



# PRETORIA BOYS HIGH SCHOOL

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## **SPORTS POLICY AT PRETORIA BOYS HIGH SCHOOL**

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## **DEFINITIONS**

### **DIRECTOR OF A PARTICULAR SPORT**

The director of a particular sport shall perform an ongoing analysis of the strengths & weaknesses of that sport, identifying and implementing structures and any other action plans deemed necessary to address any concerns. The director will not coach one specific team, but will rather take complete responsibility for the sport by overseeing and facilitating the progress of all the teams in that sport. The director of a particular sport will attend to all the administrative and logistic arrangements which are required for the running of the sport and will head-up and manage the MIC and coaches of that sport.

### **MASTER IN CHARGE (MIC)**

The MIC of a sport is the Master in Charge of that particular sport. As such, the MIC will head-up that particular sport, taking complete responsibility for the sport by overseeing and facilitating the progress of all the teams in that sport. The MIC of a sport will attend to all the administrative and logistic arrangements which are required for the running of the sport and will manage the coaches involved in that sport. Where a director has been appointed for a particular sport, the MIC will not be expected to play these roles, but will merely assist the director in the carrying out of his/her duties and responsibilities.

## **INTRODUCTION**

We see ourselves as an educational organisation with a sports department, which forms one part of a School that is striving to achieve excellence in all facets of the teaching and educational service that it is providing its boys, in order that they can compete with their peers at other schools in our Country and for that matter the rest of the World.

The sports programme at PBHS is undertaken for the educational value of the pursuit and the school recognises the many life lessons that our students can learn through sport. All decisions regarding sport that are not necessarily covered in this document will thus have sound educational reasoning as a basis. The school will do all it can to provide a relevant sports programme with committed coaches and fixtures for all boys.

## **WHY DO OUR BOYS PLAY SPORT?**

Sport is very much a part of the school's approach to a holistic education and so a love of sport is encouraged in each and every one of our boys. Boys play sport to have fun and make friends, to get a sense of camaraderie, to create lasting and meaningful friendships for life and teach life lessons. Sport is a great leveller and teaches boys to win with dignity and lose with grace. While winning is always the aim when competing, we recognise the importance of participation as our primary goal. The physical development of our boys is catered for by our sporting programme, where elements such as strength & conditioning and nutrition are covered.

At Pretoria Boys High School we understand the need to balance the academic, sporting and cultural programmes. Boys need to be encouraged to aspire to be the best they can be, within a realistic context, including enabling boys to pursue sport as a career option. We also realise the importance of allowing and encouraging our boys to play other sports - not only specialising in those they are good at.

## **OUR PHILOSOPHY REGARDING SPORT AT PBHS:**

***To have the best sporting programme possible while operating within the ethos of our school***

For this philosophy to succeed the following need to occur:

- 1) Respect from players, coaches, old boys and spectators for the Boys High culture, ethos and history.
- 2) We must promote a culture of passion and success in our coaches and boys. This can only be achieved with the support of parents and Old Boys.
- 3) We are aware that the boys not only require skills and physical conditioning, but that a great deal of success in sport is psychological, so mental conditioning is vital.
- 4) We must attract talented sportsmen to the school, not because there are bursaries on offer, but because of our outstanding sporting programme, designed to develop the talent of the boys within the school.
- 5) Coaching structures will be put in place to:
  - Invest in the training of these coaches (including staff and students).
  - MIC's or directors of sports will employ the services of specialist coaches to give pre-season training clinics to assist the coaches on training and umpiring/referring techniques.

