



St Michael's
COLLEGE



CO-CURRICULAR
SECONDARY SPORT
2026 Handbook



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MISSION AND VISION STATEMENT

Mission and Vision

St Michael's College is a Catholic school in the Lasallian tradition which is committed to the human and Christian education of the young, especially the poor*, through Community, Challenge, Choice.

Community

We are an inclusive and respectful community where each individual is known, valued and cared for, enabling them to feel confident to explore their curiosities, flourish and fully realise their potential.

Challenge

Individual growth is achieved through engagement, opportunity and recognition, underpinned by a positive learning culture that is authentic, challenging and supportive.

Choice

Through a quality Lasallian education, inspired by the Gospel and a concern for social justice, students are empowered to better choose who they become as people, learners and leaders in the world.

** The Lasallian school calls its members to an awareness of the poor and victims of injustice, and respond to their needs through programs of community service, advocacy and justice education.*



WHO WE ARE

Our Purpose

St Michael's College is dedicated to a whole of College approach to facilitate our Catholic and Lasallian educational experience. Our strong heritage is based on the principles of 300 years of Lasallian Education, guided by the De La Salle Brothers and our Founder's teachings.

A member of the global Lasallian family, St Michael's College is committed to create a welcoming, inclusive Lasallian community, aligned with strategic commitment to optimise student experiences and outcomes.

Our commitment is to provide opportunities that will prepare students to be compassionate and enthusiastic participants in society who prioritise service to others, especially the marginalised and those in need. Guided by Lasallian teachings, enriched by contemporary educational theory and practices, students, staff and families are empowered to flourish and find success.

"To touch the hearts of your pupils and inspire them with the Christian spirit is the greatest miracle you can perform".

St John Baptist de La Salle



INTRODUCTION

St Michael's College Strategic Directions includes a focus on Student Engagement and Enrichment, *"Through academic, pastoral, leadership and co-curricular programs, students are provided rich and varied opportunities to engage in growth experiences to identify and develop their passions, strengths and connections."* In line with this, we encourage and affirm the participation of students in the various activities offered through the co-curricular program.

The St Michael's program is a co-operative venture involving students, staff, old scholars, parents and friends of the College. These activities play an important role in the total development of the student, and as such, are considered to be a vital part of the holistic education offered at the College. Involvement in the co-curricular program fulfils important education and social goals established by the College.

St Michael's College is a member of several associations including the Sport Association for Adelaide Schools (SAAS), the SA Catholic Secondary School Girls Sports Association (SACSGSSA), the Independent Girls' School Sport Association (IGSSA), the South Australian Primary School Amateur Sports Association (SAPSASA), and School Sport SA (SSSA), and subscribes to the high standard of competition and code of sportsmanship consistent with membership.

Aims

The Co-Curricular Program:

- Provides an opportunity for students to contribute positively to the College community.
- Enhances the holistic development of the individual.
- Promotes and nurtures responsible behaviour and attitudes, teamwork and communication.
- Cultivates self-discipline and self-responsibility.
- Fosters mutual support amongst parents, caregivers and staff.
- Provides a means by which relationships can be established and consolidated in the whole school community.
- Develops a student's skills and talents.
- Participation in competitions.

CO-CURRICULAR POLICY

The **St Michael's College Co-curricular Policy** states that:

“Any students representing a club in any sport, at any level, must play for the College in that sport. Where there is a conflict between club and College activities, students will make themselves available for the College.”

This policy is simple and easy for all to follow, and is a condition of enrolment at St Michael's College. Any further discussions about this policy may be directed to the Co-curricular Coordinator - Tiarn Powell, Talent Development Program Coordinator - Kaiden Brand, Director of Middle School - Sally Nicholson or Director of Senior School - Mark Labroschiano, at any stage throughout the year. Our aim is to field our best possible teams against our strongest opponents. We also wish to acknowledge the individual circumstances of each student.

- The College will provide, within its capacity to do so, quality facilities and opportunities that enable students to participate meaningfully in their chosen sports.
- Students will participate to the best of their ability in their co-curricular life at the school.
- When representing the College, students must abide by St Michael's College Code of Conduct as well as the code of conduct for that particular activity inclusive of SAAS, SACSGSSA, SAPSASA, IGSSA and SSSA. Parents/Guardians and Staff will contribute in a positive way to assist students' development and growth as provided through the Co-Curricular Program and in line with the St Michael's College Code of Conduct.
- Students who nominate to participate in a particular activity are required to undertake complete involvement in all scheduled training and match fixtures. Students who nominate Summer sports are

expected to participate in Terms 1 and 4. Students nominating Winter Sports are expected to fulfill obligations throughout Terms 2 and 3.

