

TABLE OF CONTENTS

TABLE OF CONTENTS	1
Introduction for parents and players	2
Big Matches:	3
Behavioural Expectations:	3
Expulsion:	3
Coaches:	3
Consent Notes	4
Medical Consent Note:	4
Swimming Consent Note:	4
Media Consent Note:	4
Payment for the Melbourne Trip	4
Deposit:	4
Final Payments:.....	4
Packing for Melbourne Clothing:	5
Spending Money:	6
Volleyball Uniform:	6
Travel to and from Melbourne	6
Parking for Parents (On the day of Departure):	6
Departure Times:	6
Buses:.....	6
Arrival in Melbourne:	7
Back to Heathfield:	7
Accommodation in Melbourne:	7
Ormond College:.....	7
Meals:.....	8
Bedrooms:	8
Team Information:	8
Lunch:	8
Opening Ceremony:	8
Injuries:	8
Dumb and Dumber:.....	8
Team Officials:	8
Doing our Best:	9
Umpiring:.....	9
Bring Your Whistle:.....	9
Theft:.....	9
Team Equipment:.....	9
Thick Shakes/Humphries:	9
Voice identification:.....	9
Swearing:	9
Dummy Spitting:.....	9
Lateness:	9
Serving Out:	10
Washing:	10
Match Program:	10
Visits by Relatives:	10
After Your Match:.....	10
Drug Testing:	10
Alcohol, Smoking and Illegal substances:	10
Competition Venues:	11

Team Spirit:	11
Feedback:	11
Tournament Rules and Fines:	12
Thank the Officials:	12
General Information:	12
Keeping in Touch with Parents	12
Shopping and Sight Seeing:	12
M9-Laser Wars, Kingpin Bowling & Swimming:.....	12
Australian Schools Cup:.....	13
Heathfield's Program for the week:	13
Parent Information: - Parents to keep	14
Parents back in Adelaide:.....	14
Sick Children:	14
Players Eating Habits	14
Court Time:.....	14
The Bench (If you have travelled to Melbourne to watch your child):	14
Referees:	15
Communication with your Child:	15
Duties:	15
Injuries:	15
Supporter Apparel:.....	15
"Big Team Meeting"	15
Thank You	15
Consent Forms 2016:.....	16
Movie Consent	16
EMERGENCY INFORMATION.....	17
Aquatic Consent:.....	18
Media Consent:	20
Student Agreement Contract:.....	21

Introduction for parents and players



This will be our 33rd year of competing in the Australian Volleyball Schools Cup. We are the only school in the history of the AVSC to play in all 33 years of competition. We are also working hard to give us the best chance of regaining the title.

This year once again, Lachy, Peter and I have been pleased with the efforts of our teams. Brighton has also been very strong this year and we look forward to the challenge of playing them and a lot of other strong interstate schools in Melbourne.

In summary, don't stress, work hard, have fun and do the best you can, both on and off the court. Please support your coaches, managers, team mates, parents and all our other teams and I will be sure once again we will be pleased with our results at the end of the week.

Big Matches:

Heathfield has a reputation of banding together as one to support teams in a time of need. These matches are quite rare, although we were fortunate to have a few last year in the finals of several divisions as highlighted in the show reel with the squad moving from match to match displaying the very powerful and genuine Heathfield spirit. It might just be the cheering of a team of Yr. 8's that helps an open honours team cross the line and win the game.

Behavioural Expectations:

This year we are taking away 184 students and 61 officials. In light of this it is perhaps prudent to clearly go through the expectations placed upon the teams. We have all made a massive commitment with the trainings, costs and time spent on developing our skills and game knowledge. A **level of trust and maturity** has been developed that implies behavioural issues don't need to be mentioned. However, just to make sure there is no confusion, it is the **absolute expectation** that volleyball, and your positive role within your team and the volleyball squad, comes **1st, 2nd, and 3rd**. The week will require give and take from everybody as we strive to achieve our aims, and I hope that one of the skills you will be able to show us is your ability to put the team, and its performance, before yourself. We are proud of the self-discipline in our program, it is second to none (Last year was exceptional), but every individual in the squad has to be vigilant during the week to maintain this level of expectation.

Expulsion:

We are very proud of the fact we have never had to act on this in 33 years at this event. However, we must mention this so there can be no confusion, please be assured that any behaviour that reflects badly on our team mates and the Heathfield Volleyball Program will result in Mr Brown being asked to organise your immediate return to Heathfield at your parent's expense. Parents, please be aware this will be enforced if required.

Coaches:

We have over 60 adults travelling with us. All of them have gladly given up their precious time, some having taken a week of their annual leave to assist you. All they ask in return is for you to use your common sense and manners (a card and a gift helps as well). We all hope to be part of a team and I will be very disappointed indeed if your behaviour, thoughtlessness or lack of consideration makes us put on our teaching hats and make us do the "heavy teacher thing". We will have over 100 parents there supporting us as well.

For those of you who have been before, it will be great to be going back with you. For some of you this will be your last year as a player. Thanks for all the work you have done already and I hope that this year lives up to your expectations. For the new players, you will soon see why so many of us consider that this is the best week of the year. I wish all of you the best of luck and I hope that your aspirations for the tournament are fulfilled. Just remember if we support each other as a team we will once again be the team the rest of Australia will have to catch.

Yours Sincerely,
STUART SCOTT
SIV Program Manager

Big Team Core Values!

We are **committed to be the best we can be.**
We are a **Team**, We are **United**, We are **One!**
We **trust** each other we **respect** each other.
We are **professional** in what we **say** and how we **play.**
We **play with passion** and **enjoy the journey!**

Our "Big Team" core values are what set us apart from other schools. Striving to '**be the best we can be**' rather than winning, as this is much harder and promotes success.

