



Independent District School Sport

Dear _____ and Parent / Guardian,

CONGRATULATIONS, you have been invited to attend the Sunshine Coast Region Primary Swimming Trials as a member of the Independent District Sport Team.

Your team official is:

Steve Robson	St Andrew's Anglican College	Phone: 5471 5548
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TRIAL VENUE: Caboolture Regional Aquatic & Leisure Centre, Aquatic Centre Road, Burpengary

DATE: Friday 4th March 2011

TIME: 8.30am to 2.15pm (approx). Warm-up from 8.00am

TRANSPORT: Private Transport

TOTAL COST: \$14.55 each swimmer (this is to be paid to your school prior to attendance and includes pool entry)

UNIFORM: Please ensure you attend the trials in your school sport uniform or District Shirt.

ARRIVAL: Please report to your team official upon arrival at the venue.

STATE CHAMPIONSHIP INFORMATION: 31 March – 2 April 2011, Chandler Pool, Brisbane.

Please make sure you bring:

1. Water
2. Lunch (a limited canteen is available)
3. **Should you not have an Independent District Polo you are to wear your school sport uniform**

DISTRICT POLO SHIRT, PEAK CAP AND SWIM CAP: This year there is a new Independent District Polo Shirt (\$35.00), Peak Cap (\$10.00) and Silicon Swim Cap (\$10.00). These items are not compulsory, however if you wish to purchase them please complete the attached order form (**Apparel Order Form - ID007**) and post to:

Independent District School Sport
c/- Sunshine Coast Grammar School
372 Mons Road, Forest Glen Qld 4556.

Please complete the following pages had hand these to your team manager at the venue.

Parental Consent Form – ID005
Student Personal Details – ID006

If you have any further questions please contact your Team Official, or the Independent District Administrator on mobile: 0488 433 131 scissa@scgs.qld.edu.au

Kind Regards,

Jill Canton
Administrator
Independent District School Sport

ID004

Caloundra Christian College
Caloundra City Private School
Good Shepherd Lutheran College
Immanuel Lutheran College
Matthew Flinders Anglican College

Nambour Christian College
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Additional Information

- Events

50m x All strokes	10, 11, 12 years	Boys & Girls
100m x All strokes	10, 11, 12 years	Boys & Girls
200m I.M.	10, 11, 12 years	Boys & Girls
200m Freestyle	10 - 12 years (Open)	Boys & Girls

All of the above events will be swum at the Regional Trials. Up to five (5) Swimmers in each event **who equal or better the State Qualifying time will be invited to join the Regional Team. However, a sixth swimmer can be nominated if all swimmers equal or better the State Extra Swimmer Qualifying time.** These swimmers will be advised following the completion of the event.

Each event will consist of a maximum of three (3) Heats. There will be no Finals.

All Heats will be timed and swimmers will be selected based on their Heat Times.

- No nominations or substitutions will be accepted at the Regional Trials.
- SEATING Each District will be allocated an area in the stands. Swimmers should assemble in their allocated area and remain there unless competing under the supervision of the District team Mangers.
- SHADE - This is an indoor venue.
- WARM UP - The main 50m pool will be available for warm ups prior to the start of the Competition from 8.00am until marshalling begins and during scheduled breaks in the program. Supervision of swimmers during this time is the responsibility of the District Team Managers. No Regional personnel will be available for supervision.

Three lanes will be available in the 25m pool for swimmers to warm up / warm down. Swimmers are only to be in the 25m pool when under the supervision of Team Managers.



Independent District School Sport

IMPORTANT

SWIMMING COSTUMES

As of January 2010, FINA Swimming Australia and Swimming Queensland have implemented the swimming costume rule. The State Championships will conform with the rules and all District and Regional School Swimming Carnivals are expected to conform too.

