

Sport and Co-curricular Handbook



ST AUGUSTINE'S
COLLEGE - SYDNEY

2026

Table of Contents

1.	STATEMENT OF COMMITMENT TO CHILD SAFETY AND WELLBEING	2
2.	RATIONALE.....	2
3.	POLICY.....	2
4.	CODE OF CONDUCT.....	6
5.	COMMUNICATION	7
6.	SAINTS SUPPORT.....	7
7.	2026 SPORT AND CO-CURRICULAR OPTIONS	8
8.	PRINCIPAL’S COLOURS AND AWARDS SCHEME	9

T: 02 9126 9928 | E: sportandcocurricular@saintaug.nsw.edu.au

www.saintaug.nsw.edu.au | *Join our community - [Facebook](#) | [Instagram](#)*

HUMILITY - “Lay First the Foundation of Humility” (Saint Augustine)

Sport and Co-curricular Program

St Augustine's College aims to provide a diverse and inclusive Sport and Co-curricular Program.

1. STATEMENT OF COMMITMENT TO CHILD SAFETY AND WELLBEING

St Augustine's College is committed to providing education and care to children and young people to assist them to develop into high achieving, supported students, positively connected to each other and to the communities in which they live and to which they will serve.

The College is committed to ensuring the safety, welfare and wellbeing of all children and young people at the College and is dedicated to protecting them from abuse and other harm.

At St Augustine's College, we have a zero tolerance for child abuse and are committed to acting in students' best interests and to keeping them safe.

The College regards its Child Safeguarding responsibilities with the utmost importance, and as such, is committed to providing the necessary resources to ensure compliance with all relevant child protection laws and legislation and to maintain safe and supportive College physical and online environments for all children and young people.

Each member of the College community has a responsibility to understand the important and specific role that they play individually and collectively to ensure that the wellbeing and safety of all students is at the forefront of all that they do and every decision that they make.

For access to Child Safety reporting mechanisms please refer to the College website <https://www.saintaug.nsw.edu.au/our-college/policies>.

2. RATIONALE

At St Augustine's College, the Sport and Co-curricular Program is designed to enable our students to extend their aspirations, skills and range of interests beyond the classroom, and to help them develop socially and emotionally so that they can grow in maturity and self-confidence and provides students with the opportunity to:

- represent the College
- exercise, which is vital for growing bodies
- experience activities which may become a life-long interest
- learn about commitment, team or group work and generosity as part of a team, ensemble or group
- develop character (e.g. in competitions, learn to win or lose graciously – humble in victory and gracious in defeat)
- develop new friendships outside of one's own peer group
- gain enjoyment from participation
- develop skills and fitness in a variety of pursuits
- develop an effective work ethic
- pursue opportunities as match officials in their chosen sports/activities.

3. POLICY

3.1. Participation

- **It is compulsory that all students participate in the Sport and Co-curricular Program.**

Sport and Co-curricular 2026 Handbook

- Once a commitment to a sport or co-curricular activity is made, it must be honoured throughout the entire season. Team nominations are made well in advance and if a student fails to fulfill his commitment everyone is disadvantaged. If clashes exist between Sport and Co-curricular activities, requests are to be provided to the Assistant Principal – Sport and Co-curricular in writing for his review and consideration.
- A student is not able to withdraw from an activity once he has committed to it. The College appreciates that many students take part-time jobs, but students must undertake their employment on days when they are not required for a College activity. Saturday work which prevents participation in a College team is not permitted.
- Students must attend all training sessions and matches. **College training and matches take priority over club training and matches.**
- Compulsory House activities complement the inter-school competition. The College conducts a number of intra-schoolhouse competitions throughout the year such as Athletics, Swimming and Cross-Country carnivals. These carnivals act as a selection pathway for students to represent the College at ISA, NSW CIS and All Schools level.
- The College and classmates form the primary community for the student and as such, College teams and activities always take precedence over participation in district and local clubs.
- The correct College sports uniform must always be worn in full. This includes all safety equipment as specified by the Manager in Charge, (e.g. mouthguards, shin pads). Students who wear non-College attire to College fixtures will be asked to change the garment or risk not being allowed to represent the College that day. Under no circumstances will a student be allowed to wear non-College uniform whilst competing, including incorrect socks, shorts, etc.
- Absence from training or competition will require an email explanation from a parent/guardian. Students who do not attend training or competition, without an acceptable explanation, are at risk of losing their place in the sport/activity and will be asked to fulfill their points requirement elsewhere.
- St Augustine's college recognises participation in sports and co-curricular activities carry a level of inherent risk. It is not possible to totally eliminate risk, nor would this be desirable, as an element of risk is required to challenge and develop students. Our programs are designed to foster the positive benefits associated with Sport and Co-curricular activities. This means students can experience a true sense of achievement, in an environment that identifies and mitigates real risk of harm.