Consent Notes

A note was handed in with your \$300 deposit earlier in the year indicating your child's intention to compete in Melbourne. We have a larger more detailed (yellow) consent note at the back of this student handbook. We ask that this is to be returned by **Monday the 21st of November** to help us in our preparation for Melbourne.

Medical Consent Note:

This medical consent note is also attached to the yellow consent form. All medication must be registered with Mr Scott. He has a list of banned substances (sent by the Australian Sports Commission). This list includes some cough medicines. **Remember this is an event sanctioned by the Australian Sports Commission and random drug testing may be carried out during the week. Details regarding medication must be included on your medical consent note.**

Swimming Consent Note:

This consent note gives you the option of allowing your child to go swimming at the Melbourne Sports and Aquatics Centre pool. This pool is set up for public swimming, with life guards along with the team's coaches and managers will be present. This is a good opportunity for teams to use these facilities for recovery purposes.

Media Consent Note:

In this consent note you will be giving us permission to take video and photographs of your child for both school and Australian Volleyball Federation use. We produce a **free** DVD of the week in Melbourne which will be available for the players and coaches when they get back to school in 2017 which is made by some current and ex Heathfield High School students. This DVD will also have a library of photographs from the Schools Cup. There are guidelines regarding photography at this event and these can be read on the web site at: <http://www.avf.org.au/index.php/about-us/corporate-documents/policies>. We would also like to put up our show reel on YouTube to show the rest of the world what our Heathfield High School Volleyball Program is about so please get the relevant forms attached filled out and return them to Peter in the Sports Centre by **Monday 21st of November.**

Payment for the Melbourne Trip

Deposit:

The original deposit of \$300 was paid earlier in the year.
The final cost of the trip which has been invoiced is \$1,030.00.

Final Payments:

The final payments for the Melbourne were due on Friday 28th of October. If you still have outstanding debts the following payment methods are available.

- Payments can be paid in cash or cheque (cheque made out to the school)
- On line with BIZGATE off the school website
- Or phone Narelle or Stacey at school and pay by credit card over the phone.
- **PLEASE NOTE: - We are very busy round this time and we do not want to be chasing up people who have not paid on time.**
- **ALL money must be paid to the school cashier, NOT the Sports Centre.**

This is the hardest part of the Melbourne preparation. We thank you for the prompt payments and return of forms.

Packing for Melbourne

Clothing:

Only the beginners take lots of clothes.
 "I took way too much gear" Year 8 Girl - 2015.

You will not need a lot. Apart from your volleyball gear you will need casual gear for the bus (there and back) and something to wear out to dinner on the first night and that is about it.

Organised	Item Required	It's Packed
	Heathfield playing top/s	
	Shorts – Boys MUST have Heathfield playing shorts. ALL Girls MUST have Heathfield playing shorts. - Year 9 girls or above wearing bike shorts (MUST be a perfect match) ie. All Mt Lofty Shorts	
	Knee pads, volleyball shoes, ankle braces, 5+ pairs of <u>WHITE</u> socks. (Heathfield socks \$9.00 a pair are GREAT!)	
	Drink Bottle — With name and playing number on it. (HHS SIV Drink Bottle \$9.00 each)	
	Bathers and beach towel for swimming.	
	Pj's and favourite teddy bear.	
	Player's handbook	
	Your whistle	
	Sense of humour	
	Mobile phone & charger	
	Ankle or Finger tape if you require it.	
	Medication — If Mr Scott has been notified in writing.	
	Pillow for sleeping on the bus.	
	Skill, guts, determination, professionalism, courage, determination, trust.	
	Pack a lunch for the trip there — Save some money and don't buy lunch on the way.	
	Small sports bag for stadium for matches (HHS Volleyball Bag \$45.00 available)	
	(Referees only) Your referee booklet if you want to get things signed off	
	Spending money (around \$110 for the whole week)	
	Washing bag (Mesh bag to put all your washing in) – All items named	
	1 pair of casual clothes for dinner on the first Saturday night	
	<u>Write your own list of items you may wish to add to this list</u>	

Money:

We don't want anybody in our volleyball program to lose money on this trip. Mr Davidson (Davo) will be the squad treasurer.

When you arrive at school ready to leave for Melbourne, you should have your money in two lots.

1. Cash for the trip over and for the first day on the bus (around \$20.00)
2. An envelope (with your name and team on it) with the rest of your money to give to your team manager who will then give it to Mr. Davidson for safe keeping until you need it. On this envelope you write (for example) - 10 x \$10.00 = \$100.00

When you get to school at 6.00am and you have dropped your bags off at your bus, please go to the Multi-purpose room in the Sports Centre, where your manager will be waiting. Please give them the envelope with your money in it. They will check it and put it in the team money bag. This bag will be locked in the safe at the college. Any morning at breakfast time in the **dining room** you can see your team manager who will get your team bag from Davo or Jodie Bowd and they will give you your money as required.

Spending Money:

The senior players assure me that \$90-\$120 is enough spending money. You only need money for lunch and any activities your team may decide to do. Do not carry around large amounts of cash with you. Keep a minimum with you and top up each day from your manager at breakfast. If you want to spend money at the Melbourne markets, take extra. Some money for a card and gift for your coach and manager would also be nice.

Volleyball Uniform:

Be very careful as Heathfield High School volleyball gear is highly sought after by interstate teams. Keep your bags together and ask your manager to look after gear. In past years we have had Heathfield tops pinched from the back of chairs and bags full of gear stolen. You are **required** to wear either Heathfield uniform, polo shirts or rugby top to matches. If you have any problems with this please see Mr. Scott before you go.

Jeans and casual clothes are not permitted at matches. We are a part of not just any team, we are a part of the Heathfield BIG TEAM!