1. General Swimsuit Guidelines.
The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.
2. Additional Swimsuit Guidelines for Age Group Events.
 - i) All swimwear worn by competitors in Age Groups (18 & Under) conducted at meets sanctioned by SQ shall be commercially available products.
 - ii) Swimwear worn by competitors in Age Group events shall conform to the following design:-
 - Men's swimwear is limited to one (1) swimsuit that covers at most the body surface from navel to knee. Swimwear may not extend above the navel or below the knees.
 - Women's swimwear is limited to one (1) swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees. Swimwear must not have a zipper or any type of fastening devices except for a waist tie on traditional swimsuits.
 - Suits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.

Mark West
Regional Sports Officer
Sunshine Coast Region

01 February 2011.



Independent District School Sport

2011 SCRPSW Swim Trials - CONDITIONS

1. START PROCEDURE

Whistle
Quiet, Step to back of blocks
Take your mark
START
One start rule will apply.

1. Event names and numbers will ONLY be called.
2. Competitors must remain in lanes at the end of races, until requested to leave the pool.

4. POINTS SYSTEM

Points will be awarded in each event as follows:-

1st Place: 7 points **2nd Place:** 4 points **3rd Place:** 2 points
4th Place: 1 point **5th Place:** 1 point **6th Place:** 1 point

These points will be used to determine Boy and Girl Age Champions in 10 years, 11 years & 12 year Age Divisions. They will also be used to decide the Champion District in an Aggregate Competition and a Percentage competition.

5. DISTRICT CHAMPIONS

Perpetual Shields will be presented to the winning District in the Aggregate and in the Percentage Competitions at the conclusion of the Regional Trials.

6. Entrance to pool - Admission for Spectators and Officials is free. Admission for swimmers is **\$3.00**. However, swimmers do not pay at the gate. This is included in the District Nomination fee and will be paid in bulk by the Region after all District Nominations have been received.

7. **NO** nominations or substitutions will be accepted at the Trials.

8. REGIONAL TEAM SELECTION

1st, 2nd, 3rd, 4th & 5th places overall in each event - where any or all times meet State Qualifying Times. (State Times as per program).

An additional swimmer who betters State Qualifying Times may also be considered in cases where **ALL** swimmers in the event equal or better State "Extra Swimmer" qualifying times. The names of swimmers invited to join the Regional Team will be announced as soon as possible after the last heat in each event.

9. WARM UPS

The main 50m pool will be available for warm ups prior to the start of the competition and during scheduled breaks in the program. Space will be available for swimmers to warm up in the 25m pool. The behaviour of swimmers during warm-ups is the responsibility of District Team Managers.

10. THANKS

Carnival organisers sincerely thank all officials (parents and teachers), school principals, pool management, competitors, spectators and the media.



Independent District School Sport

SUNSHINE COAST REGION PRIMARY SCHOOLS SWIMMING TRIALS

Caboolture Regional Aquatic Centre – Friday 4th March 2011.