- Students are not able to change from one activity to another without permission of the Co-Curricular Coordinator.
- If a student is chosen to represent the College and cannot attend an event due to a legitimate reason, advance notice of at least 48 hours is required from the parent/guardian so that a replacement can be arranged.
- If a student contravenes this policy or the SMC Code of Conduct, an appropriate consequence will be incurred which is in accordance with the event.

Community Charter

Building strong collaborative and productive partnerships between families and schools and between teachers and parents leads to improved student outcomes.

The College fosters an inclusive and respectful environment that supports staff and students, allowing them to flourish. The College promotes opportunities for community members to be positively engaged in ways that enable personal and collective growth.

The College values its diverse community and respects the rights, beliefs, and practices of individuals.

OVERVIEW

The Community Charter outlines the standards of conduct expected by members of the St Michael's community. This document provides descriptions of principles relevant to a variety of contexts and a framework for actions and decision-making.

SCOPE

The policy applies to all adult members of the community, including parents, guardians, partners, stepparents, grandparents, extended family, and any others who visit, attend College associated activities or events or are

involved in communication with the College and staff. For this document, the term “parent” refers to all as listed above.

The policy applies to all conduct in person and includes conduct involving any technology and/or communication device and media.

The Community Charter further outlines respectful relationships between community members and specifically mentions expectations of spectators at co-curricular and sporting events.

It is the responsibility of all Parents and Community member spectators to:

- Set an example of good sportsmanship by providing constructive and positive support rather than being critical and negative.
- Refrain from giving unsolicited advice or questioning a coach/manager, umpire or player during a match.
- Assume responsibility for being welcoming to visiting spectators and respecting a host school’s premises and expectations.
- Accept the umpire’s decisions.
- Use adult-designated toilets.



SAAS CODE OF CONDUCT

In addition to the St Michael's College Community Charter, we also have a responsibility to follow the SAAS Code of Conduct.

School's Responsibility

It is the responsibility of SAAS schools to:

- Have a sound attitude towards sport, their coaches/managers, players, and spectators
- Provide, when hosting matches, a safe and suitable environment for competition, including ready access to medical care, changing rooms, toilets etc
- Ensure that their coaches/managers have basic first aid training and that all their teams are equipped with an appropriate first aid kit
- Show courtesy to visiting schools and, when visiting other schools, to respect their premises and rules
- Fulfil, wherever possible, all team entry obligations (eg full teams, no forfeits, etc). Where unavoidable change is necessary, early notification to the opposing school is essential
- Ensure that they provide adequate staff supervision at all venues
- Follow the SAAS Disciplinary and Reporting Procedures

Coaches/Manager's Responsibility

It is the responsibility of coaches/managers to:

- Remember at all times that the SAAS sporting competition is primarily conducted for the educational and social benefits of the students and that winning or losing are secondary to this
- Encourage student leadership on and off the field and promote as wide a student participation in sport as possible

- Insist on high standards of sportsmanship, courtesy, punctuality and dress
- Strongly discourage public questioning of umpires' decisions and petulant displays of dissent
- Intervene promptly in cases of unacceptable behaviour (by taking a player from the game or applying a similar sanction)
- Intervene promptly to discourage spectators from any inappropriate language or behaviour, especially when directed towards the opposition or umpires
- Ensure the grounds are left as they were found
- Ensure all students have been collected before you leave
- Follow the [SAAS Disciplinary and Reporting Procedures](#)
- Always act in a manner that will enhance the reputation of the College

Player's Responsibility

It is the responsibility of players to:

- Exhibit high standards of sportsmanship and courtesy at all times
- Accept the umpire's decision without question or dissent
- Accept winning with modesty and losing with dignity
- Ensure the grounds are left as they were found
- Always act in a manner that will enhance the reputation of the College
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- Students must wear the College approved uniform (co-curricular or PE) or they will not be allowed to train/play
- Players are to only use student designated toilets

Specifically refrain from:

- Inappropriate language (e.g. swearing, abuse, sledging, racist taunts or other verbal harassment etc)
- Cheating or unfair tactics, including belittling or provocative behaviour designed to upset opponents
- Deliberate violence to another player

Parents/Spectator's Responsibility

It is the responsibility of spectators to:

- Set an example of good sportsmanship by providing support that is constructive and positive as opposed to critical and negative
- Refrain from giving advice or questioning a coach/manager, umpire or player during a match
- Assume responsibility for making visiting spectators feel welcome respect the premises and expectations of a host school
- Adults are to use 'Adult' signed designated toilets

Sporting Association of Adelaide Schools (SAAS) Concussion Guidelines

BACKGROUND

This document sets out the guiding principles and provides general advice regarding the management of concussion in Australia.