3.2. Registration

- Each year the Sport and Co-curricular registrations open for one week each and are held in Term 1 and Term 3. Each registration period has different activities on offer. The information and instructions will be issued to the College Community prior to each registration period.
- Please be aware if you miss the deadline, your son may miss out on his preferred activity, and each student will incur a late fee of \$50. The late fee is in place to ensure we receive all enrolments within the registration period to ensure we meet the requirements of each season and activity including external association deadlines, acquiring and onboarding external coaches, program preparations, and managing our administrative resources efficiently during this extremely busy time of year.
- Information such as training days, if not listed, are not available until registrations have closed and coaches, team numbers and training locations have been confirmed. Once training days are set if you have a scheduling conflict, you will have the opportunity to apply for de-registration where you will receive a full credit to your account and the opportunity to swap activities if required.
- Once registrations have closed, the Manager in Charge (MIC) of each Sport and Co-curricular activity will contact all registered students/parents to provide further information. Students will also be allocated to their Sport and Co-curricular activities in the College App (Sport & Co section) where training schedules and game fixtures (if applicable) can be viewed once available.

Sport and Co-curricular 2026 Handbook

- By paying the registration for this sport, your son is committed to attending all regular training sessions and competitions (if applicable) as required by the college.

3.3. Points

- All Year 5 to 10 students are required to be involved in a minimum of 2 activities and are encouraged to attempt a range of different activities throughout the year. A culmination of 25 points for the year is the minimum requirement.
- Students in Years 11 and 12 are required to participate in one or more activities throughout the year. The College prefers boys to involve themselves in a team sport. A culmination of 15 points for the year is the minimum requirement.
- Students who fail to meet their Sport and Co-curricular requirements will be placed on probation and, if they continue to not fulfil the commitment, their enrolment will be in jeopardy.

3.4. Awards and Recognition

- Sportsman of the Year awards are presented at the relevant Celebration of Excellence. This award is presented to a student in each year group who has participated in a variety of College based sports and/or has achieved at representative level in at least one sport. Students who excel in non-College sports may be acknowledged via social media and Tolle Lege throughout the year. It is the parent's responsibility to inform the Sport and Co-curricular Office of such achievements as they are not always apparent. All State and/or National representatives in College Sports ONLY will be acknowledged at Celebrations of Excellence and Laureatte Assemblies.

3.5. Exemptions

- Exemptions are reviewed and approved on a case by case basis, we strongly believe that students should be representing the College provided competitions however we understand there are other circumstances and we also do want to provide the support to students through their sporting pathways. All exemption requests are to be provided to the Assistant Principal – Sport and Co-curricular in writing for his review and consideration.
- If commitments impact a student's ability to participate in the Sport and Co-curricular program, participating in the Cross Country, Swimming and Athletics Carnivals as a minimum requirement.

– NSW and Australian Representative Exemption

A student who is selected at State or National level within a College sport (excluding representative football) must write to the Assistant Principal – Sport and Co-curricular for consideration if external 'demands' are high or conflicting with ongoing College commitments.

– Cricket Exemption

Students are only granted exemption from playing for St Augustine's College if they are selected in a Sydney Grade Club playing no lower than 2nd grade. Parent's must complete a Representative Cricket Exemption within the Term 3 registration week and the instructions will be outlined in the registration week information issued by the Sport and Co-curricular Office.

