



CLIFTON

PREPARATORY SCHOOL
NOTTINGHAM ROAD

Barefoot Brave Hearts

Sports Strategy & Policy

Document

A Guideline for Parents and Guardians

The Coaches Game Plan & Code of Conduct

Parents' Code of Conduct



A Guideline for Parents and Guardians

1. INTRODUCTION

This Game Plan clearly describes and defines sport at Clifton, allowing for consistent understanding across all stakeholder groups.

A key purpose of this document is to provide a framework for coaches, that they may achieve consistency in practice in all teams and sports. It is intended to be a 'live' document that is actively adhered to and kept available for easy ongoing reference.

This document will be reviewed and updated at the School's discretion.

2. ALL ABOUT SPORT AT CLIFTON

"Playing is our passion, Winning is our aim, Defeat is our inspiration, Participation is the game."

- Sarvesh Parakh (modified from "my" to "our")

Sport at Clifton is an important dimension in the broad scope of primary phase learning, and the sports profile will operate alongside academics and the arts. When managed in the fuller context of the curriculum, our prime motivation for offering sport is to provide opportunities for our children to grow:

1. Sportsmanship (Clifton values: integrity, wholehearted effort, good manners, fair play, tolerance, honesty)
 - The game, rules and strategy
 - To do the right thing
 - Etiquette
2. Be better tomorrow than today (Clifton values: wholehearted effort, integrity, honesty)
 - Skill
 - Effort
 - Passion
 - Tenacity
3. Contribution to team (Clifton values: integrity, wholehearted effort, fair play, tolerance, good citizenship)
 - Team first
 - Loyalty
 - Commitment
 - Resilience

3. THE BIGGER PICTURE



1. VISION

Provide a safe, wholesome environment that inspires and grows children who love to be active; Our Barefoot Brave Hearts.

2. MISSION

To do so through passionate, motivated coaches who execute a well-designed sportsprogramme.

3. VALUES

- Good citizenship
- Tolerance
- Integrity
- Honesty
- Wholehearted effort
- Fair play
- Good manners

4. THE KEY SUCCESS FACTOR

While there are many elements that affect sporting success, we believe the key factor to be effective, passionate coaches. For this reason, a separate Coaching Game Plan exists.

5. STAKEHOLDERS

Understanding who the key stakeholders are assists us with communicating and managing expectations. These groups are as follows:

- Children
- Coaches / Staff
- Parents / Guardians

4. SPORTS PHILOSOPHY AND TACTICS

1. SPORTSMANSHIP

“The quality of showing fairness, respect, and generosity towards the opposing team or player and for the sport itself when competing.” – Cambridge Dictionary

2. COMPETITIVE SPORT



The definition of competition: "The aim to win through healthy rivalry with clearly- defined objectives."

The "aim to win" requires behaviours such as wholehearted effort, sportsmanship, teamwork, positive attitude, tenacity, skills development and passion.

When we win we celebrate with humility, while losing inspires us to be better than we were the day before.

Clifton's policy regarding competitive sport is as follows:

Grades 1 and 2

The objective at this age is for children to be exposed to a variety of traditional sports in a manner that is fun, builds awareness, introduces skill, sportsmanship, wholehearted effort, and teamwork, and which encourages participation.

Under 9 - Open

Termly, we arrange competitive fixtures with other schools. In addition, children participate in Inter-house events.

3. TEAM AND SQUAD SELECTION

Team selection is the responsibility of the relevant coach/es, in consultation with the head of the respective sporting code.

Clifton strives to select the best possible team in each age group for each sport.

The following factors may influence the selection of players within each sporting code:

1. Ability of each child
2. Team dynamics
3. Individual development
4. Squad vs Team

Team = The number of children required according to the rules of the game.

Squad = Where there are more children than the number required for a team, but an insufficient number to make up another full team. In such instances a squad will be formed.

