

# JUNIOR SCHOOL SPORT

2022 HANDBOOK



Lauriston  
GIRLS' SCHOOL

A school for life

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# Lauriston Sport

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

Our aim is to:

- engage all of our students in regular sport and/or recreational 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 sportswomanship;
- develop strong pathways and provide support to allow each student to achieve their individual sporting goals

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



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## **LAURISTON JUNIOR SCHOOL SPORT**

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.

## **SCHOOL SPORT VICTORIA - SSV**

Lauriston Girls School is a member of School Sport Victoria which is an organisation that operates a school sport program for over 2,300 schools. Students who are 9, 10, 11 and 12/13 years of age are eligible to compete in the competitions conducted by SSV. The competition is for students who meet the criteria for team selection in various sports.

The Association provides opportunities for students to compete at different levels depending on their capabilities and level of achievement, for example District, Division, Regional and State events. SSV offers elite Victorian students the opportunity to represent their state at School Sport Australia Championships. This national competition pathway is a fulfilling and exciting journey for those who wish to strive to better their sporting career.

## **YEAR 5 WEEKLY SPORT**

The Year 5 weekly House Sport program is designed to provide maximum participation for all students in a sporting environment whilst fostering House Spirit and positive sportswomanship. Year 5 Sport is compulsory and runs from 2.30pm - 4.00pm every term on Tuesday afternoons.

Year 5 Sport runs in conjunction with a PE lesson. Students are taught the necessary skills and game play during the first 45 minutes and then compete within their House groupings in various modified games linking to that terms sport. In the last few weeks of the term, students play in a House Round Robin against other houses in the allocated sport.

## **YEAR 6 WEEKLY SPORT**

The aim of Year 6 Weekly Sport is to introduce Junior School students to Interschool Sport in a friendly and supportive environment, in preparation for Senior School.

All Year 6 students participate in Wednesday afternoon Interschool sport during Terms 2 and 3. Internal Wednesday afternoon sport will take place in Term 1 (engaging in sport activities that are linked to the curriculum) and Term 4 (engaging in sports clinics linked to GSV Senior School sports)

The Schools involved are Lauriston, Loreto, Korowa, Sacre Coeur, St. Catherine's and Shelford.

In Terms 1 and 4, Internal Sport is played from 2.30pm - 3.30pm.

In Terms 2 and 3, Interschool Sport is played 1.45pm - 3.15pm each Wednesday afternoon.

Please note that girls who do not compete in Wednesday sport still attend and watch. A note explaining their non-participation is required.

## SSV DISTRICT CARNIVALS

Students are given the opportunity to trial for any of the carnival events over the year. Selections will occur through both House Carnival results and trial sessions. Trial, training and carnival event information will be emailed to parents, and posted on the Junior School Sports noticeboard. An email will be sent to the parents of the girls selected for each carnival.

Term 1	Term 2	Term 3	Term 4
Swimming	Diving Cross-country	Track and Field	
	Netball*	Basketball*	
	Soccer*	Hockey	

\*Only Year 6's are selected for the Netball, Soccer and Basketball District teams.

## RECREATIONAL ACTIVITIES

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:

Yoga

Recreational & Squad Swimming

Learn to dive

Lauriston Years 5-12 Running club

Montrose Running Club

Montrose Swim Squad

**Please note:**

Montrose Running Club: Year 3 - 6 all abilities welcome

Montrose Swim Squad - students must be able to swim 100m of Freestyle and Backstroke, and Breaststroke without stopping.



## HOUSE SPORT

All Junior School students will be involved in House Sport. The interhouse sport program is designed to provide students a competitive sporting environment whilst fostering House Spirit and positive sportswomanship.

	Term 1	Term 2	Term 3	Term 4
House Sport	House Cross-country	House Track & Field		House Swimming

## 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](mailto:snowsports@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.

