

# Sports and Cultural Activities

St Andrew's College 2016



St Andrew's College



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# Introduction

St Andrew's College has a proud history and strength in both sport, music and the performing arts. The co-curricular programme is seen as a major part of a student's life at St Andrew's College. Involvement in co-curricular activities is compulsory for students in Years 9 to 12, as is the College athletics day. Staff try to cater for a wide variety of interests and abilities, and encourage both elite performance and enthusiastic involvement.

This publication is designed to provide students and parents with information needed to choose the sports and cultural activities they want to take part in, and also to provide information that may be required during the year.

## Student Co-curricular Obligations

All students from Year 9 until Year 11 are required to take part in either one summer and one winter sport or cultural activity or one year long activity. Students in Year 12 are required to take one co-curricular activity for the year and it is encouraged but optional for Year 13 students. Students may participate in more than one sports or cultural activity per season provided the activities do not clash.

Students may apply in writing to the Head of Co-curricular for a dispensation from their sporting and cultural obligations where there is a significant commitment to a sport or cultural activity outside the College that isn't catered for in the College (e.g. gymnastics, judo or representative swimming squads).

**It is expected that all students will play for St Andrew's in their main sport/cultural option.**

When selecting squads to go to tournament to represent St Andrew's, selection will be based on students who play for the College and only in exceptional circumstances will other students be considered.

## Information for Students and Parents

Draw notices and results are regularly posted on the sports notice board outside the Gymnasium block. The same information is available on the College intranet (intranet.stac.school.nz) under Sports Draw. The Cultural Calendar is also on the College intranet site and a regular music newsletter is sent by email.

Students should also regularly check their email and the daily notices for further information.

# Sports and Cultural Options

Below is a list of available sports and cultural activities. Each student (Years 9–12) has to choose at least one activity from the summer list and at least one different activity from the winter list, unless they have chosen a year long activity.

**Please note:**

- Middle School students must choose at least one team activity;
- You may choose more than one activity provided that the schedules do not clash;
- Students need to choose **either** a year long activity **OR** a winter and a summer option;
- You must do the same summer sport in both Term 1 and Term 4.

**SUMMER**

- Athletics
- Cricket
- Futsal
- Golf
- Multi-sport
- Rowing
- Sailing
- Squash
- Swimming
- Tennis
- Touch
- Volleyball

**WINTER**

- Badminton
- Basketball
- Chess
- Cross Country and Road Race
- Cycling
- Football
- Golf
- Hockey
- Netball
- Rugby
- Snow Sports
- Squash
- Table Tennis
- Trapshooting

**YEAR LONG**

- Equestrian
- Ice Hockey
- Motocross
- Barbershop
- Chamber Music Group
- Dance
- Debating
- Drama
- International Club
- Jazz Band – Junior
- Jazz Band – Senior
- Orchestra
- Pipe Band
- Rock School
- Saxophone Ensemble
- Secondary School Chorale – Staccoro
- Secondary School Junior Choir – Stacchorus
- Soul Group
- Television and Film Academy
- Theatre Sports
- Writing for Publication

## Inter-House and Lunchtime Sport and Culture

Student leaders will run a range of competitions plus a full programme of sports and cultural activities for students throughout the year.

## Cultural Activities

The College enters various music, dance, drama and theatre competitions and events during the year including inter-school, regional and national events.

## Tournaments

There are a variety of tournaments at junior and senior level during the year. Major tournaments and competitions take place during tournament weeks both in summer and winter for athletics, badminton, basketball, cricket, cross country, cycling, football, futsal, golf, hockey, ice hockey, rowing, rugby, table tennis, trapshooting, tennis, touch and volleyball.

Selection for these teams is based on players that play for the College throughout the season.

Team players are not guaranteed to play in the tournament team. This will be selected on skill, attitude, coach and manager feedback etc.

## Sports and Cultural Exchanges and Overseas Tours

Students are presented with opportunities to participate in inter-school exchanges with schools from around the country and overseas. This is an important part of the St Andrew's College sports and cultural experience. Some teams and groups have overseas tours biennially. There will be a planned programme of fundraising for these tours but the majority of the costs are met by the individual student's family.

## Sports and Cultural Contacts

Head of Values and Culture	Mr Hamish Bell	HBE@stac.school.nz
Head of Co-curricular	Mr Denley Jones	DJO@stac.school.nz
Head of Music	Mr Duncan Ferguson	DFE@stac.school.nz
Head of Drama	Mr Laurence Wiseman	LWS@stac.school.nz
Pipe Band Director	Mr Richard Hawke	RHA@stac.school.nz
Sports Co-ordinator	Mrs Leanne Power	LPO@stac.school.nz
Arts Co-ordinator	Ms Ginnie Thorner	GTH@stac.school.nz

## SPORTS AND CULTURAL CO-ORDINATORS FOR 2016

Athletics	Mr Denley Jones	DJO@stac.school.nz
Badminton	Mr Geoff Stanton	GST@stac.school.nz
Barbershop	Mr Bryan Botting	BBN@stac.school.nz
Basketball	Mrs Cherie Methven	CME@stac.school.nz
Chamber Music Group	Mr Duncan Ferguson	DFE@stac.school.nz
Chess	Mr Ian White	IWH@stac.school.nz
Cricket	Mr Michael Johnston	MJO@stac.school.nz
Cross Country and Road Race	Mr Kristian Giles	KGL@stac.school.nz
Cycling	Mr Brett Clark	BCR@stac.school.nz
Dance	Mr Laurence Wiseman Ms Ginnie Thorner	LWS@stac.school.nz GTH@stac.school.nz
Debating	Ms Helaina Coote	HCE@stac.school.nz
Drama	Mr Laurence Wiseman	LWS@stac.school.nz
Equestrian	Mrs Jo McLaughlan	JAM@stac.school.nz
Football – Boys'	Mr John Quealy	JQY@stac.school.nz
Football – Girls'	Mr Alastair McGowan	AMW@stac.school.nz
Futsal	Mr Matt Nicoll	MNI@stac.school.nz
Golf	Mr Richard Whiteside	RWE@stac.school.nz
Hockey	Mrs Leanne Power	LPO@stac.school.nz
Ice Hockey	Miss Tam Yuill Proctor	TYU@stac.school.nz
International Club	Miss Anais Lerosier-Hucke	ALE@stac.school.nz
Jazz Band – Junior	Mr Duncan Ferguson	DFE@stac.school.nz
Jazz Band – Senior	Mr Duncan Ferguson	DFE@stac.school.nz
Motocross	Mr Greg Murphy	GMY@stac.school.nz
Multi-sport	Mr Rainer Klebert	RKB@stac.school.nz
Netball	Mrs Leanne Power	LPO@stac.school.nz
Orchestra	Mr Mark Hodgkinson	MHD@stac.school.nz
Pipe Band	Mr Richard Hawke	RHA@stac.school.nz
Rock School	Mr Kristian Giles	KGL@stac.school.nz
Rowing	Mr Hamish Bell	HBE@stac.school.nz

