



ST MARY'S CATHOLIC HIGH SCHOOL

a Catholic Voluntary Academy

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Our ref L229 KE

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Dear Parents/Carers

Pupils representing St Marys in sports teams

Should your son/daughter be selected for to represent the school then it is important that you are aware of school guidelines as stated below.

PLAYER INFORMATION AND GUIDELINES

Before the game/practice

- If unavailable due to injury or any other personal reason then inform the team manager at least a day before the game, in order that a replacement may be found if necessary.
- Fixtures and practices are equally important, please endeavour to attend all and if you are injured, you are welcome to stay and watch.
- Representing your school should take priority above all other out of school activities and take pride in your performances.
- Be prepared and check that you have packed the correct kit for your activity, and water bottle to refuel.
- If you are provided with a school top then it is your responsibility to look after it and hand it in on time. Do not swap your school top. **Unreturned tops will incur a £10 fine.**

Match day/Practice day

- Practice sessions after school will usually finish at 5pm.
- Home fixtures should start between 4-4.15pm and finish at 5.30pm. Away fixtures should start 4-4.15pm and you will return to school on the bus at approximately 6pm.

During the game/practice

- Warm up and cool down properly.
- Listen carefully to instructions.
- Ask for help if you do not understand an instruction.
- Play in the position that you are asked to do so. Remember playing different positions leads to a better understanding of the game.
- You will make mistakes and so will others. Try to learn from your mistakes and do not moan when a teammate makes one.
- Always encourage your teammates and play 'for the team'.
- Never argue with the referee or umpire.
- Never use foul or abusive language.
- Show respect towards opponents and officials at all times.

Live, Love and Learn in the Light of Christ

After the game/practice

- Thank the referee or umpire.
- Win or lose always shake hands with your opposite player.
- Applaud the opposition.
- Think about your performance and how to improve.
- Inform your team manager of any injuries you may have picked up. Remember to ice and rest any sore or aching limbs.
- Replenish with fluid and try to eat some nutritious food within an hour of the game.
- Follow a stretching routine.
- Practise your skills.

PARENTS' INFORMATION

During the year, the PE Department organises many clubs, teams, practices and House competitions, details of which are posted on notice boards at the sports hall. We would ask for your support in encouraging your son or daughter to participate in as many activities as possible to help them develop skills and confidence.

During the game

- Remember children play for FUN.
- Encourage players and praise effort and good play on both sides.
- Always respect the match officials' decisions.
- Let the coach do their job and not confuse the players by telling them what to do.
- Your son/daughter will at times be asked to play in different positions, this may be for the sake of the team or to develop their awareness as an individual.
- Remain outside the field of play and within the designated spectator areas.

After the game

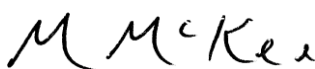
- If you wish to collect your son/daughter or allow them to walk home from an away venue, then a letter must be given to the team manager.
- Staff will attend to any injury in the first instance. In the case of any serious injury we will endeavour to contact you as soon as possible.
- Would parents please leave parking space for the team coaches when they return pupils to school after away matches.

IN CONCLUSION

Occasionally fixtures may be cancelled or postponed at late notice. If you are unable to collect your son/daughter when this occurs the PE department will supervise them until 5.30pm.

We do appreciate the time and effort involved in supporting both the school, and your son/daughter in his/her enjoyment of sport. If you agree to and understand all of the above then there is no need to respond, but if you have any questions please contact Mr McKee in school.

Yours faithfully



Mr M McKee
Head of Physical Education



Mrs M Dengate
Headteacher