

# Tom Newby School

## Policy Document and Guidelines



## Extra-curricular Activities

**TOM NEWBY SCHOOL**  
**EXTRA-CURRICULAR POLICY**

Date Approved by SGB	Awaiting ratification
Date of 1st Implementation	August 2012
Date of amendment	August 2013; November 2016; November 2017; March 2019; November 2022; January 2024
Effective date	January 2024
Date of Next Review	November 2024
Approved by	The School Management Team and School Governing Body
Custodians	Principal, Extra mural Coaches and Sport Co-ordinator
References and Legislation	<ol style="list-style-type: none"> <li>1. South African Schools Act No. 84 of 1996</li> <li>2. Constitution of South Africa, Act No. 108 of 1996</li> <li>3. Gauteng Schools Education Act, No 6 of 1995</li> <li>4. National Education Policy Act No. 27 of 1996.</li> <li>5. Manifesto on Values, Education and Democracy. Pretoria. 2001</li> <li>6. Education Law Amendment Act, 2002 (The Amendment of Section 5 of Act No.84 of 1996).</li> <li>7. Provincial Gazette Extraordinary No. 187. Transforming ECD in Gauteng</li> <li>8. Draft School Sport Policy for School in SA (Revised Nov 2009)</li> <li>9. Any amendments to the above Legislation</li> <li>10. Government gazette #10 of Dec 98 (National Sport and recreation Act)</li> <li>11. Government Gazette vol 436 of 12 Oct 2001 #22754 – Regulations for safety measures at public schools and Protocol on Events Involving Learners</li> <li>12. Public Finance Management Act #1 of 1999</li> <li>13. National Sport and Recreation Amendment Act #18 of 2007</li> <li>14. White paper on sport and recreation</li> <li>15. UN convention of the Rights of Persons with Disabilities (May 2008)</li> </ol>
Application and Scope	<ol style="list-style-type: none"> <li>1. Principal</li> <li>2. Parents, including the School Governing Body</li> <li>3. Educators, including the School Management Team</li> <li>4. Coaches</li> <li>5. Learners</li> </ol>

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## 1. Purpose

The purpose of the policy is to provide reasonable and clear guidelines for participation in extra-curricular activities as they relate to learners, coaches and parents at Tom Newby School. It reflects the legislative responsibility of a public school to determine the Sport and Extra-mural policy of the school as well as the school's responsibility to provide a holistic education programme. The policy aims to ensure that Tom Newby School provides a quality extra-mural experience for its learners within the parameters of the existing infrastructure and facilities.

## 2. Interpretation

In this policy document, unless the context indicates otherwise:

- 2.1 **the Act** means the South African Schools Act No.84 of 1996 (as amended);
- 2.2 **educator** means any person, excluding a person who is appointed to exclusively perform extracurricular duties, who teaches, educates or trains learners at the School who has not been appointed by the Governing Body of the School;
- 2.3 **coach** means any person training or guiding learners in an extra-curricular activity whether this person is a full time or part time employee or volunteer.
- 2.4 **learner** means any person receiving education or obliged to receive education in terms of the Act;
- 2.5 **Parent** means:
  - the parent or guardian of a Learner;
  - the person legally entitled to custody of a Learner; or
  - a person who undertakes to fulfil the obligations of a person referred to in **Paragraphs 1.5.1 and 1.5.2** towards the Learner's education at the School;
- 2.6 **language of teaching and learning** (LOLT) refers to the language of instruction offered at Tom Newby School – determined by the SGB to be English.
- 2.7 **the School** means **Tom Newby School**.
- 2.8 **Extra-mural** means any sport or cultural activity offered as an additional component to those included in the curriculum content or documents. Related activities may take place during or after curriculum contact time.

### 3. Legislation

Where the Legislation is silent on any particular aspect, the relevant provisions of this Policy will apply in so far as it is not inconsistent with the Constitution and/or other Legislation. In cases, where the legislation is silent on any particular aspect, Tom Newby School will make a ruling based on:

- a. The spirit of the Constitution and/or relevant education legislation;
- b. The specific situation surrounding the Learner;
- c. The current infrastructure and capacity of the School;
- d. Any consideration based on the “best interests of the Child” criteria.