Time	Event No.	Division	Event
8.30am: Marshall for events 1 – 6.			SESSION 1
8.45am	1.	10 Years Girls	200m Ind. Medley
	2.	11 Years Girls	200m Ind. Medley
	3.	12 Years Girls	200m Ind. Medley
	4.	10 Years Boys	200m Ind. Medley
	5.	11 Years Boys	200m Ind. Medley
	6.	12 Years Boys	200m Ind. Medley
	7.	Boys & Girls	Disabled 50m Freestyle
9.45am	8.	10 Years Girls	100m Breaststroke
	9.	11 Years Girls	100 Breaststroke
	10.	12 Years Girls	100m Breaststroke
	11.	10 Years Boys	100m Breaststroke
	12.	11 Years Boys	100m Breaststroke
	13.	12 Years Boys	100m Breaststroke
10.15am	14.	10 Years Girls	50m Backstroke
	15.	11 Years Girls	50m Backstroke
	16.	12 Years Girls	50m Backstroke
	17.	10 Years Boys	50m Backstroke
	18.	11 Years Boys	50m Backstroke
	19.	12 Years Boys	50m Backstroke
	20.	Boys & Girls	Disabled 50m Backstroke
10.45am	SESSION 2		
11.05am	21.	10 Years Girls	100m Freestyle
	22.	11 years Girls	100m Freestyle
	23.	12 Years Girls	100m Freestyle
	24.	10 Years Boys	100m Freestyle
	25.	11 Years Boys	100m Freestyle
	26.	12 Years Boys	100m Freestyle
11.45am	27.	10 Years Girls	50m Butterfly
	28.	11 Years Girls	50m Butterfly
	29.	12 Years Girls	50m Butterfly
	30.	10 Years Boys	50m Butterfly
	31.	11 Years Boys	50m Butterfly
	32.	12 Years Boys	50m Butterfly
	33.	Boys & Girls	Disabled 50m Butterfly
12.15pm	34.	10 Years Girls	100m Backstroke
	35.	11 Years Girls	100m Backstroke
	36.	12 Years Girls	100m Backstroke
	37.	10 Years Boys	100m Backstroke
	38.	11 Years Boys	100m Backstroke
	39.	12 Years Boys	100m Backstroke
12.45pm	SESSION 3		
1.15pm	40.	Open Girls	200m Freestyle
	41.	Open Boys	200m Freestyle
1.25pm	42.	10 Years Girls	50m Breaststroke

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	43.	11 Years Girls	50m Breaststroke
	44.	12 Years Girls	50m Breaststroke
	45.	10 Years Boys	50m Breaststroke
	46.	11 Years Boys	50m Breaststroke
	47.	12 Years Boys	50m Breaststroke
	48.	Girls & Boys	Disabled 50m Breaststroke
2.00pm	49.	10 Years Girls	100m Butterfly
	50.	11 Years Girls	100m Butterfly
	51.	12 Years Girls	100m Butterfly
	52.	10 Years Boys	100m Butterfly
	53.	11 Years Boys	100m Butterfly
	54.	12 Years Boys	100m Butterfly
2.30pm	55.	10 Years Girls	50m Freestyle
	56.	11 Years Girls	50m Freestyle
	57.	12 Years Girls	50m Freestyle
	58.	10 Years Boys	50m Freestyle
	59.	11 Years Boys	50m Freestyle
	60.	12 Years Boys	50m Freestyle

All events will be swum as timed Finals only. Swimmers will be selected on times from their races only.

3.00pm (approx.) – PRESENTATION of AGE CHAMPION TROPHIES
Expected finish time approx. 3.15pm.

NB: EVENT TIMES LISTED ARE A GUIDE ONLY. ALL SWIMMERS MUST BE AT THE VENUE IN TIME FOR MARSHALLING PRIOR TO THEIR EVENT.



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Sunshine Coast Region Primary Swimming Records

