.lauriston.vic.edu.au/homepage/7048>) or contact Nick Edwards (edwardsni@lauriston.vic.edu.au)

LAURISTON NETBALL CLUB

The Lauriston Netball Club (LNC) was established at the start of 2018. The LNC is open to all girls at Lauriston from Years 3-12 and acts as an opportunity for girls to play club netball for their school.

Teams play out of Waverley District Netball Association. Girls are selected into teams based on their ability and Teams are graded according to their year levels. Matches are played on Saturday's Training's take place at school, from 6.45am-8.00am.

For more information on the LNC please refer to the club information on Lauriston Schoolbox 'Sport@Lauriston' page (<https://schoolbox.lauriston.vic.edu.au/homepage/7051>) or contact Kellie Strauss (netball@lauriston.vic.edu.au).

Training Day	Training Time	Training Location
Monday	6.45am-8.00am	Lauriston Netball Courts

*Please note: due to the redevelopment of our sporting facilities, the above times and days may be altered.

CLIPBOARD

Clipboard is an extra-curricular management program that allows us to schedule girls training and match information for each term. The program allows parents to access an extra-curricular sport calendar to see their daughter's commitments for that week. Information such as bus departure and arrival times, training and match schedules, venues and other information can be found. Clipboard will allow Lauriston to manage the students attendance at each session and notify parents via email if their daughter has been absent from a required session without explanation

The link to your daughter's sport calendar can be found on your School Parent Portal page. Below is an example of the Clipboard weekly calendar.

SPORT UNIFORM POLICY

Students are required to wear their Lauriston PE uniform for all sporting activities. Students are only permitted to wear sports uniform to and from school when walking or using public transport if permission has been given by the Director of Sport.

Specialised sports additional uniform requirements: (in addition to standard sports uniform)

Some sports require specific safety equipment such as mouth guards, shin guards or specific clothing such as swimming caps or soccer boots. These may need to be purchased in addition to the standard uniform.

The items listed are the official sports uniform items for the School and must be worn by students when participating in School PE lessons, House sports and GSV sports. Lauriston badged items are available to be purchased from the School Uniform Shop.

AFL

- Lauriston football top (issued by School)
- Lauriston long socks (purchased from Uniform Shop)
- Mouthguard
- Football boots

Track & Field

- Competition singlet (purchased from the uniform shop)
- Competition spikes (available on loan from School)

Basketball

- Lauriston basketball singlet (loaned by School)
- Mouthguard

Cross Country

- Competition singlet (purchased from the uniform shop)

Diving

- Lauriston school bathers (purchased from the Uniform Shop)

Hockey

- Lauriston Hockey top (loaned by School)
- Lauriston long hockey/soccer socks (purchased from the Uniform Shop)
- Shin guards (available on loan from School)
- Mouth guard

Netball

- Lauriston netball dress (purchased from the Uniform Shop)

Soccer

- Lauriston Soccer top (loaned by School)
- Lauriston long hockey/soccer socks (purchased from Uniform Shop)
- Shin guards (available on loan from School)
- Mouth guard
- Soccer boots

SnowSports

- Lauriston long sleeve 2XU training top
- Lauriston 2XU Compression tights

Swimming

- Lauriston school bathers (purchased from the Uniform Shop)
- Lauriston swimming cap (purchased from the Uniform Shop)

Tennis

Lauriston netball skirt or shorts/navy bike pants

Waterpolo

- Lauriston school bathers (purchased from the Uniform Shop)
- Mouth guard

LGS uniform issued by the school must have a signed Borrowing Contract returned to the Sport Office before collecting. Uniform is returned at the completion of the season. Uniform not returned will be charged for replacement.

Frequently Asked Questions

How do I sign up for a sport?

Each Semester students will be sent an email notifying them of the sports being offered for that term and how to sign up. They will be encouraged to sign up for the specific sport in which they are interested.

Students will be notified of tryout days and times by email as well as via Schoolbox. For students to be considered and allocated into teams, they must attend tryout sessions to allow teams to be selected.

All students are advised to think carefully before placing their name on the list as they are making a commitment to the school and their fellow peers, and withdrawing without notification can have a big impact on other students.

What is the purpose of tryouts?

Tryouts are held either at the beginning or end of each term for the following term. Coaches need the opportunity to ensure all girls are allocated into teams at their appropriate skill and ability level. Teams need to train at least twice before the commencement of competition, which typically commences a week into each term.

What happens if I do not make a team?

Lauriston Girls' School will go to every effort to ensure that all girls are able to participate in sport competition. That is why it is important for girls to sign up to ensure we have the correct number of teams entered into the competition. The only sport on which we have restrictions on team numbers is tennis due to the number of courts available.

Can I try out for more than one sport?

You can only tryout for one weekly sport because all training and competition occurs for all Year 7 and 8 sport on the same day and time.

What if I am unable to attend training or a match?

During the season if you are unable to attend training or a game you must notify your coach or the Director of Sport by email sport@lauriston.vic.edu.au or a note by your parents so as to ensure all teams are covered by your non-attendance. We keep a record of all non-attendance notes/emails as part of our record keeping.

Can I compete in a weekly sport and a major carnival?

Yes, all our girls are involved in both weekly sport as well as the major GSV sport carnivals. Lauriston takes great pride in our girls' ability to participate in both and are rewarded with wonderful results.

What happens if training for weekly sport is on at the same time as the training for major carnivals in track & field/cross country and swimming/diving?

Because we have such enthusiastic and sporty students who involve themselves in all aspects of sport at Lauriston, we always offer two training days for the major carnival sports so that girls can choose to attend at least one major carnival training day that does not clash with weekly sport training.

What do I need to wear for sport and training?

Students take great pride in representing Lauriston and it is important that Lauriston uniform is worn correctly to all training sessions and to competition. Please refer to the Sports Uniform Policy for uniform requirements for all sport activities.

Where can I find training/match details?

Clipboard and Schoolbox Sport @ Lauriston page.

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