### 4. Vision

To create an extra-curricular environment that promotes healthy physical, social and emotional living and lifelong participation within an activity culture.

- 4.1 To organise an inclusive and integrated extra-mural program that flows out of the school curriculum
- 4.2 To offer extra-curricular program to all learners irrespective of culture, background, physical or mental disability or financial means.
- 4.3 To make provision for development and inclusion of all learners, within the infrastructure and means of the school, irrespective of ability.
- 4.4 To ensure the application of a good code of conduct.
- 4.5 To ensure the functionality of all extra mural codes.
- 4.6 To establish and foster links with other schools and community sport clubs.
- 4.7 To foster pride, honour and patriotism through properly organised, managed and co-ordinated school extra-mural programs.
- 4.8 To provide continuous learning opportunities that seek to engage learners in activities that support and transfer applied competence from the curriculum context to the sustainable development of self and communities.

### 5. Objectives

- 5.1 To identify learners with talent and develop that talent.
- 5.2 To regulate the acknowledgement of participation, progress and achievement through school policy.

- 5.3 To use the extra-mural programme to develop a functional and vibrant learning centre.
- 5.4 To ensure that all learners are able participate in the extra-curricular programme.
- 5.5 To empower coaches, educators and community members, through training programmes, so that they are able to deliver quality coaching.
- 5.6 To teach learners about good sportsmanship and ethical conduct in relation to extra-mural activity. The following principles apply: integrity, inclusivity, social cohesion, respect, fair-play, commitment and determination.
- 5.7 To ensure that the school has a structured programme for extra-mural activities.

## 6. Goals and Aims of the Extra-Mural Programme

### 6.1 Foundation Phase

In the Foundation Phase, motor skill development and play activities in Physical Education are key as the foundation of sporting skills. The level of competition in sporting codes shall therefore be according to the learners' level of development and ability. Competitive sport at the Foundation Phase level shall **not** be encouraged. All curriculum and extra-mural sport in this phase shall be intended to help children to develop their skills and potential because these learners have yet to develop an understanding of social competition and of the spatial requirements that the sport demands.

The overriding sports/activity goals are:

- to develop physical and other forms of mastery
- to learn to interact with peers
- to learn to cope with authority that does not come from the family

The overriding emphasis should be:

- the rules and concepts of the game/activity
- the concepts of the different playing positions in the sport (or activity such as chess)
- how to co-operate with different team members

## Intersen Phase

The main goals are:

- to develop friendships
- to share experiences with friends
- to acquire some mastery of their bodies
- to interact with their peers
- to accept authority from non-parental figures
- to co-operate with their team-mates
- mastery of correct positional play
- obedience to rules of the game

Further aims are:

- how to conduct themselves in competition
- how to cope with winning
- how to cope with losing

## 7. Governance and Custodianship

### 7.1 The School Governing Body

- Draw up the budget and provide for Physical Education and Extra-mural activities.
- Maintain Physical Education and School Sport infrastructure.
- Ensure that educators are supported to offer Physical Education and School Sport activities
- Participate in selecting and approving school sport codes in line with departmental priorities, i.e. Athletics, Baseball, Basketball, Boxing, Cricket, Gymnastics, Hockey, Netball, Rugby, Softball, Soccer, Squash, Swimming, Table Tennis, Volleyball, Tennis
- Participate in the compilation of the individual School Sport policy and the School Sport implementation plan
- Support and monitor school sport activities



- Ensure the election of a sport committee at the school
- Take cognizance of diversity, promote social cohesion and inclusivity in an enabling environment
- Source funding
- Approve the sport policy and related activity policies

## 7.2 **The School Management Team**

- Ensure that Physical Education is implemented within the curriculum
- Ensure that the school sport policy and the school sport plan is developed and implemented
- Ensure that the school sport implementation plan is linked to the Physical Education implementation plan
- Use school sport as a vehicle for social cohesion
- Report to the SGB and department on school sport matters and activities
- Ensure that educators are supported in offering PE and school sport activities
- Participate in the compilation of the individual school's sport policy and the school sport plan
- Determine the school's sport program and the calendar at school
- To form partnerships in order to develop school sport.
- Ensure that extra-mural policies for achievement are correctly and fairly implemented

## 7.3 **The School Sport Committee**

- Draft the school sport policy for the school
- Draft the school sport calendar
- Coordinate the implementation of all school sport activities (extra-mural time table)
- Recommend sport equipment and implements to be bought by the school
- Draft the achievement policies for each school extra-mural
- Draft the budget for sport.