Event	Name	District	Time	Year
1. Girls 10 yrs 50m Breast	Tessa Wallace	Coastal	42.75	2003
2. Girls 11 yrs 50m Breast	Ellen Fullerton	Coastal	38.61	2003
3. Girls 12 yrs 50m Breast	Tessa Wallace	Independent	37.56	2005
4. Boys 10 yrs 50m Breast	Tom Fuller	Coastal	44.08	1994
5. Boys 11 yrs 50m Breast	Ryan O'Sullivan	Noosa	40.88	2001
6. Boys 12 yrs 50m Breast	Mitchell Tronc	Glass House	38.10	2004
7. Girls 10 yrs 50m Free	Sarah Kekki	Pine Rivers	32.17	1996
8. Girls 11 yrs 50m Free	Emily Barber	Caboolture	30.46	2009
9. Girls 12 yrs 50m Free	Rebecca Creedy	Redcliffe	29.17	1995
10. Boys 10 yrs 50m Free	Rory Sanders	Noosa	32.26	2003
11. Boys 11 yrs 50m Free	Rory Sanders	Noosa	30.72	2004
12. Boys 12 yrs 50m Free	Dean Franks	Coastal	28.86	2001
1. Boys 10 yrs 50m Back	Michael Xanthopoulos	Redcliffe	39.40	2005
2. Boys 11 yrs 50m Back	Rory Sanders	Noosa	33.66	2004
3. Boys 12 yrs 50m Back	Rory Sanders	Noosa	33.45	2005
4. Girls 10 yrs 50m Back	Emily Barber	Caboolture	39.06	2008
5. Girls 11 yrs 50m Back	Melissa Jensen	Caboolture	35.91	1993
6. Girls 12 yrs 50m Back	Melissa Jensen	Caboolture	33.98	1994
7. Boys 10 yrs 50m B/F	Hamish Lunn	Nambour	37.22	1993
8. Boys 11 yrs 50m B/F	Rory Sanders	Noosa	33.10	2004
9. Boys 12 yrs 50m B/F	Rory Sanders	Noosa	31.62	2005
10. Girls 10 yrs 50m B/F	Emily Barber	Caboolture	35.03	2008
11. Girls 11 yrs 50m B/F	Mary Saville	Coastal	33.53	1999
12. Girls 12 yrs 50m B/F	Anna Killin	Coastal	32.04	1995

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Sunshine Coast Region Primary Swimming Records

Event	Name	District	Time	Year
1. Girls 10 Years 200m I.M. 2. Girls 11 Years 200m I.M. 3. Girls 12 Years 200m I.M.	Tianni Gilmour Chelsea Gubecka Chelsea Gubecka	Independent Coastal Coastal	3:01.09 2:46.20 2:36.26	2006 2009 2010
4. Boys 10 Years 200m I.M. 5. Boys 11 Years 200m I.M. 6. Boys 12 Years 200m I.M.	Jordan Gubecka Rory Sanders Tom Williams	Coastal Noosa Independent	3:06.81 2:54.57 2:47.05	2010 2004 2007
1. Girls Open 100m Backstroke 2. Girls Open 100m Butterfly 3. Boys Open 100m Backstroke 4. Boys Open 100m Butterfly	Tianni Gilmour Chelsea Gubecka Ben D'Arcy Tom Williams	Independent Coastal Coastal Independent	1:14.97 1:11.92 1:08.50 1:16.98	2008 2010 2004 2007
1. Girls Open 100m Breaststroke 2. Girls Open 100m Freestyle 3. Boys Open 100m Breaststroke 4. Boys Open 100m Freestyle	Erin Allanson Chelsea Gubecka Mitchell Miller Rory Sanders	Caboolture Coastal Independent Noosa	1:24.58 1:04.84 1:21.73 1:04.98	2010 2010 2004 2005
1. Girls Open 200m Freestyle 2. Open Boys 200m Freestyle	Remy Fairweather Tom Williams	Independent Independent	2:18.74 2:23.95	2009 2007

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Time Standards

Queensland Primary School Swimming State Championships
2011 Time Standards Boys and Girls

