

PLC Armidale Sports Contract

Representative Hockey

Your daughter has been selected to represent PLC Armidale as a member of the Open/Junior Hockey Team which participates in the IGSSA Hockey Competition, played in Sydney. They will be required to play in this competition during Term 3 and in the HNE Competition commencing in Term 2 & 3.

Please find outlined below some important information regarding the College's expectations of each of the team members. Your daughter and yourself are asked to read this information then complete and return the contract attached to this letter.

Expectations

As a member of the PLC Armidale Representative Team you are required to:

- Attend all training sessions and games unless prior notice has been given to ***both*** the Coach and Director of Sport.
- **Should you not attend training or game a total of three (3) times, without prior permission from the Director of Sport, you will be ineligible to apply for a PLC Armidale Pocket.**
- Wear the correct PLC Armidale PE uniform to all training sessions.
- Arrive 10 minutes prior to training and be ready to start on time.
- Arrive 30 minutes prior to the start of any game and warm up appropriately.
- Attend one fitness session per week.
- Maintain an appropriate level of fitness throughout the season as determined by the Coach.
- Follow the "Away Game Travel Procedure" document handed out prior to away trips.

Training

- **Training is compulsory** and essential for all representative team members.
- Training will occur once a week for representative teams, Thursday afternoons 4:00 pm – 6:00 pm at the HNE Complex.
- Additional training may be scheduled as finals approach.
- The correct PLC Armidale PE uniform must be worn at all training sessions.

Fitness

- **Fitness or Pilates is compulsory** for all representative team members. You must attend one or both of these classes per week.
- A personal trainer has been engaged to conduct these sessions at a cost of approximately \$60 for an eight (8) week program. This fee is payable directly to the instructor (not the College) at the first session.
- Pilates will be on Tuesday morning at 7:00-7:45am in the DKC.
- Fitness will be on Wednesday morning, 6:30-7:30 am in the DKC or main oval.
- Exemption from these fitness sessions ***may*** be granted to girls already participating in extensive fitness programs. Requests for exemption will only be granted by the Director of Sport, after consultation with the coach. Proof of attending a fitness programme is required. **Participating in a variety of sports does not constitute a fitness programme.**

Uniform

- PLC Armidale PE skort
- PLC Armidale PE shirt
- Red PLC Armidale socks for Open team
- Green PLC Armidale socks for Junior team
- Shin pads and mouthguard
- Appropriate footwear

Registration for HNE Competition

HNSW registration must be done via the HNSW website by the parent/guardian or by the individual along with payment, prior to playing.

The website for registration is www.revolutionise.com.au/plc

Once you reach this site, follow the instruction to register.

If you have an Active Kids voucher number, you can use it through the registration process. There may be an issue with this. If so, please present your active kids voucher to the College and it can be credited to your school account. This issue is currently being worked on by revolutionise and HNE.

Registration must be completed by 11th April

General Information

There will be two trips to Sydney for PLC Armidale Representative Hockey teams to compete in the IGSSA Competition. The cost of each trip is approximately \$350 and includes: bus travel, two (2) nights accommodation at the Courtyard Marriott on Talavera Rd, North Ryde and will include breakfasts and evening meal.

Should you decide to make your own travel arrangements to and from Sydney, you will still be charged for the cost of the bus(approximately \$80).

Dates

The teams will travel to Sydney on the following dates:

- Trip 1 30th July -1st Aug 2020
- Trip 2 27th-29th August 2020

Additional costs

Registration for IGSSA competition, umpire and turf costs, which will be charged to your College account once invoiced to PLC Armidale from AHIGS.

Should a team perform well and qualify for the final series, an additional trip to Sydney will be required (17th- 19th September 2020).

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Please read carefully, sign below and return to Ms Carolyn Beresford, Sports Administrator.

Should you have any doubts about your ability to fulfil your commitment, please consult with the Director of Sport, Mr Peter Le Surf, *before* signing.

This contract indicates commitment to a PLC Armidale Representative Hockey Team, either Junior or Senior, who will travel to Sydney to play in the IGSSA Competition in 2020.

As a member of the PLC Armidale Team I agree to:

- Attend all training and fitness sessions unless prior exemption has been granted by the Director of Sport.
- **Should you not attend training or game** a total of three (3) times, *without prior permission from the Director of Sport*, you will be ineligible to apply for a PLC Armidale Pocket.
- Work with the appointed Coach to achieve a high level of team harmony .
- Attend all fitness sessions as required.
- Wear the correct PLC Armidale PE uniform to training.
- Arrive 10 minutes prior to training sessions and 30 minutes prior to games and warm up appropriately.
- Be ready and prepared to start training and games on time.
- Play to the best of my ability and work as a valuable team member.
- Assist with the packing up of equipment at the end of training or games.
- Represent PLC Armidale to a high standard at all times.
- Prioritize my Team commitments over my social commitments.

Again, should you question your ability to fulfil this commitment, please consult the Director of Sport BEFORE signing this agreement.

Students' name..... Year.....

Students' signature

Parent/Guardians' name

Parent/Guardians' signature

Mobile phone Date