



Glenfield Intermediate School

Sports Camp

King Country
25 - 29 September 2017

Week 10, Term 3

Introduction:

Sports camp is well known nationally and is run by Totara Springs in Matamata. Every year they currently hold six Intermediate School Sports Camp during winter allowing for schools to compete against one another in a variety of sporting events. Each school can take about 35 students who have the opportunity throughout the week to compete in over 35 different sporting events. These camps are an excellent opportunity for students as they are very competitive while also giving students the opportunity to enter events they would not normally be exposed to.

Sports played include: Archery, Athletics, Basketball, Bowls, Cage Soccer, Chess, Croquet, Cross Country, Darts, Draughts, Golf, Hockey, Indoor Hockey, Indoor Soccer, Kayaking, Netball, Petanque, Rugby, Scramball, Shooting, Soccer, Softball, Swimming, Table Tennis, Tag, Team Triathlon, Tennis, Touch, Volleyball and Wallball.

Cost:

The total cost of sports camp per student is **\$330**. We understand this is a large cost for many families, and are happy for you to arrange an automatic payment to pay this throughout the year.

To secure your child's spot in the team a deposit of \$100 is needed by Wednesday 29 March (Week 9, Term 1). This would be refunded if your child doesn't make the team if trials are needed.

Full payment needs to be received by 23 August. See table below for due dates for each of the installments. We understand in some cases this might not be possible. If you are unable to make any of these payments please contact Michelle to discuss this before the due date.

Amount Due	Date	Total Paid
\$100	29 March	\$100
\$50	3 May	\$150
\$50	7 June	\$200
\$50	5 July	\$250
\$50	2 August	\$300
\$30	23 August	\$330

Students will also need to purchase a Sports Camp T-Shirt - cost to be confirmed.

There is an option to purchase a DVD of sports camp. More information about this will be available closer to the time of camp.

Student Expectations:

All students need to have a mouth guard. They will need this at sports camp and for training. Students need to have this before the start of term 2. Mouthguards must be worn for rugby, hockey and basketball.

As part of being in the team, students need to be committed to all training sessions. Students will train in multiple sports and teams will be organised nearer to sports camp for each of the sporting codes.

We are hoping to start training at the end of term 1. Training times will vary depending on availability of coaches and other commitments. At this stage we are planning on having training on Wednesday morning before school, but will confirm this before training starts. We will also have training at lunch time and possibly after school at times.

Parent Support:

Without the support of parents we would not be able to attend sports camp. There are two key areas parents can help - coaching our teams and attending sports camp.

Thank you to those parents who have already volunteered to help train our students. If you would be available to help train our team and haven't already, please let me know which sports you would be keen to help out with and when would work best for you.

If you would be interested in attending sports camp, please let me know as well. Priority will be given to parents who are able to help train and support our team as well.

Health and Safety Forms:

Prior to sports camp there are a few health and safety forms that need to be completed. Please ensure these are completed promptly and returned to school. It is important at this time you indicate any dietary requirements so I can inform camp.

Transport:

We will be travelling by bus to and from Totara Springs. We will be leaving school at 9:15am on Monday 25 September. Camp ends at 12:30pm on Friday 29 September, so dependent on traffic we hope to arrive back about 4pm.

Quality Living:

During the five days of competition, the children will also be taking part in a daily 'Quality Living' programme. These sessions take a look at problems facing young people today, and talk about other aspects of life from a sporting and Christian perspective. This is also when the daily highlights will be played.

Uniform:

Each student must have their school PE gear - this must be worn when competing at all times during camp. Please make sure this is well named.

Students will need to purchase a camp t-shirt (cost to be confirmed). They will be loaned a tracksuit and a pair of long socks for the week. Students are to wear the tracksuit and t-shirt to school on Monday 25 September. **All borrowed gear (tracksuit, socks etc) is to be washed and returned to school the first week of term 4.**

Gear List:

All students must bring the following items **CLEARLY NAMED** and any sports gear they require for the sports they will be participating in.

