Welcome to MBBC Cross Country 2015

I would like to welcome all students, parents and coaching staff to the 2015 cross country season. We have put together a cross country season that will cater for students in Years 4 to 12. The season will include a number of representative events, Queensland All Schools events and the annual GBC Cross country Championships. I wish you the best of luck for the coming season and hope you enjoy the opportunities to compete against a wide range of schools in a friendly but competitive environment.

Should you require further information regarding the Cross Country program I invite you to contact the coaches and managers as detailed within this booklet. Please contact me if you need additional details regarding other sports activities within MBBC.

Best wishes for the upcoming cricket season.

Kind regards,

Mr Scott Emblen
Head of Sport and HPE

Coach and Managers contact details

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Number</th>
<th>Email address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr Scott Emblen</td>
<td>Head of Sport and HPE</td>
<td>39069444</td>
<td><a href="mailto:emblens@mbbc.qld.edu.au">emblens@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Mr Werner Botha</td>
<td>Coach</td>
<td>39069444</td>
<td><a href="mailto:bothaw@mbbc.qld.edu.au">bothaw@mbbc.qld.edu.au</a></td>
</tr>
<tr>
<td>Ms Caroline Fogg</td>
<td>Manager</td>
<td>39069444</td>
<td><a href="mailto:foggc@mbbc.qld.edu.au">foggc@mbbc.qld.edu.au</a></td>
</tr>
</tbody>
</table>

Selection and Commitment

Cross country teams will be selected based on performance at both training and cross country meets.

Your selection into the MBBC Cross Country squad means that you as a student are required to meet certain expectations.

- Attend all cross country meets as required.
- Attend all training sessions
- Seek permission from your Coach if you cannot meet the above commitments
- Support your team mates
- Represent your school at all times with integrity.
Cross Country Training and competition

Cross country training is open to all students in Years 4 to 12. It is held on Tuesday and Thursday mornings from 7:00am to 8:00am.

Training will take place on the MBBC grounds and in surrounding streets. Students should wear PE uniform for all training. The MBBC athletics singlet may be worn instead of the PE shirt.

Cross Country season

21st April – MBBC Cross Country carnival

23rd April – Lytton District Cross Country trials; Tingalpa (top 4 students only in 10yrs, 11yrs and 12 yrs age divisions)

27th April – The Lake College Invitational Cross Country Meet; Northlakes (Yr 4 to Yr 12)

29th April – Composite District Cross Country trials; Tingalpa (top 4 students only in 13yrs through to 18yrs age divisions)

2nd May – Qld Athletics All Schools Cross country Championships; Kedron (Year 4 to Year 12 students)

9th May – Qld All Schools Cross Country Relay Championships; Rivermount College, Yatala (Year 4 to Year 12 students)

16th May – Possible event at Sherwood Forest Runners; Sherwood Forest Park, Sherwood (Year 4 to Year 12 students)

25th May – Greater Brisbane Conference Cross Country Carnival; QSAC, Nathan (Nominated students in Year 7 to Year 12)

Player expectations

→ It is unacceptable to abuse or curse any other player, or the umpire, on or off the field. Players not heeding this rule will be immediately removed from competition.

→ Should you be unable to attend a training session or meet, you are to inform your coach as soon as possible via phone and email. Passing a message on through a team mate is unacceptable

→ Wear the appropriate Cross Country uniform to training and competition games
Show good sportsmanship on and off the field, whether you win, draw or otherwise

Respect school property.

## Playing uniform

Uniform for all cross country meets is as follows:

- MBBC PE shorts
- MBBC Athletics singlet
- MBBC sports socks
- Joggers
- MBBC sports cap

MBBC uniforms are available at the Moreton Bay College Uniform Shop, Wondall Road, Manly West

## Competition and training cancellations

If training or cross country meets are cancelled parents will be notified with as much notice as possible either by text message or by email. Students will be notified via an announcement over the College PA system.