Rugby	Mr Michael Johnston	MJO@stac.school.nz
Sailing	Mr Ben Turnbull	BTL@stac.school.nz
Saxophone Ensemble	Mr Duncan Ferguson	DFE@stac.school.nz
Secondary School Chorale – Staccoro	Mr Duncan Ferguson	DFE@stac.school.nz
Secondary School Junior Choir – Stacchorus	Mrs Claire Oliver	COL@stac.school.nz
Snow Sports	Mr Ian White	IWH@stac.school.nz
Soul Group	Mr Duncan Ferguson	DFE@stac.school.nz
Squash	Mrs Raewyn Buckley	RBK@stac.school.nz
Swimming	Mr Ian White	IWH@stac.school.nz
Table Tennis	Mr Lyndon White	LWI@stac.school.nz
Television and Film Academy	Mr Simon Williams	SWM@stac.school.nz
Tennis	Mr Denley Jones	DJO@stac.school.nz
Theatre Sports	Miss Liz Gormack	LGO@stac.school.nz
Touch	Mrs Rachael Deller	RDE@stac.school.nz
Trapshooting	Mr Roland Burrows	RBW@stac.school.nz
Volleyball	Mrs Rachael Deller	RDE@stac.school.nz
Writing for Publication	Mr Andy McIntosh	AMH@stac.school.nz

## Can you help?

### COACHES AND MANAGERS REQUIRED

St Andrew's College invites you to assist with one of our sports teams as a Coach or Manager.

We'd particularly like to hear from people interested in coaching cricket, hockey, basketball or netball, but assistance in any sport is appreciated. Positions could be for either mid-week or weekend teams. Most positions have some remuneration attached to them.

**Please contact Denley Jones**

If you can help or for more information – Ph 03 940 2055 or email DJO@stac.school.nz

## Cups and Trophies

Cups and trophies are awarded to students for their sports and cultural performances during the year. These are normally presented at the Friday award assemblies throughout the year. Parents of students receiving trophies will be invited to the assembly and are also welcome to stay for morning tea afterwards.

If you receive a trophy, it is your responsibility to return it cleaned and engraved to either reception or directly to Mrs Leanne Power. Students who were presented with sports trophies in 2015 will need to return their trophies by the following dates:

• Athletics and swimming trophies:	DECEMBER 2015
• Winter sports trophies:	JUNE 2016
• Summer sports trophies:	AUGUST 2016

## Sports Uniforms

Details of uniform requirements for each sport are outlined in this booklet. A sports uniform is available through the College Shop. In some cases students are provided with sets of uniforms that remain the property of the College, and a deposit and/or hire charge may be required. Students failing to return such gear will be invoiced for the cost of replacement.

All teams are required to wear their full sports uniform for all team photos.

**When travelling to and from sporting events, or returning home following sport practices and matches, students are required to wear either the full College tracksuit or full school uniform.**

## Transport

Teams are transported to games and cultural events using College vans, or hired taxis and buses. The cost of hiring these vehicles will be disbursed to the accounts of the students concerned.

**Students with their own vehicles are not to take passengers in their cars without the knowledge of the coach or manager of the team and without the written permission of the parents or guardians of both the driver and the passengers concerned.**

This information is included in the Student Diary.

## Costs

The College budget aims to cover the costs of some coaching/tutoring, equipment and College-based facilities. To help cover extra equipment, court hire, tuition or affiliation fees, most sports and cultural activities incur a charge, and parents are advised of this either in this handbook or directly from the sports or cultural co-ordinator early in the season.

## Sports and Cultural Blazers and Colours

Each year students are awarded Blazer and Colour awards in recognition of their achievements. These are awarded by the Awards Committee, which meets once a term to consider nominations made by the coaches and co-ordinators of the various activities or by self-nomination. The criteria for each sport or cultural activity are contained in a folder available in the Library and also accessible via the intranet (intranet.stac.school.nz). The criteria for each sport and cultural activity are quite varied but the general principles are summarised below:

- Blazers are awarded to members of the College's top team in a particular sport or cultural activity, who have been regular team members and have exhibited a high degree of commitment and sportsmanship. Usually this means participation in at least eight games, which can be made up over more than one season. Students must have completed two years in the sport or cultural activity;
- Where there is only one team in a sport, or the College's top team is not performing at the highest level, the success of the team will be taken into account when considering the number of Blazers awarded;
- Colours are awarded to outstanding performers. The key criterion is that the student represents Canterbury at U18 level, secondary level, or better;
- Colours are primarily aimed at senior students, but exceptional performances by Middle School students playing at a senior level may be recognised by a Colour Award;
- Colours will generally be awarded at assemblies at the end of Terms 1, 3 and 4;
- An important component of the Colour Award will be the fact that these students are considered role models within the College and therefore their **attitude and behaviour** will be taken into account when considering awards;
- Both Blazer and Colour recipients will be eligible to have their blazers embroidered. This must be done through the College Shop during holiday times;
- Colours are awarded at assemblies and Blazer Awards are posted on notice boards;
- The awarding of Colours is not automatic.

## Student Achievement

Please contact the Head of Co-curricular, Mr Denley Jones at DJO@stac.school.nz to inform him of student successes such as selection into representative teams or achievements in sporting or cultural competition outside of the College.

**A calendar of school events for 2016 will be available at the start of Term 1.**



# Summer Sports

## Athletics

Co-ordinator: Mr Denley Jones

**General Information:** Athletics coaching is available for the serious athlete and includes conditioning and event-specific coaching. Individual programmes will be written for committed athletes. Teams compete at all inter-school competitions.