Compulsory Gear:

- Drink bottles x2 (clearly named)
- Lunch for Monday
- School PE gear
- School tracksuit (borrowed)
- School jacket and/or jumper
- Tracksuit pants x2
- Hoodie or jumpers x2
- Mouth guard (everyone playing rugby and hockey)
- Shin pads (recommended for everyone playing hockey and soccer)
- Soccer, rugby or touch boots (if you have them)
- Sports shoes x2 (in case of wet weather)
- Backpack (to hold gear for each day)
- Thermals
- Warm jacket
- Waterproof jacket
- Beanie
- Towels x2-3
- Togs
- Underwear x 6-8
- Socks x6 plus long socks (borrowed from school)
- 2-3 changes of mufti gear
- Toiletries (toothbrush, body wash, shampoo, deodorant, brush, insect repellent etc)
- Sleeping bag
- Pillow & bed sheet
- Pyjamas
- Plastic Bags for wet clothes/shoes
- Any medication you need

The school will provide rugby jerseys and will take some sports gear. Totara Springs provide all sports gear required.

If your child has their own hockey stick and softball gear, please ensure that everything is clearly named.

Camp Rules for Students:

General Camp Rules:

- Parents and Caregivers must be shown RESPECT at all times
- Noise ban from 10pm to 6:30am
- **In beds and lights out at 10pm**
- You will only be permitted in your own dormitory room. You will be out of bounds for every other dormitory. **The rooms are out of bounds while our school teams are playing. You should be supporting our team or warming up for your game**
- No chewing gum or lollies
- **No mobile phones** - If your child brings a device for the bus ride to and from Matamata, this must be handed in on arrival to be locked away
- Please observe Totara Springs property rules
- Showers will only be permitted in the late afternoon or evening after your final sporting event or first thing in the morning
- Camp Group meetings will be held after meal times and 'Quality Living', this is compulsory for everyone in the team
- Respect others and their property

Sporting Events:

- Please ensure you have the appropriate gear for each sporting event you are involved in for the day (carry this in a back pack)
- Students must have their own water bottle, clearly named
- There will be a GIS teacher/parent present at each sport
- If there is a misunderstanding of rules during a game the captain and the teacher or parent in charge at the game will ask for clarification from the referee NOT the students or spectators

Meal Times:

- Only enter the dining room when supervised by a parent/teacher
- The whole group must be seated together during meal times
- You must be seated throughout the entire meal and a teacher/parent will dismiss you when your group is ready
- Appropriate noise level
- Respect the other schools around us during meal times

If your child has difficulty following these rules they will be stood down from participating in sports until the teacher in charge says they can resume with the competition.

Sports Camp Daily Time Table:

Please note this is only a guide, as it is 2016 timetable.

Monday:

Arrive at camp - tour and unpack

12:30 pm Team photo in gym

1:30 pm Teacher meeting

2.00 pm Opening Ceremony in Lecture theatre

3.00 pm Cross Country

3.30 pm Kayaking, Shooting, Archery, Golf and BMX practice

4.15 pm Swimming Competition and Frisbee Golf

5.15 pm Dinner

6.30 pm Scramball (Gym)

8.00 pm Quality Living in Lecture theatre

9.15 pm Supper

9.30 pm Bed & Lights out

Tuesday, Wednesday, Thursday:

7.30 am Breakfast

8.10 am Duties

8.30 am Quality Living includes daily video

10.00 am Sports

12.30 pm Lunch (1pm on Thursday)

2.00 pm Sports

4:30 pm Triathlon (Wed only)

5.15 pm Dinner

6.30 pm Evening Sports start

9.15 pm Supper

10.00 pm Bed & Lights out

Friday:

7.30 am Breakfast

8.30 am Athletics

10.00 am Pack up and Clean up

11.00 am Prize giving

11:30 am Lunch

12.30 pm Camp Ends

It is really important students are familiar with the draws and playing areas so they can arrive at all games on time.

Sports:

There are a large number of sports students will be participating in throughout the week. A hooter will go every 25min, signalling the start and end of a round. Games are divided into 8 minute halves in the round robin, and 10 minute halves for the semis and finals (except softball where innings go until the hooter).