## 7.4 **Educators and Coaches**

- Implement school sport activities within the plan

- Support, nurture and progressively develop talent in learners
- Must avail themselves for extra-curricular activities in pursuance of IQMS (Integrated Quality Management System) performance standard 7.

7.5 **PEDs (Provincial Education Departments) & PSRDs (Provincial Sport and Recreation Departments)**

- Ensure implementation of intra-school, inter-school, extra-curricular, extra-mural and co-curricular activities
- Coordinate selections/trials
- Ensure implementation of school sport activities at all relevant levels
- Support, monitor, evaluate, report and review all school sport activities
- Support the school sport organisations
- Implement relevant school enrichment programs / school sport mass participation programs
- Capacitate teachers involved in school sport
- Initiate and support talent identification, development and life skills programs and events at relevant levels level
- Provide access to coach education, sports administration and technical officiating training for educators and volunteers
- Support all high performing athletes at relevant levels
- Represent provincial government on the NACOC for School Sport

7.6 **Parents/Guardians/Caregivers**

- Give permission for and encourage children to participate
- Support children by attending activities or encouraging discussion and feedback about activities/matches/events
- Set a good example by being positive and abiding by the principles of fair play and the code of conduct for spectators. (Ref Appendix 1)
- Collect their children timeously after practices and matches.

## **8. Principles and Practices to be adhered to when participating in tournaments, competitions or matches (league and friendly)**

### **8.1 Prioritise the long term benefits of participation**

Participants and coaches should prioritise the skills, social and emotional advantages to be gained from participation rather than a once off 'result against an opponent'. A 'win at all costs' approach is not encouraged or supported by Tom Newby School.

### **8.2 Commit yourself to giving of your best**

Participants should practice diligently and perform with commitment. They should not give up when the tide is against them but rather accept it as a challenge to try harder or adopt a different strategy when training or participating.

### **8.3 Know and follow the rules**

Participants and coaches should familiarise themselves with the rules and abide by them. They should not try to gain unfair advantage by deliberately breaking rules in the hope that a referee will not notice.

### **8.4 Respect authority and leadership**

Participants should accept a referee's decision or a coach's determination without question or hesitation and make the necessary objection, after the activity, through recommended channels for that extra-mural code. Participants should refrain from showing disgust or irritation when a decision runs contrary to their opinion. The same cautionary advice applies to coaches, educators and parents.

### **8.5 Exercise self-control**

Participants should not lose their tempers or indulge in fighting or over-zealous play. Participants should play the 'ball' and not the opponent.

### **8.6 Allow the captain to be a leader**

Whether the captain is another team member or a coach, undermining that person's authority will lessen the team's chances of performing well. Participants should refrain from criticising or scolding team members who make mistakes or who do not perform well. It is the job of the captain to provide corrective advice or make constructive comment. Encouragement produces better results than blame.

### **8.7 Avoid gamesmanship**

Participants should not try to gain unfair advantage by using underhanded tactics such as feigning injury, and so forth.

**8.8 Avoid displays of temperament**

Participants should conduct themselves with self-control and avoid displays of frustration with their performance such as throwing a bat or racquet on the floor or vehemently kicking a ball.

**8.9 Accept defeat and victory with grace**

A true sportsman does not look for excuses to justify a loss or poor performance, e.g. blaming the pitch or the referee. A true sportsman does not behave in a boastful manner or demean the losing team in order to celebrate a victory.

**8.10 Be courteous**

Participants should be courteous and friendly to other team members, particularly when the other team is visiting the school. Thank referees, first aiders, coaches and those providing transport and refreshments.

**8.11 Dress correctly**

Participants should be appropriately dressed for the activity and should be well groomed.

**8.12 Treat equipment and facilities with respect**

Take good care of equipment and clean it regularly. Make sure that equipment is carefully stored when it is not being used. Keep facilities neat, clean and litter free. Report damage or deterioration to a coach.

**8.13 Abide by the principles of fair play**

Respect opponents and other stakeholders. Respect the rules of the game, playing fair, accepting defeat gracefully and refraining from corruption, use of drugs, racism, violence and gambling.