Event	Age	Time standards	Extra Swimmer Qualifying Times
200m Individual Medley	10 yrs	3.28.00	3.18.00
200m Individual Medley	11 yrs	3.14.00	3.05.00
200m Individual Medley	12 yrs	3.08.00	2.53.00
200m Freestyle	Open*	2:34.00	2:29.00
100m Freestyle	10 yrs	1.24.00**	1.19.00**
100m Freestyle	11 yrs	1.19.00**	1.13.00**
100m Freestyle	12 yrs	1.14.00**	1.08.00**
100m Breaststroke	10 yrs	1.48.00**	1.42.00**
100m Breaststroke	11 yrs	1.42.00**	1.37.00**
100m Breaststroke	12 yrs	1.35.00**	1.31.00**
100m Backstroke	10 yrs	1.35.00**	1.29.00**
100m Backstroke	11 yrs	1.32.00**	1.26.00**
100m Backstroke	12 yrs	1.28.00**	1.22.00**
100m Butterfly	10 yrs	1.36.00**	1.29.00**
100m Butterfly	11 yrs	1.31.00**	1.24.00**
100m Butterfly	12 yrs	1.26.00**	1.20.00**
50m Freestyle	10 yrs	39.00	34.50
50m Freestyle	11 yrs	37.00	33.00
50m Freestyle	12 yrs	34.00	31.00
50m Breaststroke	10 yrs	50.00	47.50
50m Breaststroke	11 yrs	47.00	44.00
50m Breaststroke	12 yrs	44.00	42.00
50m Backstroke	10 yrs	47.00	42.50
50m Backstroke	11 yrs	44.00	39.50
50m Backstroke	12 yrs	41.00	37.50
50m Butterfly	10 yrs	44.00	41.00
50m Butterfly	11 yrs	41.00	37.00
50m Butterfly	12 yrs	39.00	35.00

TABLE OF QUALIFYING TIMES

*Open= 10 to 12 years ** Change in time for 2011



- A. Each Region is permitted to nominate up to five (5) competitors for each event in the State Championships using the Standard Times as a guideline.

If a subsequent swimmer, in the final of a particular event in the Regional Meet, swims faster than the time listed in **Extra Swimmer Qualifying Times** for the corresponding event that Region **may apply for permission from the Queensland Primary School Swimming** to nominate one or more additional swimmers.

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PRIMARY INDEPENDENT SWIM TEAM 2011

	50m Free	50m Breast	50m Back	50m Fly	200Free
10 Years Girls	Sasha Nielsen - ILC Sophie Johnson - SAAC Grace McMenamin - NCC	Sasha Nielsen - ILC Jaimee Watson - SAAC Grace McMenamin - NCC	Sasha Nielsen - ILC Sophie Johnson - SAAC Grace McMenamin - NCC	Sasha Nielsen - ILC Sophie Johnson - SAAC Grace McMenamin - NCC	Sarah Johnson - SAAC Jackie Waters - GSLC Shailee Finney - SAAC
11 Years Girls	Alessia Cerasani - SAAC Victoria Knesl - SCGS Mikayla Sorby - MFAC	Alessia Cerasani - SAAC Victoria Knesl - SCGS Emily Poh - MFAC	Victoria Knesl - SCGS Alessia Cerasani - SAAC Zoe Dick - SAAC	Alessia Cerasani - SAAC Victoria Knesl - SCGS Maddie Foster - ILC	
12 Years Girls	Sarah Johnson - SAAC Jackie Waters - GSLC Shailee Finney - SAAC	Sarah Clarke - MFAC Sarah Johnson - SAAC Jackie Waters - GSLC	Sarah Johnson - SAAC Bay Wilden-Snedden - ILC Jackie Waters - GSLC	Sarah Johnson - SAAC Shailee Finney - SAAC Emily Dring - SCGS	
10 Years Boys	Evan McLean - MFAC Harry Fry - GSLC Mack Naylor - SCGS	Harry Fry - GSLC Evan McLean - MFAC Rory Conroy - MFAC	Mack Naylor - SCGS Jack Pollock - SCGS Evan McLean - MFAC	Evan McLean - MFAC Mack Naylor - SCGS Jayden Morrow - SAAC	Josh Knight - MFAC
11 Years Boys	Max Osborn - SAAC Nava MacDonald - CCPS Sam Penny - PLC	Max Osborn - SAAC Cooper Davies - GSLC Nava MacDonald - CCPS	Max Osborn - SAAC Ben McCulloch - MFAC Nava MacDonald - CCPS	Max Osborn - SAAC Kye Etchells - ILC Oskar Robinson - NCC	
12 Years Boys	Joseph Herbert - SCC Hugh Anstey - MFAC Jack Payne - SAAC	Hugh Anstey - MFAC Fraser Hopkins - SAAC Anthony Lau - NCC	Joseph Herbert - SCC Jackson Woollett - SCGS Ben Panther - SAAC	Joseph Herbert - SCC H Jones - ILC Harrison Hill-Nolloth - SAAC	
	200 IM	100 Free	100 Breast	100 Back	100 Fly
10 Years Girls	Sasha Nielsen - ILC Sophie Johnson - SAAC	Sasha Nielsen - ILC Sophie Johnson - SAAC	Sasha Nielsen - ILC		Sasha Nielsen - ILC
11 Years Girls		Alessia Cerasani - SAAC Claire Winterborne - NCC	Alessia Cerasani - SAAC	Victoria Knesl - SCGS	
12 Years Girls	Sarah Johnson - SAAC Bay Wilden-Snedden - ILC Shailee Finney - SAAC	Sarah Johnson - SAAC Jackie Waters - GSLC Shailee Finney - SAAC	Sarah Johnson - SAAC Jackie Waters - GSLC	Sarah Johnson - SAAC Bay Wilden-Snedden - ILC Shailee Finney - SAAC	Sarah Johnson - SAAC Shailee Finney - SAAC Bay Wilden-Snedden - ILC
10 Years Boys	Evan McLean - MFAC	MacKenzie Naylor - SCGS Evan McLean - MFAC	Evan McLean - MFAC		MacKenzie Naylor - SCGS Evan McLean - MFAC
11 Years Boys	Max Osborn - SAAC	Max Osborn - SAAC Josh Knight - MFAC Nava MacDonald - CCPS	Max Osborn - SAAC	Max Osborn - SAAC Josh Knight - MFAC	Max Osborn - SAAC
12 Years Boys	Joseph Herbert - SCC Hugh Anstey - MFAC	Joseph Herbert - SCC Jack Beaton - SCC	Jack Beaton - SCC Joseph Herbert - SCC Hugh Anstey - MFAC	Joseph Herbert - SCC Jack Beaton - SCC	Joseph Herbert - SCC