**Venues:** Athletes need to assemble on the front field beside the boarding house by 3.40pm.

**Student Commitment:** Athletes are expected to train twice a week on Tuesdays and Thursdays after school.

**Uniform/Gear Requirements:** Most technical equipment is provided. A College athletic singlet is available at the College Shop. Navy shorts must be worn.

**Costs:** There are costs associated with entering events at inter-school competitions. There is a \$50.00 cost per term to cover training provided by coaching staff.

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## Cricket

Co-ordinator: Mr Michael Johnston

**General Information:** Cricket is played by boys' teams in the Saturday competition, as well as a girls' team in a Wednesday competition. A St Andrew's College Cricket Club committee helps administer cricket at the College.

**Venues:** Practice facilities with both grass and artificial pitches are available at the College.

**Student Commitment:** Players are required to attend practices after school once or twice a week and to play on Saturday afternoons. First, Second, Third XI, Colts and U14A players start their matches in the morning. They play during the summer holidays.

**Uniform/Gear Requirements:** Some team equipment is provided and players must wear whites and have a tracksuit top or blazer to wear when umpiring. Students are asked to take care not to damage or lose College cricket gear.

**Costs:** There is an annual subscription of \$70.00 per player.

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## Futsal

Co-ordinator: Mr Matt Nicoll

**General Information:** Recreational games take place on Wednesday afternoons in the College Gymnasiums. Competitive teams will be selected in Term 1 and participate in the local Wednesday competitions in Terms 1 and 4. The senior teams may also play in the local senior competition that plays on Sundays. The senior boys', junior boys' and girls' A teams may have the opportunity to attend the National Secondary Schools Tournament, depending on results.

**Student Commitment:** Players selected for A teams are expected to be available for two trainings per week, all competition games and for the weekend of the Mainland Regional Tournament. All players are expected to be available for competitive games, and to communicate with coaches when they cannot attend training and/or games.

**Uniform/Gear Requirements:** All players require non-marking shoes and shin pads. Recreational players need to wear their PE uniform. All competitive players need to purchase a white sports polo, and blue football shorts and socks from the College Shop. Players selected for A teams will be provided with a playing kit.

**Costs:** Recreational players have an annual subscription of \$20.00. Competitive players have a subscription of \$50.00 per term, plus any travel costs incurred. Travel and accommodation costs for National Tournament are additional and expected to be approximately \$500 per person.

## Golf

Co-ordinator: Mr Richard Whiteside

**General Information:** Summer golf comes in three categories.

**Category 1:** Elite golfers (handicaps of less than 18) who play at Shirley from 3.00pm until 5.30pm (9 holes) or 7.30pm (18 holes). There is a minimal cost to cover transport. Coaching is also available for invited elite golfers at Shirley on Wednesdays, costing \$60.00 per term (approximately nine lessons).

**Category 2:** Golfers who have had lessons or who have some experience at golf, and want to do a combination of coaching with playing a few holes at Shirley each week. Cost is \$70.00 per term at Shirley Golf Course including transport costs of approximately \$100.

**Category 3:** Students who want to alternate tuition/coaching at Shirley. The cost is approximately \$40.00 per week including tuition, practice balls, transport and green fees. Dependent on numbers for Term 1 only.

**Student Commitment:** Students are expected to attend all sessions.

**Uniform/Gear Requirements:** Students need to supply own clubs, bag and balls. College uniform may be worn with suitable golf or sports shoes.

## Multi-sport

Co-ordinator: Mr Rainer Klebert

Entries for Secondary School multi-sport events are organised in school with no organised practices, although there are some training sessions with outside coaches. Participation in these events does not fulfil a summer or winter sports commitment. Teams are entered into the Canterbury Triathlon and Duathlon Championships.

Events include duathlon, triathlon, multi-sport and adventure racing.

## Rowing

Co-ordinator: Mr Hamish Bell

**General Information:** Rowing is a hugely rewarding sport that requires a great deal of commitment in both training and competition. It is an excellent way to improve fitness and strength as well as being an enjoyable team sport. The StAC rowing team is an incredibly supportive, yet highly competitive team. Our crews consistently place in the top 10 in New Zealand.

**Venues:** Training takes place at Kerr's Reach on the Avon River. Training camps occur at Lake Ruataniwha near Twizel and competitions are at Kerr's Reach, Lake Hood, Lake Ruataniwha and Lake Karapiro.

**Student Commitment:** Students new to rowing need to complete a learn-to-row programme offered in Terms 1 and/or 3 before being selected into the competition squad. Rowers are expected to train at least four times per week, which includes some gym work. They are also expected to attend weekend regattas and two selection and training camps in the first week of December.

**Costs:** The learn-to-row programme is free. For those that are selected into the competitive rowing squad, entry fees, uniform, coaching, travel, capital contribution, food and accommodation costs for two Twizel training camps and approximately five regattas will be disbursed to students' accounts throughout the rowing season. Typically this amounts to \$2500–\$3500 per year for the students involved in every regatta.

A parent committee has been established to assist with logistics and also fundraising to help with the costs. Please note, when selecting rowing no other summer sport is to be selected.

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## Sailing

Co-ordinator: Mr Ben Turnbull

**General Information:** The schools' programme is run by the Naval Point Club. This includes a beginners learn-to-sail, an intermediate introduction to two-handed sailing and a team racing programme. Students may also follow their own training programme. A team sailing inter-school programme is offered for competition yachtees. The Peter Mander Trophy, Rotary Trophy and team sailing inter-school competitions are held on selected dates.

**Venues:** Sailing is held at the Naval Point Yacht Club in Lyttelton.

**Prerequisites:** Students should be enthusiastic and keen to learn to sail.

**Student Commitment:** Sailing sessions are held once a week on Wednesdays from 2.30pm until 6.00pm. Students are encouraged to compete in the inter-school regattas, one in March and a junior regatta in November.

**Uniform/Gear Requirements:** Wetsuit desirable as well as warm clothing such as polyprops. Please bring a lifejacket if you can.

**Costs:** Naval Point charges \$15.00 per session and an additional transport cost of up to \$4.00 each way per day.

Entry to this programme is limited by the amount of resources available to the club.

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## Squash

Co-ordinator: Mrs Raewyn Buckley

**General Information:** Summer squash is designed for beginners and involves coaching from a qualified coach. Players who learn quickly graduate from summer squash to winter squash, which is for more competitive players. One hour of coaching takes place on Tuesday at the Christchurch Football Club courts. Transport will be via taxi shuttle or bus to and from the Club. Students will be back at school by 5.15pm. The costs of coaching and transport is divided by the number of students enrolled and disbursed at the end of Term 4.

