



Wyvern House Sport Handbook

The Wyvern House Sport Handbook is currently being printed and will be issued to parents of children in Years 3 – 6. It is designed to assist you with understanding the day-to-day organisation of sport at Wyvern. The Sport Handbook will also be accessible via the sport page of the Wyvern Newsletter.

Please familiarise yourselves with this booklet as it will answer many of those questions that you may have during the year about sport and the school's requirements from your son. In addition to this it contains maps of some of those school sporting venues that are usually difficult to locate in a street directory.

Team Trials and Selections – Wed 30 January, Fri 1 February and Sat 2 February:

Trials are a necessity where we have more than one team to select in an age group or where there are too many boys trying out for one team but not enough boys trying out to form two teams. Selection trials can be a source of stress for some players, especially if they feel they have to “live up to expectations”. Players’ levels of performance change as they change in age, maturity, sporting experience, knowledge and fitness. As with other areas of development, sporting skills develop in different players at different rates. Parents need to be mindful of this and they need to reassure their children that being a participant is the most important aspect of sport and that their best on the day is all that can be asked of them. During trials all boys are given an equal and fair opportunity to prove themselves. If after the first trial, it is apparent that a student is not going to achieve selection in their chosen sport, they will have explained to them, the areas they need to improve. They will then be encouraged to keep working hard to improve those areas. Finally, they will be given an opportunity to try out for an alternative sport offered within the school. Trial procedures consist of a series of skill assessments followed by mini games and modified match situations to test the boys’ match play skills. Where possible, coaches will select squads that include a number of placements for reserves. This is necessary to allow us to cover the absence of players due to sickness, injury etc. When a full team list is available, players may be rostered off as a reserve for certain matches throughout the season. This will be done on a rotational basis so all boys get an equal opportunity to play.

Reserves are not required to attend the matches but their attendance to show support for their team mates is welcome.

This weekend we will be conducting a trial. This has been necessitated by the early start to the season

and the limited time we have to select and prepare the boys for the season ahead. The team selections will be told to the boys before Wednesday’s training session to allow parents time to purchase the correct sport uniform from the Uniform Shop prior to the first round of sport on Saturday 9 February.

Trial Details for Saturday 2 February will be held at:

Strathfield Park – Chalmers Rd, Strathfield

Cricket – Year 3	8:00 – 9:30
Teeball	8:00 – 9:30
Softball	9:30 – 11:00

Newington Senior School (Old Boys)

200 Stanmore Road, Stanmore

Cricket Year 4	8:00 – 9:30
Cricket Year 5	9:30 – 11:00
Cricket Year 6	11:00 – 12:30

Wyvern Prep. Basketball Court – 115

Cambridge Street, Stanmore

Basketball Year 3 and 4	8:00 – 9:30
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Senior School New Gym Basketball Court

Basketball Year 5 and 6	8.00 – 9:30
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Senior School Tennis Courts – 200 Stanmore Road, Stanmore

Tennis - Years 4, 5 and 6	7:30 – 8:30
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Friday 1 February

Tennis Year 3 trials: Year 3 trials for Wyvern Tennis Club will be held on Friday 1 February at the Senior School from 3:30 – 4:30pm.

Parent Help:

If there are any experienced parents out there who would be interested in providing assistance to our staff in any of the sports provided at Wyvern, could they please contact Joel Wilson (Wyvern Sports Administrative Assistant) through the office, as we would welcome their support. Support can be in the form of umpiring/refereeing, scoring, coaching or assisting the coaches during Monday and Wednesday afternoon training sessions or Saturday mornings.

Monday and Wednesday training sessions run from 1:45pm – 2:45pm.

Round 1 Summer Sport commences Saturday 9 February.

Term 1 sport fixtures are included with this edition of the Wyvern.

The Wyvern fixture sheet can be accessed via the sport page on the Wyvern Newsletter.

All team lists, venues, starting times and opposition teams are listed. On rare occasions there may be unavoidable last minute changes to fixtures. Please check these fixtures on a Thursday evening and contact Joel Wilson through the office if you have any questions or problems.

In the case of wet weather a message will be recorded on the **WET WEATHER NUMBER (9432 6460)** and it can be called after 7:00am on the morning of the match. For early matches a message will be left prior to 7:00am.