Travel to and from Melbourne

Parking for Parents (On the day of Departure):

Parking will be available in the gravel car park next to the beach courts or in front of the school. **Please do not park in the Mt Lofty Sports Centre car park** as there will just not be enough room for the five large buses.

The same will apply when we get back from Melbourne. Please leave the Mt Lofty Sports Centre car park free for the buses. We thank you in advance for your cooperation.

Departure Times:

- The bus leaves the sports centre driveway on Saturday 3rd of December at 6.30am sharp.
- Please be there by 5.45 am.
- Money to Managers in meeting room as soon as you arrive, must be done before 6.10am.
- Farewell meeting in the Sports Centre at 6.15am.
- Kiss & Hug time is 6.20 am.
- If you are late, catch us at Murray Bridge and jump onto the bus.

Buses:

We are using Kanga Coaches for the 4th time to Melbourne. Please make the drivers feel like they are a part of our "Big Team" and make them want to come on the trip again next year. We ask that you not chew gum on the bus and that you clean up your rubbish yourself. Sticking your mess under the seat will only result in a team mate, your coach or your manager having to clean up after you. Please use the bins provided. Manners and respect for others are required as always. We will be using 4 Kanga Coaches and 1 Mini Bus. When buying drinks please buy bottles that have screw on tops. We suggest you drink water or fruit juice on the trip. The buses have seat belts and by law must be worn at all times with players seated facing the front.

Food on the Buses:

Inexperienced students will spend just far too much at every service station we stop at on the way there. Smart people will take a packed lunch. We will stop at Horsham for lunch at a park. We usually will have Brighton, Loxton, Willunga, Hallett Cove, Renmark and Unley High Schools there sharing the park as well.

***NOTE* Don't drink from other peoples' bottles, this starts day 1 - There is a real danger of catching other's bugs.**

Arrival in Melbourne:

We will arrive in Melbourne at Ormond College at about 5.30pm (EST).

At 6.00pm teams will walk to Lygon Street so we can eat with your coach and manager at a restaurant of your teams' choosing. At 8.30pm we will return to Ormond College for a full squad meeting. Players are not permitted to eat take away food at Lygon Street. You will be given \$20.00 by your manager to pay for this meal.

Back to Heathfield:

We return on Saturday morning the 10th December at 9.00am (CST).

Again, as before, parents can you please not park in the Sports Centre car park.

Accommodation in Melbourne:

Ormond College:

49 College Crescent Parkville Vic 3052 (03) 9344 1100 www.ormond.unimelb.edu.au



Our teams will be allocated distinct areas with their coach and manager. The bedrooms will not be allowed for you to socialise in, the grassed areas or the courtyard can be used for this. All meals will be served in the dining room and are self-service. Table manners of the highest order are expected. Heathfield students have an excellent record of polite and responsible behaviour. It goes with the level of professionalism expected of our whole team expressed in the "Big Team" core values.

Senior players are asked to help us with supervision in this area as well. Your breakfast and tea are included with the accommodation. If you have a match later than the scheduled tea time, your manager will inform the college and will arrange for your tea to be there when you get back to the college. This is a special deal by the college staff who do a lot of extra work for us. Please appreciate it and clean up afterwards. Make sure you wash your hands before eating so that you do not get sick or make others sick.

Meals:

Dinners include:

Sunday - Roast Beef, Chicken and Vegetables

Monday – Chicken Parm

Tuesday – Lamb stew

Wednesday- Flavoured roast Chicken

Thursday- Pasta Night

Friday - Aussie BBQ on the last night.



All students who have special dietary requirements should see Mr Madsen (ASAP) so we can let the college know and so they can cater for your dietary needs.

Bedrooms:

The boy's wings and the girl's wing are on different sides of the college. Students have their own room. Any boys in the girl's wing or any girls in the boy's wing **will get a very fast trip back to Heathfield at your parent's expense.** **If you do not understand this see Mr Scott as soon as possible so he can explain it again.**

Each room has its own key which you will be responsible for. It will cost you \$40 if you lose it. When at the college please wear your key around your neck at all times. When getting on the bus to go to a playing venue your manager will collect all of your keys. Please also make sure that you label each key with your name on it to save time sorting out whose key is whose.

Team Information:

Lunch:

We expect the teams to eat fresh food, this means rolls and fruit for lunch. All players are reminded that you need to drink a glass of water for each 15 minutes of activity (more on a hot day). Your team can order great value rolls through Thresherman's, a great Melbourne bakery. Cost is generally around \$7.00 - \$8.00 per day.

Opening Ceremony:

This will be on Sunday afternoon at the Stadium. The coaches will be at a competition technical meeting before the opening ceremony. After the opening ceremony we will move to the edge of the lake for team photos. Teams playing on the Sunday night will get their team photographs done first. Teams will support those who are playing until it is time to go back to the college for dinner.

Injuries:

All injuries must be declared to your coach and they will work with you to get treatment. There are also a number of sports trainers at the venue. We have Matt + Shelley Clarke and Michael Wilson as our Heathfield Physios this year. At least one of them will always be at MSAC. They are all physiotherapists with Matt one of the Directors at the Physio Alive & Pilates Clinic and Michael with the Port Adelaide Football Club. Please make them both feel welcome. You must have your coach or manager with you when you visit either the physiotherapist or the sports trainers at the playing venues. **If you require regular taping please supply your own tape.**



Dumb and Dumber:

Make smart choices! One year, some year 8's purchased laser pointing pens from the Victorian markets and then used them at the venue. They were immediately confiscated by the tournament officials and were not returned. This goes against our core values and is not something that Heathfield professional players do. Please think and make smart choices.