- 6) We will ensure that there is a constant improvement in our sporting coaches, including annual planning, setting of goals, measurement of performance and re-evaluation of achievements, to accomplish this aim in line with the school's mission and philosophy.
- 7) We will initiate working relationships with provincial structures so that we can look after our players' interests at this level.
- 8) We will achieve and maintain a culture of excellence whereby coaches, umpires and players are properly attired on practice and match days.
- 9) We understand the importance of off- and pre-season training.
- 10) Coaching structures to be implemented are:
  - Directors of Sport must be appointed in due course in the five biggest sports at the school (namely rugby, hockey, cricket, water polo and basketball) with a mandate to, *inter alia*, develop players' skills and coaches' qualifications. Directors have already been appointed for cricket and rugby, and the tennis fraternity has had a professional coach for some time now. It is our intention to appoint directors of water polo, hockey and basketball in the near future.
  - A Strength and Conditioning Coach will be employed with a clear mandate and job description to improve the overall conditioning of boys at the school, but with a specific focus on 1<sup>st</sup> teams.
- 11) We will focus on self-measurement, rating ourselves relative to pre-set internal goals which will be revised annually.
- 12) The Director of Sport will arrange fixtures so as to ensure that as many boys as possible are able to participate in sporting fixtures.

### **SCHOOL'S MISSION STATEMENT:**

The Mission of the School is to pursue and maintain excellence in all spheres of school life – academic, athletic and cultural – within the South African community. It is the aim of the School to produce gentlemen who are independent thinkers with physical and moral courage, who are articulate, well-mannered and respectful, educated in the widest sense of the word, sensitive to the needs of others and dedicated to the service of others and the community as a whole.

## **SCHOOL ATTENDANCE**

If a pupil is not at school on Friday he may not play for the school in a weekend fixture. If a pupil has an appointment of sorts on Friday then, he must make every attempt to attend school for some part of the day on Friday, if he wants to play on the Saturday.

If a pupil is not at school the day before a mid-week fixture, he may still play that fixture provided he attends school on the day of the fixture.

Coaches of teams leaving early from school or missing a school day must request permission from the Sports office. Due warning of at least 48 hours must be given for teams playing within the Gauteng area. Teams travelling outside the borders of Gauteng or South Africa must request permission at least 4 work days notice prior to leaving. Teams going on tour should not miss school unless permission has been sought from the Headmaster at the time the tour is approved.

Pupils may not miss tests, assessments or exams as a result of sporting fixtures unless it has been cleared with the Headmaster. In general, permission for estimated marks to be awarded will only be given if the pupil is attending a provincial or national tournament or fixture.

Coaches are required to inform the staff if a team will miss all or part of a school day and to put up a list of pupils who will be away.

Pupils are not permitted to take the first lesson off if their activity (be it sporting or cultural) continues late into the evening the previous day.

## **SPORT ON FRIDAY AFTERNOONS**

Fridays from 2pm to 4pm are reserved for cultural activities. No organized sport should be planned *during this time* for the Friday afternoon. If there is planned sport during this time it must be approved by the Director of Sport through the School Exco.

*(There are certain exceptions to this ruling - the Pretoria Squash, Tennis and Basketball leagues and some cricket fixtures are on Friday afternoons. There are also some teams that leave on Friday afternoon for sports fixtures in another province on the Saturday.)*

## **SPORT DURING EXAMS**

The sports programme will continue as normal during examination sessions where fixtures exist. The school recognises the value of physical exercise as an aid to successful study. That said coaches/managers are to be sensitive to the needs of their players and should, if requested, excuse a player from one of the practices in the week.

## **PUPIL COMMITMENT TO A CHOSEN SPORT**

If a pupil commits himself to a sport in the first term, which is also played in the fourth term of that same year, then the pupil is deemed to have committed himself to BOTH terms and may not request to be excused from his commitment for study purposes.

Matrics are required to fulfil their sporting commitments to the following sports as detailed below:

- Basketball – play up to and including the end of season game against DHS.
- Water Polo – play all games up to and including the SACS festival.
- Cricket – play all games up to and including Michaelmas.

This MUST be made quite clear to all Matrics at the start of the year when they commit themselves to sport. In the event of a matric boy wanting to play past these dates, he needs to submit a written motivation to the Director of Sport.

If a pupil signs up for a sport, he is deemed to have signed up for the full season for that sport.

A Form II pupil who is at Bush School may not be excused for part of Bush School to attend sports fixtures. The commitment to Bush School is for the full duration thereof.