– Representative Football Exemption

Students are only granted exemption from playing for St Augustine's College if they are selected in a team in the Football NSW NPL Competition or representing Manly Warringah Football Association in the Football NSW Association League Competition. Parent's must complete a Representative Football Exemption within the Term 1 registration week and the instructions will be outlined in the registration week information issued by the Sport and Co-curricular Office.

All students who play football MUST play for St Augustine's. Students ARE NOT permitted to play for another club in the MWFA competition. U11's and U13's players must play in the school competition and will not be unable to play in both the MWFA and school competitions.

Sport and Co-curricular 2026 Handbook

– Injury Exemption

If students are not able to compete in a particular season or extended period of time, i.e. serious injury or illness, details are to be provided to the Assistant Principal – Sport and Co-curricular in writing for his review and he will consider the needs of the families and the College before granting a student exemption from a season.

– External Sporting Events

The College acknowledges that students will be selected/invited to State and National representation and that time will need to be afforded to them for training and competition. It is the students/parent's responsibility to advise the Sport and Co-curricular office of upcoming events that may impact the student's attendance at school or assessments.

A request will need to be submitted for review and approval by the Assistant Principal – Sport and Co-curricular.

3.6. Transport

It is the policy of the school to provide transport for the following and the arrangements will be confirmed by the manager in charge for each activity:

- All fixtures played outside of the Sydney metropolitan area, where feasible.
- Any midweek fixtures where parental transport is not feasible.
- For morning/afternoon trainings that occur off-school campus.
- **All morning/afternoon training buses are not staffed. Students are expected to be well behaved and courteous to the driver in these instances. Alternatively, parents can transport their son to/from training.**

3.7. Insurance

The College has a 'Student Personal Accident Policy' in the event of a student accident/injury. Claims on the policy are entirely at the discretion of the College and are usually reserved for significant injury. It should be noted that all out of pocket expenses may not be reimbursed.

Please note the following in relation to Medicare, non-Medicare and dental expenses.

- Parents are required to process medical expense costs through Medicare and then through the family's private insurer. It should be noted that the Health Insurance Act 1973 prevents the College insurer from paying medical expenses which are subject to full or partial rebate from Medicare, including the Medicare gap. If a Medicare item number is attached to any treatment, the policy cannot respond. As such, Medicare expenses should not be submitted as part of a claim.
- Before returning a completed claim form with attachments, all non-Medicare medical expenses and invoices must be presented to the parent's private health fund before presentation of invoices as part of the claim. The policy can respond to provide out of pocket expenses for non-Medicare medical expenses (e.g. physiotherapy) after the private health fund has paid their appropriate portion.
- The insurers can only pay non-Medicare medical expenses (including dental expenses) resulting from injuries to students who are:
 - taking part in College organised sporting and youth activities
 - participating in College organised/supervised activities.
- the policy provides cover for expenses incurred for a period of 24 months from the date of the accident/injury.
- Any other aspect that requires clarification should be referred to the College's Finance Office.

4. CODE OF CONDUCT

St Augustine's College has a fine reputation, not only for its academic excellence, but also for its large and enthusiastic participation within the Sport and Co-curricular Program. It is, therefore, expected that all members of the St Augustine's College community represent the College responsibly. Policy Students and parents must support the 'Sport and Co-curricular – Code of Conduct'. Behaviour must always be exemplary, and the utmost respect must be demonstrated towards all opponents and officials.

4.1 Student Expectations

- Students must attend all designated training sessions, games and activities.
- Any student unavailable for training games or activities must inform either their coach, Manager in Charge or Assistant Principal - Sport and Co-curricular in advance.
- In general, students must arrive at venues at least 30 minutes prior to the specified games start times unless specified otherwise by the coach.
- Students must wear correct sports uniform before, during and after all representative fixtures as outlined by the Manager in Charge.
- Students are to participate to the best of their ability.
- Students will be humble in victory and gracious in defeat.
- Arguing and/or remonstrating with officials is unacceptable.
- Verbal and physical intimidation of the opposition team members is unacceptable.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.
- Students are to shake hands with players and officials at the conclusion of matches.
- Students will be supportive and offer encouragement towards team players at all times. All comments will be positive.
- All students should attempt to display leadership qualities.
- All allegations involving vilification on or off the field will be followed up immediately.