Team Officials:

Players, please remember that the teachers, coaches and managers are giving up a week of their time for you. Please appreciate their efforts and make them feel very welcome as they are an extremely valuable part of our "Big Team".

Doing our Best:

Heathfield's aim is, and always has been to be the best we can be.

If we can do that, then there is no more we can do and we must all be very happy with our efforts.

Generally, we find if we do our best and have a real crack most teams in Australia just cannot keep up with us.

Umpiring:

Last year, Heathfield was fined \$0 for having unqualified people refereeing.

This was the fourth year in a row that we got it completely right!

ONLY QUALIFIED PEOPLE CAN REFEREE OR 2ND REFEREE

Qualified coaches, managers and competent qualified students are expected to do the top refereeing (those qualified are listed on the team sheet).

Bring Your Whistle:

Referee whistles will not be supplied in the team gear as you should all have one. Please make sure you bring it! You can buy one from Peter in the Sports Centre for \$4.00 if you don't have one.

Theft:

One of the Competition rules states that "any stealing at the tournament will result in the disqualification of the team and the police will be notified".

This rule applies in all U.S.A. Tournaments and, it now applies here. Remember that this is the largest school sporting event in Australia and that some people unfortunately are thieves. This includes stealing volleyballs from other teams. Please don't make this an issue.

Team Equipment:

Each team will be issued with a bag of volleyballs with your team number on them. Once the warm up is completed **put the balls in the bag and zip it up**. Do not allow team members or others to get balls out. Your team may end up paying for any lost ones. New volleyballs come at the cost of around \$90.00 each.

Team managers will allocate team members with responsibility for team equipment. Somebody will get the bag of balls and drink bottle rack. If you are a qualified referee and are going to be umpiring games, you are exempt from other duties e.g. balls and drink rack.

Thick Shakes/Humphries:

In the past, Humphries have highlighted a range of behaviours and actions that need to be monitored. If teams decide that they will follow the Humphrey path, these are the guidelines used.

Any team winning a set in a State or National title 25-5 or under will win a thick shake. One year over \$200 went to teams winning thick shakes. The funding for the thick shakes comes from the Humphrey fines. **DON'T** expect to get thick shakes if your team decides not to do Humphries. What are Humphrey fines you ask? **Read on.**

Humphrey is a Humphrey Bear plastic money box which will be eagerly filled with dollar coins for the following transgressions. **(By teachers, coaches and managers as well so be really careful)**

Voice identification:

To keep conversations at a respectable level on the bus, if an official can identify your voice on the bus because you are being too loud you have to pay a Humphrey (Cost \$1).

Swearing:

All swear words, as defined by the Heathfield book of un-gentlemanly and un-ladylike expressions will also be considered Humphries and will cost \$1. (Some may cost \$5.00.) Again this includes all officials – Nobody gets off free.

Dummy Spitting:

Any examples of dummy spitting on or off the court will be deemed as a Humphrey infraction (\$1.00).

Lateness:

All team personnel will be fined (Humphries) \$1/minute/person for being late. This includes coaches, managers and teachers.

Serving Out:

Serving out on set point \$1.00

Serving out after a delay in game (time outs, substitutions etc.) \$1.00

Serving out after your team mate has served out (this jackpots – maximum \$1,000,000).

Phones ringing during team or squad meetings (\$1.00 to the fund)

Managers and coaches are the only exception as they are to be contactable by phone 24 hours a day.

Managers and coaches will manage and collect the fines and will buy the thick shakes.

Do not expect the thick shake rewards if your team members do not pay the fines.

Washing:

Managers will help you wash your uniform each day at the accommodation. Please help your manager by having all of your clothing named and in your washing bag and assist in any way that you can. (I.e. folding/sorting clothes)

Match Program:

The final match program will not be available until 6.00pm during the coaches meeting on Sunday the 4th of December. Draft draws are available from the Australian Schools Cup web site up to 1 week before the competition. They will be on the volleyball noticeboard in the Sports Centre as soon as we get them.

Visits by Relatives:

A number of players will have relatives in Melbourne. A LETTER FROM PARENTS BEFORE THE TRIP will be required for a visit to take place. Please correspond with your manager/coach.

After Your Match:

After your game, you collect your full, perfectly zipped up ball bag and other team gear, you check that your bench area is clear of litter and water bottles and then move off to your team meeting as organised by your manager/coach. (make sure the scoresheet is signed before moving off)

Drug Testing:

This event is held under the control of Volleyball Australia and therefore the Australian Institute of Sport. The event is consequently subject to random drug testing. If you take medication and you have logged it with Mr Scott there should not be any problems. Information can be found here:

<http://www.avf.org.au/index.php/about-us/anti-doping>

Alcohol, Smoking and Illegal substances:

No warnings. If you let us down in this regard Mr Brown will be contacted immediately and he will organise your return home at your parent's expense. We have never had a problem. Please keep it that way.



Bakers Delight

Competition Venues:

Matches will be played at the Melbourne Sports and Aquatic Centre, the State Volleyball Centre (near Dandenong) and the State Netball and Hockey Centre. The Melbourne Sports and Aquatic Centre is 30 minutes away by bus from where we are staying. The Victorian State Volleyball Centre is about 45 minutes away in the opposite direction. The State Netball and Hockey Centre is 10 minutes away.



Victorian State Volleyball Centre
270 Stud Road Dandenong 3175
Phone (03) 9794 0009
Volleyball Victoria Office



Melbourne Sports and Aquatics Centre
Aughtie Drive Albert Park 3206
Phone (03) 9926 1555
www.msac.com.au

State Netball Hockey Centre
10 Brens Drive
Royal Park, Parkville VICTORIA 3052
Phone: (03) 8379 4222



Team Spirit:

Every year the Heathfield “Machine”, (our barracking team mates, parents and volleyball officials) swing the result of close matches. Last year we had great leadership from many of our senior and junior players. This year we are sure to have some close matches against rival schools. When supporting our teams, remember your manners and **do not drop** to the level of some other schools.

