

Our Lady's Girls' National School Ballinteer

Extra-Curricular Sports Policy

PARENTS/GUARDIANS

- Parents/Guardians have an influential role to play in assisting and encouraging their children to fully participate in our extra-curricular sports programme.
- In common with coaches of school teams, the parents/guardians of players should act as role models for their children as they represent their school in extra-curricular sports.

PARENTS/GUARDIANS SHOULD ENCOURAGE THEIR CHILDREN TO:

- Always play by the rules.
- Improve their skills levels.
- Appreciate everybody on their team, regardless of ability.
- Respect players from other schools, coaches and referees.

PARENTS/GUARDIANS SHOULD LEAD BY EXAMPLE:

- Adopt a positive attitude to your children's participation in our games.
- Respect officials', referees' and coaches' decisions and encourage your children to do likewise.
- Do not exert undue pressure on your child.
- Never admonish your own child or any other child for their standard of play.
- Be realistic in your expectations of your child.
- Show approval for effort, not just results.
- Avoid commenting on the performance of individual players. Always acknowledge the full team effort.
- Do not criticise playing performances. Identify how improvements may be made.
- Do not enter the field of play unless specifically invited to do so by a coach or official in charge.
- Respect coaches' decisions regarding selection of players for matches. Please note that there are usually only two or three competitive matches before quarter-final stages of competitions. Every effort will be made to play as many players as possible in games. However, priority will be given to players who regularly attend training and the most experienced players i.e. club players (irrespective of what sport they play at club level). Every effort will be made to arrange friendly matches, in order to ensure that all players receive an equivalent amount of game time and to provide match experience for less experienced players.
- **Please do not approach coaches in school building, at training sessions or at matches to discuss team selection.** Should you have any queries or concerns at any stage during the

school year about team selection or any other issue, **please contact the school secretary to make an appointment** with the relevant personnel.

PLAYERS

- Young players can benefit greatly from sports in terms of personal development and enjoyment. Our players are encouraged to realise that as a result of their participation in our games that they also have a responsibility to treat other players and officials with fairness and respect. With rights there will always be responsibilities.
- Players and parents are required to 'sign up' and abide by this Extra-Curricular Sports Code.

PLAYERS SHOULD BE ENTITLED TO:

- Be safe and feel safe.
- Have fun and experience a sense of enjoyment and fulfilment.
- Be treated with respect, dignity and sensitivity.
- Comment and make suggestions in a constructive manner.

PLAYERS SHOULD ALWAYS:

- Play fairly, do their best and enjoy themselves.
- Respect all fellow team members.
- Support fellow team members regardless of whether they do well or not.
- Represent their team, their school and their family with pride and dignity.
- Respect all coaches, officials and their opponents.
- Be gracious in defeat and modest in victory.
- Shake hands before and after a game.
- Inform their coach in advance if they are unavailable for training and games.
- Take due care of school equipment.
- Adhere to acceptable standards of behaviour and their school's Code of Discipline.
- Tell the coach if they have been injured.
- We recommend that players are suitably and safely attired to play their chosen sport, e.g. helmets (Hurling and Camogie).

PLAYERS SHOULD ENGAGE IN GOOD PRACTICE:

- Never cheat – always play by the rules.
- Never shout at or argue with a game's officials.

COACHES, MENTORS AND TRAINERS

- All coaches should ensure that children benefit significantly from our games by promoting a positive, healthy and participatory approach in our work with them.
- In developing the skills levels of every player, coaches should always encourage enjoyment and fun while ensuring meaningful participation in our games and activities.
- Coaches should always remember that they are role models for the players in their care.

COACHES SHOULD MAINTAIN A CHILD CENTRED APPROACH:

- Respect the rights, dignity and worth of every person.
- Be positive during coaching sessions, games and other activities so that players always leave with a sense of achievement and an increased level of self-esteem.
- Do not equate losing with failure and do not develop a preoccupation with medals and trophies. The level of improvement made by underage players is the best indicator of effective coaching.

COACHES SHOULD LEAD BY EXAMPLE:

- Never use foul language to a player, opponent or match official.
- Only enter the field of play with the referee's permission.
- Do not question a referee's decisions or integrity.
- Encourage players to respect and accept the judgement of match officials.
- Promote Fair Play and encourage all players and fellow officials to always play by the rules of the game.
- Don't shout at or lecture players or reprimand/ridicule them when they make a mistake.

BEST PRACTICE:

- Rotate the team captaincy and the method used for selecting teams so that the same children are not always selected to the exclusion of others, particularly at early stages of competitions.
- Do not encourage or permit players to play while injured.

Parents may request a copy of this policy from the school secretary.

Updated: 25/4/2017

To be reviewed yearly thereafter

The Extra-Curricular Sports Policy addresses the minimum levels of behaviour, practice and conduct required from our players, coaches, parents and guardians.

DECLARATION:

- I _____ (print name) acknowledge that I have read and understood the Extra-Curricular Sports Policy. I agree to be bound by the principles set out in the Policy when participating, playing or attending our games.

- Signed: _____ (Player)

Date: _____

- Signed: _____ (Parent/Guardian)

Date: _____