4.2 Parent and Spectator Expectations

- Remember that children participate in sport for their enjoyment not yours.
- Encourage children to play according to the rules.
- Never ridicule or yell at a child for making a mistake or not winning.
- Respect all officials' decisions and encourage children to do likewise.
- Show appreciation for coaches, officials, and administrators – remember they are usually volunteers.
- Applaud good performance and efforts from all individuals and teams.
- Congratulate all participants regardless of the game's outcome.
- Condemn the use of violence, verbal abuse, or vilification in any form regardless of whether it is by spectators, coaches, officials, or players.
- Support all policies and practices.
- Support involvement in modified rules games and other junior development programs.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.
- Ensure you are aware of the correct processes to follow if you have an issue or complaint by informing

Sport and Co-curricular 2026 Handbook

the Manager in Charge of the sport and/or the Assistant Principal – Sport and Co-curricular. Do not perpetuate issues with gossip or general criticism.

- The College supports social media to promote the Sport and Co-curricular Program. Inappropriate or derogatory comments are not acceptable and will be reported immediately.
- All allegations involving vilification on or off the field will be followed up immediately.

4.3 Coach Expectations

- Teach students to abide by and follow the rules and laws of the game.
- Coaches will lead by example, displaying good Sportsmanship and respect for opposition and officials at all times.
- Remember that children participate for pleasure and that winning is only part of the fun.
- Ensure all players are worthy contributors to the team, and as such, a fair rotation system of players should be used.
- Attempt to keep up to date with the latest coaching practices.
- Make players aware of the positive benefits of participation in Sporting activities.
- Always be positive when communicating with players. Never ridicule or yell at a player for making an error.
- When physical contact with a student is a necessary part of the teaching/learning experience must exercise caution to ensure that the contact is appropriate and acceptable. Should seek reassurance from the student by asking for a volunteer, if necessary, to demonstrate a particular activity.

5. COMMUNICATION

5.1 St Augustine's College App

The St Augustine's App is used to communicate with students and parents regarding training, fixtures, and any important information from coaches. Be sure to adjust your 'Subscriptions' in the College App to reflect your son's registration so that you do not miss out on receiving alerts from your selected Sport and Co-curricular activities.

We always try to provide communication as soon as possible however due to the enormity of the program and competition there are occasions where we rely on other schools for updates which can result in a delay that is out of our control.

5.2 Cancellations/Ground Conditions

Sometimes games will be cancelled on a Friday or Saturday morning due to wet grounds or conditions. The College will send an alert out through the College App with the latest information as we receive it.

6. SAINTS SUPPORT

– The College Gym

A fantastic resource for all students to utilise whether it is for physical goals, general health and wellbeing, or to help them on the field every Saturday, no matter the sport. Boys of all ages are allowed to access the gym, with some designated times for younger boys.

Students are encouraged to see the Head of Athletic Development in the gym to receive a suitable program for their age group

Opening Hours: During term time, the gym is open for all boys before school (6:45am – 8:15am) and after school (3:30pm – 5:00pm) from Monday to Friday. During school holidays, the gym is open on Monday, Wednesday and Friday from 9am – 11am (this excludes Public Holidays that may fall on these days of the week).

Sport and Co-curricular 2026 Handbook

– Injury Clinic

Students are encouraged to visit the Injury Clinic to see the College Physio to receive an assessment for injuries. This is for a short assessment only and offers some guidance only of injury management and communication following the consultation will be issued to parents.

Available in the College Gym in the morning, recess and lunch on a Monday and Tuesday.

7. 2025 SPORT AND CO-CURRICULAR OPTIONS

The table below provide a summary of the activities on offer within the Sport and Co-curricular program.

