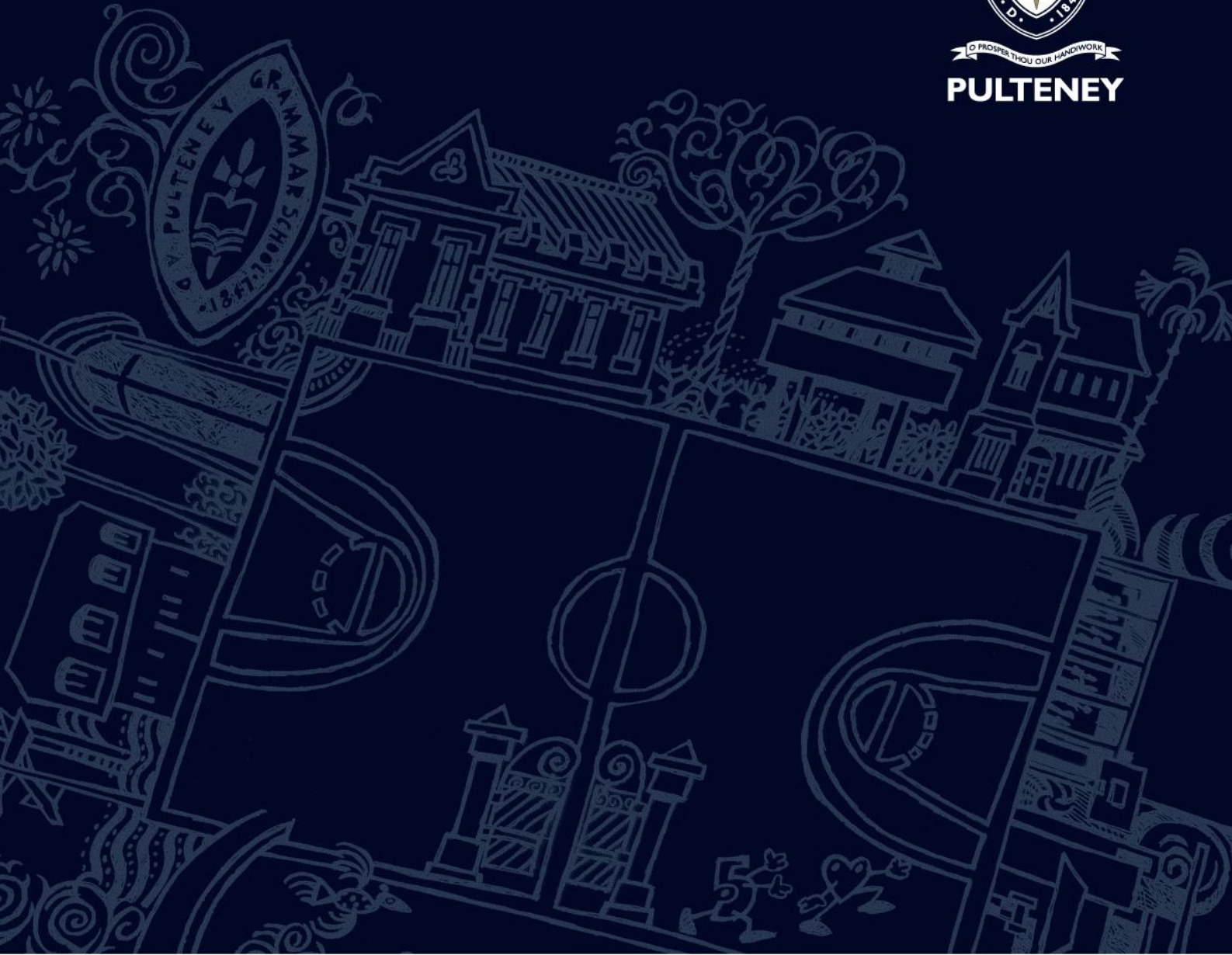




PROSPER THOU OUR HANDWORK

PULTENEY



**Co-Curricular Winter Sport
Middle & Senior School
Term 2 and 3, 2021**

Our Vision for Sport: Better Never Stops

Our Values in Sport: Commitment, Unity, Growth Mindset

A significant motivator for students to take part in school sport is to proudly represent their school, and with their families they will make this choice. Playing sport is an integral part of growing up in Australia and Pulteney students are active participants. We want all students in years Reception – 12 to be physically active and involved in sporting co-curricular activities as this is an important part of their holistic development. If involvement is enjoyable and fulfilling, the chance of lifelong participation is increased.