These Guidelines have been produced using the Concussion in Sport Australia Position Statement:

(ais.gov.au) developed by; Australian Institute of Sport; Australian Medical Association; Australasian College of Sport and Exercise Physicians and Sports Medicine Australia.

These Guidelines are of a general nature only. Individual treatment will depend on the facts and circumstances specific to each individual case. These Guidelines are not intended as a standard of care and should not be interpreted as such.

These Guidelines will be reviewed regularly by SAAS and will be modified according to the development of new knowledge.

It is recommended SAAS Member Schools develop and maintain a Concussion Policy or concussion statement in a broader safety policy considering the SAAS Concussion Guidelines.

WHAT IS CONCUSSION

Concussion is a traumatic brain injury, induced by biomechanical forces to the head, or anywhere on the body which transmits an impulsive force to the head (McCrorry P 2016).

Consensus Statement on Concussion in Sport: The 5th International Conference on Concussion in Sport held in Berlin, October 2016 (McCrorry et al).

RECOGNISING CONCUSSION

Recognising concussion can be difficult. The signs and symptoms are variable, non-specific and may be subtle. Concussion should be suspected when an injury results in a knock to the head or body, that transmits a force to the head.

SAAS CODE OF CONDUCT (CONTINUED)

Visual indicators of concussion include:

- (a) Loss of consciousness or responsiveness
- (b) Lying motionless on the ground/slow to get up
- (c) A dazed, blank or vacant expression
- (d) Appearing unsteady on feet, balance problems or falling over
- (e) Grabbing or clutching of the head
- (f) Impact seizure or convulsion.

Concussion can include one or more of the following symptoms:

- (a) Symptoms: Headache, dizziness, "don't feel right", nausea or vomiting, neck pain, blurred vision.
- (b) Behavioural changes: Inappropriate emotions, irritability, feeling nervous or anxious.
- (c) Cognitive impairment: Slowed reaction times, confusion/disorientation - not aware of location or score, poor attention and concentration, loss of memory for events up to and/or after the concussion.

The Pocket Concussion Recognition Tool may be used to help identify a suspected concussion (see 'Resources' below).

REMOVE FROM PLAY

Any athlete with a suspected concussion should be immediately removed from play, and should not be returned to activity until they are assessed by a qualified medical practitioner.

Players with a suspected concussion should not be left alone and should not drive a motor vehicle. Only qualified medical practitioners should diagnose whether a concussion has occurred, or provide advice as to whether the player can return to play. There should be no return to play on the day of a concussive injury.

MEDICAL ASSESSMENT

A qualified Medical Practitioner should:

- (a) Diagnose whether a concussion has occurred – based on clinical judgement.
- (b) Evaluate the injured player for concussion using SCAT 6 (or Child – SCAT 6) or similar tool (see 'Resources' below).
- (c) Advise the player as to medical management.
- (d) Advise the player as to when it is appropriate to begin a Graduated Return to Play (RTP) Program (Annexure 1 to these Guidelines).
- (e) Clear the player to return to play following the graded Return to Sport Framework

In addition to the St Michael's College Community Charter, we also have a responsibility to follow the SAAS Code of Conduct.

RESOURCES:

Concussion Recognition Tool

SCAT 6 - Sport Concussion Assessment Tool

Child SCAT 6 - Concussion Assessment Tool (for children aged 5-12 years)

Return to Sport Protocol for children under 18 years

School's Responsibility

It is the responsibility of SAAS schools to:

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ADDITIONAL SPORTS INFORMATION

Sporting Association Affiliation

The College supports the SAAS Code of Practice. The SAAS guidelines are as follows:

The Sports Association for Adelaide Schools (SAAS) aims to:

- Provide an educational purpose and value through activities between member schools
- Provide and encourage fellowship and interaction between member schools through sport

The key characteristics of the SAAS Competition are:

- High standards of sportsmanship
- The provision of safe and suitable sporting environments and equipment
- School staff supervision of venues
- Suitably qualified officiating
- Courteous conduct from players, coaches/managers and spectators

All involved - schools, coaches/managers/players and spectators - are responsible for ensuring that the above aims and characteristics are enacted in all SAAS competitions.

SAAS DISCIPLINARY AND REPORTING PROCEDURES

Umpires in all SAAS competition games have the authority to send a player off the field either for a temporary or permanent period, depending on the nature of the offence and whether or not prior warnings have been heeded.