Activity	Season	Points
AFL	Winter - Term 2 and 3	15
Athletics	Summer - Term 4 and Term 1 the following year	15
Athletic Development (Saints Squad)*	Terms 1 and/or 4	0
Basketball	Summer - Term 4 and Term 1 the following year	15
Boxing Fitness*	Terms 1 and 4 Terms 2 and 3	10 (Maximum)
Cricket	Summer - Term 4 and Term 1 the following year	15
Football (Soccer)	Winter - Term 2 and 3	15
Mountain Biking*	Summer - Term 4 and Term 1 the following year	15
Play Fearless (Saints Support)	Semester 1 - Term 1 and 2 Semester 2 - Term 3 and 4	0
Rowing	Summer - Term 4 and Term 1 the following year	15
Running Club*	Winter - Term 2 and 3	10
Rugby Union	Winter - Term 2 and 3	15
Surfing*	Summer - Term 4 and Term 1 the following year	15
Swim Squad	Summer - Term 4 and Term 1 the following year Winter - Term 2 and 3	10 (Maximum)
Taekwondo	Semester 1 - Term 1 and 2 and / or Semester 2 - Term 3 and 4	15 (Maximum)
Tennis*	Winter - Term 2 and 3	15
Touch Football*	Summer - Term 4 and Term 1 the following year	15
Water Polo	Summer - Term 4 and Term 1 the following year	15

* Not all year groups are able to participate in this activity

Sport and Co-curricular 2026 Handbook

Co-curricular Program Activities

The table below provide a summary of the activities on offer within the Sport and Co-curricular program.

Activity	Season	Points
Art Club	Semester 1 - Term 1 and 2 OR Semester 2 - Term 3 and 4 <i>* Students can pick only one semester</i>	10
Chess*	Semester 1 - Term 1 and 2 (Finals - Term 3)	10
Computer Coding	Winter - Term 2 and 3	10
Debating/Public Speaking*	Terms 1, 2 and 3	10
Drama	Theatre Production Various Time plus Terms 4, 1 and 2 (Years 9 to 12) Terms 3 and 4 (Years 5 to 8)	15
	Theatresports (non-competition) Winter - Term 2 and 3 (non-competition) Competition Theatresports Term 2 (Years 9 to 12); Term 4 (Years 7 to 8)	10
Duke of Edinburgh*	All Year	15
The Literary League (formally Writing Club)	Semester 1 - Term 1 and 2	10
Magic: The Gathering	Winter - Term 2 and 3	10
Media	All Year	10
Music	All Year	10 - per ensemble

*Not all year groups are able to participate in this activity

8. PRINCIPAL'S COLOURS AND AWARDS SCHEME

Area	Criteria	Award
Student Leadership	College Captain	Full colours
Student Leadership	College Vice Captain	Half Colours
Student Leadership	College Head Prefect	Half Colours
Academic Structure	Dux Award – Year 11	Full colours Dux Badge

Sport and Co-curricular 2026 Handbook

Area	Criteria	Award
Academic Structure	Dux Award – Year 10	Half Colours Dux Badge
Academic Structure	Dux Award – Years 7, 8 and 9	Dux Badge
Academic Structure	Academic Excellence – Years 7 to 11 Top 10 for three consecutive years	Silver Badge
Academic Structure	Academic Excellence – Years 7 to 11 Top 10 for five consecutive years	Gold Badge
Sport Structure	Australian Representatives – School based sports Years 10 to 12 Australian Representative two times or more	Full Colours Plus Gold Badge
Sport Structure	NSW Representatives – School based sports Years 9 to 12 NSW Representatives two times or more	Half Colours Plus Silver Badge
Sport Structure	Captains of Sports ISA Representatives: Rugby, Basketball and ISA 1st Place Winners in Athletics and Cross Country	Badges
Music and Drama	AMusA Award (Associate of Music, Australia) Instrumental Achievement	Full colours
Music and Drama	8 th Grade AMEB or equivalent (not ‘for leisure’ series) AYO (Australian Youth Orchestra) and SYO (Sydney Youth Orchestra)	Half Colours
Music and Drama	Outstanding performances in College Productions – recommended by Drama Co-ordinator	Gold Badge
Duke of Edinburgh	Achieving/completing the Nationally recognised Gold Award level	Full Colours
SEA Program	Students are required to provide evidence of service completed in both the College and wider community, promoted and recorded through the Primary, Middle and Senior School Service Education Program. Badges will be awarded at the discretion of the College Principal and Leaders of SEA.	Gold, Green and Red Badges