



WPPS SPORT POLICY

General

Sport is a key component in offering an holistic educational programme, and boys need to be physically active outdoors in support of a healthy lifestyle. At WPPS, boys are expected to do a minimum of two afternoons a week, with participation in a team sport (cricket, water polo, hockey and rugby) being strongly encouraged. We believe in the benefits that team sports offer invaluable skills such as team cohesion, social integration, and a sense of ownership.

One of the key aspects when offering a sporting programme is the manner in which the code is coached. We strive to ensure that our boys enjoy their time at prep school and take their love for sport into their respective high schools with confidence.

Grades N - 2 focus primarily on involvement and enjoyment. A competitive element is only introduced to the boys in Grade 3, as by this stage they should have the maturity and emotional development to enable them to deal with the various challenges that go with competitive sport. We also hold that Grade 3 is a suitable age to learn the intricacies of competition and respect for their opponents. The Southern Suburbs league is very competitive and enables the boys to be tested consistently in their various sporting codes.

Some further key aims are to:

- develop the boys' mental and physical potential
- develop the boys' social skills and teamwork by their participation in a structured programme
- ensure boys have fun
- unlock the boys' talents in sport and ensure they are equipped with the skills in each sport offered to enable them to pursue a chosen code confidently
- foster a sense of pride in the boys for their team and their school
- teach the boys to respect each other and their opposition
- enable the boys to compete in a competitive environment
- promote sportsmanship
- instil a philosophy of a "**Sport for Life**" mindset.

School Sports Offered

Boys are required to honour their commitments to their chosen sports for the entire season. Summer season – first and fourth terms; winter season – second and third terms.

Pre Prep	Grade N	Terms 2, 3 & 4	games
	Grade R	Terms 1, 2, 3 & 4	
Junior Prep	Grades 1 & 2	Terms 1 & 4	cricket & swimming
		Terms 2 & 3	hockey & rugby
	Grade 3	Terms 1 & 4	athletics, cricket, swimming & tennis
		Terms 2 & 3	cross country, hockey & rugby
Senior Prep	Grades 4 – 7	Terms 1 & 4	athletics, cricket, swimming, tennis & water polo
		Terms 2 & 3	cross country, hockey, rugby & squash

Age Group Policy

All the guidelines below are as per the WP guidelines for the particular sports code. Any boy who is 13 years old on 1 January is considered to be U14.

Athletics

- U14 boys may take part in Standards Day, but will not be considered for the Sports Day. Those who meet the standards can be entered into the U14 races that are available at the Quadrangular and Pentangular events. Should there be enough boys, we will enter an U14 relay race at these events.

Cricket

- No U14 boys may participate in league cricket matches. These boys are allowed to attend practice, with their ability reviewed in the event of an issue with safety.

Swimming

- U14 boys may participate in all swimming events both at school and against opposition schools, as the senior year is deemed “open”.

Water Polo

- U14 boys may participate in WP league matches in the schools 2nd team, however these boys may not participate at any U13 festivals. (Grey PE, SACS or Slabber Cup). No more than two U14

boys may represent the B-team for any single match.

- U14 boys will be able to take part in all internal water polo matches.

Tennis

- U14 boys may participate in all tennis both at school and against opposition schools, as the senior year is deemed "open".

Rugby

- No U14 boy may participate. WPPS will, on behalf of the parents, make every effort to allow the boys to participate at a high school of the parents' choice.

Hockey

- U14 boys may take part in all hockey events within the Western Province, as the final year is deemed "open". A number of festivals outside of WP jurisdiction may well be deemed U13 and therefore the U14 boys may not be eligible.

Squash

- U14 boys may participate in all squash events both at school and against opposition schools, as the senior year is deemed "open".

Cross Country

- U14 boys may participate in all cross country events both at school and against opposition schools, as the senior year is deemed "open".

Non-School Sports

Boys are encouraged to pursue their own sports outside WPPS, as long as these do not clash with school practice and match days. Parents are requested to make an appointment with the Head of Sport to discuss their son's timetabling requirements if needed.

Provincial Representation in Preparatory School Sport

At WPPS, we believe that boys are afforded the opportunity to play sport at a competitive level, appropriate for their age and expertise, through our regular matches, tours and festivals involving opposition from all over South Africa and beyond.

Provincial selection at prep school level is a contentious issue; often attributes, like size owing to differing development, are given precedence over skill in a win-at-all-costs environment.