School Sport is Compulsory and Punctuality is Expected:

Some of our boys are involved in club sport outside of Newington and this can be very beneficial to their development. I do not want to discourage this practice, however, I feel it is necessary for there to be an early reminder that school sport is compulsory at Newington and it must take priority over outside club commitments. Any requests for 'Leave from Sport' must be made in writing and addressed to the Head of Campus (Mr Ian Holden). It is also expected that the boys arrive in their correct sport uniform 30 minutes prior to the match commencing to allow sufficient time for the team to warm up and prepare for the match.

Newington Preparatory Schools' Inter-House Swimming Carnival:

PLEASE NOTE: 8:00AM Departure from Wyvern
The annual NCP Inter-House swimming Carnival is scheduled for Tuesday 12 February at the Ryde Aquatic Centre, Victoria Rd, Ryde. Students from Years 3 – 6 will be departing Wyvern by bus for the Aquatic Centre at **8:00am sharp** and returning by 3:00pm for dismissal. Parents are welcome to attend.

Boys will enter their chosen events on the day and if they are one of the eight fastest swimmers from the heats, they will progress to a final. The 100m Freestyle, 200m Individual Medley, 50m butterfly and 50m backstroke events will be straight finals on the day and selection for these finals will be held in week 2 at the Senior School Pool (Refer below for details regarding swim trials)

Program of events...

50m Butterfly Finals for U9 – U12
50m Backstroke Finals for U9 –U12
Junior 200m Ind. Medley FINAL
Senior 200m Ind. Medley FINAL
U8 50m F/S HEATS
U9 50m F/S HEATS
U10 50m F/S HEATS
U11 50m F/S HEATS
U12 50m F/S HEATS
Junior 100m F/S FINAL

Senior 100m F/S FINAL
U8 25m BR/S HEATS
U9 50m BR/S HEATS
U10 50m BR/S HEATS
U11 50m BR/S HEATS
U12 50m BR/S HEATS
50M Freestyle Finals for U8 – U12
50M Breaststroke Finals for U9 – U12

The carnival is scheduled to commence at 9:00am and conclude by 2:15pm. Please be advised that there is a \$2.30 spectator fee charged by the Aquatic Centre and that the parking is sometimes limited. There is free parking for 4 hours from 10:00am, after that the car park is patrolled by Rangers who will issue fines.

Students travelling to and from school will wear full PE uniform including their House coloured polo shirt. They should already have their swimmers on underneath. Students will travel to the pool by bus. Any students wishing to travel directly to the pool from home may do so provided a note is given to the class teacher prior to the day. All students must remain at the carnival until it concludes at 2:15pm. Parents may depart the carnival with their son, provided you inform your son's classroom teacher prior to leaving.

The boys must bring their own recess and lunch and they will eat this during the carnival when there is an appropriate amount of time between events. **Students will NOT be permitted to visit the canteen during the carnival.**

PLEASE NOTE:
Swimming Carnival Trials for Individual Medley, 100m Freestyle Events, 50m Backstroke and 50m Butterfly Events

Please note that we will be holding time trials prior to the swimming carnival to determine our finalists for the Junior and Senior Individual Medley, the Junior and Open's 100m freestyle and the 50m Backstroke and Butterfly events. Any boys wishing to swim in the final of these events at the Newington Prep Swimming Carnival will first need to attend this trial to see if they can qualify. Trials will be held on two separate days and students can attend either one. Time trial details:

Dates – Tuesday 5 February and Thursday 7 February

Time - 7:00am

Venue - Senior School Pool

If a child would like to enter these events but cannot attend the Senior School pool at these times due to unavoidable circumstances, please contact Mr Joel Wilson to arrange an alternative.

Newington Preparatory Schools' Swimming Team:

Based on the results from the Inter-House swimming carnival, a Newington Swim team will be selected. These boys will be required to represent Newington at a number of swimming invitation carnivals and at the IPSHA swimming carnival.

Depending on the program offered by the host school, the swim team may vary from carnival to carnival as we match up swimmers with the events on the program.

Our first invitation swimming carnival will be The Scots College Invitation on Friday 22 February. This will be followed by the South Harbour Invitation on Friday 1 March. The IPSHA swimming carnival is scheduled for Wednesday 6 March.

