

SPORTS AND CULTURAL POLICY

Sports Declaration Of Honour

We, the Carmelite women of sports, pride ourselves on excellence in all spheres of sports: ***attitude, performance, dress, and conduct.***

Introduction:-

Carmel Convent School is very conscious of the contribution that we make to the education of all our learners. Sport / Cultural activities are an important aspect offering the participant an opportunity to:

- Enjoy a Healthy Body & Healthy Mind.
- Have a sense of achievement.
- Relax.
- Socialize and offer the spectator a recreational pastime.

These activities are a component of education. A degree of competence in these activities gives a child confidence, ability to communicate, and feeling of self-worth and social acceptance, which enhances development and compliments study, providing a healthy and balanced approach to work and play. Sports activities provide spectator value, which is immeasurable throughout the world.

Sports Committee:-

A Sports' Committee composed of the Senior Sports teacher in charge of Extra-Curricular activities is constituted on an annual basis. All the sports teachers and coaches are called when required.

Responsibility:-

- The Sports Committee clearly defines reasonable responsibilities of participants conduct, dress, and punctuality, all of which is adhered to. Queries are addressed to the Committee leader and Sports Teachers.
- These staff members are always available to help where they can, and where they can't, they liaise with the appropriate person to rectify the situation.

Needs for Each Sport/Cultural Activity:-

The teacher in charge of each sport will prepare the lists of students and submit them to the principal for approval.

School Sports Houses:

Each learner is placed in one of the following houses when they enrol at our school. Their allotted house prescribes their kit.

- Shanti House: Green Shirt
- Satya House: Blue shirt
- Shakti House: Yellow shirt
- Sneha House: Red shirt

The Objectives of Sports / Cultural Committee:-

- To ensure that Carmel tops school academically, in the field of sport, as well as in cultural affairs.
- To ensure that the top teams in each age group aspire to excellence and achieve the best results possible.
- To ensure that participation is possible for all children wishing to play sport at the school within the context of a reasonable range of sports.
- To ensure that children can be involved in sport from the beginning of their schooling career to the end.
- To enhance gross motor, hand-eye coordination, and the physical development of children.
- To ensure that there is a consistent approach to coaching, selection, and participation in the school.

The Role of the Sports Committee:-

- To maintain the ethos peculiar to the particular sport is kept at the optimum level.
- To encourage participation before anything else, and that includes winning or losing.
- To enjoy their sports and/or cultural activity.

- To prepare and oversee plans for the year and be responsible for their implementation.
- To establish coaching needs for the term/year.
- To meet regularly to discuss the awarding of colours and certificates as set out in the criteria.
- To discuss budget needs before submitting budgets.
- To discuss tours, tournaments, etc.
- To review the Sports Policy periodically.

Compulsory Sports Fixtures:-

There are three compulsory sports fixtures which all pupils need to attend each year. We always keep the parents informed of the definite date in the newsletter beforehand.

Inter-house Athletics: Inter-house, Kabaddi, Kho-Kho, Badminton, Volleyball, Basketball, and Cricket. All parents/guardians are invited to these events.

Coaching:-

- All teams are coached by a qualified educator or coach.
- Coaching of junior teams receive careful and specialized attention.
- The coaching of teams includes appropriate motivation for the children.
- A record of each Child's performance is kept for each game played for the school.
- The Head of each sport is responsible for collating these records during the season. A summary of the records is provided to the Committee Leader at the end of the season.
- Parents are advised not to coach/select from the sidelines.

Team Selection:-

- Teams are selected by the Coach.
- All teams are selected on merit.
- Team selection is done on a fair, consistent, and clearly defined basis.
- All teams are allocated a member of staff to assist the coach viz. team meetings/fixtures/availability etc.

- Late and unexcused withdrawals from teams results in disciplinary action.
- No parents are involved in selecting teams unless the parent is the official team.

Coach:-

- A child who misses a practice is not considered eligible for the next match.
- All children must be correctly attired when they play matches.

Age Groups:-

- Except in exceptional circumstances, all children compete in their age group.
- Outstanding children are considered for participation in provincial areas or other super squads.

School Spirit:-

- Team and School spirit is encouraged. Loyalty to our school is vital.
- Children are encouraged to stay fit and healthy.

Fitness:-

A child's fitness, especially after injury or illness, is determined by the coach but the child is required to attend at least one practice before selection.

Sickness:-

A child is not allowed to play in a match or compete in a gala if she is sick the day before an event, except having furnished a doctor's fitness certificate. Selection is then done at the discretion of the specific educator concerned. However, if parents contact the school/coach timorously advising availability, it is permissible.

Lateness:-

The lack of punctuality by children at sports events results in appropriate discipline by the coach concerned, after a warning and a written note to the parent.

Other Sports:-

The School encourages other sports where the school cannot provide such sport like:-

Hockey, Tennis, Swimming, Fencing, Squash, football, etc.

GENERAL RULES

The learner must be:

- Physically fit and be prepared to work at staying fit.
- A team player – it is not acceptable for a child to play for their glory.
- Have a good positive attitude – always work hard and always Endeavour to give 100% for the team.
- Well behaved – i.e. good manners towards the coach, compotators, parents, and colleagues and listen to the advice given and do what is asked.
- Committed to one's team – i.e. needs to go to practices, attend matches, and generally work hard for the team.
- A motivator to achieve their potential.

Dress Codes:

Children must be properly attired for all sporting events in the accepted uniform or kit. Each sports convener ensures that the uniform for their sport is known and adhered to. The uniforms may be reviewed from time to time for practical reasons.

School Kit:-

The school provides certain items of kit for children who cannot afford them. This kit shall remain the property of the school and be kept by the school.

Points to Remember:-

Tracksuit for all matches:-

If not properly dressed the child is not allowed to practice and also play in the match.

Children must thank the umpires/referees, the scorer, the opposition. Children must obey the school rules at all times.

Sports Events in School:-

The school holds several sports events each year for the students.

- Athletics – (Track And Field Events)
- Chess
- Cricket
- Softball
- Football -
- Netball
- Table Tennis
- Carrom
- Basketball
- Volleyball
- Kho-Kho
- Kabaddi
- Taekwondo
- Baseball
- Badminton

How To Create Sports Culture:-

Inter Houses Competition

Inter Classes Matches

Inter-School Matches

Coaching Camps

To create a Sports activity environment in school, Sports Staff conducts Inter-Houses Competition, Inter-Class Competition, and Inter-School Competition.

CARMEL CONVENT SCHOOL

Affiliated to CBSE, New Delhi. Aff. No. 730203

NH-44, Kunjwani By-Pass, Jammu– 180010

Email: contact@carmeljammu.com | Website: www.carmeljammu.com

Phone: 0191- 2480717 | 6005053434



To make sure that everything goes on smoothly following committees are constituted.

The Committees:-

- Sports Staff Committee
- Eligibility Committee
- Discipline Committee
- Medical Committee
- Committee for Officials
- Decorate and Ceremony
- Refreshment Committee
- Ground and Equipments Committee

Sports Personality Award:-

The Sports Personality award goes to the child who participates in most of the event and wins maximum awards or points. She not only is a good candidate in sport but also committed to the sport and the team. The sportsperson should participate in different competitions like:- **District Level, Cluster Level, State Level National Level, and International Level.**

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