## 9. Choice of activities

### 9.1 Foundation Phase

T-Ball, Mini netball, Mini soccer, Art, Drama, Eisteddfod, Choir, Marimba Band, Swimming, Athletics, Ballet, Karate.

### 9.2 Intersen Phase

Softball, Netball, Cricket, Soccer, Swimming, Athletics, Tennis, Badminton, Science Club, Eisteddfod, Choir, Marimba Band, Chess, Drama, Music, Ballet, Karate.

## 10. Dress Code for activities

<b>Activity</b>	<b>Practice/Session</b>	<b>Matches/Performances</b>
Art	School uniform with apron	N/A
Athletics	School PT kit	School athletics uniform
Badminton	School PT kit	School PT kit
Chess	Casual clothes	School uniform
Choir	Casual clothes	School uniform
Cricket	School PT kit	School cricket kit
Dancing	As per teacher requirements	N/A
Eisteddfod	Casual clothes	School uniform
Equestrian	Equestrian uniform	Equestrian uniform
Hockey	School PT kit	School PT kit
Marimba Band	Casual clothes	School uniform
Mini netball	School PT kit	School mini netball uniform
Mini soccer	School PT kit	School mini soccer uniform
Music	Casual clothes	School uniform
Netball	School PT kit	School netball uniform
Science Club	Casual clothes	N/A
Soccer	School PT kit	School soccer uniform
Softball	School PT kit	School softball uniform
Swimming	Suitable swimwear and a cap. Swimwear should be modest.	School swimming kit
T-Ball	School PT kit	School PT kit
Tennis	School PT kit	School PT kit
Tumbling	School PT kit	Eagles tumbling uniform

School PT Kit: PT Shorts, green golf shirt, short white socks and trainers that are more than 80% white. No black soles allowed.

## 11. Days and Times

Days and times vary from term to term. An extra-mural timetable must be compiled and distributed to relevant stakeholders

## 12. Communication

- 12.1 Parents must be informed, in writing, of extra-mural availability in each term or season. A written consent form must be submitted to the school in which the parent agrees to allow the learner to participate and agrees to various conditions specific to an activity. (Ref Appendix 2).
- 12.2 Parents must provide written consent for a learner to accompany a team for an activity which will result in the learner having to leave school grounds to participate in an activity.
- 12.3 Parents must submit the required permission and indemnity forms in cases where the learner will be making use of transport services provided by the school. (Ref School Transport Policy)
- 12.4 Parents must be provided with the extra-mural timetable for each term.

## 13. Inclement weather and absenteeism

### 13.1 **Inclement weather**

#### Practice

Coaches may not cancel practices because of inclement weather. Coaches should find suitable venue and use the time for coaching theoretical aspects of the activity.

#### Matches

In cases where an outdoor event or match is cancelled due to inclement weather the coach is expected to:

- A. find suitable venue and use the time for coaching theoretical aspects of the activity, or
- B. contact the parents telephonically to inform them of the cancellation and of their option to collect the learner (parents need to sign their children out for early collection) and/or

C. cancel any transport arrangements made by the school

### 13.2 **Coach absenteeism**

#### Practice

In the event of a coach being absent, the head coach for that code or a member of the SMT should

endeavour to find a replacement coach, or

contact parents telephonically to inform them of the cancellation and of their option to collect the learner (parents need to sign their children out for early collection), or

make arrangements for the participants to be 'substituted' for the duration of the allocated time.

#### Matches

In the event of a coach being absent, the head coach for that code or a member of the SMT should

find a replacement coach or suitable locum, and

contact the absent coach to find out what the match arrangements are and communicate the arrangements to the replacement coach/locum.

## **14. Affiliation/Booking/Confirmation of fixtures/matches**



- 14.1 This is the responsibility of the Head Coaches assisted by the coaches, administration staff and Deputy Principal.
- 14.2 Affiliation and transport fees are borne by the school and must appear in the annual budget. Head coaches must make provision for this allocation when they submit their annual budget requests.
- 14.3 Fixtures/matches must be confirmed, telephonically, 3 days before the event. Parents must be notified, in writing, of fixtures and matches and a return slip acknowledging receipt must be placed on school records.
- 14.4 The school is permitted to affiliate to any league it deems fit to suit its needs and purposes for any extra-mural activity.