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PARENTAL/GUARDIAN CONSENT FORM

I hereby give consent for my son/daughter, _____
Given Name Surname

to participate in any competition arranged by or participated in by Independent District School Sport during the period from the date of this agreement up to and including the Sunshine Coast Regional Trials, and I hereby give my permission for him/her to use such forms of transport for travelling as may be deemed necessary.

I agree that, during the period of the competition in which my son/daughter participates, and during such travelling and other activities as may be deemed necessary, my son/daughter shall be under the sole direction of the person or persons duly appointed in charge of any squad and/or team in which he/she is included.

I agree to meet the costs associated with participation in the competition. I also agree to meet additional costs for any illness or injury, accident or unforeseen circumstances which may occur during the periods of the activities in which my son/daughter participates and during such travelling and other activities as may be deemed necessary.

I have read the Team Member's Code of Behaviour, understand its content and conditions and accept the parental responsibilities contained therein.

Parent/Guardian Signature _____ Date _____

Student's Agreement to the Code of Behaviour

I _____ have read and understand the Team Member's Code of Behaviour and agree to abide by its conditions. I acknowledge that any breach of these conditions may result in my removal from the team.

Signed: _____ Date: _____
(Student)

PUBLISHING OF STUDENT'S IMAGE AND NAME

I hereby give permission for my child's photo and name to be used for promotional/marketing purposes on behalf of Independent District, including printed matter, publication on the Sunshine Coast Independent School Sport Association website and/or press releases to local media. I acknowledge that there is no legal or other reason that precludes publishing of such information.

I **GIVE** permission I **DO NOT** GIVE permission (please delete one)

Parent/Guardian Name _____ Signature _____

Date _____

ID005

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STUDENT PERSONAL DETAILS

(Please print)

Personal details are requested to enable appropriate contact and medical treatment. All information is strictly confidential.

