**USE SAPSASA CROSS COUNTRY TEAM**

INFORMATION 2023

Dear USE Competitor,

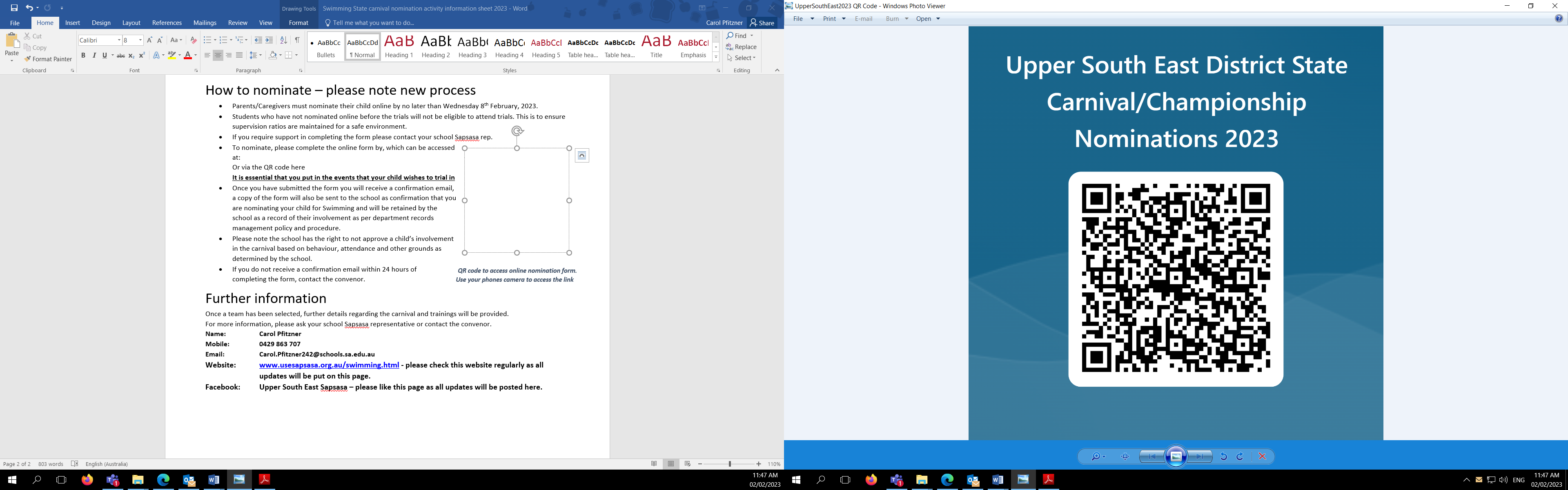
**Congratulations** on being successful in gaining selection in the USE District Cross Country Team. **Please confirm your place in the team by 12 noon Tuesday 16th May via text or email to**

**Josh Searle - 0447 081 027.**

### Nomination: It is essential that you nominate your child as this is the consent to attend the state carnival.

### How to nominate:

* If you require support in completing the form please contact your school Sapsasa rep.
* Parents/Caregivers complete the online form by **19th May**, which can be accessed at: **https://forms.office.com/r/VNPXhWZRzQ**



Or via the QR code here

* Once you have submitted the form you will receive a confirmation email, a copy of the form will also be sent to the school as confirmation that you are nominating your child for
* Cross Country and will be retained by the school as a record

of their involvement as per department records management policy and procedure.

* Please note the school has the right to not approve a child’s involvement in the carnival based on behaviour, attendance and other grounds as determined by the school.

**1 QR code to access online nomination form. Use your phones camera to access the link**

* If you do not receive a confirmation email within 24 hours of completing the form, contact the convenor.

**Training:** Scheduled for **Wednesday 30th May (COMPULSORY) 3.30 -4.30pm** at Bordertown Primary School. Trial run with correct distance and final info.

All information is available on the following website link: [*http://www.usesapsasa.org.au/cross-country.html*](http://www.usesapsasa.org.au/cross-country.html)

Please also like Upper South East Sapsasa on Facebook in case there are any changes prior to the event.

The School Sport SA Sapsasa Cross Country Championships will be held on **Thursday 8th June 2023** at Oakbank Race Course.

**Cost:** The cost to be part of the 2023 USE Sapsasa Cross Country team is **$23.00**.

**Uniforms:** Team members are welcome to order and purchase USE polo tops, USE jumpers and USE bucket hats. None of these are compulsory as a singlet top uniform is supplied for athletes to run in on the day, however athletes will need to wear their own navy shorts. If children have been selected in the team in subsequent years, the year of selection can be added to their polo top. USE Sapsasa District merchandise can be viewed on website: [*http://www.usesapsasa.org.au/cross-country.html*](http://www.usesapsasa.org.au/cross-country.html)

Please **email the uniform order form to** [**Carol.Pfitzner242@schools.sa.edu.au**](mailto:Carol.Pfitzner242@schools.sa.edu.au) **no later than Friday 19th May to ensure uniforms are ready prior to the carnival.**

***Payment:*** *You will receive an invoice from your school. It is essential to email uniform orders by the due date as payment of levies and uniform will be required prior to attending the State Carnival.*

**Souvenirs:** State Carnival merchandise will be for sale at the carnival.

**Distances:**

|  |  |  |
| --- | --- | --- |
| **Age Group** | **Year of Birth** | **Distance** |
| **10 YEARS** | 2013 | 2000m |
| **11 YEARS** | 2012 | 3000m |
| **12 YEARS** | 2011 | 3000m |