## **DISCIPLINE**

The disciplinary committee shall consist of the Deputy Headmaster in charge of extra mural activities, Director of Sport, MIC/Director of the sport concerned and Coach.

An appropriate sanction will be decided upon by the committee.

Any appeal against the sanction may be made to the Headmaster within three (3) days of the decision being made.

## **TOURS AND FESTIVALS**

Any requests for teams to take part in festivals or go on tour must be made through the Director of Sport by the end of July in the year prior to that tour taking place. In the case of a request for an overseas tour, this must be made at least 18 months prior to the proposed departure date. In the case of local tours/festivals, permission from the Gauteng Department of Education must be sought at least three months prior to the tour/festival taking place. In addition, all tours and excursions must be approved by the SGB and parents at the SGB Annual General Meeting in October/November each year.

Staff are required to comply with the following GDE tour regulations:

- Overnight Tours – application to the GDE must be made three months in advance.
- Excursions (day trips):
  - Outside the province - application to the GDE must be made three months in advance.
  - Inside the province – the school’s internal excursion application process must be completed prior to approval.

As a guiding rule, all First Teams of school sports are expected to tour each year. The importance of touring as an educational exercise and as a means of spreading the good name of the school cannot be overemphasised.

Other age groups (U16, U15 and U14) are generally not permitted to tour unless extraordinary permission has been sought. This may be granted in the case of close historical links with a festival/tour. These age groups may, however, take part in local festivals (Pretoria and Johannesburg and surrounds) provided permission has been granted by the Director of Sport.

The school is fully aware of the financial strain that many parents may be under and will consider this when making the final decision to tour or not.

No fund raising may take place at all unless sanctioned by the fund raising committee in line with accepted school practice.

All touring groups are expected to meet with the Headmaster before going on tour.

## **OVERSEAS TOURS**

An overseas sports tour may, due to the significant cost and impact on the school, be considered every three to five years. Permission must be sought at least eighteen months prior to the proposed date of departure.

## **SELECTION POLICY FOR SPORTS TEAMS AT PRETORIA BOYS HIGH**

### ***Principles of selection***

1. Boys will be selected for sports teams on merit.
2. Expectations from each player and the team will be clearly given by the coach of the team.
3. If a player is dropped from a team he may not be dropped by more than one team in a week (i.e. between major fixtures)
4. Clear reasons must be given to a player who has been dropped. The player should have been informed before being dropped that his place was in jeopardy and what he needs to do in order to keep his position in the team.
5. If a boy has been seriously injured, he must have medical clearance before resuming his sport.
6. Any boy returning from injury where he has missed a match should be considered for the team he last played for. If he is not selected to that team, he should start no lower than the team below. If the injury has kept him out of action for a lengthy period of time, he should start in the team below – i.e. he should not immediately go back to his previous team unless exceptional circumstances exist.
7. Any boy returning from Bush School should not be disadvantaged by his being away on a school-sanctioned activity that is compulsory for Form II boys.

### ***Age groups in the sports offered at the school***

Athletics	one team with age group divisions
Basketball	Open, U16, U15, U14
Cricket	Open, U15, U14
Climbing	Open
Cross Country	Open, U15
Fencing	Open
Golf	Open
Hockey	Open, U16, U14
Rugby	Open, U16, U15, U14
Squash	Open, U16, U14
Swimming	one team with age group divisions that swims as A, B and C teams depending on the gala

Table Tennis	Open
Tennis	Open, U15
Water Polo	Open, U16, U15, U14

***Definition of age groups***

U14 Any boy who turns 14 between 1 January and 31 December (both dates included) in the year under consideration

U15 Any boy who turns 15 between 1 January and 31 December (both dates included) in the year under consideration

U16 Any boy who turns 16 between 1 January and 31 December (both dates included) in the year under consideration

Open Any boy older than 16 on 1 January in the year under consideration.

Boys who are U19, i.e. 18 years old before 1 January, may play in the Open category but may be required to be disclosed to the sporting code's authorities.