School is an important environment for being physically active and we aim to personalise the experience by listening to what students are passionate about, by providing a quality experience appropriate to developmental and learning needs and offering different levels at which students can engage. The benefits of being physically active and participating in sport at a level commensurate with physical, mental, social, emotional and skill development are well researched and published.

Among the deeper motives for children participating in sport are their perceptions of competence and being with friends. Those who feel competent about their physical abilities will participate and persist in physical activity whereas children who do not are likely to experience a loss of 'self-esteem' and their wellbeing is negatively impacted. To assist us in achieving this we want our Pulteney coaches to connect with our students.

Not only do we want a fun and positive learning environment where our students are enthusiastic and willing participants, we want students to take ownership and responsibility for the culture in their teams by modeling our values.

We encourage students to adopt a 'sampling' or multi-sport approach in the years leading up to Year 9, especially if they are also involved in club sport outside of school. From Year 9 students may want to start specialising in a sport.

Glyn Whatley
Acting Head of Sport

How we organise our program

‘Lifestyle’ Activities and Sports

The focus and purpose of these activities is to expose students to sports and activities that they may not normally consider. There is usually one session a week and there is no formal competitive experience. Very often these sports and activities are offered in response to student feedback.

Our current ‘Lifestyle’ sports and activities are:

- Archery (Term 1)
- Aikido (all year if sufficient nominations are received)
- Fencing (Term 2 and 3)
- Athletic Development (all year)
- We have previously run yoga classes

‘We Are Pulteney’ Teams

The focus and purpose of these teams is for students to be physically active, play sport with their mates, proudly represent their school in formal competition and improve their performance. Teams practice once a week and play a weekly game.

‘We Are Pulteney’ teams are in the following sports:

Summer	Winter
<ul style="list-style-type: none"> • Athletics • Basketball (girls) • Cricket • Rowing • Softball • Swimming • Tennis • Volleyball • Rowing 	<ul style="list-style-type: none"> • Basketball (boys) • Cross Country • Hockey • Fencing (TBC) • Football • Netball • Soccer • Table Tennis

‘Performance Program’

We recognise that some of our students, teams and sports want a more involved and intense sporting experience and that many of our students are competing at a state, national and international level. Our Performance Program is designed to support and meet the needs of these individuals, teams and sports. The level of commitment required in the Performance Program is greater than in ‘We Are Pulteney’ teams. Our Performance Program currently support the following:

Individuals	Sports	Programs
<p>Any student who is at state standard or close to achieving state selection can look to the support of the sports department with:</p> <ul style="list-style-type: none"> • Athletic development • Nutrition and recovery • Sport psychology • Time management and workload, including working with academic staff regarding deadlines etc 	<ul style="list-style-type: none"> • Netball Academy and Shooting School • Equestrian 	<ul style="list-style-type: none"> • Volleyball Junior League and Australian Volleyball Schools Cup • Nationals Winter Rowing

We organise our sporting year according to commonly accepted sport seasons: Summer and Winter. Our next summer season will run Term 4, 2020 and Term 1 2021, our approaching Winter season will run Term 2 and 3, 2021. Students make their Summer nominations in the middle of Term 3 and their Winter nominations in the middle of Term 1.

WINTER SPORT COORDINATORS AND DIRECTORS

Acting Head of Sport:

Glyn Whatley

glyn.whatley@pulteney.sa.edu.au

Sport Administrator:

Richard Sexton

richard.sexton@pulteney.sa.edu.au

Winter Sport Coordinators & Program Managers:

Huw Bowen

Cross Country
Table Tennis
Fencing

huw.bowen@pulteney.sa.edu.au

Glyn Whatley

Basketball
Volleyball

glyn.whatley@pulteney.sa.edu.au

Darren Beanland

Football
Hockey
Soccer

darren.beanland@pulteney.sa.edu.au

Antony Patterson

Head Coach of Rowing

antony.patterson@pulteney.sa.edu.au

Michelle Den Dekker

Netball Program Manager

netball@pulteney.sa.edu.au

Extreme weather

Please familiarize yourself with this important policy:

<http://www.pulteney.sa.edu.au/community/sports-and-activities/hot-weather-policy/>

Water bottles are compulsory for all sports practices and games.