Notwithstanding our acknowledgement of the opportunities that may arise from provincial selection in a sport, we do not actively encourage boys to put themselves forward for selection for these teams,

especially where a boy's already busy schedule is further loaded, and when this would impact negatively on his school, family and social life. We also, unfortunately, do not have the staff to accommodate those provincial sports codes where our coaches are required to take on extra duties beyond those at WPPS.

We believe that the exposure given to our top sportsmen, through the network of schools against which we play, is sufficient for them to be rewarded with the prospects that they deserve during their future educational and sporting careers.

Fixtures

Fixture dates are arranged by the various heads of each sporting code. Team matches are confirmed a week in advance and these games are confirmed and published on the school's website and app. The relevant match information is placed on the team sheets drop-down by your son's coach as to the match specifics (time, dress, field etc).

When co-ordinating the fixtures, WPPS aims for fixtures against schools that will extend the boys' capabilities. We arrange fixtures against our traditional rivals – these are treated as a priority as the history between the five boys' schools is something we cherish and respect. It is the responsibility of the Head of Sport that all boys participate and have equitable matches in terms of strength versus strength.

If a match is cancelled, boys may go home at their earliest convenience. If a practice is cancelled, boys will either have a "dry" practice in a classroom, or their parents will be contacted via the notification system to be collected. If an away fixture is scheduled and there is doubt of the fixture going ahead owing to inclement weather, it is the host school's decision whether to proceed with the fixture.

All sporting fixtures are at the discretion of the Head of Sport. Fixtures are arranged in order to have as minimal interference to the academic timetable as possible.

Touring

Four school sports tours (cricket, hockey, rugby and water polo) will be arranged with one being a full Grade 7 tour. We feel that touring plays a big part in a boy developing a sense of responsibility, as well as his learning to cope under different playing conditions. If a boy is U14 and in Grade 7, he may go on the Grade 7 tour and his sporting preference will need to be assessed.

Coaches

All coaches are competent to coach at their respective levels. WPPS assists in this by sending coaches on refresher courses during the year. New laws and changes to laws are discussed by the coaches with the boys when they affect them. Our student coaches, especially, are nurtured and managed in the routine and requirements that make up the sporting ethos at WPPS.

WPPS is open to consultation work using the expertise of parents on the sports field, with the understanding that the parent is there only as a consultant and not as the team's coach. Coaches are responsible for their own teams, which includes liaison with parents, selection of teams, transport for matches and the growth of the boys under their guidance over the season. The proper etiquette, especially on the cricket field, is to be adhered to at all times.

Coaches need to be sensitive towards the weaker player(s). We believe that all players should feel that they are given a fair chance and are treated equally in their teams. All coaches have a basic knowledge of first aid in their respective sports codes, and know the procedure if an accident occurs on the field.

Coaching Development

Before each season, coaches are taken through a course for the upcoming season by the head of each of each sporting code. The coaching style, techniques and general sport etiquette is discussed; this lays a platform from the U9 age group, all the way through to the first team.

Coaching styles and personalities will change from year to year, but we endeavour to maintain consistency; coaches coach towards a common goal to enable a system of conformity that can be instilled in the boys from the beginning.

Coaches are sent on refresher courses outside WPPS, wherever possible. In keeping with our sport policy, WPPS encourages our student coaches to participate in their own sport. This also benefits the school and the boys, in that they keep us up to date with any new rules.

Our coaches are encouraged to form a close working relationship with the boys in their teams. The professional manner in which the coach approaches matches and practices sets the tone for the boys.

Players

Grade 3 – 7 boys are expected to attend all practices, even if they are injured. Injured or sick boys attend practices to keep up to date with tactics and any set pieces discussed and practised by the teammates. They will be excused only if a doctor's letter or an email from his parents is presented to the coach concerned. Parents are urged not to make doctor's appointments etc. on practice days if at all possible.

Dress

There is a dress code for each sport and this is adhered to strictly. Cricket caps and hats, together with sunscreen, are compulsory all year round. The school has a sun policy which can be viewed on the school's website and the app.

Boys are expected to be neat and are regularly reminded to pull up socks, tuck in shirts and generally ensure that their sports clothes are clean and in good condition. WPPS boys are probably the school's greatest ambassadors and take pride in their school uniform. Boys show respect to adults by standing up

and removing any headgear when greeting or in conversation with them. There is also a dress code for coaches, who are required to take the same pride in their appearance.