4. INDIVIDUAL SPORT SELECTION



- Swimming squads are selected on merit
- Tennis consists of U11 and Open teams. All teams are selected on merit Note: U11 consists of the best players from U9 – U11
- Squash selection is determined by performance on the ladder, and as such is open to all age groups

5. CAPTAINCY SELECTION

The selection of captains will be applied as follows:

- From U9 - U11, the captaincy is rotated
- At the Open level, the captain is selected by the coach/es
- House captains are elected by the children

6. TEAM SELECTION COMMUNICATION

Once the coach/es have decided on the teams, these announcements will be posted on the notice board and the D6, weekly.

Should changes occur, the coach will be responsible for advising the affected player/s of the decision. Coaches will communicate the reason for the change in a manner that maintains self-esteem and is motivational.

7. COMPULSORY SPORTS POLICY

Clifton has elected to implement two compulsory sports per term for boys and girls.

Given that Clifton is relatively small and that we wish to play sport competitively, in order to produce a sufficient number of teams at a fair level of play it is necessary for all the children to participate in the traditional sports as listed below:

Boys:	Term 1	Term 2	Term 3	Term 4
Compulsory	Cricket	Rugby	Hockey	Cricket
Compulsory	Swimming	Cross Country	Athletics	Swimming
Compulsory			Tennis	Squash
Optional (U12/Open)		Soccer		Water Polo



Girls:	Term 1	Term 2	Term 3	Term 4
Compulsory	Tennis	Hockey	Soccer	Basketball
Compulsory	Swimming	Cross Country	Athletics	Swimming
Compulsory			Tennis	Squash
Optional (U12/Open)		Rugby		Water Polo

Note: Several sports are offered privately.

8. AGE-APPROPRIATE PLAY

It is Clifton's intent for each child to play within their own age group, with the following notes and exceptions:

- Only children who are U9 in Grade 2 would play 'up'
- Children who are in Grade 3 and are younger than the average age within the group, won't play 'down'
- Expressly talented individuals who are younger in a Grade may remain with their peer group, but this is at the discretion of the coach/es
- Some schools demand age-appropriate placement, which may affect team selection
- An older child playing 'down' or with the younger group will be a rare occurrence

9. PROVINCIAL/REGIONAL SPORT

Clifton participates in provincial sports as follows:

- From U12: Rugby, Cricket, Hockey and Tennis
- From U9: Swimming
- Horse Riding, Squash, Athletics, Cross Country

10. REPORTING AND FEEDBACK

At the end of each semester, coaches will provide a written report on each child. Clifton is striving to develop coaches to a point where they are able to provide information such as:

- Core skills evaluation
- Top area of focus for improvement
- Biggest achievement/value/contribution



- Narrative on child's attitude towards: team, self, winning, trying

11. RECOGNITION, AWARDS AND ACHIEVEMENTS

Junior Primary

The sporting approach in Junior Primary is to encourage the development of skills rather than to single out a player for any sort of recognition.

Coaches Encouragement and Recognition

It is the expectation of coaches to consistently and regularly provide constructive, motivational feedback to all children.

Senior Primary Awards

Clifton does not award colours. Notable achievements are recognised. Currently there are several team and individual awards:

1. Sportsman of the year (Grade 7)
2. Sportswoman of the year (Grade 7)
3. Sportsmanship Award (Girls)
4. Sportsmanship Award (Boys)
5. Team with the most points in Inter-house events
6. Swimming age group champion
7. Athletics Junior and Senior Victor and Victrix Ludorum

12. COMMUNICATION

All practice schedules, team lists, weekly sports fixtures and cancellations are communicated via the School's d6 Communicator App, available for free download for all Clifton parents.

13. PARENT-COACHING SUPPORT

In order to ensure a positive impact, Clifton typically considers parental input in the form of consultation, primarily in training coaches, and will not consider direct coaching responsibilities.



14. MEDICAL

A fully-qualified nursing sister co-ordinates and manages all aspects of the medical/first aid support offered by the school. A fully-equipped Sanatorium is always available, and additional qualified personnel are brought in during peak fixture times. This is the case particularly during the rugby season and at various horse riding events.