Last year helped the OHB win a thrilling 5 set match against Brighton on the finals day. We can all remember and can see on YouTube the support we gave to the Open Boys, the Under 16 boys and the Open Girls in their Grand Finals which they all won in 2010. I hope we see a lot of this during the week from all Heathfield players, coaches, managers, and parents who are all a part of the “Big Team”. Make them all feel valuable members of the team. A strange thing happens, if you cheer and support other teams the energy you create actually makes your own team play better next time you play. On the flip side, don’t underestimate the negative effect that sitting/lying at the back of the court, playing on your phone, has on the team playing.

If you see a Heathfield team playing during the week don’t just walk past, support them as they are part of your team. Their match may be the point that will win the title for us. Don’t just wait until finals day, games during the week are just as important and can change where a team finishes.

Feedback:

You will need to identify what you can do and what we need to do better for next year’s championships. On the way back home you will be asked to fill in a National Schools Cup feedback survey that Peter has created which will be done online. No matter how we do, we seek to be better next year.

Tournament Rules and Fines:

Please remember that this tournament is the biggest school sporting event in the Southern Hemisphere. It has to be managed tightly and safely. If you break rules, which will be explained to you clearly, the tournament officials will issue you with a fine that will be given to us and you will have to pay it. We had several last year for eating in the Sports Halls, which includes the grandstands as a spectator!!

- Basic fines are for hitting volleyballs in the foyers of venues (which venue managers and the public get upset about).
- Leaving litter behind — either on the bench after a match or after you have eaten lunch.
- Unqualified referees
- Eating in competition venues (MSAC show courts are extremely tough on this)
- All these issues make sense and we have to support the organisers.

Thank the Officials:

Remember all the officials and organisers give up a week of their holidays to assist in the running of this event. Please appreciate their efforts and thank them when you see them.

General Information:

Keeping in Touch with Parents

All team members are expected to ring home at least twice. The team managers will be asked to check on this. Remember your parents are an important part of the team. As such they need to be kept informed of your progress during the week. Managers having to collect mobile phones before bed will again be decided by you and your teams level of maturity.

Shopping and Sight Seeing:

When your match commitments allow, your team is more than welcome to go shopping or to do touristy things. "Bungy jumping & ice skating" are banned! Your coach and manager will go with you and will manage these visits.

M9-Laser Wars, Kingpin Bowling & Swimming:

There are a number of specials on offer for our players at the Crown Casino — they include King Pin bowling (\$12.00 approx.) and M9 Laser Wars (\$12.00 approx.). You can do both bowling and Laser Wars for (\$30 for unlimited). Teams will also need to organise bus travel with Davo. The swimming pool at MSAC is offering 50% discount for volleyballers who would like a swim or a chance to use the wave pool.

POWERHOUSESPORTS

Bakers Delight

Australian Schools Cup:

Heathfield's Program for the week:

Saturday	3 rd December	5.45am (sharp)	Arrive at the Sports Centre
		6.00am	Money to managers in Sports Centre meeting room
		6.10am	Meeting in Sports Centre
		6.15am	Kiss and Hug time & on buses
		6.30am	Buses depart.
		5.30pm	Arrive Ormond College. (Distribute room keys)
		6.00pm	Walk to Lygon Street for tea (Money from Davo)
		8.30pm	Meeting in Dining room (Full Squad)
		10.30pm	Lights out
		Sunday	4 th December
9.00am	Finish breakfast and collect gear for training and market		
9.20am	Depart for team training MSAC		
10.00 – 11.00am	Team trainings (16 courts)		
11.15am	Depart for Melbourne Markets, lunch there		
1.00pm	Back on buses supermarket Shopping (Staggered)		
1.15pm	Walk back to College		
1.30pm	Team meetings "This Week you can rely on me to..."		
2.15pm	Depart for Coaches meeting		
	(Players and coaches to be in Heathfield uniform)		
	Blue bottoms, no bike shorts, no tights.		
3.00pm	Coaches Meeting		
4.00pm	Opening Ceremony – Aquatics Centre		
4.30pm	Team photos by the lake, then watch AVL GF		
6.00pm	First game time (Heathfield is playing, we watch)		
8.30pm	Tea at College – "Ye old English Roast night"		
	10.30pm	Lights out	
Monday	5 th December	Tournament matches	
Tuesday	6 th December	Tournament matches	
Wednesday	7 th December	Tournament matches	
Thursday	8 th December	Tournament matches	
Friday	9 th December	Tournament matches	
		6.00pm - 7.00pm	Closing Ceremony & Big team photo
		(Meet in the Kerry Pottharst Show Courts for squad photo)	
		8.00pm	Back to the college for BBQ tea.
		9.00pm	Managers to check rooms and collect keys.
		9.30pm	Big Team meeting – Parents welcome.
	11.00pm	Depart for Heathfield	
Saturday	10 th December	9.00am	Arrive at Heathfield – clean busses
		9.15am	Short "Big team" meeting – go home to rest!

Parent Information: - Parents to keep

Parents back in Adelaide:

Via the AVF website <http://www.avf.org.au/index.php?id=105>

Team App for updates: <http://www.hhsvolleyball2015.teamapp.com>

Sick Children:

The odds are, with 184 players, one of these players will be sick the day we are due to travel to Melbourne. It is certainly not good practice to allow this child to travel with well players in a restricted environment like a bus. We suffered severe consequences one year and had a couple of close calls another year. We need to know about any illnesses. If your child is unwell when we are due to leave, please contact us and we will make other arrangements for your child to travel to Melbourne if this is required.

