



## BISHOPS

Sport and physical development form an integral part in developing the whole child and is essential to the all-round education we offer at Bishops.

Our philosophy is that all boys should experience as many sports as possible while at the Prep, maintaining the proper balance between sport, academics, culture and family commitments. Boys at the Pre-Prep are exposed to a wide variety of sporting skills as opposed to specialising in one particular sporting discipline. Involvement should be characterised by fun, the learning of skills and the development of sportsmanship. Learning to win and lose are important and while we want to be as competitive as possible this is not at the cost of the game or sportsmanship.

### **Our Aims**

- To create a sporting environment where enjoyment, creative learning and opportunity for all is paramount.
- To encourage all boys to participate in as many sports as possible while at the Prep school. Specialisation should be guarded against in any sport in the Pre-Prep or Prep.
- To ensure that sportsmanship, teamwork and physical development are important parts of our holistic approach to education.
- To provide the best possible standard in coaching and management of teams using the staff and selected students from the different sporting codes.
- To strive for excellence at all levels so that individuals can fully achieve according to their potential.

  

- *The sports on offer at the Prep are listed below.*
- *Every boy must participate in at least one team sport in each season. In summer, cricket or water polo; in winter, rugby or hockey. Cricket and Swimming for Gr3 is compulsory.*
- *Boys are encouraged to take part in more than one activity.*

Term 1	Term 2	Term 3	Term 4
Cricket U9-U13	Rugby U9 –U13	Rugby U9 –U13	Cricket U9-U13
Water polo U10- U14	Hockey U10 - U14	Hockey U10 - U14	Water polo U10- U14
Athletics U9 –U14	Squash U10 - U14	Squash U10 - U14	Athletics U9 –U14
Swimming U9 –U14	X Country U9 –U14	X Country U9 –U14	Swimming U9 –U14
Tennis U10 - U14			Tennis U10 - U14

Art Club	Art Club	Art Club	Art Club
Drama Gr 3-7			Drama Gr 3-7
isiXhosa Club Gr 4-7			isiXhosa Club Gr 4-7
	Chess	Chess	
	Young Engineers Club Gr 5-7	Young Engineers Club Gr 5-7	
Judo U9 – U14 (Optional Extra) Private.			
Fencing U9 – U14 (Optional Extra) Private			

Sports will be selected at the beginning of the year by each boy in the Prep and at the end of each term by parents of boys at the Pre-Prep. As sports follow two term seasons, the first term commitment to a sport comes through to the fourth term as does the second terms to the third. Boys are encouraged to play more than one sport a term to develop as wide a range of experience as possible.

Off season training for a specific sport will only take place if there is a tournament early in the new sporting term.

### **Coaching**

The selection of coaches and the teams that they take are allocated by the Head of each sport (Rugby, Cricket, Hockey etc and sanctioned by the Deputy Headmaster in charge of Sport.

It is policy in the major sports to have a staff member in charge of the A and B teams and C and D teams, in each case assisted by a student.

All students who coach sport will be monitored by the Head of each sporting code and by the Deputy Headmaster in charge of sport.

### **Procedures**

Most sports practices take place from 14h30 until 16h00 in the Prep and between 13h00 and 14h15 in the Pre-Prep. The venues generally remain constant and are clearly set out in the weekly Headmaster's letter and on the online platforms, *MyBishopsLife* and Website under "Co-Curricular". Coaches and boys will be dressed in the correct attire for their sport. Practices will begin and end on time. They will be organised, well-structured and take place in a positive educational environment.

Extended or extra practices can take place with the agreement of the Head of each sporting code and the Deputy Headmaster in charge of sport. Parents must be notified of any changes timeously.

Cancellation of practices can only happen with the consent of the Head of each sporting code and the Deputy Headmaster in charge of Sport. A decision to cancel sport will be made by 13h00.

Wet weather programme 14h30–16h00 at the Prep and 13h00–14h15 at the Pre-Prep. If sport is cancelled due to inclement weather their coaches will supervise the boys. They will do their

homework or have a chalk and talk coaching session in the classroom. This is for parents not to change their times of lifts etc. Should a parent wish to collect his son during this time he/she must go to the classroom and excuse him.

## **Matches**

Responsibility of organising, confirming and cancelling matches will be done by the Head of each Code with advice from the Deputy Headmaster in charge of Sport if necessary. Behaviour and Sportsmanship at matches will be beyond reproach. Coaches and boys will be attired accordingly.

## **Age Groups and Selection**

All boys are expected to play for teams that are in accordance with their age groups. There are exceptions: 1st X1 Cricket may consist of U13 and U12 boys. 1st X1 Hockey may consist of U14, U13 and U12. 1st team Water polo may consist of U14, U13 and U12 boys. 1st team Tennis and Squash and Athletics may consist of U10 to U14 boys.

An U12 boy may play in an U13 team for cricket, hockey and water polo. He must be “exceptional” and not just better than an U13. An U12 boy may only be selected after it has been ratified by the Head of each sporting code and the Deputy Head of Sport.

Teams are selected on merit; the decision of the coach is final.

## **Off Sport Procedure**

If a boy is absent from school or cannot take part in sport, a written note or email from his parents must be sent to his Housemaster/Assistant Housemaster/coach in the Pre-Prep stating the reason and the duration of time off.

It is also policy that if a boy is concussed, he must follow the concussion protocols followed by the school. All head injuries must be reported by the coach to the Head of that sporting code. WhatsApp groups have been created to ensure that information is recorded and reported.

## **Injuries**

All injuries that occur whilst playing sport at Bishops must be reported by the coach in charge to the Head of that sporting code. Injuries are recorded on the Injury list found on 2TeachingPrep.

The policy is that where it is appropriate, the boys must wear hats and use block out creams.

## **Tours**

Tours are for those boys in Grade 7 or for the first team of a sporting code.

## **Transport**

The school buses may only be driven by persons in possession of the correct driver’s license and PDP.

## **The Games Committee**

The Games Committee consists of all the persons in charge of sports and is chaired by the Deputy Headmaster. The functions of this committee are to discuss all matters relating to games and facilities and to make recommendations thereon to the Principal/ Executive.

**No recommendation of this committee shall be of any effect until it has been confirmed by the Principal/Executive.**

## **Code of Conduct for Sportsmanship**

It is expected that all Bishops Boys will abide by the following code:

- Maintain a sense of balance. Play the game to win, but not at all costs.
- Know the rules of the game and stick to them. Rules will not be bent to suit the team. It is dishonest to cheat.
- Accept all decisions made by the umpire and the referee without backchat or moaning. Emotions to be controlled at all times.
- A true sportsman never loses his temper.
- A true sportsman will not look for excuses if he loses. Accept the fact that your defeat was because the opposition was superior on the day.
- Be hospitable to visiting teams. Always thank the opposition coaches/ umpires and referees after the game.
- Always wear the correct sporting dress and attire.

## **PROTOCOL FOR STUDENTS AND PARENTS RE: SPORTING CONCERNs**

STEP 1: The student makes an appointment to see his coach and/or team manager to discuss the issue in person.

STEP 2: If the matter cannot be resolved, the student makes an appointment to see the Head/TiC of Sport, ideally with his coach and/or team manager as well.

STEP 3: If the student is still unsatisfied with the process, he and his parent(s) should make an appointment to see the Head/TiC of Sport, ideally with the coach and/or team manager as well (Step 2).

The Deputy Head of Sport could be asked to sit in, should the situation warrant it.

If the matter remains unresolved it could be discussed with the Headmaster.