15. TRANSPORT

While Clifton will make every effort possible to provide school transport, due to our location, assistance from parents for transport is always welcomed and encouraged. Should any parent be travelling to or from a fixture, and is willing and able to assist, this would be greatly appreciated. Please advise the Director of Sport in advance.



Coaching Game Plan

A Guideline for Coaches and Staff

1. PRACTICE SCHEDULES

When planning practice schedules and fixtures the following is taken into account:

- maximising use of facilities
- utilising staff potential
- offering maximum practice time to sport
- limiting clashes between fixtures and practices
- managing practices within the broader curriculum
- managing “burnout” of staff and children

2. FIXTURES

Playing matches against other schools provides our children an exciting opportunity to experience competition and participate in a team.

Most fixtures are played on Saturdays, which is a demand placed on Clifton by other schools. Clifton strives to set approximately six competitive fixtures per term from the U9 to the Open age group.

3. CONTEXT FOR FIXTURE SETTING

- Independent schools attempt to collectively coordinate schedules; however, most of the fixture setting is negotiated on a school-to-school basis, which means that Clifton is often affected by other schools’ schedules.
- Larger schools with four to five teams per age group mostly do not favour fixtures with smaller schools who only have an A and B team, because many of their teams would not be afforded the opportunity to play.
- Swimming, tennis, squash and basketball all have midweek fixtures.
- Girls’ sport, with the exception of hockey and soccer, have fixtures during the week.



4. TEAM LISTS

It is the responsibility of the coach to submit a new team list for every match. He/She is to ensure that the details are updated and correct. These details include:

- venue and opposition
- starting and ending times
- spelling of children's names
- departure and return times
- kit list

5. PRACTICE ETIQUETTE

- It is important that coaches lead by example—they are to arrive punctually, preferably 10 minutes before practice starts
- They are to run a well-structured practice
- It is the responsibility of the coach to maintain discipline and manners at all times
- Coaches are to ensure players have the correct kit
- Coaches are to ensure that after practice, all kit and clothing is picked up and packed away, and the area is left tidy

6. PRACTICE STRUCTURE

Practices should be broken into three parts:

- Warm-up (10min max)
- Body (skills development)
- Warm down/Practice game (15min max)

7. MATCH DAY ETIQUETTE

- Coaches are to arrive punctually and no later than the meeting time on the team list
- Coaches must ensure their players arrive timeously for matches; he/she must follow up with children who are repeatedly late
- The visiting school should be met and greeted on arrival; they should be assisted with any queries and shown to their correct field/facility
- Coaches must confirm starting times and agree on technical umpiring/refereeing decisions that will be enforced
- An adequate warm-up session must be run



- Coaches to ensure visiting staff and pupils are offered refreshments
- Coaches to ensure that all kit and clothing is picked up and packed away and that all litter is removed and disposed of

8. SPORT & KIT

Grades 1 and 2

Boys:	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term 4</u>
Compulsory	Mini Cricket	Soccer	Hockey	Mini Cricket
Compulsory	Swimming			Swimming
Girls:	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term 4</u>
Compulsory	Mini Cricket	Hockey	Soccer	Tennis
Compulsory	Swimming			Swimming

Grades 3 – 7

Boys:	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term 4</u>
Compulsory	Cricket	Rugby	Hockey	Cricket
Compulsory	Swimming	Cross Country	Athletics	Swimming
Compulsory			Tennis	Squash
Optional (U12/Open)		Soccer		Water Polo
Girls:	<u>Term 1</u>	<u>Term 2</u>	<u>Term 3</u>	<u>Term 4</u>
Compulsory	Tennis	Hockey	Soccer	Basketball
Compulsory	Swimming	Cross Country	Athletics	Swimming
Compulsory			Tennis	Squash
Optional (U12/Open)		Rugby		Water Polo



Team Lists for Grades 3 to 7:

Team lists for matches are uploaded onto the d6 Communicator weekly:

- Monday matches – team lists are available on Fridays
- Tuesday & Wednesday matches – team lists are available on Mondays
- Thursday matches – team lists are available on Tuesdays
- Friday & Saturday matches – team lists are available on Wednesdays

The weekly sport schedule is uploaded onto the d6 Communicator on a Saturday.