A note will go home providing greater detail to all the boys selected in the swimming team, after the Inter-House Carnival.

Swimming Squad:

As part of our Swimming program at Wyvern, we would like to offer you the opportunity to enrol your son in a swimming squad that will be held at the Senior School pool on Tuesday and Thursday mornings (7:00am) during Term 1. The first session will commence on Thursday 14 February. The swimming squad will continue during terms 2, 3 and 4. This swim squad will be coached by experienced coaches and there will be a charge of \$8 per session for their services. These charges will be deducted from your sons stage account upon receipt of his permission note and no refunds are given if your son does not attend or changes his mind.

Please note that this program is not a "Learn to Swim" program. It involves boys' who can already swim being assessed and graded into squads on ability.

Whether this swimming squad goes ahead or not will depend on the number of enrolments we receive. Before boys can participate in the Swim Squad, a permission note must be returned to the front office, by Friday 8 February. Enrolments are accepted on a first in best dressed basis and positions are limited. Upon receiving your enrolment you will only be contacted if your enrolment is too late and the positions are filled or if there are insufficient swimmers attending for the squad to proceed.

Wyvern Basketball Skills Coaching – Wednesday Mornings (7:30am – 8:10am)

To assist in the development of young basketballers at Wyvern Preparatory School an additional skill session will be completed each Wednesday morning. This voluntary session will run from 7:30am – 8:10am and it is available for boys in Years 3 - 6.

This program will be overseen by the Director of Basketball at the Senior School, Rex Nottage. It should be noted that no Preparatory School teachers will be present at these sessions and parents will be required to transport their boys from the Newington Senior School Gym to Wyvern following the completion of the training session. Alternately, you may grant permission for your child to walk back to Wyvern by indicating it on the bottom of the permission note. Senior School prefects supervise the pedestrian crossings between the Senior School and Wyvern at this time of the morning.

These sessions will begin on Wednesday the 6th of February and will continue for the duration of the basketball season in Term 1.

So that Coach Nottage can plan accordingly, can you please indicate if your son will be attending these skills sessions by completing the permission form and returning it to Mr Joel Wilson by Tuesday the 5th of February.

Winter Sport Preference Survey

A Winter Sport Preference Survey form has been sent home today. This form needs to be completed by all students in Years 3 – 6 and returned to their classroom teacher by Monday 11 February at the latest. Please ask your son to think carefully about their sport preference as the results from these surveys will be used to determine how many teams Wyvern will enter in each age group of the IPSHA competition. Students will not be allowed to change preferences once the survey has been returned.

Flyers:

The following flyers can be collected from the display unit near the front office.

- Swim Squad
- Basketball Skills

Shining Stars:

- If your son has had some successful sporting achievements outside of school, I would love to hear from you. They can be shared with the Wyvern community through this "Shining Stars" section of the Wyvern.

Coming Up:

- Friday 1 February – Year 3 Tennis trials at Senior School 3:30 – 4:30pm
- Saturday 2 February – Summer Sport Trials

- Tuesday 5 February – Swim Trials for 50m Butterfly, 50m Backstroke, Individual Medleys and 100m freestyle events at the Senior School Pool (7:00am).
- Thursday 7 February – Swim Trials for 50m Butterfly, 50m Backstroke, Individual Medleys and 100m freestyle events at the Senior School Pool (7:00am).
- Saturday 9 February - Round 1 Summer Sport.
- Monday 11 February - Winter Sport Preferences Survey due back to classroom teacher.
- Tuesday 12 February - Newington Prep Inter-House Swim Carnival at Ryde Aquatic Centre
- Thursday 14 February – Wyvern Swim Squad commences
- Friday 22 February – The Scots College Invitation Swimming Carnival at Scots
- Friday 1 March – South Harbour Invitation Swimming Carnival at Trinity
- Wednesday 6 March – IPSHA Swimming Carnival at Homebush (selected students)
- Wednesday 27 March – Newington Prep Inter-House Cross Country – Newington Senior School
- Saturday 6 April – IPSHA Cross Country at Kings – (selected students)

Neil Brunton
Newington College – Wyvern Sportsmaster