Mouthguards and shin pads are compulsory in some sports.

BASKETBALL

Coordinator:	Glyn Whatley glyn.whatley@pulteney.sa.edu.au
Practice:	See below
Games:	Saturday 8.30am – 10.30am
Game Details:	See MS Teams and School website
Transport to games:	Players responsibility
Uniform/attire:	Pulteney Basketball jersey. Seniors: please Mr. Down asap to organize purchase from the school uniform shop. Please attend to this asap as there is a significant turnaround period involved.

Middles: please ensure you purchase your singlet from the school uniform shop, they have a list of sizes and available numbers. Please attend to this asap as there is a significant turnaround period involved.

Seniors

Coach: Peter Sexton, Matt Down
Practice: Sport Centre
Tuesday 7.00am – 8.15am Sports Centre
Thursday Lunchtime 1.15pm – 1.45pm: Open Court Sports Centre
Thursday 5.15pm – 6.30pm Sports Centre
Games:
Saturday 8.30am, 9.30am, 10.30am
Anglican Cup Term 2
Collegiate Cup v Scotch, Term 3

Middles

Coaches: Brad Mastersson, Jordan Cirocco +TBC
Practice: Sport Centre
Monday 3.45pm – 5.00pm
Thursday Lunchtime 1.15pm – 1.45pm: Open Court, Sports Centre
Thursday 3.45pm – 5.00pm Sports Centre
Games:
Saturday 8.30am, 9.30am, 10.30am, home and away venues
Middle School Collegiate Cup v Scotch, Term 3

CROSS COUNTRY

Coordinator:	Huw Bowen huw.bowen@pulteney.sa.edu.au
Coaches:	Shane Danaher, Emma Galdes, Nick Laity
Practices:	Tuesday and Friday 7.30am – 8.15am, Parklands
Competitions:	Wednesday weekly meets at various locations State Championships, Week 11, Term 1 2020
Competition Details:	See MS Teams and School website
Transport:	School bus
Uniform/attire:	School sports/PE top or cross-country top (provided), school shorts.

EQUESTRIAN

Coordinator: Glyn Whatley glyn.whatley@pulteney.sa.edu.au
Pulteney has a very successful Equestrian team which won the State Championships in 2017 and 2018. We have started the 2021 season very strongly. Any student who currently rides and is interested in joining the team please contact the Head of Sport.

FENCING

Coordinator:	Huw Bowen huw.bowen@pulteney.sa.edu.au
Coach:	Leighlan Doe
Practices:	Wednesday 3.45pm – 5.00pm. Wyatt Hall
Matches:	If sufficient students are interested in competing as a school (minimum of four per team required) we will enter the weekly competition which is held Thursday's 6.30m – 8.30pm at Scotch College
Transport:	Players responsibility
Uniform/attire:	Sports/PE uniform, tracksuit pants
Equipment:	Provided

FOOTBALL

Coordinator:	Darren Beanland Darren.beanland@pulteney.sa.edu.au
Practice:	See below
Games:	See below
Game Details:	See MS Teams and School website
Transport to games:	Return school bus to away venues

Girls: Pulteney Football guernsey, school shorts and school navy blue socks (provided)

Boys: a 'Navy' and a 'White' guernsey to be purchased from the school uniform shop.

Uniform

Players may continue to wear existing guernseys until such time they require new ones.

If you do require to purchase a new guernsey please see the following staff asap to confirm your playing number. 1st XVIII: Mr. Clements, Y8/9 and Y6/7 Boys: Mr. Beanland.