Protective glasses must be worn. You can purchase these from Safety NZ. Shoes must have non-marking soles and having your own racquet is desirable but not essential.

**Venues:** Christchurch Football Club.

**Student Commitment:** One after-school session per week.

**Uniform/Gear Requirements:** Students need to wear non-marking shoes. The uniform is blue shorts and a white top. Some racquets and goggles can be provided for beginners. The white polo top is available from the College Shop.

**Costs:** To be advised – coaching, transport and court hire.

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## Swimming

Co-ordinator: Mr Ian White

Registered Swim New Zealand swimmers can apply to have this sport considered as part of their school sport participation. The College holds school swimming sports in Term 1 from which a team for the Canterbury Secondary Schools Championships is selected.

There is a South Island Secondary Schools swim meet and the New Zealand Secondary Schools Championships that swimmers may enter. Transport and accommodation is organised in consultation with supporting parents.

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## Tennis

Co-ordinator: Mr Denley Jones

**General Information:** Tennis teams are entered in the Wednesday sport competition and these players practise one afternoon per week and also take part in traditional inter-school fixtures. There are also opportunities for beginners to receive coaching.

**Venues:** Practices and home games are held at StAC and Elmwood Tennis Club.

**Uniform/Gear Requirements:** Players need to provide their own racquet. Balls are provided. Wednesday competition players wear the new sports polo uniform and navy shorts only. The uniform can be purchased from the College Shop.

**Costs:** An annual subscription of approximately \$60.00 per year is charged to subsidise entry fees and transport.

## Touch

Co-ordinator: Mrs Rachael Deller

**General Information:** Touch is played by both boys' and girls' teams in the Wednesday sport competition throughout Terms 1 and 4. Usually teams practise once per week.

**Venues:** Practices and games are usually held on the First XV rugby field (Field 3).

**Student Commitment:** Players are required to attend practices after school and to play on Wednesday after school. There are occasional inter-school games for seniors during the holidays.

**Please note:** We have a limit on the number of teams we can enter so you may not be successful in getting into a touch team. When selecting touch, please select a second option.

**Uniform/Gear Requirements:** Senior A teams are provided with tops, other teams need an athletic singlet and white shorts. Balls and cones are provided.

**Costs:** Uniform hire fee for senior teams is \$10.00 per term. Transport costs of approximately \$40.00 will be disbursed to accounts.

## Volleyball

Co-ordinator: Mrs Rachael Deller

**General Information:** Volleyball is played by teams entered in the Monday after school/evening competitions, throughout Terms 1 and 4. Teams practise either before or after school, or at lunchtimes.

**Venues:** Practices are held in the College Gymnasium.

**Student Commitment:** Players are expected to attend all practices and to be available for all Monday games. If selected into League teams in Term 1 you will be expected to attend tournaments such as Canterbury and South Island Championships and Nationals. Junior A teams also have Canterbury and South Island tournaments in Term 4.

**Uniform/Gear Requirements:** Students need to purchase their own top and shorts from the College Shop.

**Costs:** All players are charged a \$50.00 subscription and travel costs will be disbursed in Terms 1 and 4. Travel and accommodation costs for tournaments will be disbursed to the accounts of individuals involved.

This is an exciting summer team sport for both males and females, catering for players of all levels.



# Winter Sports

## Badminton

Co-ordinator: Mr Geoff Stanton

**General Information:** Badminton has teams entered in the Wednesday sport competition.

**Student Commitment:** Commitment to Tuesday practice and Wednesday afternoons is essential. No previous experience is required.

**Venues:** Practices are in the College Gymnasium on a Tuesday from 3.30pm – 4.30pm and games are at various venues around Christchurch on a Wednesday after school, usually finishing by 5.00pm or earlier.

**Uniform/Gear Requirements:** Players need to supply their own racquets. The College PE uniform is to be worn for all inter-school matches on Wednesdays and also for practice on Tuesdays.

**Costs:** Students pay a transport charge of \$40.00 or less annually to cover the cost of taxis.

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## Basketball

Co-ordinator: Mrs Cherie Methven

**General Information:** Basketball is played on Saturday morning (Elite U23 and U17 teams) and Friday nights (most boys' and girls' teams). Most teams practise either once or twice a week after school or in the evening.

**Venues:** Practices take place in the College Gymnasium. Games take place at various venues in Christchurch.

**Student Commitment:** Students are expected to attend all practices and games. No games are played in the holidays except for the U17 and U20 teams.

**Uniform/Gear Requirements:** A basketball singlet must be worn and can be purchased from the College Shop. Players are to wear navy PE shorts.

**Costs:** Approximately \$110 for Saturday grade and \$70.00 per Friday grade player to subsidise entry, transport, refereeing and BBNZ affiliation fee.

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## Chess

Co-ordinator: Mr Ian White

**General Information:** Chess Club is held usually in the lunch hour during Terms 2 and 3 in the College Library or TC01. All level of players are represented from learners to advanced. The inter-school chess competition is played at 5.00pm at the Canterbury Chess Club, Unit 9, 27 Tyne Street, Tower Junction.

**Venue:** Library or TC01.

**Student Commitment:** Wednesday lunchtimes and one night after school for the inter-school team members.

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## Cross Country and Road Race

Co-ordinator: Mr Kristian Giles

**General Information:** Training and coaching is available for those students who are interested in competing in the cross country and road race season. Individual programmes can be designed for those athletes who would like to develop further. Athletes will compete in the Canterbury Cross Country and Road Race Championships and the opportunity is available to compete in the New Zealand Cross Country Championships in Term 2.

**Student Commitment:** Athletes are expected to train once a week on a selected day after school. This is negotiated with the students who are available.

**Uniform/Gear Requirements:** Students are required to compete in a College athletics singlet and navy blue shorts. A pair of spikes is also useful for the cross country events.

**Costs:** There are costs associated with entering events at the Canterbury and New Zealand levels.

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## Cycling

Co-ordinator: Mr Brett Clark

**General Information:** Cycling takes place on a Wednesday at Tai Tapu. Rides include time trials, hill climbs and scratch races.