Where an umpire is not present (e.g. tennis), it is the responsibility of the coach/manager to intervene in cases of unacceptable behaviour (by taking the player from the game or applying a similar sanction).

SAAS REPORT CARD

A player excluded by an umpire for the duration of a game (red card) is to be reported to the Headmaster/Principal of his/her school via the SAAS Report Card.

Coaches/Managers are responsible for seeing that the SAAS Report Card is completed by the relevant umpire in the event of a player being sent off for the duration of a game (red card).

Coaches/Managers are further responsible for ensuring that the completed Report Card is sent to the Sports Coordinator of the school from which the reported player comes.

The Sports Coordinator, having sighted and signed the report Card, is responsible for passing it on to the Headmaster/Principal.

The Headmaster/Principal is responsible for taking appropriate action and then communicating that action via the Report Card to the Headmaster/Principal of the opposing school and to the SAAS Sporting Administrator.

NOMINATIONS

All students will be required to nominate the sports for which they wish to participate in for the following year. This process is completed online via invitation from the College Co-curricular Coordinator and takes place during Term 4. New students to the College can complete this process at the start of Term 1.

As the number of teams entered in competitions is based on these nominations, students are obligated to commit to that sport/team for the season inclusive of all programmed trainings and match fixtures. Summer sports season: Term 1 & 4. Winter sports season: Term 2 & 3. Students nominate for the whole season.

Students are reminded that they are to nominate in accordance with the College Sports Policy where any students representing a club in any sport, at any level, must play for that College in that sport.

Addition or Deletion of a Sport from the Co-Curricular Program

For the ADDITION of a Sport or the extension of a sport to another competition level, the following criteria will come under consideration:

- There must be enough students both interested in and proficient at the sport
- The impact introducing the sport will have on other sports within the St Michael's College Sport program
- The sport, once commencing, must not draw significantly on the sports budget so as to detract from provision on other sports
- Facilities, venues and appropriate personnel requirements for that sport

For the DELETION of a sport, the following criteria will come under consideration:

- Data that indicates a decline in student participation levels
- A significant rise in costs associated with involvement in the sport

Match Cancellations

Where applicable, any match cancellations due to weather or forfeit will be communicated directly with students/parents via email or other means (such as text message) from the Co-curricular Coordinator.

Change of Sports

It is not usually permitted for students to change sports once the season has begun. If exceptional circumstances arise, parents are invited to contact the Co-curricular Coordinator to discuss the particular situation.

Team Selection

Team selections and trials process of students can be a comprehensive and sometimes difficult process, often with many constraints such as time, attendance, and resources.

Where trials take place and are a valid/relevant process for team selection, St Michael's College aims to deliver a process that takes into account many factors. Students are adjudicated on not only performance and attitude, but also the Lasallian values such as commitment, positive attitude, good sportsmanship, organisation, leadership and striving to be the best they can be, which St Michael's College strongly supports.

The aim is always to give players equal time in trials; however, this is often very difficult due to time constraints, excess number of players attending trials, and player's trialling for similar positions.

Players who are injured who cannot attend trials are expected to communicate with the relevant Co-curricular Coordinators. Previous player history and experience may need to be taken into account to place these players initially.

If students do not attend trials for whatever reason, it is unavoidable that coaches/selectors will have less knowledge of their estimated place in a team. It is not the responsibility of coaches/selector to make up for students missed trial time.

ADDITIONAL SPORTS INFORMATION (CONTINUED)

In squads/teams where multiple year levels are present, students will be based on merit, with students not being given preference depending on what year level they are in.

It is natural for students to feel disappointed if they do not get into a team they aimed for, and there is a process to be followed if they think they have been incorrectly placed in a team. The best use of this is a motivation tool to push them to their desired team, and this is strongly encouraged. Dealing with disappointment is a critical life skill and is an opportunity to build resilience, and non-selection in a desired team is an opportunity for parents and students to work together to work through the process.

If a student wishes to enquire regarding a selection, please consider the following:

- Reflect on your performance with respect to: attendance, trial performance, decision making, team balance and intensity, attitude and behaviour.
- Consider the strength and numbers in the squad, was it difficult to make a given team with the quality and depth of players in a particular year.
- Consider the players selected ahead of you.

- If you are still unsure and would like to discuss selections, please send an email to the relevant Co-Curricular Coordinator within 7 days and request feedback. The relevant Co-Curricular Coordinator will reply within 7 days. Communication is expected to be respectful, courteous and considerate at all times.