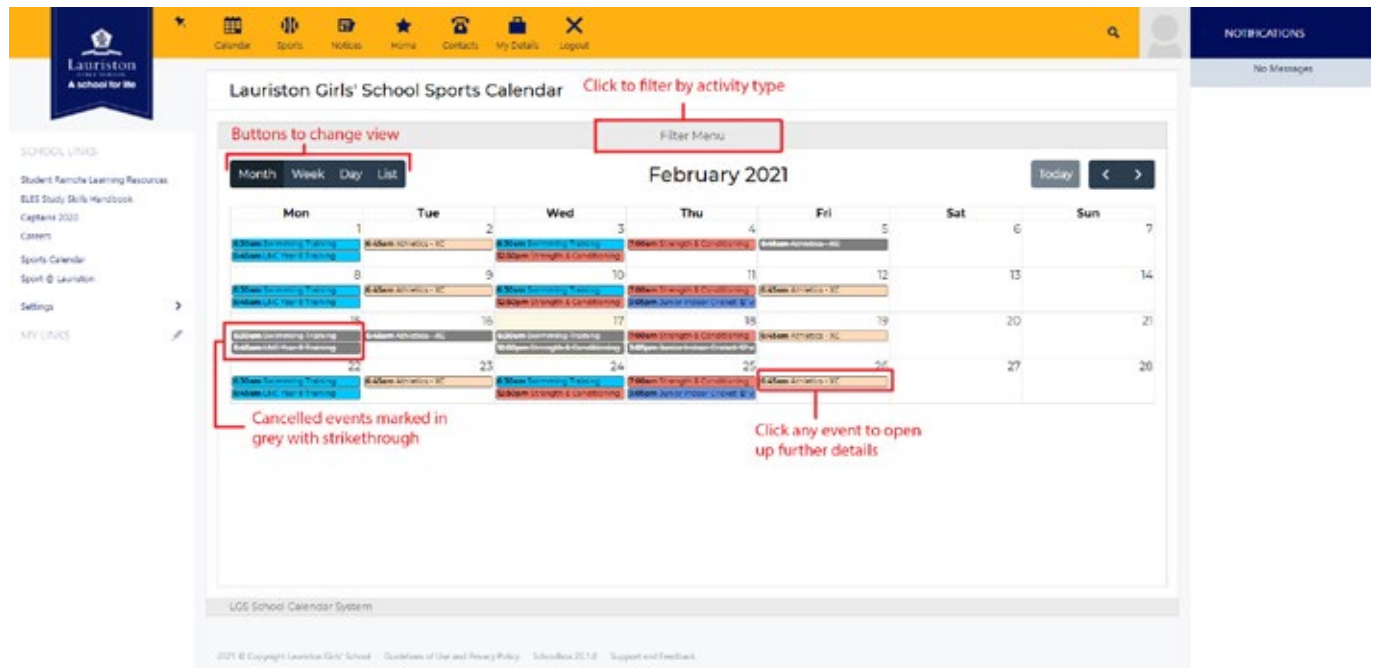
Teams play out of Waverley District Netball Association. Girls are selected into teams based on their ability and Teams are graded according to their year levels. Matches are played on Saturday's Training's take place at school, from 6.45am-8.00am.

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](mailto:netball@lauriston.vic.edu.au)).

# 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**

The Lauriston Sport Uniform Policy outlines the Schools expectations with regard to the wearing of the Lauriston Sport uniform. We believe that wearing the Lauriston Sport uniform correctly and neatly encourages a sense of belonging and pride in representing the School in Sport.

The School expects proper standards of presentation of its students and Sport is no exception. The items listed are the official sports uniform items for the School and must be worn by students when participating in School Physical Education lessons, sport training and competition. These Lauriston badged items are available to be purchased from the School Uniform Shop.

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.