Players Eating Habits

One year there were a couple of players who, in our opinion, did not have acceptable eating patterns for athletes. If your child has an issue REGARDING FOOD that we need to be aware of please let us know. Mr Madsen has asked for all players with special diets to contact her so we can let the college dining room know.

Court Time:

Court time for players is always a concern that sometimes gains momentum around Wednesday or Thursday at the Nationals. **Our view, which has been communicated to the coaches is as follows.** In a perfect world, all players would train as hard as each other, they would attend all trainings without missing any sessions and they would all know what is going on all the time with regards to their team. They would all be at the same standard. That, we would all agree, would be great and very easy to manage.

The first reality is that

- some players do more than others at trainings
- some are more professional than others
- some work harder than others
- some are better than others
- some are keener, more desperate and concentrate harder
- some players, just want it more

The second reality is:

That **ALL** players have had the same opportunities during the year in terms of training opportunities. Some have used them well, some have not. We now go to Melbourne to see how good we are and to see how good they are.

In the Honour Divisions the emphasis is very much on getting the best results possible. Players have been selected for specific roles within the team, some of these roles may not involve the same amount of court time as others but are extremely valuable in the structure of the team.

In the other divisions coaches endeavour to give all players relatively equal court time but will depend on the roles that they play in the team. But again, if the crunch comes in a match the coach is expected to use the players who are at that stage doing the job. As per the "Honours selection and court time letter" signed by all players and parents in March, attitude and training attendance will affect court time in Melbourne. If they are on the bench then they are expected to be positive and supportive and are still able to contribute to the success of the team.

The Bench (If you have travelled to Melbourne to watch your child):

Volleyball rules specifically allocate seats on the bench to officials and players of the team playing. Can you please support us by using the allocated spectator seating. The players will appreciate you being there as it is an important part of the Big Team concept. Please be aware during matches the coach needs to concentrate on the game. We had one parent deliver a pie with sauce to a player who was on the bench in Junior League.

This was not a big help to us

Referees:

There is a big focus by the AVF on talking and making gestures to the referees, the rules state that only the captain is able to talk to the officials.

I cannot think of any occasion where it would be appropriate for a parent or spectator to address a comment to a referee no matter how helpful you are trying to be.

Communication with your Child:

This is a tough one. We hope that you are able to enjoy this tremendous experience with your child at this event. The caveats are that the Heathfield players belong to teams and the bigger Heathfield team. We would appreciate it if you could respect this.

Examples that may help are:

It is not appropriate to talk to players during a match. There will be times when our players will be very happy or very sad and the appropriate forum for these emotions is the team. If players have just lost an important match, that is just sport and we need players and the team to deal with these emotions in a responsible way. A mum's shoulder although comfortable, is not required, as it may inhibit your child's learning for the week. Once the teams have shaken hands and the Coach/Manager has finished with the team meeting, then go for it.

OF COURSE IF WE WIN A BIG MATCH, HAVING PARENTS JUMPING UP AND DOWN WITH THE TEAM AFTER THEY HAVE SHAKEN HANDS WITH THE OPPOSITION IS NEARLY COMPULSORY AND THAT IS WHY WE LOVE THIS TOURNAMENT.

Duties:

Core values are an important reminder to how we view duties.

These are expected to be done well.

Talking to players doing duties or lines will not help us.

The officials will also have something to say as well and we can be fined.

Injuries:

This is an area where you can help. Initial first aid will be the responsibility of the coach and manager but it would be appreciated if you could help, if further treatment is required. All players are **not permitted** to seek first aid from the sports trainers without an adult from Heathfield High School being present.

Supporter Apparel:

Parents are more than welcome to purchase Heathfield Volleyball polo tops

Heathfield High School Polo Top - \$40.00

Heathfield Rugby Jumpers - \$60.00

Heathfield "Old School" Jackets - \$15.00

"Big Team Meeting"

You are also invited to our "Big Team" meeting at the college after the Grand Finals. Please see Davo, a coach, manager or one of the volleyball staff for more information. If you really want to see what the Heathfield Volleyball Program is about, and why it has been so successful, then please come. We will also have a very quick "Big Team" meeting when we arrive back at Heathfield that you are more than welcome to attend.

Thank You

Once again, thank you for the opportunity to work with your child during the year. We hope they have a successful and rewarding time in Melbourne. We hope your family has a great Christmas and we look forward to catching up with you all in the New Year.

Consent Forms 2016:

Details of planned activities, transport arrangements and supervising teachers/instructors are provided on the information attached. Some activities e.g. Knock Out Sports may extend over a period of weeks. The Emergency Information on the first consent form relating to an "ongoing" sport/excursion will be used for the duration of the specified activity unless we are notified of changes. Parents/caregivers and students are required to complete the consent and work required sections of this form for each individual absence from school for an "ongoing" activity.

As a parent/caregiver of:

STUDENT'S NAME	
----------------	--

I:

YOUR NAME	
-----------	--

give my consent for him/her to participate in

NAME OF ACTIVITY	Australian Volleyball Schools Cup 2016	COST	\$1,030	GST Inc / Exc
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at/on:

LOCATION (S)	Melbourne, Vic
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FROM:	03	12	16	TO:	10	12	16	OR ON:			
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TRANSPORT ARRANGEMENTS	Kanga Coaches
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For transport by private car all drivers and passengers **must** complete **Transport of Student by Private Vehicle** see over

Agreement

- I agree to delegate my authority to supervising teachers/instructors. Such supervisors may take whatever disciplinary action they deem necessary to ensure the safety, well-being and successful conduct of the students as a group and individually.
- In the event of an accident or illness and contact with me being impracticable or impossible, I authorise the teacher-in-charge to arrange whatever medical or surgical treatment a registered medical practitioner considers necessary. I will pay all medical and dental expenses incurred on behalf of my child.
- I have also submitted emergency information including *health care details of any relevant medical or physical limitations she/he has. I also consent to my child's doctor or medical specialist being contacted
- The information given is accurate to the best of my knowledge.
- I am aware of absence from the subject lessons listed below and understand that it is expected that missed work will be made up within a reasonable time as determined by the subject teacher(s).
- I am aware that this is an optional excursion/activity which is not an essential part of the curriculum and that unless payment or a written commitment to pay has been received, that my child will not attend. I therefore agree to the pay the amount stated above.