**Venue:** Tai Tapu.

**Student Commitment:** Students are expected to participate in the weekly races.

**Uniform/Gear Requirements:** High visibility gear is the preferred option. Cyclists must also have lights.

**Costs:** Simply the cost of race entries to the South Island Championships and the Litloff Cup.

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## Football

Boys' Co-ordinator: Mr John Quealy

Girls' Co-ordinator: Mr Alastair McGowan

**General Information:** Boys' competitive teams play in various grades of the Mainland Football Junior competitions. Girls' teams are entered in Wednesday sport competitions. These teams are selected towards the end of Term 1.

A Middle School XI (Years 9–11) and a Senior College XI (Years 12–13) are also entered in the Wednesday sport competitions for those players who are not selected for a competitive Saturday team. Practices take place twice a week after school either on the College grounds or at Elmwood Park.

**Student Commitment:** Students playing football are expected to be available on all playing days, including Saturdays during the school holidays over the winter months. Attendance at all practices and good communication with coaches/managers is expected.

**Uniform/Gear Requirements:** All players require boots and shin guards. All players in Saturday teams will be provided with shirts, which are to be returned at the end of the season. Players need to purchase football shorts and socks from the College Shop and Wednesday players also need to purchase a shirt from the College Shop.

**Costs:** Wednesday players have no subscription but do incur travel expenses. Saturday players have an annual subscription of approximately \$90.00 and there is a \$25.00 uniform levy.

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## Golf

Co-ordinator: Mr Richard Whiteside

**General Information:** Winter golf comes in two categories.

All golfers, both elite and those who need lessons, will play at Shirley. There is a cost to cover transport. Coaching will be available for both elite and beginner golfers at Shirley on Wednesday.

**Category 1:** Elite golfers and golfers who have had lessons or who have some experience at golf, but do not belong to a golf club. A contribution to green fees will be necessary to play at Hagley or Shirley for non-members.

**Category 2:** Students who want coaching each Wednesday at Shirley. The cost is approximately \$20.00 per week depending on numbers which includes professional tuition, practice balls and transport. Dependent on numbers for Term 1 only.

**Student Commitment:** Students are expected to attend all sessions.

**Uniform/Gear Requirements:** College tracksuits or uniform may be worn with suitable golf or sports shoes.

## Hockey

Co-ordinator: Mrs Leanne Power

**General Information:** The College enters teams in appropriate grades of the Canterbury Hockey Association weekly competition for both boys and girls. All players must be prepared to play games right through Terms 2 and 3 and in the holidays.

**Venues:** All games are at either Nunweek or Marist Park. All practices are held at the StAC turf, where possible.

**Student Commitment:** Players are expected to attend all team practices and maintain individual fitness. **NB: Holiday play will be required.**

**Uniform/Gear Requirements:** Players in youth grade teams purchase their own uniform from the College Shop. Players need to provide their own stick, mouth guard and shin pads. Goalkeepers are encouraged to purchase their own gear but there is a limited amount of goalkeeper gear the College can provide. The boys' First and Second XI teams are charged a \$30.00 uniform levy as the uniforms are supplied, as is the girls' First XI.

**Costs:** The following costs are estimates and depend on the amount of turf time used: First XI \$290, Second XI \$290, Youth \$230.

**Important Dates:** The boys' and girls' First XI's compete in national tournaments during winter tournament week. The boys' and girls' Second XI have the option to play in the local Nunweek Park tournament. Inter-school fixtures are also played.

**Trials:** Trials are held in Term 1, as most grades begin their competitions at the end of Term 1.

## Netball

Co-ordinator: Mrs Leanne Power

**General Information:** Netball is played by teams entered in both the Wednesday school competition and the Saturday club competition. Practices are held either after school or early evening depending on the coach, and are generally once per week.

**Venues:** Practices are held on the College courts. Saturday games are held at the Hagley Courts between 9.00am and 3.00pm, and the Wednesday games are held at a variety of venues at 3.00pm.

**Student Commitment:** All players must attend trials at the beginning of the season and attend all practices and matches. The Saturday competition runs throughout the holidays and all players are required to play. All players in the 9A and 10A teams will be required to play in the July school holidays' tournament. This tournament runs Monday to Wednesday of the first week.

**Uniform/Gear Requirements:** Players need to purchase their own tops and skirts from the College Shop. Dresses are supplied for the Senior A and B teams and a \$30.00 uniform levy is charged.

**Costs:** Senior players \$95.00 and junior players \$75.00. Tournament costs are disbursed after completion of tournament.

### StAC Netball Academies – Junior and Senior

The Motivationz vision is to "Enhance lives through building confidence and self-belief" using netball as the vehicle. Motivationz runs StAC's junior and senior netball academies, which have been created to provide a pathway for young netballers to the senior A netball squad.

Providing expert quality coaching and training for netball at St Andrew's College, Motivationz runs a holistic programme that includes skills specific fitness principles, mental skills, nutrition, relaxation techniques, social outings and team building exercises.

The combined academies also get an opportunity to travel overseas for a netball experience biennially. In 2014, the academies travelled to Singapore. Our junior academy also has a weekend trip to Hanmer Springs at the end of Term 3 each year.

The StAC Netball Academies are facilitated by Motivationz Director and former Silver Fern, Marg Foster. Marg is also a former New Zealand A Coach, Silver Ferns selector and Canterbury Head Coach.

## Rugby

Co-ordinator: Mr Michael Johnston

**General Information:** Boys' teams are entered in the Saturday competition organised by the Canterbury Rugby Union. The girls' team plays in the Wednesday sport competition.

**Venues:** Teams practise twice a week after school on the College grounds.

**Student Commitment:** Players are expected to attend all practices and games. Students are expected to make themselves available for training and games in Term 1 and 3 holidays. Excellent behaviour is expected both on and off the field.

**Uniform/Gear Requirements:** College jerseys are provided. Players need to purchase their own socks and shorts from the College Shop. Practice equipment and balls are supplied by the College.

**Costs:** There is an annual subscription of \$130 per player.



## Snow Sports

Co-ordinator: Mr Ian White

The College enters a ski and snowboard team in the Canterbury and South Island events each year. Students who participate in winter race training provided by Mt Hutt or Porters race departments can apply to have this considered as a part of their school sport participation. Students not doing club racing must also select another winter sport or cultural activity.

During Term 3 there are regular trips on Sundays to commercial ski fields in Canterbury. These trips are organised as a weekend activity for boarders and day students.

