

Abbey Vocational School

Extra-Curricular Policy



Abbey Vocational School has enjoyed much success on the sporting fields at County, Ulster, Irish and International level. Student participation in sports and activities has many physical, social and mental benefits for their health. It also helps build personal capacity, improve attendance and for some it is an incentive to engage more in school life. A lot of credit must go to the various teachers/coaches who give their time to the promotion of sport at AVS. Training for these activities takes place both at lunch-time and after school.

Non- Competitive Activities:

Our main aim is to encourage **all** students to get as physically active as possible.

- **Lunchtime Activities:** We have at least two activities taking place every lunchtime (see below). These are facilitated by teachers to provide for a broader range of students' interests. The fact that these activities are organised on a recreational basis supports students who may not be interested in competitive sport but who value and enjoy participating in exercise and physical activity.
- We run a Girls Active programme in conjunction with Donegal Sports Partnership. The key emphasis of this programme is to encourage girls to get active in a comfortable non-competitive environment. This activity runs every Thursday in the Parish centre.
- Our Health Promoting committee introduced Couch 2 5km to the school over the last number of years. They usually train during lunchtime and after school. This has been

a great success with large numbers completing the final 5km event during Active Week.

LUNCHTIME ACTIVITIES TIMETABLE

September - December 2017

	Activity 1 Gym	Teacher	Activity 2 Outdoor	Teacher
Mon	1st & 2nd Year Girls Gaelic Couch 2 5k	L McLoone B Carty	3rd Year Boys Games	O Regan
Tues	1st Year Boys Games	P Rooney	Seniors Games Hurling	C Hegarty S O'Neill
Wed	3rd Year Boys Games	J Daly	2nd Year Boys Games	G Gorman
Thur	1st Year Boys Games	G Mc Hugh	2nd Year Boys Games	P O'Donnell
Fri	1st & 2nd Year Girls Games	L McLoone	Ultimate Frisbee Cross Country Camogie	M Gallagher R. Myers

Competitive Activities:

Athletics & Cross Country			
Michelle Gallagher	All students	Track & Gym	Tuesday 4-5.30pm Friday 12.40 - 1.10pm
Girls Active			
Helen Mc Partlan Rosemary Myers	All girls	Parish Centre	Thursday 3.45 - 4.45
Boys Soccer			
Gary Mc Hugh	U14	All Weather pitch	Tuesday 4- 5pm
John Daly	U16		Monday 4- 5pm
Gavin Gorman	Senior		Thursday 3.30 - 4.30pm
Girls Soccer			
Oliver Plunkett	U14, U16, Senior		TBC
Boys Gaelic Football			
Pauric O Donnell Leo McLoone	Gaelic U14	All Weather	Thursday 3.30-4.45 pm

Brian Carty Michael Lafferty	Gaelic U16	All weather	Wednesday 3.30 - 5pm
Mick Leyden Eamonn Griffin	Gaelic Senior		Tuesday 4- 5pm
Girls Gaelic Football			
Patrice Rooney	U14, U16, U20	All weather	Friday 3.30 - 4.30pm
Boys Basketball			
Paul Mc Hugh	1st & 2nd Yr	Gym	Friday 3.30 - 5pm
Jordan Carty	U16 & Senior	Gym	Monday 5.30 - 7pm
Girls Basketball			
Gary Mc Hugh	1st & 2nd Yr	Gym	Wednesday 3.30 - 5pm
Stephen Carty Orlagh Regan	U16 & Senior	Gym	Monday 4 - 5.30pm Thursday 3.30 - 5pm
Hurling/Camogie			
Shane O Neill Rosemary Myers	Hurling Camogie	All Weather	Tuesday 1.20 - 1.50pm
Golf			
Oliver Plunkett	Boys & Girls	Murvagh	

Other activities offered by the Abbey Vocational School include:

Swimming

Young Scientists

Gaisce

PE Expo

Drama/Music

Educational Tours

Mini Companies

Sports day

Choir

Recognition of Activities

Sports events that contribute to a positive school atmosphere are often held throughout the year e.g. 1st year induction bonding day, Active week, sports day. Coaching and officiating courses for a variety of sports (Sports Leader, Athletics, GAA, Basketball) are also offered to students, especially as part of the transition year programme and a significant number have received certification at introductory/foundation level. A large number of these students volunteer to assist with coaching and refereeing.

The school promote the achievements of its students through regular intercom announcements, using school and sports twitter account, displays of newspaper articles and a wide array of photographs around the school as well as an annual achievements awards ceremony at the end of the school year.