Selection from trials and training sessions is not always absolute and review of selection of players is ongoing during training sessions and throughout the season. Player movement may occur during the season.

All players that trial will be placed in a team (i.e. no players miss out on playing) unless there is an unusual/uneven number of players that cannot be placed. If there are not enough numbers of players in a given team, that team may not go ahead and students will be offered the opportunity to participate in another sport.

Where teams are entered to represent St Michael's College in lower divisions, the emphasis is on participation, improvement, skill development, equal opportunity and most importantly, enjoyment. All players should be assured of involvement on an equal basis, dependant on their continual commitment to the team training and matches.



UNIFORM DETAILS

Uniforms

The St Michael's College Uniform Shop is operated by Dobsons. Dobsons Uniform shop is located at 264 Grange Road, Flinders Park. **All students commencing Year 7 in 2026 are required to purchase the new co-curricular uniform, which was introduced in 2025. Second-hand or previous versions of the uniform are not permitted. Please refer to the images to the right to distinguish between the new co-curricular and old co-curricular uniform.**

Opening hours:

Monday, Tuesday, Thursday, Friday from 9:00 am to 5:00 pm, and Saturday from 9:00 am to 12:00 pm. Please note – 'Click and Collect' is available. Families can choose to collect in-store, or to have the items delivered to the Primary or Secondary Campus within 2-3 business days.

Girls Summer Sport (Terms 1 & 4)

Sport	Uniform	Provided
Basketball	Basketball Singlet Basketball Short	Uniform Shop
Tennis	PE Polo PE Short PE Hat	Uniform Shop
Touch Football	PE Short PE Polo	Uniform Shop
Volleyball	PE Polo PE Short	Uniform Shop
Water Polo	Black/Navy bathers	Student provided



Girls Winter Sport (Terms 2 & 3)

Sport	Uniform	Provided
Australian Rules Football	AFL Singlet AFL Short AFL Socks	Uniform Shop
Badminton	PE Polo PE Short	Uniform Shop
Netball	Netball Dress Netball Shorts	Uniform Shop



Boys Summer Sport (Terms 1 & 4)

Sport	Uniform	Provided
Badminton	PE Polo PE Short	Uniform Shop
Baseball	PE Polo Baseball Pant	Uniform Shop Student provided
Cricket	Cricket Polo White Cricket Pant	Uniform Shop
Tennis	PE Polo PE Short PE Hat	Uniform Shop
Touch Football	PE Polo PE Short	Uniform Shop
Volleyball	PE Polo PE Short	Uniform Shop
Water Polo	Black/Navy bathers	Student provided
Water Polo	Optional training with Henly Sharks Water Polo Club	Thursday afternoon at various times: 4:00pm, 4:30pm, 5:00pm, 5:30pm, 6:30pm



Boys Winter Sport (Terms 2 & 3)

Sport	Uniform	Provided
Athletics	Athletics Singlet (provided) PE Short	Uniform Shop
Basketball	Basketball Singlet Basketball Short	Uniform Shop
Football	AFL Singlet AFL Short AFL Socks	Uniform Shop
Hockey	PE Polo PE Short	Uniform Shop
Soccer	Soccer Top Soccer Short Soccer Socks (Navy)	Uniform Shop
Table Tennis	PE Polo PE Short	Uniform Shop

Mixed Summer Sport (Terms 1 & 4)

Sport	Uniform	Provided
Athletics	Athletics Singlet (provided) PE short	Uniform Shop
Golf	PE Polo Golf Pant	Uniform Shop Student provided
Surfing	Black/Navy bathers	Student provided
Swimming	Black/Navy bathers	Student provided
Triathlon	Black/Navy bathers	Student provided

Mixed Winter Sport (Terms 2 & 3)

Sport	Uniform	Provided
Cross Country	Athletics Singlet (provided) PE Short	Uniform Shop
Cycling (Individual)	Athletics Singlet (provided) PE Short	Uniform Shop
Hockey	PE Polo PE Short	Uniform Shop
Mountain Bike Riding	PE Polo PE Short	Uniform Shop
Table Tennis	PE Polo PE Short	Uniform Shop



MATCH AND TRAINING DETAILS

Girls Summer Sport (Terms 1 & 4)

Sport	Match Details	Venue
Basketball	Saturday morning at various times	Set venue for the season TBA
Tennis	Saturday morning at various times	Home & Away as determined by SACSSGSA draw
Touch Football	Saturday morning at various times	City Touch Grounds, Greenhill Road
Volleyball	Saturday morning at various times	Set venue for the season TBA
Water Polo	Thursday afternoon at various times	Middle teams: Pembroke, Payneham or Adelaide Aquatic Centre Senior teams: North Adelaide Aquatic Centre of Payneham Pool