Please attend to this asap as there is a significant turnaround period involved

School shorts, navy blue socks and **mouthguards are compulsory for all players**

Boys 1st XVIII	Girls 1st XVIII	Y8&9 Boys	Middle Girls	Y6&7 Boys
Coach: Chris Clements, Gareth Williams	Coach: Matthew Down + TBC	Coach: TBC	Coach: TBC	Coach: Brenton Dalby & TBC
Practice: Monday 3.45pm – 5.00pm, Morgan/Atkinson	Practice: Thursday 3.45pm – 5.00pm, Morgan/Atkinson	Practice: Thursday 3.45pm – 5.00pm, Morgan/Atkinson	Practice: Thursday 3.45pm – 5.00pm, Morgan/Atkinson	Practice: Thursday 3.45pm – 5.00pm, Morgan/Atkinson
Games: Wednesday 3.45pm – 6pm, various venues including Pulteney	Games: Friday 3.45pm – 6pm, various venues including Pulteney	Games: Saturday 8.00am, various venues including Pulteney	Games: Friday 3.45pm – 6pm, various venues including Pulteney	Games: Saturday 8.00am, various venues including Pulteney

Senior Anglican Cup v Pedare, St Johns, Woodcroft: Term 2
Collegiate Cup v Scotch College, Term 3

HOCKEY

Coordinator:	Darren Beanland darren.beanland@pulteney.sa.edu.au
Practice:	See below
Games:	See below
Game Details:	See MS Teams and School website
Transport to games:	School bus
Uniform/attire:	Seniors: Pulteney hockey top (provided), sports shorts, blue socks. Middles: Pulteney PE/sports, sports shorts, blue socks.

Mouthguards and shin pads are compulsory for all hockey players

Senior	Middle
Coach: Josh Gould, Bronte Pickett	Coaches: James Browne, Bronte Pickett
Practices: Tuesday and Thursday 3.45pm – 5.00pm	Practice: Tuesday 3.45pm – 5.00pm
Games: Saturday 8.00am	Games: Wednesday 3.45pm – 5.00pm
Collegiate Cup v Scotch, Term 3	Collegiate Cup v Scotch, Term 3

NETBALL

Program Manager:	Michelle Den Dekker netball@pulteney.sa.edu.au			
Uniform/attire:	Pulteney netball dress.			
Academy Program (selection process involved)	Shooting School	Senior/Y9/Y10	Year 8	Year 7
Coaches: Michelle Den Dekker	Coaches: Michelle Den Dekker	Coaches: Holly Rawson, Kate Salvador, Sophie Zuill + TBC	Coaches: Emma-Mei Hamill, + TBC	Coaches: Sophie Rundle
Training: Friday 6.45am – 8.00am	Training: Monday 1.15pm – 1.45pm. Players involved TBA Friday 8.00am – 8.30am Players involved TBA	Training: ANZAC courts. Tuesday 3.45pm – 5.30pm Transport to ANZAC courts provided, parent pick up from ANZAC courts	Training: ANZAC courts. Tuesday 3.45pm – 5.30pm Transport to ANZAC courts provided, parent pick up from ANZAC courts	Training: ANZAC courts. Tuesday 3.45pm – 5.30pm Transport to ANZAC courts provided, parent pick up from ANZAC courts
No games	No games	Games: Saturday 8.00am & 9.15am	Games: Saturday 8.00am & 9.15am	Games: Thursday 3.45pm – 5.30pm Thundercup Priceline Stadium

Collegiate Cup v Scotch College Term 3
Anglican Cup v Pedare, St Johns, Woodcroft: Term 2

ROWING (Winter Program)

Head Rowing Coach: Antony Patterson antony.patterson@pulteney.sa.edu.au
Practice: See below
Regattas: Various optional events – details to be advised
Uniform/attire: Saturday Zooties, gym kit for land training

Coaches: Antony Patterson & TBC

Training:

Year 7: Program starts in Term 3

Middle Program: there will be a meeting at the start of Term 2 to advise about individual training timetables. These will be tailored around other sports commitments.

Senior Program

Monday 3.45pm – 6.00pm Strength and Conditioning, Torrens Shed

Tuesday 3.45pm – 6.00pm Ergs, Torrens Shed

Wednesday 3.45pm – 6.00pm Strength and Conditioning, Torrens Shed

Thursday 3.45pm – 6.00pm Ergs, Torrens Shed

Saturday 9.00am – 1.30pm on water, West Lakes

SOCCER

Coordinator: Darren Beanland darren.beanland@pulteney.sa.edu.au
Practice: See below
Games: See below
Game Details: See MS Teams and School website
Transport to games: Return school bus to away venues
Uniform/attire: Pulteney soccer shirt and shorts.