Boys who are U20 must receive special dispensation from the Headmaster to play sport for the school.

Boys who are U13 must play in the U14 age category.

Boys must play in their age group irrespective of their Form at school.

***Playing out of age group in limited contact sport or sport with only one team***

Climbing Boys may compete in the team irrespective of their age.

Fencing Boys may compete in the team irrespective of their age.

Golf Boys may compete in the team irrespective of their age.

Table Tennis Boys may compete in the team irrespective of their age.

Athletics Boys to compete in their age groups unless chosen, based on performance, to compete in a higher age group event.

Swimming Boys to compete in their age groups unless chosen, based on performance, to compete in a higher age group event.

Cross Country U13, U14 and U15 boys compete in the Junior division. All other boys compete in the Open division.

Squash	U13, U14 boys compete in the U14 division. U15 and U16 boys compete in the U16 division. All other boys compete in the Open division.
Tennis	U13, U14 and U15 boys compete in the Junior division. All other boys compete in the Open division.

(In Cross Country, Squash and Tennis it is required to motivate why a junior player should be playing in an Open team)

***Playing out of age group in contact sports or sports with large numbers of players***

This applies to the sports of Basketball, Cricket, Hockey, Rugby and Water Polo.

A committee comprising the Deputy Headmaster in charge of extra murals, the Director of Sport, the MIC of the sport concerned and the coach will discuss any deviation from the age group rules above. The Deputy Headmaster has the casting vote if required.

Appeal against a decision may be lodged with the Headmaster whose decision is final.

The following principles will apply:

1. This policy applies for selection of U13, U14, U15 and U16 players to Open teams only. An U14 boy may not play U15 for example, irrespective of his Form at school.
2. At all times, the best educational interests of the boys will be borne in mind.
3. Any junior boy must be the best player in the school in his position to be considered for selection to an Open team. He must be in the "starting team" if reserves are part of team selection.
4. The junior boy must be able to cope with the emotional pressure of playing 1<sup>st</sup> team sport. Advice may be sought by the committee from the boy's Housemaster or the School Counsellors.
5. Careful consideration must be given to the senior boy whose place the junior boy may be competing for. If the players are equal in ability, preference must be given to the senior boy for the position.

6. If an under-age player, selected for an Open team is dropped, he returns to his age group.

### ***Specific comments on the above***

1. Any boy who is U16 or under should not play in the 1<sup>st</sup> Rugby team for safety's sake. In exceptional circumstances, this may be considered but, due to the nature of the game, extreme caution must be taken. Due consideration and observation of all proper "Boksmart" regulations and protocols relevant to this must be observed prior to an U16 player being allowed to play in the open age group.
2. An U15 boy may be considered for the 1<sup>st</sup> team in Cricket as there is no U16 age group and due to the nature of the game. No other of these five sports where physical strength is a key component of the game may consider U15 players for a 1<sup>st</sup> team.

### **RESERVES/SQUADS**

It is expected that all boys who sign up to play a sport will actually play that sport for their school in fixtures against other schools. If a team needs reserves in case of injury, they may take reserves from the team below only after that player has played a full fixture himself.

In those sports which choose a squad of players for a match (Basketball, Hockey and Water Polo), care must be taken to remember that **all** players need to play that fixture. It is highly recommended that the composition of the squad is such that all players play a minimum of half the allotted time for the game.

If a player is selected to go on tour and is not part of the first-choice team, he should play at least one third of the total time of all fixtures on tour.

This is to ensure that ALL boys feel part of the team and the school.

### **SPORTS GARMENTS OTHER THAN STANDARD SCHOOL UNIFORM**

All sports garments may be viewed on the school's website at [www.boyshigh.com](http://www.boyshigh.com).

Only PBHS sportswear is permitted. No special practice kit may be designed for/worn by individual teams including 1<sup>st</sup> teams and A – teams.

Touring teams may, at the discretion of the Schools Exco, have special garments made for the tour, provided these are presented to and approved by the Second Master on time.

