



# CO-CURRICULAR GUIDELINES FOR LONG BAY COLLEGE SPORT



**LONG BAY COLLEGE**  
*Care, create, excel*



# SPORT PHILOSOPHY

## Our Vision:

Our vision is to foster a culture of high performance and excellence, where every team member is driven by the pursuit of success. We are committed to achieving outstanding results, setting ambitious goals, and continuously striving for improvement. Our Purpose is to empower our teams to reach full potential, celebrate our victories, and learn from our challenges. Together we aim to be leaders in our field, delivering exceptional outcomes and making a positive impact on our community and beyond.

We believe that active participation and strong community connection are essential to our success. When team members contribute, collaborate, and support one another, we build a culture of shared purpose and continuous growth. Staying engaged with our communities keeps our work meaningful and impactful, helping us lead with intention and make a lasting difference.





# GUIDING PRINCIPLES

- **Learn** – Strive for continuous growth and development.
- **Belong** – Build strong connections and a sense of identity.
- **Compete** – Encourage participation, foster engagement, and pursue excellence at the highest levels.





# THE RAYS - TE WHAI

Long Bay College is proudly represented by the Stingrays - Ngā Whai.

In Te Reo Māori, whai not only means stingray, but also carries the meaning of kaitiaki - a guardian or protector. This symbolism reflects who we are as a school and the values we represent within our community.

It also embodies our sports teams — we are proud of who we are, and we will defend our school crest with pride.

**UP THE RAYS!**





# **BALANCE IS BETTER**

## **NZ SPORT**

**We are committed to the Balance is Better principles, ensuring that:**

- Every student has the right to participate in a fair, safe, and inclusive sporting environment.
- All students, regardless of skill level, receive a quality sporting experience.
- We encourage collaboration across the sporting community to support student well-being and long-term participation.
- Coaches, parents, and sport leaders work together to foster a positive sporting culture.
- Students are supported in playing multiple sports, with a focus on participation and skill development rather than early specialisation.
- Workload management is prioritised to prevent overtraining and burnout.



# SPORT

Our school is proudly represented on the field, the turf, the courts and in the pool at regional and national levels. With so many options available, there is definitely a sport to suit students of all levels and abilities.

**Please see a guideline of the sports on offer and the dates in which they are available below:**

**Summer Sports – offered in**

**Term 1 and 4:**

- Cricket
- Indoor and Beach Volleyball (Seniors in Term 1 & Juniors in Term 4)
- Water polo (Seniors)
- Touch Rugby
- Athletics Zone Days (1 Day Events)
- Futsal (Indoor Football)
- Orienteering
- Tennis

**Winter Sports – offered in Term 2 and 3:**

- Basketball
- Football
- Hockey
- Rugby
- Netball
- Curling
- Snow Sports
- Water polo (Juniors)
- Squash
- Distance Running

**Please note that trials will often take place for these sports in Term 1**



# THE LONG BAY COLLEGE COACHING WAY

## Prioritise Enjoyment and Lifelong Participation

- Design training sessions and games that focus on fun, creativity, decision making and personal improvement. When athletes enjoy the process, they are more likely to stay engaged and develop a lifelong love for the sport.

## Be Supportive

- Support your athletes through both their triumphs and challenges. Coaching extends beyond performance—it includes mentoring, listening, and being compassionate.

## Encourage from the Sidelines

- Provide consistent, positive reinforcement during training and matches. Be an enthusiastic and constructive influence.

## Align with School Philosophy and Sporting Vision

- Respect and uphold the sporting direction set by the school and the Director of Sport. Ensure that your coaching style and values are in alignment with the Long Bay College Sport Philosophy.

## Focus on Individual & Team Development, Not Just Winning

- Celebrate personal growth, effort, and improvement over results. Help each athlete progress at their own pace, fostering a mindset of learning.

## Promote Teamwork and Respect

- Model and reinforce respectful behaviour among players, coaches, opponents, and officials. Encourage inclusivity, good sportsmanship, and a strong sense of team identity.

## Create a Safe and Supportive Environment

- Be attentive to the emotional and physical well-being of your athletes. Cultivate an atmosphere where players feel safe to take risks, make mistakes, and learn from them.

## Commit to Ongoing Learning as a Coach

- Continue to develop your coaching knowledge and reflect on your practice. Seek feedback from the Head of Code, Director of Sport or Premier Team Coaches, share ideas with peers, and remain open to new methods that enhance the athlete experience.



# PREMIER TEAM SPORT

## Responsibility

- Wearing a Premier uniform means representing Long Bay College as a whole. Be proud of that responsibility.

## Expectations

- Premier players are held to the highest standards of commitment to trainings, performance, and behaviour, both on and off the field/court/turf.

## Role Models

- Premier athletes are leaders in their sport and must set a positive example for younger teams and players.

## Growth

- Selection is not the end point. It is a commitment to learn, develop, and strive for excellence.

## Mindset

- Put the team's needs above your own. Whatever your role, big or small, your contribution is crucial to the team's success.

## Balance

- Premier athletes are expected to maintain strong focus on academics. Falling behind, missing checkpoints, or poor behaviour may result in match stand-downs. Help is always available so reach out.