Josh Searle, from Bordertown Primary School, will be assisting with the coaching and organisation of the USE team. **IF YOUR CHILD IS UNABLE TO COMPETE DUE TO FAMILY CIRCUMSTANCES OR LONG TERM INJURY (AS HAS BEEN THE CASE IN THE PAST), PLEASE CONTACT JOSH OR I AT YOUR EARLIEST POSSIBLE CONVENIENCE. THIS ALLOWS US TO MAKE REPLACEMENTS, GIVING OTHER ATHLETES AND THEIR PARENTS PLENTY OF NOTICE.**

Regards,

Carol Pfitzner Josh Searle

USE Convenor USE Cross Country Coach

0429 863 707 0447 081 027

**USE SAPSASA Cross Country Uniform Order Form**

**Please email this form to** [**Carol.Pfitzner242@schools.sa.edu**](mailto:Carol.Pfitzner242@schools.sa.edu)**.au by no later than**

**Friday, 19th March to ensure uniforms are ready prior to State Carnival**

***PLEASE NOTE: DO NOT PAY ANY MONEY, YOUR SCHOOL WILL INVOICE YOU PRIOR TO THE STATE CARNIVAL***

Name of Student: ……………………..

School:

Phone Number: ………………………………………………………

Please supply the following:

|  |  |  |  |
| --- | --- | --- | --- |
| **Size** | **Cost** | **Size** | **Total $** |
| **JUMPER \*** | | | |
| Childs 10/12/14/16 | $60.00 |  |  |
| Small/Medium/Large/X-Large | $60.00 |  |  |
| **Team Polo Shirt \*** | | | |
| 10/12/14/16/S/M/L/XL  **INCLUDES ATHLETE’S FIRST NAME ON BACK BOTTOM OF POLO** | $48.00 |  |  |
| Year Print\*  **ONLY APPLIES IF PREVIOUS POLO USED TO PRINT – CROSS COUNTRY** | $ 5.50 | - |  |
| **Bucket Hat \*** | $20.00 | OSFA |  |
| **Total Cost $** | | |  |

\* All prices are GST inclusive

**PLEASE NOTE: TEAM LIST IS NOT PRINTED ON SWIMMING AND ATHLETICS**

*Please note that these items may not be part of your school’s uniform and therefore may not be allowed to be worn at your school. Please consult your school’s uniform policy.*

# School Sport SA codes of behaviour

#### For players

* play for enjoyment
* be a good sport, deliberate violence or bad language should never be used towards opponents or coaches, umpires or referees
* work hard for your team mates as well as yourself
* treat all team mates and opponents with respect
* play by the rules
* cooperate with team mates, opponents and game officials
* control your behaviour on and off the field
* learn to value honest effort, skilled performance and improvement
* behave in a manner that respects the rights of others regardless of mediums of communication used for example digital mediums such as twitter, Facebook, email and texts
* respect and abide by officials’ decisions.

#### For teachers, coaches, instructors, leaders

* encourage children to develop basic skills in a variety of sports, and avoid over specialisation in one sport or in one playing position
* ensure that efforts for both skill improvement and good sporting behaviour are acknowledged
* provide equal encouragement to girls and boys to participate, acquire skills and develop confidence
* recognise and cater for groups with special needs
* set a good example for your players
* all coaches should ensure that they are fully aware of the expectations and practices of the site in which they are coaching
* encourage and create opportunities to develop individual skills
* teach a wide range of team skills and sound sportsmanship based on sound coaching principles
* make clear the site’s expectations regarding courtesies, punctuality, behaviour and dress
* ensure that the sport, playing conditions, equipment and facilities are safe and appropriate to the age group and the skill development level of the players involved
* encourage the team captain to build their leadership skills and to model responsible behaviour
* teach your players to be friendly and respectful towards officials and opponents
* give all interested students a chance to participate in training and games
* remove from the field of play any player whose behaviour is not acceptable
* keep your own knowledge of coaching and the developments of the game up to date
* avoid any hint of criticism against the umpire or referee of a match
* ensure the consequences of inappropriate behaviour are clearly understood
* distribute a copy of this code of behaviour to teachers, coaches, players, parents, spectators and officials to ensure that all involved understand their authority and responsibility for fair play
* ensure that proper supervision is provided at all times.

# School Sport SA codes of behaviour

#### For parents

* encourage participation by your child(ren)
* provide a model of good sporting spirit for your child to copy
* be courteous and respectful in your communication with players, team officials, game officials and sport administrators
* encourage honest effort, skilled performance and team loyalty
* make any new parents feel welcome on all occasions
* do not interfere with the conduct of any events
* make your presence and support as positive as possible
* when visiting another school, respect the host school’s premises and rules.

#### For spectators

* demonstrate appropriate social behaviour by avoiding offensive language, aggressive behaviour, harassing players, teachers, coaches or officials
* remember children play for fun and enjoyment. Don’t let your behaviour detract from their enjoyment and never ridicule or yell at them for making mistakes or losing a competition
* let game officials conduct events without interference
* support skilled performances and team play with generous applause and congratulate all participants upon their performance regardless of the game’s outcome
* demonstrate respect for opposing players and their supporters
* never ridicule a player for making a mistake
* respect the officials’ decisions
* encourage players to play in accordance with the rules and the officials’ decisions.

#### For all

No person shall act towards or speak to any other person in a manner, or engage in any other conduct which threatens, disparages, vilifies or insults another person (the person vilified) on any basis, including but not limited to a person’s race, religion, colour, descent or national or ethnic origin, special ability/disability or sexual orientation, preference or identity.