If a team tours (locally or overseas) and the sponsor wants a logo displayed on a garment it must be passed by the School Exco. These items MAY NOT be used or worn on the school campus after the tour is over and teams must revert to the standard school uniform.

No logos may appear on any of the sports playing kit, only on casual garments such as, golf shirts, T- shirts, shorts, collared shirts, tracksuits, jackets and bags. This MUST be presented to the Second Master, in writing, for approval PRIOR to being made.

Any garment which is produced without authorization will be banned, irrespective of any costs that have been incurred and /or the involvement of parents or sponsors etc. A garment which is presented to the Director of Sport as *fait accompli* will not be considered.

The First teams are to make use of the established First team bag and golf shirt for weekly sport.

## **SPORT SEASONS**

We understand the importance of off- and pre-season training. All the MIC's have undertaken to co-operate with one another to ensure that this will happen.

Generally, during the 1<sup>st</sup> and 4<sup>th</sup> terms the following sports are played: Cricket (JHB Schools program) Water Polo, Tennis, Basketball (JHB League program) Athletics, Swimming, Golf, Table Tennis, Fencing and Climbing.

During the 2<sup>nd</sup> and 3<sup>rd</sup> term the following sports are played: Rugby, Hockey, Cross-Country, Basketball (PTA League – 2<sup>nd</sup> Term), Cricket (PTA League – 3<sup>rd</sup> Term), Squash, Golf, Fencing, Athletics and Table tennis.

(Note that Gauteng Schools do not have set terms for anything, and often Cricket is played in the third term and Rugby in the 1<sup>st</sup> term).

In general, a sport may not impact on the end of a season of another sport, but we have tried to ensure that each sport at 1<sup>st</sup> team level is given enough time to prepare for the upcoming season.

Example: Rugby and Hockey may start pre – season training during the first term, but squad members from these sports may not stop playing their summer sport in order to concentrate on their winter sport. Boys who renege on their summer sport commitments, in order to concentrate on their winter sport, will not be allowed to continue with the winter sport squad training.

Water Polo and Cricket teams that are due to tour at the end of the 3<sup>rd</sup> term are allowed to practice once the winter sports season is over and provided permission has been given, in writing, by the Director of Sport. Once the last Rugby and Hockey matches have taken place, then the Water Polo players and cricketers may begin their practices.

Inter – House soccer also falls into term 3 and boys have to attend athletics practice first and then may be available to play inter – house soccer.

Basketball matches stop during the third term and their boys are expected to train for athletics. The 1<sup>st</sup> basketball side trains during the third term as they play during the 4<sup>th</sup> term.

The only teams that may practice in the third term after the winter sports season are:

- Cricket – 1<sup>st</sup>, 2<sup>nd</sup>, U15A, U14A (Pretoria League)
- Water Polo – 1<sup>st</sup>, U15A, U14A (touring teams)

All other sports must stop regular practices in favour of athletics.

We encourage all boys to do a winter and summer sport.

### **SPORTS COLOURS AWARDS**

Colours will be awarded by the school Sports Colours Committee which comprises the Headmaster, Second Master, Deputy Headmaster in charge of extra murals, Director of Sports, MIC/Director of Sport being considered, and the coach of the relevant sport. Colours are awarded based on the recommendation of that sport's MIC/Director and first team coach. The recommendations are made based on established minimum criteria.

Half Colours may only be worn from the start of Form III, even if awarded in Form I. Full Colours may only be worn from the start of Form IV.

The following must be considered as baseline criteria in all school sports, although specific criteria **may** apply in individual sports.

#### **HONOURS:**

1. 75% - 100% participation at 1<sup>st</sup> team level / A team level.
2. Provincial U18A level.
3. National table / ranking or selection of U18/U19 A/B team or the equivalent standing at U18/U19 level.
4. Exceptional standard of play.
5. Exceptional sportsmanship, example, dedication, commitment etc.