## Identity

- Wearing the crest is about pride in our school and living our values of Care, Respect, Creativity, and Community.



# GAME DAY EXPECTATIONS

## **Arrival Time:**

- Students must arrive at least 30-45 minutes before a game. If running late, they must inform their coach or manager in advance.

## **Game Time and Player Development:**

- In non-premier teams, we encourage equal game time and position rotation to develop a well-rounded skill set. Coaches and managers are responsible for ensuring fair playtime. If students are not attending training, coaches and managers must contact Sports Co-ordinators to inform them. Failure to attend practices and poor communication may impact a student's place in the team.
- In Senior Premier Teams, the focus is on team performance. This means some players may have limited game time. Coaches and managers will communicate expectations before the start of the season. Parents with concerns should contact the sport coordinator who runs the sport.



# SPORTS ACADEMY

In 2026, we are launching a pilot Football Academy programme for Year 9 students. This will run during school hours and consist of four sessions per week:

- 1 extended on field training session
- 1 strength and conditioning session
- 2 classroom-based sessions focusing on topics such as nutrition, mental health, and athlete development and reflection

In 2027, we plan to expand the academy model to include additional sports codes.





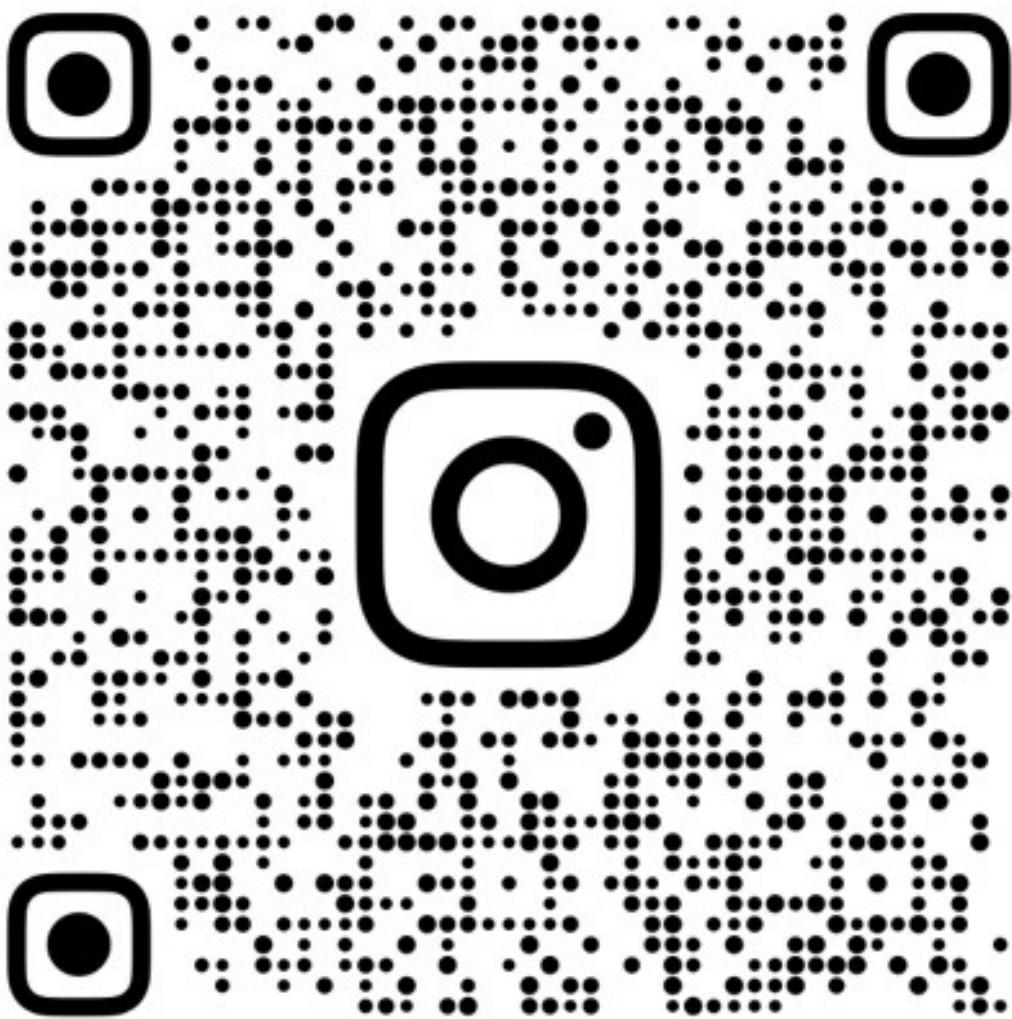
# LEADERSHIP



Each year, six students are selected as Sports Prefects. Their job is to make sport at Long Bay College visible, accessible, and enjoyable for all students. It's a big responsibility — but also a chance to grow, lead, and make a real difference.

If you're keen to become a leader in sport, talk to the Sports Office about how to get involved. Coaching, refereeing, or volunteering are great ways to show initiative, give back, and develop leadership skills.

# JOIN US ON INSTAGRAM



@LBC.SPORT



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