Guidelines for Teachers/Coaches

Teachers involved in the organisation of games and training should use the following guidelines:

Training

- Training times should be planned at the start of year with the PE Coordinator.
- A meeting takes place for all extra-curricular teachers on the first week of the school year to plan the season ahead.
- Teachers can decide on training times and competitions to enter at this meeting.
- It's important that training sessions for the **same age group in different sports do not overlap**. This is to avoid students being put under pressure in deciding which team to have to play for.

After school or lunchtime training

Booking Pitches

- Book pitch in advance with PE dept. and arrange training times at the start of the year.
- Ensure that football boots are not worn into the gym or changing rooms.
- Students must be supervised until they have left the changing room.
- Please ensure that changing rooms are left clean afterwards.
- If you wish to book the pitches outside school hours, do so through Caroline Mohan.

Booking Sports Hall

Hall should be booked in advance with the Head of PE and training times arranged at the start of the year.

Those using the hall are required to adhere to the guidelines established by the PE dept. If you intend using the hall outside school hours other than 4.00 p.m. – 5.30 p.m. please contact Caroline Mohan to book the facility.

Matches/ Sporting competitions

- Notice of matches must be discussed with management.
- Once confirmed teachers must:
 1. Enter the match on the sports calendar (behind the door in the staffroom).
 2. Enter event onto the school calendar (VShare).
 3. Give a list of all students who are involved to secretary in the office.
 4. Post a list of team on the sports notice board in the staffroom and students sports noticeboard.
- The team can meet with teacher/coach at the old canteen before a game.
- After a game teachers must accompany team back to school.
- If students missed lunch they are allowed a further 30 minutes and can eat it in the main assembly. They must then return to class.
- Where possible only one sporting outing should be scheduled on any particular day.

Booking Bus

- Buses are to be booked in the main office.
- There is a bus book with a list of bus companies that we must use.
- It is important that you record your booking in the book and inform the secretary.
- Follow procedures according to the bus book.

Equipment & Gear

- All jerseys, kits, first aid, balls, water-bottles and other equipment are stored in the extra-curricular room on the practical corridor. There is a code for this door which will be given out at the extra-curricular meeting.
- Students are not allowed into this room unsupervised.
- Teachers/ Coaches are responsible for all equipment that they use.
- Jerseys must be counted back into the bag after the game.
- All dirty jerseys/kits must be left to that laundry (Masterclean beside the Blueberry) and returned to the room as soon as possible.
- If you require any new equipment please speak to Head of PE.

Ordering new gear for teams

It is anticipated that we will introduce a **common** school sports top/tracksuit for all teams. This will be decided upon at the start of the year.

Student Guidelines for Matches/ Sporting events

- Students must wear full uniform or school team gear **ONLY** or they will not be permitted to go to match.
- Have books, uniform and homework completed on the day in case match is cancelled.
- It is student's own responsibility to get and complete homework on that given day.
- **Leave class at the time given by your coach and not before.**
- Meet coach/teacher in the old canteen.
- Follow the school Code of Conduct

Affiliation Fees

Go through secretary in the office for all payments.

Payment of Referees

Hand in details to secretary in the office prior to the game. They will either be paid from petty cash or may be paid through the ETB payment system.

First aid

- Each team manager is responsible for taking a properly equipped first-aid kit to his/her match.
- The first aid bags are kept in the extra-curricular room.
- If bag is low on stock please see Mary Keeney (First aid supplies) or PE dept.

Minimising the Risk and Negative Effects of Injury

- Ensure safe conduct of training involving particular risks.
- Control the pace of activity in line with student ability.
- Control progression of difficulty in line with student ability.
- Maintain the rule of the sport.
- Deal appropriately with dangerous play/behaviour.
- Provide for an adequate student/teacher ratio for training and games.
- Use safe facilities and sports equipment – it is the responsibility of the teacher to ensure that the equipment is safe to use.
- Withdraw faulty equipment until repaired.
- Report faulty/dangerous facilities (building/floors etc.) to management.
- Provide for appropriate first aid.
- Do not permit injured players to continue.
- Blood injuries to be treated with gloves.
- If a minor accident occurs the player will be treated on the spot. Anything deemed a major or potentially threatening injury will necessitate a doctor or an ambulance being called.
- **ALL** serious injuries are to be reported. Fill out accident report form and return to First Aid Officer (Shane O' Neill) or the main office.