## 15. Sporting and Cultural Days at school

- 15.1 According to the National Education Policy, General Notice 207 (Government Gazette 20945) of 1 March 2000 on Calendars for Ordinary Public Schools Sporting and cultural days: *A maximum of two days per year may be allocated to schools for this purpose. School Governing Bodies should apply to the Head of Department or his/her representative at the District level to utilise such days for school sporting and cultural events.* These two days can be utilized for inter-house sporting or cultural events where all educators and learners are involved.
- 15.2 Schools must apply to the District Director for sporting and cultural days as specified above **21 days prior to the event**. Applications must be made via the relevant IDSO. A detailed programme of events must be included in the application to the District Director. The chairperson of the School Governing Body and the Principal must sign the application.
- 15.3 Due notice must be given to the parents of the school informing them of the activity planned.



## Signatures

<b>Recommended by:</b> (Principal)	G Mynhardt	<b>Signature:</b>	
<b>Date:</b>	15 February 2024		
<b>Approved by:</b> (SGB Chairperson)	A Naicker	<b>Signature:</b>	
<b>Date:</b>	15 February 2024		
<b>Verification by GDE:</b> (District Director/IDSO)		<b>Signature:</b>	
<b>Date of Verification:</b>			
<b>Certified by :</b>		<b>Signature:</b>	
<b>Date:</b>			

## 16. Appendix 1: Guidelines & agreement for parent conduct

### EXTRA-MURAL AND SCHOOL ACTIVITIES

1. **I undertake to prioritise the long term benefits of participation:** I understand that participants and coaches prioritise the skills, social and emotional advantages to be gained from participation rather than a once off 'result against an opponent'. A 'win at all costs' approach is not encouraged or supported by Tom Newby School.
2. **I promise to support my child:** I will encourage my child to attend practices and matches/competitions. I will endeavour to have my child arrive on time and be collected timeously, after an event.
3. **I promise to know and follow the rules:** I will familiarise myself with the rules and ensure that my child abides by them.
4. **I promise to respect authority and leadership:** I will accept a referee's decision or a coach's determination without question or hesitation and make the necessary objection, after the activity, through recommended channels for that extra-mural code. I will refrain from showing disdain or irritation when a decision runs contrary to their opinion.
5. **I promise to exercise self-control:** I will not lose my temper with coaches, players or other parents.
6. **I promise to allow the captain to be a leader:** Whether the captain is another team member or a coach, undermining that person's authority will lessen the team's chances of performing well. I will, therefore, refrain from criticizing or scolding players (including my own child) who make mistakes or who do not perform well. It is the job of the captain to provide corrective advice or make constructive comments. Encouragement produces better results than blame.
9. **I promise to accept defeat and victory with grace:** I will not look for excuses to justify a loss or poor performance, e.g. blaming the pitch or the referee. I will not behave in a boastful manner or demean the losing team in order to celebrate a victory.
11. **I promise to dress my child correctly:** I will ensure that my child is appropriately dressed for the activity and that he/she is well groomed.
12. **I promise to abide by the principles of fair play:** I will respect opponents and other stakeholders. I will respect the rules of the game, playing fair, accepting defeat gracefully and refraining from corruption, use of drugs, racism, violence and gambling.
13. **I understand that smoking in public places is constrained by law:** I will respect the rule of law as it applies to smoking and refrain from smoking in areas that, even if not specified by law, may potentially harm or cause discomfort to children.

Parent's name & surname : \_\_\_\_\_ Signature: \_\_\_\_\_

Participant's name & surname : \_\_\_\_\_ Class: \_\_\_\_\_

Date : \_\_\_\_\_

Activity : \_\_\_\_\_

I do not wish to sign this agreement for the following reason/s:

\_\_\_\_\_

## 17. Appendix 3: Extra-mural athletics clothing

### **ATHLETES WHO HAVE PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **ATHLETES WHO ARE PARTICIPATING IN MEETINGS AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Official athletics uniform

**OR**

Official athletics uniform under the TNS tracksuit

**Athletes must bring additional kit such as spike shoes to school in a kit bag.**

Athletes may only change into specialist shoes/kit once they are ready to participate in an event.