Boys are expected to arrive and leave school in full school uniform. Changes to this rule are at the discretion of the head of each dependent on the weather. After sport in summer, the boys may go home in their sports clothes (a tracksuit for swimmers). In winter, boys will need to go home in a full school tracksuit, socks and school shoes/white track shoes if they are going out to public place. If the boys are going straight home, they may travel home in their playing kit. Spectators at sports events must wear either uniform or their tracksuits.

The following is required for each of the sporting codes below:

SUMMER	
Grades 3 – 7	Grades 1 & 2
Athletics (Term 1 only)	
House T-shirts White and blue athletics vest WPPS navy Quantec shorts	
Cricket (Terms 1 & 4)	
WPPS white sports shirt White shorts Navy and white socks White tackies or proper white cricket shoes WPPS stiff-brimmed hat or cap	WPPS white sports shirt WPPS navy Quantec shorts Navy and white socks White tackies WPPS stiff-brimmed hat or cap
Swimming (Terms 1 & 4)	
Blue school costume Goggles and WPPS cap WPPS slip slops and towel	Blue school costume Goggles and WPPS cap WPPS slip slops and towel
Water Polo (Terms 1 & 4)	
Blue school costume WPPS slip slops and towel	
Tennis (Terms 1 & 4)	
WPPS white sports shirt WPPS navy Quantec shorts	

White tennis shoes White socks WPPS cap	
WINTER	
Grades 3 – 7	Grades 1 & 2
Cross Country (Terms 2 & 3)	
House T-shirt White and blue athletics vest WPPS navy Quantec shorts	
Hockey (Terms 2 & 3)	
WPPS white sports shirt WPPS navy Quantec shorts Navy and white socks Predominantly black boots or white tackies	WPPS white sports shirt WPPS navy Quantec shorts Navy and white socks White tackies
Rugby (Terms 2 & 3)	
WPPS rugby jersey White shorts Navy shorts (1st XV) Navy and white socks Black boots (U10 to U13) U9 don't wear boots	White sport shirt WPPS navy Quantec shorts
Squash (Terms 2 & 3) Grades 4 – 7	
WPPS white sports shirt WPPS navy Quantec shorts White non-marking squash shoes White socks Squash goggles	
Soccer (Terms 2 & 3) – Grades 3 – 7 (After the rugby and hockey season)	
White shorts WPPS rugby jersey or WPPS white sports shirt Navy and white socks Black boots	

The first teams of all the sports have their own distinctive kit. Gum guards are compulsory for hockey and optional for rugby. Scrum caps must be black or grey. The issue around black boots for both hockey and rugby is a contentious one. We request that the boys purchase boots for these sporting codes that are predominantly black. The same request is made for white trainers for cricket.

Equipment

Equipment is budgeted for a year ahead and purchased as the need arises. WPPS uses the School Shop (situated on the Bishops Campus) with which we have a close working relationship, as the major supplier. Each term's equipment is kept in the kit room at WPPS, while equipment not in use is stored away. The equipment is continually being upgraded and boys are urged not only to look after their own sport equipment, but that of the school too.

Facilities

At the school we have five cricket nets, two cricket fields and an aquatic centre. Squash courts, tennis courts and a hockey astroturf are all rented from schools/clubs that are in fairly close proximity. Our recently built Centenary Pavilion is a superb space where most of the post-match functions take place.

Budget

The Head of Sport draws up his budget in September for the year ahead. By this stage price lists for the following year are readily available. Equipment that is damaged beyond repair is thrown out. Costly items of equipment such as a scrum machine may be requested through capital expenditure.

Extra-Curricular Timetable

Practice times for the both Newlands and Eden Road Campuses are spread over the week from Monday to Friday. Fields and facilities are used on a rotation basis, so that all teams can make use of all the facilities on offer.

On the Newlands Road Campus, practices generally start at 14:30 on a Monday, Tuesday, Wednesday and Thursday, and finish at 16:00. The Eden Road Campus practices tend to finish earlier.

An extra-curricular timetable is available on the school's website or app under the sport link.

Management of Codes

Each sporting code has a staff member in charge. This staff member is, together with the Head of Sport, responsible for upgrading equipment, attending meetings and promoting his/her sport and seeing to the smooth running of their particular code. At the end of each term, the Code Heads meet with the Head of Sport to discuss the previous term and to see if there are ways to improve the running of their code for the following year.