## Transport

Students will be transported to and from meets on school days by the MBBC bus. Maximum capacity on the MBBC bus is 25 students. Private transport is required for meets on Saturdays.

## Photographs

Managers and coaches may take photographs of the athletes throughout the season for weekly newsletters and the MBBC Yearbook - MIRROR. Parents and spectators are also encouraged to take photographs and submit these to the Head of Sport and HPE. Please ensure you provide a caption of the people in the photograph or details of the subject (eg. The 7B’s first wicket of the season).

## Sports Awards Night

Each team is recognised annually at the MBBC Sports Awards Night. Categories are as follows:

- *Best and Fairest* – selected based a 3, 2, 1 scoring system allocated at the end of each round to the top three players from each team.
• **Most Improved** – selected by the coaches based on their abilities at the start of the season compared to those at the end of the season

**Code of Behaviour**

**PLAYERS**

→ You should play your sports for the good health they promote, the enjoyment of being involved in sporting activities with your friends, and for the satisfaction that comes from doing your best, which will mean accepting victory and defeat in the same, well-balanced manner.

→ You should learn the rules of your sport as best you can. Regardless of whether you agree or not, decisions by officials, umpires, referees and selectors should be accepted with equal and due respect.

→ Remember that any poor sporting behaviour reflects badly on you, your parents, your coaches and your school. Copy only the good behaviour of well-known sporting figures.

→ There is never any excuse for bad language whether at training or when playing.

→ Give your teachers, coaches, parents, spectators and officials the respect and thanks they deserve for training you, supporting you, transporting you and generally making your sport possible.

**TEACHERS AND COACHES**

→ Each student should not be expected to give more than a reasonable time each week to training so that a proper balance is maintained in respect of time allocated to study, religious activities, boarding school or home duties, cultural enjoyment and social activities.

→ Every opportunity afforded by competitive games should be grasped to encourage the social growth of competitors. In this respect all the courtesies should be observed: teams must be punctual and well turned out; the home team should receive the visiting teams in a warm and helpful manner and the courtesies of the particular sport should apply.

→ Create opportunities to teach good sporting behaviour and the concept of fair play. Developing an awareness in players of the responsibilities and the implications of the freedom to choose between fair and unfair play is essential. Breaches of good sporting behaviour should never be ignored.

→ The awareness of the rules of the games, and their observance, is vital for the good order of games.

→ Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.

→ Encourage the development of a sense of achievement that comes from an increasing degree of mastery of complex skills and tactics.

→ Remember that competitive games are for enjoyment and that winning is only part of the process.
→ Ensure that efforts for both skill improvement and good sporting behaviour are rewarded by praise. Players need a coach they can respect, so set a good example.

→ Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of students of all ages. The scheduling and length of practice times and competitions should take into account the maturity level of players.

→ Encourage awareness of the physical fitness value of sports and their life-long recreational benefit.

→ Support all efforts to ensure that there is no verbal or physical abuse in sporting activities.

→ Control comments made in moments of high tension.

PARENTS AND SPECTATORS

→ While MBBC warmly encourages the full and wholehearted support of parents and other supporters, you are reminded that the competitive games the children play are organised for their benefit and enjoyment.

→ Encourage children always to play by the rules and their interpretation. The good example you set by respecting the decisions of officials can do much to support this. The use of profane language or the harassment of players, coaches and officials does nothing to support the spirit of games, and is condemned by MBBC.

→ Inculcate in children the virtue of honest effort as being as important as winning so that the result of each game is accepted without undue disappointment.

→ Your promotion of the ideals of good sporting behaviour and a sense of fair play will only maximise the enjoyment the children derive from playing competitive games. Applaud good play by the team you support and by members of the opposing team.

→ Recognise and support the value and importance of coaches. They give of their time and resources to provide recreational activities for your child. Vindictive criticism of coaches damages the player/coach relationship and may destroy the good we seek to achieve.

→ Any breach of good sporting behaviour by, or apparent complaint against any official of another school should only be voiced through your school administration on a Principal to Principal basis.