All information on Sport can be found under the resources menu under the Sport Department.

BOYS' SPORT KIT – Grade 1 and Grade 2

		Practice Kit	Match Kit
Term 1	Mini Cricket	Black shorts Red Clifton golf shirt White school socks White trainers White floppy hat – compulsory Cricket bat + red 'Slaz' ball	White shorts Red Clifton golf shirt White school socks White trainers White floppy hat – compulsory Cricket bat
Term 2	Soccer	Black shorts Red Clifton golf shirt Black & white hooped socks Shin pads White trainers/soccer boots	White shorts Red Clifton golf shirt Black & white hooped socks Shin pads White trainers/soccer boots Clifton tracksuit
Term 3	Hockey	Black shorts Red Clifton golf shirt Black & white hooped socks White trainers/hockey boots Gum guard Hockey stick	White shorts Red Clifton golf shirt Black & white hooped socks Shin pads White trainers/hockey boots Clifton tracksuit Gum guard Hockey stick
Term 4	Cricket	As per Term 1	



Swimming will take place during PE in Terms 1 and 4. Boys will need: a black 'Speedo style' costume or 'Jammers', a towel and a House swimming cap.

BOYS' SPORT KIT – Grade 3

	Sport	Practice Kit	Match Kit
Term 1	Cricket	Black shorts Red Clifton golf shirt School white socks White trainers Grey Clifton Cap/white floppy hat Cricket gear incl. helmet – compulsory	White shorts White Clifton golf shirt Black & white hooped socks White trainers White wide-brimmed hat or grey Clifton cap Clifton tracksuit top Cricket gear – compulsory
	Swimming	Black 'Speedo' style costume or 'Jammers' House swimming cap Goggles – optional	Black 'Speedo' style costume or 'Jammers' Black Clifton squad cap Black Clifton squad towel Tracksuit Black slops
Term 2	Rugby	Black shorts House rugby jersey Black & white hooped socks Rugby boots Gum guard	White shorts Black & white rugby jersey Black & white hooped socks Rugby boots Gum guard Clifton tracksuit
	Cross Country	Black shorts Red Clifton golf shirt White socks & trainers	Black shorts Clifton Cross Country vest Predominantly white trainers & school socks Tracksuit
Term 3	Hockey	Black shorts Red Clifton golf shirt Black & white hooped socks White trainers/hockey boots Shin pads Gum guard Hockey stick	White shorts Red Clifton golf shirt Black & white hooped socks Clifton tracksuit White trainers/hockey boots Shin pads Gum guard Hockey stick
	Tennis	Black shorts Red Clifton golf shirt School white socks Predominantly white trainers/tennis shoes Clifton peak cap	N/A
Term 4	Cricket	As for Term 1	
	Swimming		



GIRLS' SPORT – Grade 3

	Sport	Practice Kit	Match Kit
Term 1	Mini Cricket	White shorts Red Clifton golf shirt White school socks White trainers Clifton white floppy hat	N/A
Term 2	Hockey	White shorts Red Clifton golf shirt Long red socks Shin pads White trainers Gum guard Hockey stick	White shorts Red Clifton golf shirt Long red socks Shin pads White trainers Gum guard Hockey stick Clifton tracksuit
Term 3	Soccer	White shorts Red Clifton golf shirt Long red socks Shin pads White trainers Gum guard	White shorts Red Clifton golf shirt Long red socks Shin pads White trainers Clifton tracksuit
Term 4	Tennis	White shorts Red Clifton golf shirt White school socks White trainers Tennis racquet White floppy hat	N/A

Swimming will take place during PE in Terms 1 and 4. Girls will need: a plain black full costume, a towel and a House swimming cap.

