



WESTERN PROVINCE PREPARATORY SCHOOL

SPORTS 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 that team sports offer invaluable skills such as team cohesion and social integration. We strive to ensure that our boys enjoy their time at prep school and take their love for sport to their respective high schools with confidence. One of the key aspects in offering a sports programme is the manner in which the code is coached.

Grades N - 2 focus primarily on involvement and enjoyment. A competitive element and the selection of teams 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 allows 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
- use competition to enhance personal excellence and mastery
- instil a philosophy of a "**Sport for Life**" mindset.

School Sports Offered

Boys are required to honour their commitments to their chosen sport 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 (non-contact)
	Grade 3	Terms 1 & 4	athletics, cricket, swimming & tennis
		Terms 2 & 3 End of Term 3	cross country, hockey & rugby Soccer
Senior Prep	Grades 4 – 7	Terms 1 & 4	athletics, cricket, swimming, tennis & water polo
		Terms 2 & 3	cross country, hockey, rugby & squash
		End of Term 3	soccer

Fixtures

Fixture dates are arranged by the various heads of each sporting code. Team matches are confirmed a week in advance and 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 local boys' schools is something we cherish and respect. It is the responsibility of the Head of Sport to ensure 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 school's 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 little impact on 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 attend refresher courses during the year, and are competent to coach at their respective levels. 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, 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 are discussed; this lays a foundation 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 absent 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.

Selection

Team selection, captaincy, and management is a difficult task. It is the responsibility, however, of the coach, who will ensure that he has spent sufficient time with the boys and consulted the previous year's coaches, as well as other coaches in the age group in order to reach informed decisions about who should play for a particular team.

Coaches are encouraged to consider players in lower teams throughout the age group, so that should boys have proved themselves, they could possibly be promoted. While we endeavour to do our best in making sure each boy plays at (or about) his level, coaches also try hard also to select based on what they believe is in the best interest of the team.

As sport excites passion and emotion, disappointment is sure to result on occasion. We rely on parental support of the School in the decisions taken, as we all endeavour to work together for the best for each child. If a player is demoted, coaches are to spend time with him to explain why the decision was taken, and so that he understands any areas/aspects on which he can work, in order to better his game and possibly be considered for promotion in the future.

In terms of captaincy, coaches will assist, mentor and coach captains in the management of the team and develop their leadership abilities. In trying to create thinking sportsmen, boys may be consulted on various aspects by the coach. The leadership role of captain may well be rotated in order to afford more boys the opportunity to learn about leadership. In the senior sides, rotation of captaincy may occur less frequently.

Inter-House Sport

Inter-house sport is a chance for boys to compete against their peers in a free and fun environment.

In order to make selection transparent, and so that the houses compete at a competitive level, boys will be selected according to the team they represent when playing for WPPS. The table below indicates the order the housemasters will follow when selecting their respective teams.

Junior Sides

U11A → U11B → U10A → U11C → U11D → U10B → U10C → U10D

Senior Sides

U13A → U13B → U12A → U13C → U13D → U12B → U12C → U12D

This creates clarity for the boys as to where they stand. At worst, every boy will represent his house at least twice in a four-year period. The reason we are unable to keep selection within their respective age groups, is that there are not always enough boys to make a full team for the particular code.

Under 9 Inter-House

Boys will represent their respective houses at the end of the season during their regular practice times. Every boy who plays might not play for his house as it dependant on numbers.

Dress

There is a dress code for each sport which is to be 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 should 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 sport 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 in public. 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 navy athletics vest WPPS navy Quantec shorts	NA
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 Junior Prep 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	NA
Tennis (Terms 1 & 4)	
WPPS white sports shirt WPPS navy Quantec shorts	NA

White tennis shoes White socks & WPPS cap	
WINTER	
Grades 3 – 7	Grades 1 & 2
Cross Country (Terms 2 & 3)	
House T-shirt White and navy athletics vest WPPS navy Quantec shorts	NA
Hockey (Terms 2 & 3)	
WPPS white sports shirt WPPS navy Quantec shorts Navy and white socks Predominantly black boots or white tackies	WPPS Junior Prep 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	WPPS Junior Prep 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	NA
Soccer (Term 3) Grades 3 – 7 (after the rugby and hockey season)	
White shorts WPPS rugby jersey or WPPS white sports shirt Navy and white socks	NA

Black boots	
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The first teams of all 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 Grades 3 - 7 and Grades N - 2 are spread over the week from Mondays to Fridays. Fields and facilities are used on a rotation basis, so that all teams can make use of all the facilities on offer.

Grades 3 – 7 sport generally starts at 14:30 on a Monday, Tuesday, Wednesday and Thursday, and finishes at 16:00. The Grades N – 2 practices tend to finish earlier.

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

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.

Transport to and from match venues is the responsibility of the parents while school buses will be used if they are available.

Communication

WPPS prides itself on an open door policy and welcomes communication and suggestions at any time. 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, sports page and the app 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 a different strip to the rest of the school.

Athletics

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

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.

Cross Country

- The winners (Grade 3 –7) at the school's inter-house event are awarded trophies in assembly.

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 in assembly.

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 in assembly.

Water Polo

- Upon a boy's selection for the 1st team, he may be allowed to purchase the blue WPPS aquatics 1st team costume.
- Trophies will be awarded at the end of the season in assembly.

Swimming

- The A-league gala swimmers who are in Grade 7, will be allowed to purchase the blue WPPS aquatics 1st team costume, which is the same for 1st team water polo.
- Inter-house winners will be awarded their trophies after the event.

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 in assembly.

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 practices, 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 school's 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.

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 (Grades N and R)

Grades N and R games consist of a half-hour period four times a week. Here 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 (Grades 1 and 2 only)

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.

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.

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