**PLEASE NOTE: TNS TIGER KIT MAY ONLY BE WORN BY PARTICIPANTS WHO REPRESENT TNS AS MEMBERS OF A TNS TEAM.**

### **Official athletics uniform for events**

TNS PT shorts

TNS Tiger shirt

Short white socks

White takkies suitable for athletics

## 18. Appendix 3: Extra-mural netball clothing

### **NETBALL PLAYERS WHO HAVE NETBALL PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **NETBALL PLAYERS WHO ARE PARTICIPATING IN LEAGUE MATCHES/TOURNAMENTS AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

TNS Tiger shirt with PT shorts, short white socks and white takkies suitable for netball

**OR**

TNS Tiger shirt with PT shorts, short white socks and white takkies suitable for netball under the TNS tracksuit

**Players must bring their netball kit to school in a kit bag.**

Players will be dismissed from class 10 minutes before the final school bell rings so that they can get changed for their matches. The Senior Girls' Toilet will be made available to players for changing clothing. Players must then return to their classroom to follow standard departure protocols unless otherwise instructed. A Grade 7 councillor or staff member will be appointed to supervise players while they change clothes.

**PLEASE NOTE: TNS TIGER KIT MAY ONLY BE WORN BY PARTICIPANTS WHO REPRESENT TNS AS MEMBERS OF A TNS TEAM.**

#### **Match Uniform**

TNS Netball skort (A refundable deposit of R200.00 will be charged for the netball skort.)

TNS Tiger shirt (It is compulsory for netball players to wear a Tiger shirt with the skort.)

Short white socks

White takkies suitable for netball

## 19. Appendix 3: Extra-mural cricket clothing

### **CRICKET PLAYERS WHO HAVE CRICKET PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **CRICKET PLAYERS WHO ARE PARTICIPATING IN LEAGUE MATCHES/TOURNAMENTS AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

TNS Tiger shirt with TNS shorts, white socks and white takkies

**OR**

TNS Tiger shirt with TNS shorts, white socks and white takkies under the TNS tracksuit

### **Players must bring their white trousers to school in a kit bag.**

- Players will be dismissed from class 10 minutes before the final school bell rings so that they can get changed for their matches.
- Players must then return to their classroom to follow standard departure protocols unless otherwise instructed.
- A Grade 7 councillor or staff member will be appointed to supervise players while they change clothes.
- The Senior Boys' Toilet will be made available to players for changing clothing.

### **PLEASE NOTE: TNS TIGER KIT MAY ONLY BE WORN BY PARTICIPANTS WHO REPRESENT TNS AS MEMBERS OF A TNS TEAM.**

#### **Match Uniform**

White trousers

TNS Tiger shirt

White socks (ankle length)

White takkies

#### **Optional**

Cap/Hat is recommended for matches and practices.

## 20. Appendix 3: Extra-mural mini-netball clothing

### **MINI NETBALL PLAYERS WHO HAVE NETBALL PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

Netball bibs will be provided by the netball coaches.

### **MINI NETBALL PLAYERS WHO HAVE NETBALL MATCHES AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

Netball bibs will be provided by the netball coaches.

**Please ensure that all clothing is clearly marked with the child's name.**

### **Match Uniform**

TNS PT shorts

TNS PT shirt

White takkies

White socks (ankle length)

## 21. Appendix 3: Extra-mural mini-soccer clothing

### **MINI SOCCER PLAYERS WHO HAVE SOCCER PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **Players must bring their soccer boots and socks to school in a kit bag.**

Players may change into soccer boots once they are ready to go onto the soccer field.

Soccer boots may only be worn whilst on the soccer field.

### **MINI SOCCER PLAYERS WHO HAVE SOCCER MATCHES AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **Players must bring their soccer boots and socks to school in a kit bag.**

Players may change into soccer boots once they are ready to go onto the soccer field.

Soccer boots may only be worn whilst on the soccer field.

**Please ensure that all clothing is clearly marked with the child's name.**

### **Match Uniform**

TNS PT shorts

TNS PT shirt

TNS soccer socks

Soccer boots

## 22. Appendix 3: Extra-mural soccer clothing

### **SOCCER PLAYERS WHO HAVE SOCCER PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **Players must bring their soccer boots and socks to school in a kit bag.**

Players may change into soccer boots once they are ready to go onto the soccer field.