Student's Name			
School			
Telephone	Home:	Parent Mobile:	Student Mobile:
	Father Work:	Mother Work:	Parent email:
Mother's Name			
Father's Name			
Student's Date of Birth			
Relevant Family History			
MEDICAL HISTORY			
Current Immunisations			
Date of Last Tetanus		Date of Last Hepatitis B	
Asthma	Yes / No		
Allergies			
Medicare Number	Card Number:	Entry Number:	
Other Relevant Medical History			
Is your son/daughter suffering from any injury or condition that is likely to be aggravated by participating in the nominated sporting activity? If yes – please specify.			
PARENT'S AUTHORITY			
<p>Note: It is the parent's responsibility to ensure that the student is adequately covered by Medical, Dental and Personal accident and Injury Insurance. Independent District School Sport cannot accept financial liability for any of these expenses.</p> <p>I hereby authorise the obtaining on my behalf, such medical assistance as my son/daughter/guardian may require in the event of accident or illness and guarantee to meet any costs incurred.</p> <p>I authorise the administering of anaesthetic if the attending medical officer deems necessary.</p>			
Signature:	Relationship to student:		Date:

ID006

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INDEPENDENT DISTRICT APPAREL ORDER

Student's Name:			
Student's School:		Phone:	
Team:			

PAYMENT:

PAYMENT BY CHEQUE AND MONEY ORDER ONLY (NO CASH OR CREDITCARD/EFTPOS)

CHEQUES MONEY ORDERS TO BE MADE OUT TO –

“SCGS - INDEPENDENT DISTRICT SCHOOL SPORT”

PAYMENT IS TO BE PLACED IN AN ENVELOPE WITH STUDENT'S NAME AND CONTACT NUMBER ON THE FRONT AND THE ENVELOPE STAPLED TO THE BACK OF THIS FORM.

Forms and payment to be posted to:

Independent School Sport
c/- SCGS
372 Mons Road, Forest Glen Qld 4556

UNIFORM ITEMS ARE AVAILABLE TO TEAM MEMBERS ONLY

POLO SHIRT SIZE CHART:

Polo Shirt measurements: Size - across *FRONT CHEST ONLY*.
Length - from shoulder at collar down the front.

Sizes listed are a garment size *NOT* body size, please compare with another garment owned by your child.

Size	Measurement		Size	Measurement		Size	Measurement		Size	Measurement	
8	Chest	42cm	12	Chest	46cm	Adult XS	Chest	52cm	Adult M	Chest	56cm
	Length	60cm		Length	66cm		Length	70cm		Length	74cm
10	Chest	44cm	14	Chest	50cm	Adult S	Chest	54cm	Adult L	Chest	58cm
	Length	62cm		Length	68cm		Length	72cm		Length	76cm

ORDER FORM:

Polo Shirt	Qty: _____ @ \$35.00 each	Size:	Polo Shirt: \$
Peak Cap	Qty: _____ @ \$10.00 each	One Size Fits All	Peak Cap: \$
Swim Cap	Qty: _____ @ \$10.00 each	One Size Fits All	Swim Cap: \$
Payment by: cheque / money order (circle one)			Total Due: \$

Please ensure payment is placed in an envelope and stapled to the back of this form.

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INDEPENDENT DISTRICT TEAM MEMBER'S CODE OF BEHAVIOUR (Please retain)

As a team member

- Compete by the competition conditions and rules.
- Never argue with the Judge, Referee or Umpire decisions.
- Control your behaviour – no criticism by word or gesture.
- Work equally hard for yourself and your team – your team's performance will benefit and so will your own.
- Go to bed at a reasonable hour, this will assist both your own performance and that of your team's.
- Be a good sport. Encourage and support your team members.
- Co-operate with your coach and your team-mates. Show respect for your opponents and their skills.
- Be friendly to all participants.
- Be courteous.
- Be responsible – you are representing your family, your school and your District.
- Wear School or District sport attire at all times
- Say **THANK YOU** – often.

ID008