## **LAURISTON SPORT UNIFORM**

### **Prep – Year 2**

- Lauriston short sleeve white polo
- Lauriston fleece top
- White socks
- Sport runners suitable for all sporting / Physical Education activities
- Lauriston navy shorts
- Lauriston fleece pants
- Lauriston navy regulation sun hat

### **Year 3 – Year 6**

- Lauriston short sleeve white polo
- Lauriston rugby top
- White socks
- Lauriston bathers
- Sport runners suitable for all sporting / Physical Education activities
- Lauriston navy shorts
- Lauriston fleece pants
- Lauriston navy regulation sun hat
- Lauriston navy sports bag

# JUNIOR SCHOOL CO-CURRICULAR SPORT

## Term 1

	Monday	Tuesday	Wednesday	Thursday	Friday
BEFORE SCHOOL	Yr 3-6 Montrose Running Club	Yr 5/6 Netball Club Training	Yr 5-12 Rec/Squad Swim	Yr 3/4 Netball Club Training	Yr 3-6 Montrose Running Club
LUNCH					
AFTERSCHOOL	Yr 3-6 Montrose Swim Squad	Year 5 Sport	Year 6 Sport	Yr 3 - 12 Yoga	
				Yr 2 Fundamental Movement Skills	

## Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
BEFORE SCHOOL		Yr 5/6 Netball Club Training	Yr 5-12 Rec/Squad Swim	Yr 3/4 Netball Club Training	
LUNCH				SnowSports Training	
AFTERSCHOOL	Yr 3-6 Montrose Swim Squad	Year 5 Sport	Year 6 Sport	Yr 3 - 12 Yoga	
			Year 4-6 Hockey Skills TBC	Yr 2 Fundamental Movement Skills	

**Term 3**

	Monday	Tuesday	Wednesday	Thursday	Friday
BEFORE SCHOOL		Yr 5/6 Netball Club Training	Yr 5-12 Rec/Squad Swim	Yr 3/4 Netball Club Training	
				Yr 3-6 Learn to Dive	
LUNCH				SnowSports Training	
AFTERSCHOOL	Yr 3-6 Montrose Swim Squad	Year 5 Sport	Year 6 Sport	Yr 3 - 12 Yoga	
			Year 4-6 Hockey Skills TBC	Year 2 Fundamental Movement Skills Yrs 3-6 Athletics Training	

**Term 4**

	Monday	Tuesday	Wednesday	Thursday	Friday
BEFORE SCHOOL		Yr 5/6 Netball Club Training	Yr 5-12 Rec/Squad Swim	Yr 3/4 Netball Club Training	Yr 3-6 Montrose Running Club
				Yr 3-6 Diving	
LUNCH					
AFTERSCHOOL	Yr 3-6 Montrose Swim Squad	Year 5 Sport	Year 6 Sport	Yr 3 - 12 Yoga	

# Frequently Asked Questions

## **How do I sign up for a sport?**

Each term parents will be sent an email notifying them of the co-curricular sports being offered for that term. For internally run activities, students can sign up by turning up to the first session.

## **What is the purpose of tryouts?**

Tryouts for sport specific District teams (tennis, basketball, hockey, soccer, basketball) will take place a minimum 4 weeks before each event. This will give students an opportunity to train together and develop their skills as a team in the lead-up to each District tournament. Students who are selected for District teams are expected to attend all training sessions.

## **What should I do if I am unable to make training?**

If you are unable to attend training your parents must notify Monique Stewart, Head of Junior School PE and Sport by email ([stewartmo@lauriston.vic.edu.au](mailto:stewartmo@lauriston.vic.edu.au)) prior to the session.

## **Can I try out for more than one sport?**

Yes. During the year there are many opportunities for our girls to be actively involved in District and sporting events. Students are encouraged to trial for any team in which they are interested with the exception of Netball and Soccer as these teams compete on the same day.

## **What do I need to wear for sport and training?**

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

## **How am I notified of sport/training cancellations?**

For afterschool activities an email message will be sent to relevant parents by 1.30pm.

**Lauriston Girls' School**

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