**Costs:** Bus transport plus lift tickets and rental equipment as required.

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## Squash (Competition)

Co-ordinator: Mrs Raewyn Buckley

**General Information:** Squash is played by teams entered in the Wednesday winter sport competition. Teams are coached once a week after school on Tuesday.

**Venues:** Practices are held at the Christchurch Football Squash Club. Games are held at various venues.

**Pre-requisites:** All levels, including beginners, are catered for. Students not already members of a club will join Christchurch Football Squash Club with some subsidy provided by the College.

**Student Commitment:** Students are expected to attend one practice per week. In addition, team members play in the Wednesday competition throughout the winter terms. The A team may enter the weekend Canterbury, South Island and National Secondary Schools Championships, depending on team strength.

**Uniform/Gear Requirements:** Some racquets can be provided for learner and recreational squash. Students should wear PE gear, non-marking shoes and eye protective glasses. Competition players wear the white College polo shirt and blue shorts.

**Costs:** Coaching (for 20 sessions). Costs divided between number of students.

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## Table Tennis

Co-ordinator: Mr Lyndon White

**General Information:** Table tennis is available as a winter sport either as a recreational or inter-school sport. Three teams are usually entered in the Wednesday sport competition.

**Venues:** Practice and coaching sessions are held in the College mini-gym on a Tuesday. Competition matches are usually played at the Canterbury Table Tennis Stadium, Blenheim Road, on a Wednesday afternoon.

**Student Commitment:** Students opting for table tennis are expected to attend practice and coaching sessions on Tuesdays after school in the mini-gym and to play on Wednesday.

**Uniform/Gear Requirements:** Participants need suitable non-marking shoes. Wednesday competition players will be required to purchase a team shirt. Bats are available, although participants should have their own.

**Costs:** Transport costs are disbursed at the end of the season.

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## Trapshooting

Co-ordinator: Mr Roland Burrows

**General Information:** Trapshooting is a winter sport that students take part in through Terms 2 and 3.

**Venues:** Practices are held at the Canterbury Clay Target Club at McLeans Island on Wednesdays after school.

**Pre-requisites:** Although previous experience is not absolutely necessary, students who have shot before will be given preference. Consequently students will be invited to participate in this sport.

**Student Commitment:** Students are expected to attend all practices as well as the monthly shoots on Sunday at the Canterbury Clay Target Club and any other competitions as required.

**Uniform/Gear Requirements:** All equipment is provided.

**Costs:** Approximately \$400.

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## Equestrian

Co-ordinator: Mrs Jo McLaughlan

**General Information:** School teams compete in One Day Events, Dressage and Show Jumping competitions throughout the year. Students must have their own horses and transport in order to compete.

Students have the opportunity to have polo instruction from Roddy Wood in Sefton. The polo manager drives a van to and from Sefton on Tuesday after school. Students do not need their own horses for polo. There are several polo secondary schools competitions in Terms 1 and 4 and St Andrew's is well represented. It is preferable that students have had riding lessons and are already confident on horseback when they choose this sport.

**Costs:** All costs will be disbursed to students' accounts.



## Ice Hockey

Co-ordinator: Miss Tam Yuill Proctor

**General Information:** Students can play at two levels:

- A development league on Wednesday afternoons to teach the basics of skating and stick handling;
- A combined high school league team for developing players, which has Saturday games. This level is played as non-contact.

**Venues:** Practices and games are at the Alpine Ice Sports Centre with a professional coach. Games are Saturday mornings and the College team practises on Thursday evenings.

**Student Commitment:** Students in College teams are expected to train weekly on ice, maintain a good level of personal fitness and be available for games.

Training starts at the start of Term 1 and finishes around week 3 of Term 4.

**Uniform/Gear Requirements:** Gear is for hire for new players attending the development league. As skill levels increase, players may wish to purchase their own playing and protective equipment. Personalised team shirts for Premier League players are available by contacting the team manager.

**Costs:** Ice fees for training and competition will be disbursed to students' accounts throughout the season. Wednesday development league is billed by CMIH High School League.

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## Motocross

Co-ordinator: Mr Greg Murphy

**General Information:** Motocross, like most extreme sports has seen a significant increase in participation over recent years. Consequently, St Andrew's is proud to offer students the opportunity to learn the basics of riding a motorcycle safely and more effectively, which provides for greater enjoyment. Lessons are on Wednesday after school, taking place in various rural locations. The highlight is building towards the South Island Secondary Schools Motocross Championships, held annually in Term 3.

**Costs:** \$55.00 per lesson based on attendance.

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## Barbershop

Co-ordinator: Mr Bryan Botting

Several barbershop groups are formed each year (male and female) by the Barbershop Co-ordinator. Practices are normally held after school and at lunchtimes. These groups compete in the National Barbershop Competitions. If successful there is an associated fee disbursed for travel and accommodation at the finals. In addition they perform at a number of school events and outside concerts.

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## Chamber Music Group

Co-ordinator: Mr Duncan Ferguson

We have a number of Chamber groups at St Andrew's. Groups are formed each year according to the players available to perform at the annual Secondary Schools Chamber Music Contest, which St Andrew's has supported by entering several groups each year.

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## Dance

Co-ordinators: Mr Laurence Wiseman and Ms Ginnie Thorner

StAC Dance welcomes dancers of all levels throughout the year. It offers classes in the following disciplines; Junior Jazz, Intermediate Jazz, Senior Jazz, Junior Hip Hop, Senior Hip Hop, and Choreography.

Classes are generally held on Tuesdays and Thursdays after school in the Dance Studio with additional specialist classes throughout the week. In addition the StAC dancers perform at assemblies and school events. StAC Dance also presents a dance revue in Term 3.

**Costs:** Approximately \$60.00 per term per class.

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## Debating

Co-ordinator: Ms Helaina Coote

Coach: Mrs Jacqueline Yoder

**General Information:** Debating is offered at two levels – junior and senior. Each level has approximately three competition debates per term and these take place early on a Thursday evening. Meetings and coaching sessions take place Wednesday lunchtimes.

**Venue:** Meetings and coaching take place in AB302. Thursday debates take place in various Christchurch schools.

**Student Commitment:** Students are expected to attend all meetings and coaching sessions, as well as take part in each competition debate.

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## Drama

Co-ordinator: Mr Laurence Wiseman

**Sheilah Winn Shakespeare Festival:** The festival is staged in Term 1. Year 13 Drama students have first priority to direct two entries, one of 15 minutes duration and one of five minutes. Years 12 and 13 students have the opportunity to perform in these entries.