*Practice days will depend on coach availability and venue availability

**Times and venues for matches will be determined by the draw release by SACSSGSA and IGSSA

***Term 1 sports continue in Term 4

Girls Winter Sport (Terms 2 & 3)

Sport	Match Details	Venue
	School Sport SA state wide Knockout Competition (during school time)	
Football	Weekly competition 16-a-side for seniors on Wednesday afternoons and a-a side for middle school on Friday afternoons	Home and Away determined by School Sport SA
Badminton	Saturday morning at various times	Set venue for the season (TBA)
Netball	Saturday morning at various times	Set venue for the season (TBA)
Soccer	Saturday morning at various times	Set venue for the season (TBA)

*Practice days will depend on coach availability and venue availability

**Times and venues for matches will be determined by the draw release by SACSSGSA and IGSSA



Boys Summer Sport (Terms 1 & 4)

Sport	Match Details	Venue
Badminton	Saturday mornings at various times	Home & Away as determined by SAAS draw
Baseball	School Sport SA state wide knockout competition (during school time)	Away baseball venues as determined by SSSA State KO draw
Cricket	Saturday mornings at various times	Home & Away as determined by SAAS draws
Tennis	Year 7 - Friday afternoons Saturday mornings at various times	Home & Away as determined by SAAS draws
Touch Football	Wednesday afternoon	City Touch Grounds, Greenhill Road
Volleyball	Friday afternoons at various times	Home & Away as determined by SAAS draw
Water Polo	Thursday afternoons at various times	St Peters

Boys Winter Sport (Terms 2 & 3)

Sport	Match Details	Venue
Athletics	Achilles Cup, Term 3 (during school time)	SA Athletics Stadium, Mile End
Basketball	Year 7 - Friday afternoons Saturday morning at various times	Home & Away as determined by SAAS draw
Football	Saturday morning at various times	Home & Away as determined by SAAS draw
Soccer	Saturday morning at various times	Home & Away as determined by SAAS
Table Tennis	Friday afternoons at various times	Home & Away as determined by SAAS

MATCH TRAINING & DETAILS

(CONTINUED)

Mixed Summer Sport (Terms 1 & 4)

Sport	Match Details	Venue
Tennis	Year 7 - Friday afternoons Years 8-12 - Saturday morning	Home & Away as determined by SACSSGSA draw
Badminton	Saturday mornings at various times	Home & Away as determined by SAAS draw
Athletics	SSSSA & Catholic Co-Ed Carnivals Term 1 (during school time)	SA Athletics Stadium, Mile End
Golf	School Sport SA state wide knockout competition (during school time)	Golf course venues as determined by School Sport SA
Hockey	Wednesday afternoons/middle Saturday/open	Home & Away as determined by SAAS
Surfing	Students participate in 3 surf competition days. One in Term 1 and two days in Term 2 (during school time)	Middleton
Swimming	SAPSASA Championships, SSSA Championships, Catholic Co-Ed Carnival	Carnivals - Marion & North Adelaide Aquatic Centres
Volleyball	Friday afternoons at various times	Home & Away determined by SAAS draw

Mixed Winter Sport (Terms 2 & 3)

Sport	Match Details	Venue
Cross Country	SSSA Oakbank State Carnival (during school time)	Oakbank Racecourse
Cycling (Individual)	Cycling Individual time trial Term 1 SSSA Knockout Competition (during school time)	Adelaide Superdrome Gepps Cross
Hockey	Wednesday afternoons/middle Saturday/open	Home & Away as determined by SAAS
Mountain Bike Riding	SSSA Mountain Bike Championships (during school time)	Shepherds Hills Recreation Park
Table Tennis	Friday afternoon at various times	Home & Away as determined by SAAS

MATCH TRAINING RESPONSIBILITIES

Sports Training Student Responsibilities

It is expected that students train at least once per week unless prior arrangements, in writing, have been agreed upon by the Co-Curricular Coordinator. The following guidelines must also be followed:

- Students must be punctual to all training sessions
- Students must wear the College approved uniform (Co-curricular or PE) or they will not be allowed to train
- Students must adhere to every aspect of the St Michael's College Code of Conduct
- If a student is unable to train, the coach or Co-Curricular Coordinator must be notified prior to training
- Appropriate consequences will result if any of the above points are not adhered to
- Students are asked to arrange part-time jobs at times that avoid disruption to team training sessions
- Parents are asked to arrange external appointments at times that avoid disruption to team training sessions
- Training sessions are subject to cancellation as per the relevant Sports Associations Extreme Weather Policy (see appendix)
- Senior team train twice per week i.e. 1st XVII, Open A1 Netball
- Students must be punctual to games (30 minutes prior to start)
- Students must wear the College approved uniform (Co-curricular)
- Students must adhere to each aspect of the St Michael's College Code of Conduct
- If a student is unable to attend a match, the coach or relevant Co-Curricular Coordinator must be notified prior to match day
- It is not acceptable to pass on a message via another student
- It is the students responsibility to seek match team selection and time/venue information on a weekly basis
- Appropriate consequences will result if any of the above points are not adhered to

Match Day Student Responsibilities

Every student has a responsibility to ensure that we are displaying appropriate conduct in relation to match day as we promoting and representing St Michael's College at all times.

Transport

MID WEEK COMPETITIONS

Transport to and from sporting competitions for midweek sports and competitions (during school time and after school) will usually be provided by St Michael's College for that particular event or match. There may be occasions where students and families are required to provide their own transport.

WEEKEND SPORT

Transport to and from sporting competitions is the responsibility of the student and their families. St Michael's College can assist with organising car pool groups with families to assist with transport issues when required.

Student Responsibilities

Students are responsible for their own behaviour and as such are expected to be respectful, studious, caring, well organised, honest, punctual, safety conscious, courteous, self disciplined and well presented.

TALENT & DEVELOPMENT PROGRAM

St Michael's College offers a comprehensive Talent & Development Program that supports students athletics through elite coaching professional partnerships, and holistic development opportunities.

The St Michael's College Talent and Development Programs are designed to provide students with access to high-quality coaching, mentoring, leadership development, and performance education beyond regular training and competition. Through partnerships with elite athletes, professional sporting organisations, and industry specialists, students are given opportunities to enhance their skills, develop leadership capabilities, build their understanding of health and performance, and gain insight into high-performance sporting environments. These programs support the College's commitment to nurturing student growth, wellbeing, and excellence across co-curricular sports.

Mentorship and Coaching

Students benefit from mentorship and coaching from high-level athletes, including **Dejan Vasiljevic**, alongside expert guidance in programs such as cricket and strength & conditioning, led by experienced coaches including **Mark Harrity** and **Will McEvoy**.

Our partnership with the Adelaide Thunderbirds provides unique access to international players **Latanya Wilson** and **Kate Heffernan**, enhancing our Netball Program through specialised coaching and valuable development opportunities.

Sport Performance Model

The College is expanding its integrated sports performance model in collaboration with Quantum Performance Physiotherapy, MAC Performance, and PEAQ - supporting athlete wellbeing through guidance towards physiotherapy, conditioning, and rehabilitation needs.

Additional opportunities include an Advanced Sport Nutrition Program, the Bloom Leadership Program led by **Natalie von Bertouch** and **Tom Jonas**, and a range of sport-specific initiatives such as the Phillips AFL Football Academy. Through these initiatives, St Michael's College empowers students to develop their skills, leadership, and overall performance - both on and off the field.

Current Programs

Our current programs are continuously reviewed and refined to ensure it meets evolving needs and standards. Initiatives may be modified, replaced or delivered differently from year to year.

Our current programs are expected to support skill development, performance and leadership through a range of practical activities/experiences.

DEJAN VASILJEVIC (ADELAIDE 36ERS PLAYER)

DJ works within the St Michael's basketball program, providing valuable support to coaches and assisting students with their skill development. In 2026, he will be a mentor for our Open A Boys Basketballers during Term 2, attending trainings and games.

ADELAIDE THUNDERBIRDS PARTNERSHIP

The College continues to maintain a strong partnership with the Adelaide Thunderbirds, providing our netball program with unique opportunities to connect and learn from one of Australia's leading teams. Our 2026 player ambassadors will be: **Kate Heffernan** – New Zealand international and new Thunderbirds recruit and **Latanya Wilson** – Jamaican international and one of the world's best defenders.



The plan is for Latanya to lead a defensive development program for our Year 7 and 8 students, focusing on defensive techniques and skill development. Kate will work across all co-curricular netball teams, similar to Romelda's previous role.

MARK HARRITY (FIRST XI CRICKET COACH)

Mark joined St Michael's College as our First XI Cricket Coach in 2025 and has continued guiding our young team in 2026. Mark oversees the ongoing development of the senior cricket program, with a focus on technical progression, including throwing mechanics and skill fundamentals. With Marks First-Class Cricket experience, he will provide valuable guidance and development opportunities for our senior Cricket students.