Parent/ Caregiver Signed: _____

Date: / /

PERMISSION TO VIEW FILM

21/10/16

Dear Parents,

During the long bus trip to and from Melbourne students will have the opportunity to view movies using the bus TV and DVD player. The volleyball staff will rent appropriate G and PG rated films to show on each bus.

Please complete the permission slip below for your child to have permission to view any of these movies.

Those who do not return or consent to permission, the bus will only watch G rated movies on the trip.

I have read the above information dated 21/11/16 and understand that my daughter/son,

Name: _____

will be viewing appropriate G and PG rated films on the bus to and from the Australia Volleyball Schools Cup.

Signed: _____ (Parent/ Caregiver)

Name: _____ (Parent/Caregiver)

EMERGENCY INFORMATION

Emergency Contact 1

NAME	RELATIONSHIP	HOME PHONE	WORK PHONE	MOB PHONE
HOME ADDRESS				
WORK ADDRESS				

Emergency Contact 2

NAME	RELATIONSHIP	HOME PHONE	WORK PHONE	MOB PHONE
HOME ADDRESS				
WORK ADDRESS				

Family Doctor or Medical Clinic		Contactable at all times?	Yes	No
NAME		Telephone		
Medical Specialist (if relevant)		Contactable at all times?	Yes	No
NAME		Telephone		
Does your child have an Individual Emergency Health Plan at the school?			Yes	No
Medicare Number		Medic Alert Number (If relevant)		
Private Health Cover	Yes	No	Fund and Number	
Please tick if your child is covered for		Hospital	Extras	Ambulance

PLEASE TICK IF YOUR CHILD HAS ANY OF THE FOLLOWING MEDICAL CONDITIONS

EATING DISORDERS (eg Allergies to food)	CONVULSIONS/SEIZURES (eg Epilepsy)	ASTHMA OR OTHER CHEST PROBLEMS
ALLERGIES (eg Bee Sting)	DIABETES	VISION Contact Lenses Soft Hard
HEARING PROBLEMS Hearing Aid or Drainage Tubes	OTHER RELEVANT CONDITIONS (eg Attention Deficit Hyperactivity Disorder)	RELEVANT SPORTS INJURIES
DERMATITIS (eg relevant skin conditions)	MEDICATION List any current medication or medication sent with student	

Further information or special instructions

Aquatic Consent:



Swimming/Aquatic Consent Form

CONFIDENTIAL

To be completed by the Parent/Guardian for students participating in swimming and aquatics activities. This form will be shown to School Staff and Swimming Instructors and Emergency Services Personnel responsible for this student's safety at swimming and aquatics activities.

STUDENTS WILL NOT BE PERMITTED TO PARTICIPATE WITHOUT A COMPLETED AND SIGNED CONSENT FORM

Section 1: Person Details

Student Name.....Date of Birth.....

Name of School Medic Alert No. (if relevant).....

Emergency Contact Person Contact No

Section 2: Health Support Information

Please complete the following information so the instructors and school staff can plan for your child's safety in the water.

Does your child have a health care need that could affect their safety in the water?

If NO – please go to section 3 – consent to participate in Swimming or Aquatics Activities.

If YES – please complete this section

If you tick any of the boxes below the Swimming and Aquatic Instructors need a written health care plan from your child's doctor/treating health professional. This may be a copy of the information you have provided already to the school.

IMPORTANT: failure to provide required medication will result in standard First Aid Management in an emergency.

Asthma		Seizures, Epilepsy	
Severe allergy (e.g. bee sting)		Diabetes	
Joint disorder		Heart Disorder	
Vision impairment		Hearing impairment	
Ear disorder		Skin condition	
Incontinence		Swallowing/choking	
Medication usually taken at school		Communication difficulties	
Other (please provide details)			

Have you attached health care details from your child's doctor/treating health professional? Yes/No

If NO, staff and instructors will provide standard supervision for safety and first aid (see over)

If YES, write down what you have attached and please ensure all relevant medication is provided.

Section 3: - Consent to take part in swimming or aquatics activities

I give my consent for my child named above to participate in swimming or aquatic activities

I understand that school staff will be present and provide supervision for safety.

I understand that the swimming or aquatic instructor will be in charge of the water activities.

Parent/guardian.....Signature.....Date.....

Standard Health Care Support for the most common health conditions:

Asthma Any child currently prescribed asthma medication must bring their Medication. Asthma care plan should be attached to this consent form.

Standard First Aid:

Four puffs of reliever medication. Wait four minutes. If no relief, four more puffs, wait four minutes. If still not relief, call an ambulance. no return to the water after two lots of reliever medication within any given session.

Seizures No swimming without health care plan from doctor/seizure specialist. Any student with a diagnosed history of seizures must have an adult acting as one to one safety watch, provided by school. Seizures are generally managed in the pool. Continuation in the swimming program that day will be assessed by supervising teacher in consultation with student's health care plan.

Diabetes No swimming without health care plan from doctor/diabetes specialist. First aid as per individual diabetes care plan.