Middle School Boys: Shirts and Shorts can be borrowed from the Sport Department. A hire cost of \$45 will be added to school fees to cover laundry and replacement of damaged garments. ALL Shirts and Shorts must be returned at the end of the season.

School shorts, navy blue socks and **shin pads are compulsory**

Boys 1 st XI	Boys 2 nd XI	Girls 1 st XI	Middle Boys	Y6/7 Boys
Coach: Neil Young	Coach: TBC	Coach: Callum Elms	Coach: Callum Elms, Ryan Wood	Coach: Livani Gianakis
Practice: Monday 3.45pm – 5.00pm, Harriers	Practice: Thursday 3.45pm – 5.00pm, Vaughton	Practice: Monday 3.45pm – 5.00pm Tuesday 7.15am – 8.25am Harriers	Practice: Thursday 3.45pm – 5.00pm, Vaughton/Hooper	Practice: Thursday 3.45pm – 5.00pm, Vaughton/Hooper
Games: Wednesday 3.45pm – 6pm, home and away venues	Games: Saturday 8.15am, home and away venues	Games: Wednesday 3.45pm, home and away venues	Games: Saturday 8.00am, home and away venues	Games: Saturday 8.00am, home and away venues

Senior Anglican Cup v Pedare, St Johns, Woodcroft: Term 2

Collegiate Cup v Scotch College, Term 3

TABLE TENNIS

Coordinator: Huw Bowen huw.bowen@pulteney.sa.edu.au
Practice: See below
Games: See below
Game Details: See MS Teams and School website
Transport to games: School bus
Uniform/attire: Pulteney Sport/PE top or House top are acceptable, sports/PE shorts, white socks.

Senior

Coach: TBC

Practices:

Tuesday 3.45pm – 5.00pm

Wyatt Hall

Games: Friday 3.45pm – 5.00pm

Middle

Coach: TBC

Practices:

Tuesday 3.45pm – 5.00pm

Wyatt Hall

Games: Friday 3.45pm – 5.00pm

VOLLEYBALL PERFORMANCE Term 2 – Term 4 2021

Program Manager: Glyn Whatley glyn.whatley@pulteney.sa.edu.au
Practices: See below
Games: Terms 2 and 3 Junior League
Friday. Start times: 6.30pm, 7.40pm, 8.50pm
Venues: Campbelltown, Unley, Brighton HS, Mt Lofty, Marion.
NB: Term 4 information will be disseminated in Term 3
Game Details: See MS Teams and School website
Transport to games: Players' responsibility
Uniform/attire: School Junior League top, school shorts and white socks

Senior Boys

Coach: Lucas Mark-Seymour, Paddy West

Practices:

Monday

6.45am – 8.15am

Sports Centre

Wednesday

3.45pm – 6.00pm

Sports Centre

Senior Girls

Coach: Renee van der Hoek

Practices:

Tuesday

3.45pm – 6.00pm

Sports Centre

Thursday

6.45am – 8.15am

Sports Centre

Middle Boys

Coach: Henry Ambagtsheer

Practices:

Tuesday

3.45pm – 6.00pm

Sports Centre

Thursday

6.45am – 8.15am

Sports Centre

Middle Girls

Coach: Lucy Ambagtsheer

Practices:

Tuesday

3.45pm – 6.00pm

Sports Centre

Thursday

6.45am – 8.15am

Sports Centre

Summer Collegiate Cup v Scotch College, Term 1

Australia Volleyball Schools Cup (AVSC) Term 4, Week 9. Gold Coast, QLD

TERM 3 W1 - 8 Attendance at all practices and games is compulsory unless indicated *

MONDAY								
Before School			Lunchtime			After School		
Volleyball Senior Boys	8.45am - 8.15am	Sports Hall	S&C	1.15pm - 1.45pm	Sports Centre	1st XVIII Boys Football Practice	3.45 - 5.15pm	Atkinson Oval
			Netball Shooting	1.15pm - 1.45pm	Sports Centre	Girls Soccer Practice	3.45 - 5.15pm	Hooper Oval
						1st XI Boys Soccer Practice	3.45 - 5.15pm	Vaughton Oval
						Middle Basketball	3.45pm - 5.00pm	Outside Court
						Cross Country	3.45pm - 5.00pm	Parklands
						Rowing: S&C	3.45pm - 6.00pm	Torrens Shed