GIRLS' SPORT – Grade 3

	Sport	Practice Kit	Match Kit
Term 1	Tennis	Black shorts Red Clifton golf shirt White school socks White trainers Clifton peak or cap Tennis racquet	N/A
	Swimming	Black full costume House swimming cap Towel Goggles (optional)	Black full costume Clifton squad swimming cap Clifton squad black towel Goggles (optional) Clifton Tracksuit Black slops



Term 2	Hockey	Black shorts Clifton red golf shirt Red Socks or black & white hooped socks Shin pads White trainers/Hockey boots Gum guard Hockey stick	Red Clifton hockey skirt Red Clifton sleeveless shirt Black & white Hooped socks Shin pads White trainers/Hockey boots Clifton tracksuit top Gumguard Hockey stick
	Cross Country	Black shorts Red Clifton golf shirt Trainers & socks	Black shorts Clifton cross country vest White trainers White school socks Clifton tracksuit
Term 3	Soccer	Black shorts Red Clifton golf shirt Red or black & white hooped socks Shin pads White trainers/soccer boots	Black shorts Red Clifton sleeveless shirt Black & white hooped socks Shin pads White trainers/soccer boots Clifton tracksuit
	Tennis	Black shorts Red Clifton golf shirt White school socks White trainers Tennis racquet Clifton Peak or Cap or Floppy white	N/A
Term 4	Basketball	Black shorts Red Clifton golf shirt White school socks White trainers	Black shorts Red Clifton sleeveless shirt White school socks White trainers Clifton tracksuit
	Swimming	As for Term 1	

GIRLS' SPORT – Grades 4 to 7

	Sport	Practice Kit	Match Kit
Term 1	Tennis	Black shorts Red Clifton golf shirt White school socks White trainers Clifton peak or cap Tennis racquet	Red Clifton tennis skirt White Clifton sleeveless shirt White school socks White trainers Clifton peak Tennis racquet Tracksuit top
	Swimming	Black full costume Towel House swimming cap	Black full costume Clifton squad swimming cap Clifton squad towel Goggles (optional) Clifton



		Goggles (optional)	tracksuit Black slops
Term 2	Hockey	Black shorts Red Clifton golf shirt Black & white hooped socksShin pads White trainers/hockey shoesHockey stick Gum guard	Red Clifton skirt Red Clifton sleeveless shirt Black & white hooped socksShin pads White trainers/hockey shoesHockey stick Gum guard Clifton Tracksuit
	Cross Country	Black shorts Red Clifton golf shirtWhite school socks Trainers	Black shorts Clifton Cross Country vest Predominantly white trainers & school socksClifton tracksuit
Term 3	Soccer	Black shorts Red Clifton golf shirt Black & white hooped socksShin pads White trainers/Soccer boots	Black shorts Red Clifton sleeveless shirt Black & white hooped socksShin pads White trainers/Soccer bootsClifton tracksuit



	Tennis	As for Term 1	
	Athletics	Black shorts Red Clifton golf shirt Trainers & socks optional	Black shorts Inter-house t-shirt White school socks Predominantly white trainers – optional
Term 4	Basketball	Black shorts Red Clifton golf shirt White school socks White trainers	Black shorts Red Clifton sleeveless shirt White school socks White trainers Clifton tracksuit
	Swimming	As for Term 1	
	Squash League	Black shorts Red Clifton golf shirt White school socks Non-marking white sport shoes Squash racquet Squash goggles	Red Clifton tennis skirt White Clifton sleeveless shirt White school socks Non-marking white sport shoes Squash racquet Squash goggles Tracksuit top



