



GLENWOOD HOUSE SCHOOL

PRE-PREPARATORY • PREPARATORY • COLLEGE
IN PURSUIT OF EXCELLENCE

EXTRA-MURAL POLICY FOR GLENWOOD HOUSE SCHOOL

It is our policy to create the best opportunities for all our pupils to realise their full sport and cultural potential. We will encourage maximum participation, enjoyment and the best results possible in both sport and cultural activities.

It is the policy of the school that the primary aim of extra-mural participation is that of enjoyment and the best possible physical and mental development of the child as a whole. We at Glenwood House see our extra-murals as a mere extension of the classroom situation.

It is to be noted that our pupils will at all times win and lose graciously. It is however also true that winning adds to the enjoyment of playing or participating. Both winning and losing can build character in a player. Consistent losing however is more likely to impact negatively on a child in the long term. Pupils should be taught to lose graciously but must never feel good about losing. This is a philosophy that must apply in all areas of a child's development. They must be taught to strive for constant improvement, which is why our sports coaches and cultural staff work for success.

It is also Glenwood House policy to allow for maximum participation where at all possible. It must however also be remembered that certain teams and activities can also only field a limited number of players and that there will always be that factor of disappointment present amongst fringe players or participants. This is a problem we are faced with in all spheres of life and our children need to be taught to deal with all disappointments as best as possible. It has to be noted that we expect every child to participate in at least one official extra-mural activity per term.

TEAM SELECTION CRITERIA

- Attendance at practices is compulsory, as the relevant coaches shall keep a register. Written excuses explaining absenteeism to the coach concerned must be made timeously.
- The A team in each age group shall include the best available players in that age group.
- The other teams shall comprise the rest of the pupils participating in that age group. Pupils in these teams should continually strive towards a higher level of play/participation.
- Coaches may rotate players in the lower teams as to ensure that all available players do have an opportunity to participate.
- Promotion to a higher team can only be done on merit.
- The coach's decision is final in the selection of a team.

DISCIPLINE AND CONDUCT/SPORTS ETIQUETTE

Pupils:

- Punctuality for matches and practices, as well as for meetings held by coaches is of absolute importance.
- Dress code must be observed at all times.

- Behaviour on and off the field must be exemplary at all times.
- Reply slips must be returned as promptly as possible.
- Courtesy is vital, thanking of the referees and opponents is both expected and proper.
- Captains are to ensure that visiting schools always enjoy refreshments first.
- The referee or umpire's decision is final and may not be contested by a pupil or a parent.

Staff:

- Any sport or cultural activity may not be cancelled without prior consultation with the Vice-principal Extra-mural Activities or Extra-mural Co-ordinator.
- In the event that an activity is cancelled during the session, the participants of that activity remain under the supervision of the allocated member of staff until the scheduled end of that session.
- All sport/cultural instructions re: allocation of fields, transport bookings, league fixtures etc. must be made via the Vice-principal Extra Mural Activities or Extra-mural Co-ordinator.
- Catering arrangements are the responsibility of each individual coach, and must be made timeously with the Catering Committee.
- In the event of a group of pupils being coached by a professional coach, a staff member must be present and part of the coaching session. This will ensure sound discipline and control as well as personal development for staff concerned.
- Staff involved in an outdoor extra-mural must at all times be aware of the dangers of unpredictable weather conditions, i.e. heavy rain or lightening. The staff member or student coach must rather err in being over cautious.
- Outside Coaches or specialists who conduct a training session will be remunerated according to the hourly rate set by the Headmaster.

Parents:

- Parents are required to stay well away from practices at all times. We do believe that the child attends the practice to improve his/her skill, and parent involvement may hinder this.
- Parents are always welcome to voice concerns using the correct channels.
- Parents are requested to refrain from expressing criticism during or before a match.
- Criticism of officials, coaches and players on the filed by parents is both unprofessional and unacceptable at Glenwood House School. Respect and decency will apply in all situations.

MATCHES/COMPETITIONS

- The Notice for a planned activity must be sent out at least two days prior to the event.
- Participants of an activity must report at least 30 minutes before the scheduled start of the activity to the person in charge as designated by Glenwood House.
- Any withdrawal or change in the participation in an activity must be reported to the person in charge of that activity or to the Vice-principal Extra Mural Activities before the start of the activity.
- No participant of an activity may leave that event without the permission of the person in charge.
- The person in charge as designated by Glenwood House must secure all equipment and see to it that all participants are in safe hands after the activity.

STAFF DEVELOPMENT

- Teachers/coaches must be willing to evolve and improve in the coaching of their sport or cultural activity. Attendance of courses or clinics offered by various sports codes and cultural institutions is compulsory.

FIRST AID

- A good knowledge of first aid is of vital importance. Opportunities will be available for staff to improve or refresh their knowledge.

- First Aid will be offered at home fixtures and we expect other schools to do the same.

SPORT AND CULTURAL TOURS

- These should be promoted with discretion and moderation at least a year in advance.
- Holiday tours should be restricted to two tours a year.
- The organised tour will cover the costs of teachers and assistants involved with the tour.

EQUIPMENT

- The relevant coach is responsible for his/her team's equipment and the correct usage, safety and return thereof.
- Coaches must return all kit or equipment to the storeroom on a daily basis, or keep it safely and return it at the end of a season.
- Teams are to check all kit and return after practices and matches.
- Kit replacement is the responsibility of the team in whose possession it was when it was lost.

DRESS CODE

Matches:

- The correct attire as prescribed by the Extra Mural Dress Code is compulsory. Failing to adhere to the policy requirements for kit, will preclude a pupil from practice or playing in a match. Pupils will be made aware of this fact on a regular basis at the school assemblies.
- Pupils must ensure that they stay neatly dressed during a match.

Practices:

- The school's Physical Education dress is compulsory for all practices unless otherwise specified by a coach.
- A Glenwood House tracksuit - top or blazer must be worn over the compulsory practice/match kit after a practice session or match when departing from the venue.
- The Glenwood House kit bag is compulsory.

Extra Mural Dress Code:

The following extra Mural Dress Code is to be adhered to by all Glenwood House students whilst attending or participating in an Extra Mural event:

Blazer:

- To be worn at all times to complete school uniform.
- Over tennis sports kit for a tennis fixture.
- Over Cricket sports kit for a cricket fixture.
- On occasions as determined by Headmaster.

Tracksuit:

- During the 2nd and 3rd term, a tracksuit top over appropriate sports kit for that fixture.
- Full tracksuit is to be worn at the discretion of the teacher in charge of that Extra Mural event.
- Full tracksuit is to be worn, over sports kit, for all excursions, unless Headmaster's approval for another dress code has been obtained.

Other requirements:

- Athletic sports shoes that are predominantly white in colour are to be worn for all sports events.
- Athletic sports shoes are to be of appropriate quality and purpose related to that sporting event. No skate or surf shoes.

- A jersey is not to be worn as a replacement for a tracksuit top.
- Spectators to sports events are to be dressed in full school uniform, or full sports kit, or as weather dictates in full tracksuit.
- When departing a sports fixture, dress code to be as upon arrival for that event.

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