Sports are divided into three sections for scoring: major codes, other codes and minor codes

Major Codes:

- Basketball - Boys and Girls Tournament (5 players, up to 5 subs)
- Hockey - Boys and Girls Tournament (9 players for boys, 7 players for girls, unlimited subs)
 - Mouth Guards are compulsory
 - Shin pads recommended
- Volleyball - Boys and Girls Tournament (6 players, unlimited subs)
- Netball - Girls only (7 players, unlimited subs)
- Rugby - Boys only (10 players, unlimited subs)
 - Mouth Guards are compulsory
- Soccer - Mixed team (10 players, must include at least 3 girls, unlimited subs)
 - Shin pads strongly recommended
- Softball - Mixed team (9 players, must include at least 2 girls, no subs)
- Touch - Mixed team (6 players, 3 boys and 3 girls, unlimited subs)
- Tag (Rippa Rugby) - Girls only (7 players, unlimited subs)
- Swimming - Teams can enter one competitor in each event (Monday afternoon)
 - Each event runs in heats - 4 fastest times qualifying for the final (Freestyle, Breaststroke, Backstroke, Butterfly)
 - No competitor can compete in more than two events and the freestyle relay
 - Each individual race is 2 lengths, relay is 4 lengths must be swum by 2 girls and 2 boys
- Athletics (Friday morning)
 - Sprint Relay (4 boys and 4 girls)
 - Javelin (2 boys and 2 girls)
 - Discus (2 boys and 2 girls)
 - Standing Long Jump (5 boys and 5 girls)
 - Cricket throw (2 boys and 2 girls)
- Cheer Team (Thursday night) - Each team performs a set routine marked on school spirit, uniformity, clarity and variety

Other Codes:

- Cross Country - Mixed (Max of 7 boys and 7 girls - first 5 home will count towards points - must include two girls and two boys)
 - Monday afternoon
 - 3km run (shoes advised as run part of it on gravel)
- Indoor Hockey - Boys and Girls Tournament (5 players, unlimited subs)
 - Tuesday night, 4 minute games
- Indoor Soccer - Boys and Girls Tournament (4 players, unlimited subs)
 - Wednesday night, 4 minute games
- Table Tennis - Boys and Girls Tournament (2 players, subs between games only)
- Tennis - Mixed Doubles (2 players)
- Wallball - Mixed (5 players, minimum 2 girls, unlimited subs)
- Bowls - Mixed (4 players, subs between games only)
- Caged Soccer - Mixed (3 players, must include 1 girl, subs between games only)
 - One player on one player for one minute (boy vs boy, girl vs girl)
- Team Triathlon - Mixed (3 boys, 3 girls, total time for the 6 people) - can only do one event each
 - Event Wednesday - BMX practice on Monday from 3:30-4pm
 - Swim = 2 lengths for 1st swimmer, 3 lengths for the second
 - BMX = each race around the BMX track
 - Run = 1km for first runner, 100m sprint for the second runner
- Croquet - Mixed (2 players, any gender, subs between games only)
- Darts - Mixed (2 players, any gender, subs between games only)
- Petanque - Mixed (2 players, any gender, subs between games only)
- Scramball - Mixed (20 players per game) - Monday night, social team game
 - 4 teams will compete for around 1 minute
 - Rules will be explained before the game

Minor Codes:

- Archery - 2 players (1 boy, 1 girl) - 5 shots each, best 3 count
- Frisbee Golf - 2 players (1 boy, 1 girl, no subs)
- Hole in One Golf - 2 players (1 boy, 1 girl) - 5 balls each, best 3 count
- Kayaking - 2 Players (1 boy, 1 girl) - combined total time
- Shooting - 2 Players (1 boy, 1 girl) - 5 shoots each, best 3 count
- Chess - 1 player per game (subs between games only)
- Draughts - 1 player per game (subs between games only)
- Quality Living - 1 player per day (set of quiz questions)