Coaching Game Plan

A Guideline for Coaches and Staff

Coaches Code of Conduct

- I will be professional, punctual and prepared at all times.
- I will set a good example to all players.
- I will remember that all children are deserving of equal attention and opportunity, creating opportunities to develop the individual skills of each child.
- I will structure practices in such a way that skills development is included.
- I will keep my knowledge of coaching skills and rules of the game up to date. I understand that my attendance of coaching and up-skilling sessions/courses organised by the Sports' Department is imperative.
- I will teach players to respect both officials and the opposition. In addition, good sportsmanship and sporting etiquette will be emphasised.
- It is my responsibility to remove a player from the field of play if they show disrespect at any time.
- I will ensure that the team selection is fair and clear to all participants.
- I take responsibility for apparatus and equipment, ensuring that everything is stored away safely.
- I will accompany my team to matches.
- I will wear the Clifton coaching uniform at all matches and practices without exception.
- I must keep a record of my team's results and WhatsApp match reports and if possible, send photos to the Sports Department.
- I will behave in an exemplary manner at all times, not consuming alcohol at any time while supervising children.
- I will not use obscene language.
- I will treat visiting coaches and players with respect and dignity.
- I will not arrange informal or extra practices without the knowledge of the Sports Department.
- I will avoid overplaying the talented players. All players deserve equal time.
- I will remember the children play for fun and enjoyment, while understanding that winning is part of their motivation. I will never ridicule or yell at children for their mistakes or for losing a competition.
- I may not leave a match venue until the last pupil has been collected. If a player has not been collected by the time the school bus leaves, he/she must return on the bus to Clifton.
- I will ensure that all players have the correct match kit.
- I will ensure that all facility rules and regulations are followed by the players and spectators.
- I realise and accept the principle that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy, and good manners.



Parents' Code of Conduct

Actions by parents, supporters and coaches, whether verbal or non-verbal, can have a lasting emotional effect on children. Too many boys and girls are leaving sports activities because the fun is unfairly taken away by adults. Clifton strongly believes the essential elements of character building and ethics in sport are embodied in the concept of sportsmanship and its seven core values: Good Citizenship, Tolerance, Integrity, Honesty, Wholehearted Effort, Fair Play, and Good Manners. As a parent or guardian of the children at Clifton, one's actions reflect not only on one, but on one's child, his/her team, and Clifton.

In recognising the seven core values I hereby undertake to positively support, care for, and encourage my child and other children participating in sport by following this Parents' Code of Conduct.

- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will encourage my child to participate.
- I will encourage good sportsmanship by demonstrating positive support for and displaying respectful behaviour towards players, coaches, and officials. Poor sportsmanship-like behaviour such as booing, taunting or using profane language or gestures is not tolerated. I will not run up and down the touchline or move on to the field of play.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I will support the coaches, allow them to do their job and respect the game plan by not coaching my child or other players during games and practices. I will not openly question or confront coaches before, during or after games or practices. I will take the time to speak with coaches about any concerns calmly, privately and at an agreed-upon time and place.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child and the safety of others.
- I will be realistic about what my child is capable of achieving physically.



- I will encourage my child to learn to lose with dignity and win with grace. I will ensure that my child knows that my love and approval is not linked to whether or not they win or lose.
- I will teach my child that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- I will praise my child for playing hard and competing fairly.
- I will do my best to have my child at all practices and games on time.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will applaud all good performances by my child's team and his/her opponents. I will congratulate both teams upon their performance regardless of the outcome of the game.
- I understand the school's ethos and will allow my child to stay with the team until the very end of the match.

Grievances

- Any parent or supporter may file a grievance when necessary. All grievances should be in writing and directed through the following sequence of authorities: Coach, Head of Sporting Code, Director of Sport, Headmaster.
- Grievances will be heard regarding all matters pertaining to conduct in violation of the code.
- The procedure for filing a grievance is to first provide the Sports Department with written documentation of the grievance, including: date of incident(s), name(s) of the person(s) involved, name(s) of any witnesses, and a brief description of the incident(s).
- If necessary, a meeting with the Sports Department will be scheduled.
- If the matter is not resolved it may be forwarded to the