WILL MCEVOY (MAC PERFORMANCE)

Will currently oversees Strength and Conditioning (S&C) for our 1st XVIII Football team and will be involved with our First XI soccer team throughout the season. Will provides a platform for further strength and conditioning development sessions and we will plan to integrate those sessions throughout our co-curricular sports in 2026.

QUANTUM PERFORMANCE PHYSIOTHERAPY, MAC PERFORMANCE AND PEAQ

This planned partnership shifts the College from basic compliance-based first aid coverage to a fully integrated sports health and performance system that can be utilised throughout all Co-Curricular Sports.

By aligning physiotherapy, strength & conditioning, and rehabilitation under one coordinated structure, St Michael's College positions itself as a leader in student athlete welfare and performance development. In addition, the partnership will create a clear and accessible pathway for students, families, and staff to access expert physiotherapy, rehabilitation, and performance services, with preferential pricing available to the St Michael's community.

NUTRITION PROGRAM - TANYA BURTON

St Michael's College offered an Advanced Sport Nutrition Program in 2026, which was run by experienced Sports Nutritionist Tanya Burton, for student athletes who were eager to develop a deeper understanding of how to fuel their bodies effectively - both in competition and in everyday life.

The program was run over four sessions for select students in Years 10-12, and provided student athletes with practical, evidence-based strategies to help them make informed nutritional choices that support training demands and competitive success. Participation was offered through an application process due to the limited positions in the program.

Program highlights included:

- The role of nutrition in athletic performance and recovery
- Fuelling strategies before, during, and after competition
- Injury prevention and mental focus optimisation
- Everyday eating habits that support strength, endurance, and overall wellness
- Building balanced meals and snacks around a busy student schedule

St Michael's College plans to continue this program in the future, and will assess different format options for delivery to interested students.

TALENT & DEVELOPMENT PROGRAM (CONTINUED)

PHILLIPS COACHING - SMC FOOTBALL ACADEMY

In Term 1 of 2026 we offered the opportunity for Boys and Girls in Years 7-10 to participate in a 5-week AFL Football Academy Program delivered by Phillips Coaching, managed by former Port Adelaide AFL player and Old Scholar, Brad Ebert. We had 29 students sign up that participated in the first program.

The SMC Phillips Coaching Football Academy equips each athlete with the necessary tools to sharpen their skills, strengthen their football knowledge, and unlock their potential.

BLOOM LEADERSHIP PROGRAM

The Bloom Leadership Program, led by Natalie von Bertouch (former Australian and Thunderbirds player) and Tom Jonas (former Port Adelaide AFL captain), focuses on developing leadership skills in emerging student leaders. In 2026, the program will be delivered to house captains with the intention of promoting house spirit throughout the college and developing the emerging house leaders.



Contact:

Co-Curricular Coordinator:

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Talent & Development Program Coordinator:

Kaiden Brand - kaiden.brand@smc.sa.edu.au

School Sport SA Knockout Competitions

St Michael's College enters various School Sport SA state-wide Knockout competition teams and individual's throughout the year. The Co-curricular Coordinator submits nominations where the relevant coordinator deems the team's eligibility dependent on weekly match success, or previous season success.

The College may choose to nominate a sport. The nominations of an individual or team into a state-wide Knockout competition also depends on a numbers of factors including staffing, finance, training attendance, attitude and the amounts of potential class time to be missed as part of participating in these competitions.

As per normal sporting team selections. Entry into knockout competitions is sought from and approved by Leadership.

There is no cost incurred by students representing St Michael's College in State-wide knockout competitions. Students who do not meet the above-mentioned criteria may be eligible for selection based on the following measures:

- Students eligible may include those that are playing in sports that are not catered for by the College sports program and who demonstrate exceptional skill
- Students that represent St Michael's College in an alternative sport that have commitments that clash with the sport under consideration, may be considered for selection in a knockout team

- Students must play a minimum amount of matches (agreed upon in advance with the relevant Co-Curricular Coordinator) for the College before being considered for knockout sport. In the case of the previous point, special consideration can be given

Students may not be granted approval to be involved in knockout competitions should a teaching staff member express serious concerns about their capacity to catch up on missed lessons and work.

Students wishing to enter individual competitions are eligible to do so in line with the School Sport SA nomination guidelines. Nominations must be processed via the relevant Sport Coordinator. Consideration will be given to the same conditions as team sports in relation to staffing, finance, and class time potentially missed.

Intercol

The same criteria must be met for students to be considered for Intercol Selection.