Transport

WPPS owns two buses. Staff need a PDP to drive boys off the school property. Safety is of paramount importance; boys and staff must wear their seatbelts at all times, whether in the school bus or in parents' cars. No boy may sit in the front seat. Should a boy require a lift, he is encouraged to put his name down on the bus notice board outside the Estate Manager's office. If this list is full, he needs to contact his coach who will in turn organise him a lift. *All staff travelling with teams off the school property are required to have a cell phone on them at all times.*

WPPS prides itself on an open door policy and welcomes communication and suggestions at any time. Transport to and from match venues will be the responsibility of the parents; school buses will be used if they are available.

Communication

Parents with minor queries or complaints should address them to the coach/person concerned. For queries of a more serious nature, the Head of Sport is to be contacted and if he/she cannot help, the Deputy Head may be approached.

The school calendar and sports page are the main sources of information for parents with regard to sport teams to check venues and times before a match. Teams for a match are put up on the website and app after the last practice. Any changes to the match timetable as well as practice information will be relayed through the school calendar. There is a computer available outside the Grade 4 class for the boys to access their fixtures and team sheets.

Awards Grades 3 – 7

We believe that as many boys as possible should be recognised for their sporting achievements; each code has its own method of acknowledgment for these achievements. We do not award colours for any sport. The difference, however, will be for the boys who represent the school's first team. They will wear an alternate strip to the rest of the school.

Cricket

- Upon a boy's selection for the 1st XI, he may be allowed to purchase a school 1st XI playing cap from the School Shop.
- Trophies will be awarded at the end of the season.

Swimming

- The A-league gala swimmers who are in Grade 7, will be allowed to purchase a white WPPS aquatics costume.
- Inter-house winners will be awarded their trophies after the event at the prize giving.

Rugby

- Upon selection for the 1st XV, a player will be allowed to purchase a WPPS 1st XV jersey from the School Shop.
- Trophies will be awarded at the end of the season.

Cross Country

- The winners (Grade 3 – 7) at the school's inter-house event, are awarded a trophies in assembly.
- There are no trophies or acknowledgments made to Grades N – 2.

Athletics

- Inter-house winners will be awarded their trophies after the event at the prize giving.

Hockey

- Upon a boy's selection for the 1st XI, he may be allowed to purchase a WPPS 1st XI playing top from the School Shop.
- Trophies will be awarded at the end of the season.

Tennis

- Upon selection for the 1st team, a player will be allowed to purchase a WPPS 1st team playing top from the School Shop.
- Trophies will be awarded at the end of the season.

Physical Education

PE lessons are run by our Student Learnership Programme, and are offered to all boys from Grades N to 5. The staff follow a syllabus throughout the year, which is in support of the particular sporting codes taking place at that time.

Phys Ed
Grades 3 – 5
White sport shirt WPPS navy Quantec shorts

Sport on the Eden Road Campus

Pre-Prep Sport

Grade's N and R games consist of a half – hour period from Monday to Thursday where the boys are given the opportunity to participate voluntarily in games that offer a non-threatening introduction to sport. The purpose of these lessons is to help them develop important skills needed. The primary focus is to expose the boys to aspects such as: team building, working together, developing appropriate social and life skills, building self confidence; we also focus on developing skills such as sharing, taking turns and good sportsmanship. Basic skills, such as hand-eye coordination, directionality, balance, agility and gross motor movements are all incorporated into these lessons.

Junior-Prep Sport (Grade's 1 and 2 only)

The Grades 1 and 2 boys have a compulsory two hours of formal sport every week. All the student coaches are available if they are not involved with other classes. The Head of Sport and the Head of the Learnership Programme oversee this programme.

Mini-festivals take place throughout the year in the knowledge that these are festivals and not tournaments.

The aim of coaching the boys is to foster an enjoyment for physical activities and the sports in which they will participate when they reach U9. We also aim to teach all boys the basics of each sport. Boys are not streamed in teams, as we believe they are too young to understand the A - team versus the D - team concept. Teams are mixed, where the more talented boys can assist the less able boys in their teams. Sport plays a vital part in developing muscle tone for posture, stamina and strength at this age, especially in this technological era, where boys as young as five are found in front of a computer for extended periods of time.

During rainy weather, boys are kept indoors by their coaches until the practice time ends or their parents collect them.