**MUST MEET ALL FIVE OF THE ABOVE REQUIREMENTS**

### **FULL COLOURS:**

1. 75% - 100% participation at 1<sup>st</sup> team level / A team level (core or in starting line-up).
2. Provincial U18/U19 level or equivalent U18/U19 provincial standing. (Selection for Provincial representative teams does not automatically qualify the candidate for full colours)
3. High standard of play.
4. Exceptional sportsmanship, example, dedication, commitment etc.

**MUST MEET ALL FOUR OF THE ABOVE REQUIREMENTS**

### **HALF COLOURS:**

1. 75% - 100% participation at 1<sup>st</sup> team level / A team level.
2. Part of the core / starting line-up of team (for sports such as water polo, hockey and basketball, can be part of the squad).
3. High standard of play.
4. Good example of sportsmanship, example, dedication, commitment etc.

**MUST MEET ALL FOUR OF THE ABOVE REQUIREMENTS**

### **TEAM AWARD CRITERIA:**

1. 50% participation.
2. Part of the core line-up of team and/or bench. If he takes the field of play, this is a cap for that particular team.
3. A good example of sportsmanship, dedication and commitment.
4. Swimmers and Athletes will be at discretion of the MIC and the Colours Committee, if eligible for the team award.

In addition to the abovementioned criteria, the Colours Committee in reaching its decision about the number of awards to be made **MUST**, for each team sport under consideration, take into account:

1. The number of games played in the season.
2. The number of games (%) won during the season.
3. The schools or opponents who were played in the season (which would have a bearing on criteria (2) above).

### **INJURY CLAUSE**

Regardless of the cause of injury, the following must be considered when boys are being nominated for colours:

- Players who due to injury are only able to play 50% - 59% of the season's matches may be considered for Half Colours.
- Players who due to injury are only able to play 60% - 75% of the season's matches may be considered for Full Colours.
- Players who are to be considered for Honours must have played 60% - 75% of the season's matches.

Criteria for the award of Honours in so far as it is based on National selection will **NOT** be subject to an injury clause.

i.e. A pupil must be selected to a National team to qualify for Honours (No selection = No Honours).

## **SPORTS AWARDS**

Sports awards will be presented once a term at a Friday School assembly dedicated to the awards.

## **CODE OF CONDUCT FOR OUTSIDE COACHES**

### **1. Appearance**

As a coach and role model for the boys in your care, you must adhere to the following regulations regarding appearance:

- No coaching in office dress (i.e. collar and tie). Dress must be appropriate for the particular sport in which you are involved. Casual 'student' dress is unacceptable.
- Hair must be neat and tidy.
- You may not appear unshaven and you may not wear earrings or studs in your nose, inappropriate jewellery etc.
- Coaches should wear collar and tie at winter Inter-School fixtures. All other fixtures OR refereeing dress.

### **2. Behaviour**

- You may not smoke or drink in public, or whilst coaching, or while attending school related fixtures and/or outings.
- You may not swear or use foul language at any time whilst coaching, attending matches, officiating etc.
- You may not shout from the touchline at any player on the field, at the referee or at spectators. This applies to any sport in which you are involved.
- You may not run up and down the touchline, pool, court, shouting instructions at your players.

### **3. Practices / Matches**

- You may not abuse your players verbally and physically nor set unreasonable physical demands on them.
- You must abide by the practice times as set out by the master-in-charge of your sport. No practice may start before 14:20 or end after 17:30. No practices may be conducted on a Friday afternoon unless specific permission is granted by the Director of Sport.
- You must attend all team practices and matches for the duration of the season. (On train trips this will depend on the availability of space.)
- You may not transport your players to any venue unless you are in possession of a valid driving licence.
- You are responsible for taking any player who is injured whilst in your care to the doctor/medical person on duty. No player may be left lying unattended alongside the field / court / pool. If necessary, the

practice/match must be called off as the safety of the individual takes priority.

If, in the view of Disciplinary Committee which is chaired by the Headmaster, a coach is found guilty of breaking any portion of this code of conduct, his services can be terminated with immediate effect.