TUESDAY								
Before School			Lunchtime			After School		
Senior Basketball	7.00am - 8.20am	Sport Centre	SACE/Volleyball Internal Games	1.15pm - 1.45pm	Sports Centre	Volleyball Mid Boys + Mid, Sen Girls	3.45pm - 6.00pm	Sports Centre
Cross Country	7.30am - 8.15am	Parklands	Volleyball Open Court	1.15pm - 1.45pm	Sports Centre	Netball Practice Y3 - 12	3.45 - 5.30pm	ANZAC Highway Courts
Girls Soccer Practice	7.15am - 8.25am	Parklands				Middle & Senior Hockey Practice	3.45 - 5.15pm	Hockey Centre
						Table Tennis Practice	3.45pm - 5.00pm	Wyatt Hall
						Y67, Middle Boys Soccer Practice	3.45pm - 5.00pm	Vaughton, Hooper Pitches
						Rowing: Erg Training	3.45pm - 6.00pm	Torrens Shed

WEDNESDAY								
Before School			Lunchtime			After School		
Netball Practice Y7 - 9	7.15am - 8.20am	South Terrace Courts	Runge Cup	12.45pm - 1.45pm	Sports Centre	1st XVIII Football Games (boys)	3.15pm - 5.00pm	Various
						Volleyball Senior Boys	3.45pm - 6.00pm	Sports Hall
						Fencing Practice	3.45pm - 5.00pm	Wyatt Hall
						1st XI Boys Soccer Games	4.00pm - 5.30pm	Harriers/Away
						1st XI Girls Soccer Games	4.00pm - 5.00pm	Harriers/Away
						Cross Country Meets	4.00pm - 5.30pm	Various
						Middle Hockey Games	4.00pm - 5.30pm	Hockey Centre
						Rowing: S&C	3.45pm - 6.00pm	Torrens Shed

THURSDAY								
Before School			Lunchtime			After School		
Volleyball Mid Boys + Mid, Sen Girls	3.45pm - 6.00pm	Sports Centre	Basketball Open Court	1.15pm - 1.45pm	Sports Centre	Middle Basketball	3.45pm - 5.00pm	Sports Centre
						Senior Basketball	5.00pm - 6.30pm	Sports Centre
						Y67, Middle Boys Soccer Practice	3.45pm - 5.00pm	Vaughton, Hooper Pitches
						Y87 Football Practice		Hamis Oval
						Y89 Football Practice	3.45pm - 5.00pm	Atkinson Oval
						1st XVIII & Middle Football Practice (girls)	3.45pm - 5.00pm	Morgan Oval
						Senior Hockey Practice	3.45pm - 5.00pm	Hockey Centre
						Fencing Matches (TBC)	6.30pm - 8.30pm	Scotch
						Rowing: Erg Training	3.45pm - 6.00pm	Torrens Shed

FRIDAY								
Before School			Lunchtime			After School		
Cross Country	7.30am - 8.15am	Parklands	Y56 Volleyball	12.45pm - 1.15pm	Wyatt Hall	Volleyball Junior League Games	6.30pm / 7.40pm / 8.50pm	Various
Netball Senior Training	8.45am-8.00am	Sports Centre	S&C	1.15pm - 1.45pm	Sports Centre	1st XVIII Girls Football Games	4.00pm - 5.15pm	Morgan Oval/Away
Academy Program	6.45am-8.00am	Sports Centre	Table Tennis Practice Y56 / Y7 - 12	12.35pm - 1.05pm / 1.15pm - 1.45pm	Sports Centre	Middle Girls Football Games	4.00pm - 5.15pm	Atkinson Oval/Away
Netball Shooting School	8.00am - 8.30am	Sports Centre				Table Tennis Games	4.00pm - 5.30pm	Wyatt Hall/Away

SATURDAY GAMES				
Middle Senior Basketball	Football Y67, Y69	Prep Boys, Middle Soccer	Senior Hockey	Middle Senior Netball
Rowing: on water West Lakes 9.00am - 1.30pm				



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