**Senior College Production:** Open to Years 11 to 13 students. Auditions will be held Term 4 of previous year, with rehearsals commencing Term 1. Students are required to attend an intensive week of rehearsals in the last week of Term 1 holidays. The show opens for a six night season (Monday to Saturday) in either week 2 or 3 of Term 2.

**Middle School Production:** Auditions will be held at the end of Term 2, with rehearsals commencing at the start of Term 3. Some intensive rehearsals during the Term 3 holidays may also be required. The performance season is either before or after Labour Weekend in Term 4.

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## International Club

Co-ordinator: Miss Anais Lerosier-Hucke

**General Information:** The International Club meet fortnightly to discuss and share experiences involving other countries. Members of this club are expected to contribute to meetings. Not all members have an affiliation with a country other than New Zealand. Membership is open to any students in the Secondary School willing to contribute to discussions, share experiences, debate and host lunch with others.

**Venue:** Japanese Classroom – AB202

**Student Commitment:** Fortnightly meetings Terms 1 to 4. Students are required to select at least one other co-curricular activity if involved in the International Club.

**Costs:** One shared lunch.

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## Jazz Band – Junior

Director: Mr Duncan Ferguson

This is for Years 7–10 Jazz musicians and focuses on developing basic musicianship skills. They have the opportunity to perform at the Jazz Quest and Southern Jam competitions. Practice times are Wednesday lunchtimes.

## Jazz Band – Senior

Director: Mr Duncan Ferguson

This is our award winning 'Big Band', playing music from the swing era as well as popular tunes, funk and jazz/rock numbers. Saxophones, trumpets, trombones, guitar, bass, keyboard and drums are involved. Practice times are Friday lunchtimes in MS01 and Thursday nights from 7.00pm – 8.30pm. Entry is by audition. Each year there is the potential for this band to compete and perform at several festivals and concerts including the Blenheim 'Southern Jam', CPIT Jazz Quest and the NZSM Jazz Festival in Wellington. A fee for travel and accommodation is chargeable for participation in these events.

## Orchestra

Director: Mr Mark Hodgkinson

St Andrew's has a large number of orchestral musicians and in order to cater for the varying abilities and interest we have three orchestras.

The chamber orchestra is for the advanced and senior players. It plays a variety of music that challenges the musicians' technical and ensemble abilities. Rehearsals are after school on Monday and alternating Tuesday lunchtimes.

The concert orchestra is an intermediate ensemble, where the players begin to develop their ensemble skills with music that provides all instruments with moments to shine. More able Preparatory School students can join this group. Rehearsals are on Thursday lunchtimes and alternating Tuesday lunchtimes.

The symphony orchestra is our largest group with 60+ musicians. It is formed by combining the Chamber and Concert Orchestras. This gives the players the experience of playing in a large orchestra, with all the excitement that entails. They play classical works and lighter music from shows, and are the prime group for important school occasions such as Founders' Day and prizegiving.

All three orchestras are directed by Mr Hodgkinson.

**Costs:** A fee bearing annual camp is held for the orchestra.





## Pipe Band

Band Director: Mr Richard Hawke

**General Information:** The St Andrew's College Pipe Band has a proud history and strong tradition and performs in competitions and at many functions and occasions throughout the year. Currently there are 140 students involved with the band. There is an opportunity to play the bagpipes, side drums or tenor drums.

**Student Commitment:** Weekly practices are at the College throughout the year.

**Uniform/Gear Requirements:** Band uniforms are supplied.

## Rock School

Co-ordinator: Mr Kristian Giles

On Fridays after school the Music Department is dedicated to all things rock. All guitarists, keyboardists/pianists, bass players, singers and drummers are invited to be part of bands that work towards the Smokefree Rockquest. These groups are run by guitar tutor Michael Sumner and drum tutor Greg Donaldson.

## Saxophone Ensemble

Co-ordinator: Mr Duncan Ferguson

This group is run by Christchurch saxophonist Claire Oliver and currently meets on Monday lunchtimes. Space is limited. The group performs at concerts and festivals where possible.

**Costs:** There is a \$10.00 weekly fee for being in this group to cover tuition.

## Secondary School Chorale – Staccoro

Director: Mr Matt Everingham

Co-ordinator: Mr Duncan Ferguson

Staccoro is our Secondary School chorale. Entry is by audition only and generally limited to Year 10 and above although more able Year 9 students are welcome to apply. It performs a variety of repertoire for major chapel services, assemblies, concerts and festivals such as the annual 'Big Sing' choral competition. This group performs to the highest standards and expectations. Practice times are Tuesdays after school, 3.30pm – 5.00pm and Wednesday lunchtimes. There is also an annual choir camp in Term 1.

## Secondary School Junior Choir – Stacchorus

Director: Mrs Claire Oliver

For Years 9–11, this group forms an excellent training ground for the Chorale while existing independently as a performing unit for chapel and public performances. Entry is by audition. Practice times are Monday lunchtimes and Thursdays after school in MS02. This group also competes in the 'Big Sing' Choral Competition and other local choral festivals.

## Soul Group

Director: Mr Duncan Ferguson

This group is a combination of the jazz combo and a small group of auditioned singers who work with songs in close harmonies. They perform arrangements from classic jazz to modern R&B. The group rehearses on Thursdays after school. This group performs at concerts and festivals including Southern Jam.

## Television and Film Academy

Co-ordinator: Mr Simon Williams

**General Information:** The Television and Film Academy is for students keen to work in and around our unique TV studio, because you enjoy it or because you have a media or performance career in mind. You will support studio productions, film making and manage technical and production support for a wide range of events.

The Academy encourages the art of performance on camera and stage, of directing and producing TV shows and films, managing technical roles in the studio, shooting and editing a film, crewing an outside broadcast, providing technical support for College productions and dance revue in the Theatre, chapels, assemblies and other events. The group will run the College Film Fest and the annual prizegiving.

**When:** Every Thursday after school from 3.30pm – 4.45pm. The studio is open to you every lunchtime when much of our discussion and editing of product is done. We also have before and after school responsibilities. We have a team meeting every Tuesday lunchtime, where upcoming activities are discussed and planned.