Soccer boots may only be worn whilst on the soccer field.

### **SOCCER PLAYERS WHO ARE PARTICIPATING IN LEAGUE MATCHES/TOURNAMENTS AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

TNS Tiger top, TNS PT shorts, short white socks and takkies

**OR**

TNS Tiger top, TNS PT shorts, short white socks and takkies  
under the TNS tracksuit

### **Players must bring their soccer boots and socks to school in a kit bag.**

Players may change into soccer boots once they are ready to go onto the soccer field.

Soccer boots may only be worn whilst on the soccer field.

### **PLEASE NOTE: TNS TIGER KIT MAY ONLY BE WORN BY PARTICIPANTS WHO REPRESENT TNS AS MEMBERS OF A TNS TEAM.**

#### **Match Uniform**

TNS PT shorts

TNS Tiger shirt

TNS soccer socks

Soccer boots



## 23. Appendix 3: Extra-mural softball clothing

### **SOFTBALL PLAYERS WHO HAVE SOFTBALL PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **SOFTBALL PLAYERS WHO ARE PARTICIPATING IN LEAGUE MATCHES/TOURNAMENTS AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Match uniform

**OR**

Match uniform under the TNS tracksuit

**Players must bring their softball kit to school in a kit bag.**

Players will be dismissed from class 10 minutes before the final school bell rings so that they can get dressed for their softball matches. The Senior Girls' and Boys' Toilet will be made available to players for changing clothing. Players must then return to their classroom to follow standard departure protocols unless otherwise instructed. A Grade 7 councillor or staff member will be appointed to supervise players while they change clothes.

**PLEASE NOTE: TNS TIGER KIT MAY ONLY BE WORN BY PARTICIPANTS WHO REPRESENT TNS AS MEMBERS OF A TNS TEAM.**

#### **Match Uniform**

TNS PT shorts

TNS Tiger shirt

Navy blue socks (Long)

White takkies

#### **Optional**

Cap/Hat is recommended for matches and practices.

## 24. Appendix 3: Extra-mural swimming clothing

### **SWIMMERS WHO HAVE SWIMMING PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit.

**Bring a swimming costume, swimming cap, goggles,  
a towel and flip flops in a kit bag.**

**Change into swimming kit in the swimming pool cloakrooms.**

### **SWIMMERS WHO ARE PARTICIPATING IN GALAS AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit.

**Bring a swimming costume (Navy blue), swimming cap, goggles,  
a towel and flip flops in a kit bag.**

**Swimmers will be dismissed from class 10 minutes before the final school bell rings so that they can get changed for the gala.** The Senior Boys' and Girls' Toilet will be made available to swimmers to change clothing. Swimmers must then return to their classroom to follow standard departure protocols unless otherwise instructed. A Grade 7 councillor or staff member will be appointed to supervise swimmers while they change clothes.

### **Uniform for Galas**

#### **Girls**

Navy blue costume (Full costume with  
crossover back)

TNS swimming cap

Goggles

#### **Boys**

Navy blue jammers (Or speedo)

TNS swimming cap

Goggles

**Please ensure that all clothing is clearly marked with the child's name.  
(Including underwear)**

## 25. Appendix 4: Extra-mural T-ball clothing

### **T-BALL PLAYERS WHO HAVE T-BALL PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **T-BALL PLAYERS WHO ARE PARTICIPATING IN MATCHES/TOURNAMENTS AFTER SCHOOL**

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **Match Uniform**

TNS PT shorts

TNS PT shirt

Short white socks

White takkies

### **Optional**

TNS blue cap or plain blue cap

**Please ensure that all clothing is clearly marked with the child's name.**

## 26. Appendix 4: Extra-mural tennis clothing

### **TENNIS PLAYERS WHO HAVE PRACTICE AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Approved TNS PT kit

**OR**

Approved TNS PT kit under the TNS tracksuit

### **TENNIS PLAYERS WHO ARE PARTICIPATING IN MATCHES AFTER SCHOOL**

The following clothing may be worn instead of regulation school uniform:

Match uniform

**OR**

Match uniform under the TNS tracksuit

**PLEASE NOTE: TNS TIGER KIT MAY ONLY BE WORN BY PARTICIPANTS WHO REPRESENT TNS AS MEMBERS OF A TNS TEAM.**

#### **Match Uniform**

TNS PT shorts

TNS Tiger shirt

White Socks (Ankle length)

White takkies

#### **Optional**

Cap/Hat is recommended for matches and practices.

