

PSSA Sport Guidelines

The Primary School Sports Association (PSSA) exists to provide representative pathways and opportunities for primary students to participate in competitive sport from school level to state level. Padstow Heights is affiliated with the East Hills District PSSA. PSSA provides students who show high potential in the physical domain an opportunity to represent our school at a competitive level in district competitions.

Representing Padstow Heights Public School is a privilege made available through dedicated teachers working above their normal workloads.

All children 3 - 6 can trial for school representation in the East Hills District Public Schools Sporting Association (PSSA) competitions held Friday afternoons (12:30pm - 2.00pm). Teachers coach all PSSA teams. There will be costs to cover the charges for bus travel and / or the hire of venues.

East Hills PSSA facilitates 3 seasons of sport each year:

- Season 1: Mid-Term 1 – Mid-Term 2
- Season 2: Mid-Term 2 – Mid-Term 3
- Season 3: Mid-Term 3 – Mid-Term 4

Season 1 sports:

- Netball - Girls juniors and seniors
- Newcombe ball - Mixed juniors and mixed seniors
- Touch football - Boys juniors and boys seniors

Season 2 sports:

- Basketball - Girls juniors, girls seniors, boys juniors and boys seniors
- Soccer - Girls juniors, girls seniors, boys juniors and boys seniors
- Tennis – Mixed juniors and mixed seniors

Season 3 sports:

- Touch football - Girls Juniors and Seniors
- Cricket - Mixed boys & girls juniors and mixed boys & girls seniors
- T-Ball - Girls juniors, girls seniors, boys juniors and boys seniors
- AFL - Mixed boys & girls juniors and mixed boys & girls seniors

Age relates to the age turned that particular year:

- Junior – 8 / 9 / 10 year old
- Senior – 11 / 12 / 13 year old.

Selection of teams:

- Teachers give up their own time to select and train a PSSA team
- The teacher in charge of that team is responsible for the selection criteria
- The teacher may base their selection process on: ability/skill level, behaviour, social interaction, sportsmanship, team work
- The selection process is completed over at least two sessions, set out by the coach. These sessions will look at several skills relevant to the sport.

Permission notes:

- Permission notes will be distributed to selected team members. This permission note will include a copy of the players & parents/ spectators codes of conduct which must be signed before participation will be allowed. Failure by a student or parent to adhere to these codes may result in the suspension from the team of the student concerned.

Team uniform:

- The school will supply team uniforms as required for each sport. It is the student's responsibility to ensure that correct uniform is brought to school on game day. Team uniforms do not replace regular uniforms. They are to be worn underneath normal sports uniform or changed into prior to leaving for PSSA.

Equipment:

- The school will supply the necessary basic equipment for each sport/team representing the school in PSSA competitions for example cricket balls, bats, netballs etc.
- The school will also supply any necessary safety equipment for example batting helmets, catcher's guards.
- Students will be responsible for any personal safety equipment, for example mouth guards, shin pads, personal protectors.
- Students may utilise their own equipment e.g. cricket bat, softball glove. This equipment should be suitably labeled and will be the sole responsibility of the student.