There will be an after school session each week, on a Thursday from 3.30pm – 5.00pm. During that session you may record a musical group, learn about sound or lighting, learn how to direct, or learn about editing.

There will be other commitments throughout the year.

**Costs:** \$50.00 per student per year to pay outside tutors.



## Theatre Sports

Co-ordinator: Miss Liz Gormack

**General Information:** Theatre Sports combines the physical skills of team sports and the mental agility of the Brains Trust. It is great training for real life. Learn to think on your feet and always have an answer at the tip of your tongue. It is seriously great fun and is taken by professional tutors.

**Venue:** Theatre.

**Student Commitment:** Students need to attend weekly sessions and extra practices where required. Attendance is compulsory once students have committed to Theatre Sports.

**Weekly session times are:**

- Years 9–10: Wednesday 2.30pm – 3.30pm
- Years 11–13: Wednesday 3.30pm – 4.30pm

**Costs:** \$60.00 per term for external tutor (member of Court Theatre Jesters).

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## Writing for Publication

Co-ordinator: Mr Andy McIntosh

In 2016 the English Department will again be offering students the opportunity to attend a class, held once a week in AB301. The aim of the class is to foster creative writing talent in the College, in both poetry and prose and to further student success in writing competitions. The class is run by our writer-in-residence, Mrs Kerrin Davidson. It is open to any students who are interested in creative writing, regardless of experience. Students should commit to regular attendance. Any queries should be directed to Mr Andy McIntosh in the English Department.

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# Sports and Cultural Choice 2016

Please read the following information, then complete the form overleaf, detach it and return it to your tutor or the Middle School Office. New students should return this when onsite for the entrance test.

1. All students in Years 9–11 must take part in at least two different sports or cultural activities throughout the year – at least one in each of the summer and winter seasons, unless it runs all year round. Year 12 students must select one activity and participation is optional for Year 13 students.
2. For Years 9, 10 and 11 students at least one choice should be a team sport or cultural activity. See list on page 4 of this handbook.
3. Only enrol in sports and cultural activities that you actually intend to do.
4. You are required to do the same summer sport or activity in Term 4 as you chose in Term 1 – so choose carefully. The last date to change your sport in Term 1 is Monday 8 February 2016. Anyone who wants to change their sport in Term 4 will need a form signed by the Head of Co-curricular.
5. You will be allowed to reconsider your winter sport or cultural activity at the end of Term 1.
6. You are encouraged to choose a priority sport or cultural activity and can choose one other per season, but you need to check in the handbook to see when the likely practices and competition times are on, to ensure that you are able to do each without a clash of times or speak with the teacher in charge. Students must get the permission of the Head of Co-curricular if they intend to do more than two sports in a season. Year 11 students and older are encouraged to specialise in one sport per season.

## Team Player Contract

Students representing St Andrew's College in sports or cultural activities are encouraged to strive for excellence in presentation, preparation and performance so that the team and the individual become the best they can be.

### ST ANDREW'S COLLEGE STUDENTS:

1. Play hard but fair.
  2. Play by the rules of the game.
  3. Be committed to your team. Attend all practices and matches.
  4. Never argue with the referee. Control your emotions, display a positive attitude.
  5. Respect the authority of the coach and manager.
  6. Be a good sport. Acknowledge all good play whether by your team or your opponent.
  7. Use appropriate and acceptable language.
  8. Always wear the full and correct sports uniform.
  9. Always act in a manner that brings credit to yourself, the team and the College.
  10. Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
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## Spectator / Parent Code of Conduct – Sport

1. Applaud the performance of both teams.
  2. Be positive with the officials and acknowledge their efforts.
  3. Let players play their game, not your game.
  4. Praise efforts, not results.
  5. Set an example to the players.
  6. No spectators/parents on the field at any time.
  7. Use appropriate and acceptable language.
  8. Spectators/parents are not to approach a College coach prior to and during the game. They have a role to carry out.
  9. Concerns regarding the game can be discussed with the team manager or staff member in charge of the sport in the first instance.
  10. It is only a game and this perspective needs to also be taught to our children.
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# 2016 Sports and Cultural Selections

PLEASE COMPLETE AND RETURN THIS FORM.

Student's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Please note that in some activities there may be too many applicants so some students may need to participate in their second option.

The sports and cultural activities I intend to take part in for 2016 are:

Summer	Winter
Option One: _____	Option One: _____
Option Two: _____	Option Two: _____
Back-up option: _____	Back-up option: _____

**PLEASE NOTE:** Students do not have to choose two options per season. If you choose a limited entry activity i.e. touch, a back-up option is also required.

## Parent / Guardian Permission

I/We have read the Team Player Contract and Parent Code of Conduct, accept the conditions, and give permission for my son/daughter to take part in the sports and cultural activities above and agree to pay any expenses incurred.

Signed: \_\_\_\_\_ (Student)

Signed: \_\_\_\_\_ (Parent)

I am able to help, if required, in the following capacity (Coach, Manager etc.):

\_\_\_\_\_  
\_\_\_\_\_

Students are able to take itinerant lessons for Speech and Drama and Music. This is **additional** to the co-curricular obligations students have, as outlined in this handbook.

## Speech and Drama

There are two speech and drama tutors working in the college, Helen Balch and Dianne Jones. They teach a range of skills including speech, drama, public speaking, musical theatre and performance skills. Students can have individual lessons or come in pairs or trios depending on requirements. Lessons are organised at a time to suit the student and class teachers. Students can sit Speech New Zealand or Trinity Guildhall exams and a number also enter the Christchurch Speech and Drama competitions. Students also come just for confidence and enjoyment. Enrolment forms are emailed to all families in January and are also available from Reception, however enrolments can be accepted through the year.

## Instrumental and Vocal Tuition

The Music Department runs an extensive programme of instrumental and vocal tuition. Twenty-two tutors come into the College each week, some of them across two or three different days. For private lessons in the music suite studios, tutors charge approximately \$35.00 per half hour lesson. About 30–33 lessons are taken over the year during school time, mostly in the morning and early afternoon, although most of the drum lessons and some guitar lessons are taken after school.

Reports are issued twice a year, at mid-term and end-of-year. Theory lessons are also available. The College has a supply of instruments for hire each term (saxophones, horns, oboes and bassoons are slightly more). For further details on this scheme and for information about the variety of performing groups available contact Mr Ferguson or Ms Thorner, request a copy of the department information booklet and fill in the application form on the back page.



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