## 27. Appendix 5: Guidelines for learner conduct at extra-mural and school activities

1. I promise to be polite and friendly even if I, or my team, loses. I understand that winning is important, but it is also important to learn skills and learn how to get on with other people.
2. I promise to attend training and practise to improve my skills.
3. I promise to know as many of the rules as I can and to follow the rules.
4. I promise to respect a referee's decision or a coach's decision. If I do not agree with a decision, I will wait until a suitable time to discuss my unhappiness with the coach. I will not show irritation or disgust when decisions that I don't like are made.
5. I promise that I will not lose my temper or fight.
6. I promise to follow instructions from the captain or team leader.
7. I promise not to criticize or scold team members who make mistakes or who do not perform well.
8. I promise that I will not try to gain unfair advantage by using underhanded tactics such as feigning injury.
9. I promise to avoid having temper tantrums when my performance is not good. I will not do things like throw a bat or racquet on the floor or angrily kick a ball.
10. I promise not to look for excuses to explain a loss or poor performance, e.g. blaming the pitch or the referee.  
I promise to behave like a true sportsman should and not behave in a boastful manner or demean the losing team to celebrate a victory.
11. I promise to be courteous and friendly to other team members, particularly when the other team is visiting the school. I will thank referees, first aiders, coaches and those providing transport and refreshments.
12. I promise to be appropriately dressed for the activity and be well groomed.
13. I promise to treat equipment and facilities with respect. I will take good care of equipment and clean it regularly. I will make sure that equipment is carefully stored when it is not being used. I will keep facilities neat, clean and litter free. I will report damage or deterioration to a coach.

Participant's name & surname : \_\_\_\_\_

Participant's signature : \_\_\_\_\_

Date : \_\_\_\_\_

Activity : \_\_\_\_\_

## 28. School Sports Year Plan 2024

### **Term 1**

Athletics, Swimming, Ball Skills (Netball and Soccer)

### **Term 2**

Soccer, Netball, Tennis and Chess

### **Term 3**

Cross Country, T ball, Cricket, Tennis, Softball and Chess

### **Term 4**

Swimming, Athletics, Tennis and Chess

## 29. Sports committee 2024

### **Sports director**

Mr. Radebe

Ms Wilkes

### **Head of Athletics/Cross Country**

Mr. Radebe

### **Head of Swimming**

Mr Buckle

### **Head of Chess**

Mrs. Singh

### **Head of Tennis**

Mrs L Theron

### **Head of Soccer**

Mr. Jagger and Mr Ontong

### **Coaches per age group**

U9 - Mr Buckle

U10 – Mrs Stoop

U11 – Mr Radebe

U12 – Mr Ontong

U13 – Mr Jagger

### **Head of mini soccer**

Mr Radebe and Miss Seedat

**Coaches per age group**

Private Coaches

**Head of Netball**

Mrs Strydom

Miss Wilke

**Coaches per age group**

U9 – Avgoustis, Pottinger

U10 – Van Coppenhagen and McNeill

U11 – McCallum and Annandale

U12 – Miller and Britten

U13 – Davies and Meyer

**Head of mini netball**

Mrs Van Aswegan

**Coaches per age group**

Grade 1 – Mrs Van Den Berg and Mrs Vamvakas

Grade 2 – Mrs Van Aswegen and Miss McSweeney

Grade 3 – Miss Pottinger and Miss Avgoustis

**Head of T-Ball**

Mrs Stoop

**Coaches per age group**

Gr 1 – Mrs Vamvakas and Miss McCallum

Gr 2 – Miss Pottinger and Mrs Van Aswegen

Gr 3 – Stoop and TBA

**Head of Softball**

Mr Jagger and Mrs Miller



**Coaches per age group**

## Girls

Gr 4 and 5 – Miss McNeill and Miss Raluthanda

Gr 6 and 7 – Miss Miller and Miss Avgoustis

## Boys

Gr 4 and 5 – Miss Van Copenhagen and Mr Ontong

Gr 6 and 7 – Mr Jagger