Severe Allergy As per allergy specialist care plan

Allergy

Drainage Tubes in Ears Ear wrap or properly fitted plugs to be worn throughout water activities unless written medical advice is provided saying this is not necessary.

Incontinence As per care plan. Any accidents that result in contaminated water must be managed as per health regulations.

Cryptosporidium Infection

Cryptosporidiosis is caused by the parasite Cryptosporidium. It is highly infectious and can be transmitted by swallowing water contaminated by the parasite in public swimming pools. The main symptoms associated with this illness include watery diarrhoea with stomach cramps. If your child has been diagnosed with Cryptosporidiosis or has had these symptoms recently, they should not use public swimming pools for 14 days after symptoms have stopped.

Choking As per care plan

Infection - All open wounds must be covered, for the child's own protection, with a Control waterproof occlusive bandage

- Students with significant unhealed wound(s) will be advised not to go swimming until the wound has closed.
- Students with ringworm should not commence swimming until at least 24 hours after commencement of appropriate treatment (usually a topical anti-fungal cream)
- Students with tinea should not go into pools or change rooms until at least 24 hours after commencing appropriate treatment
- Wearing slip-on footwear while walking in the pool area and change rooms protects against transmission of some infections such as tinea.

Media Consent:



This form must be filed in a central location at your centre, preschool, school or unit

Consent Form – Child

Permission to use likeness, image, voice, performance and/or creative work of students and children.

Background

The Department for Education and Child Development (DECD) develops teaching and learning and promotional materials and publishes them in print and digitally (on websites). Increasingly students are publishing their own materials on websites (eg school website, DECD website, Scootle™, iTunes™ or other online environments).

Request for Permission

DECD seeks permission to use the following:

- media (photo/film/audio recording) in which your child appears
- a written comment made by your child
- your child's work samples (for example, a painting, written work, podcasts).

Granting Permission

By completing and returning this permission form, you are granting permission for the DECD to use:

- an image or recording of your child which appears in a photo, film and/or audio recording to publish on paper and/or on websites under a CC-BY -NC licence*
- your child's work samples on paper and/or on websites under a CC-BY-NC licence*
- an image or recording of your child which may identify your child by first name and/or DECD school/preschool/service only
- work samples created by your child without identifying your child - or identifying your child by first name and/or DECD school/preschool/service only.

Notes

- Additional written consent by the parent / guardian must be obtained by the DECD school/preschool/service prior to publishing full names of children where they appear in media articles (eg: for awards or recognition of effort etc).
- Not every item for which permission is granted will be used.
- Media, comments and/or work samples might not appear in exactly the form in which they have been submitted.
- Media, comments and/or work samples which contain images of or references to Indigenous people will be accompanied by warning text to indicate that the work may include references to Aboriginal and Torres Strait Islander people who have passed away.
- The material will be available to 'the world' to download and use under a CC-BY-NC licence*. This licence is perpetual (forever), irrevocable, free, worldwide, non-exclusive and allows for the replication, distribution, display, performance and remixing of copyrighted work for non-commercial purposes, provided that the author is credited.

Consent

I give permission to the DECD to publish media, comments and/or work samples of:

Child's Name:

(Full name - please print)

Name of school/service: Heathfield High School

Child's signature:

(Student to sign)

Parent/Guardian's signatures: (1) _____ **(2)** _____

(Parent/guardian to sign) (Parent/guardian to sign)

Full name of Parent(s)/Guardian(s): (1) _____ **(2)** _____

(please print) (please print)

Date: _____

Please provide signatures of both parents and/or guardians where possible.

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This licence allows the replication, distribution, display, performance and remixing of copyrighted work provided that the author is credited and re-use of the material is restricted to non-commercial purposes only.



TO BE RETURNED TO SCHOOL

Student Agreement Contract:

Students Name:..... ACE:.....TEAM.....

The Heathfield volleyball program is the most famous and most recognisable volleyball squad in Australia. Most people in Melbourne know what to expect when they see a Heathfield Volleyballer. Others at the event will be seeing Heathfield Volleyballers for the 1st time. It is the responsibility of all of us, coaches, managers, players and spectators to maintain the Heathfield reputation of honesty, respect, professionalism and determination in order to maintain the traditions of our past players.

Volleyball Expectations:

- Follow "Big Team" Core values
- To play with determination spirit and to the best of your ability
- To work cooperatively with your team, coach and manager and to be a positive, reliable member of the team.
- To do your share of the duties and other allocated jobs.
- To have fun and get lots of laughs.
- To uphold the Heathfield volleyball traditions of toughness and fairness and a demonstrated respect for our opponents.
- To make sure my priorities for the week are the Volleyball program first, my team second and myself third.
- To make sure I encourage my fellow team mates and squad members whenever possible.

Other Expectations:

- Follow "Big Team" Core values
- Abide by the rules of the bus travel and our accommodation.
- Remember this is a Heathfield High School excursion and it is governed by school rules and school consequences for the duration of the excursion.
- Remember we are visitors in Melbourne and we need to make a good impression. We need to be able to trust you that you will make acceptable decisions.

Range of Consequences:

- Loss of privileges either on the bus or at our accommodation.
- Players may not be permitted to play matches as determined by the SIV management team.
- The student is sent home. Note this will only be done in consultation with the Principal or delegate.
- The student is suspended from the SIV program.
- Any other consequences as determined by Heathfield High School.

If it is necessary for a student to be sent home, the school and the principal will be notified and arrangement will be made by the school and parents to bring the student home. Please note that the family of the student will be required to meet the costs of this action.

AGREEMENT:

- I agree to the above expectations and understand the consequences of failure to meet these expectations.
- I understand and accept the consequences on any inappropriate behaviour.

Player Name: Team:

Student Signature:

Caregiver's Signature: