



PO Box 1522, Sunshine Plaza
 Maroochydore QLD 4558
 Phone: 07 5475 1574
 Email: sport.scrssb@qed.qld.gov.au

Dear Parents / Carers,

Congratulations! Your child has been invited to join the Sunshine Coast School Sport regional team listed below which will attend a Queensland Representative School Sport state championship.

To accept this invitation, please complete the following tasks:

1. Complete the survey by scanning the QR code or using the link by **9.00am Friday 06 June**.




<https://survey.qed.qld.gov.au/n/eX6h6Bn>

2. Return your *regional team permission booklet* to sport.scrssb@qed.qld.gov.au
3. Pay the regional team levy by the due date.

To decline this invitation, parents must email the sports office immediately so that another athlete may be invited into the team.

By accepting this invitation, you are agreeing to comply with our regional uniform policy, our code of conduct and agree to commit fully to the team, both in training and for the duration of the state championship. Payment of the team levy must be made by the due date.

Team:	CROSS COUNTRY 10-19 YEARS
State Championship Dates:	Friday 18 July to Sunday 20 July 2025 (inclusive)
Venue:	St Joseph's Nudgee College 2199 Sandgate Road Boondall, QLD 4034
Team Levy:	\$190.00 Plus Apparel purchased through School Locker.
Regional Apparel:	All regional apparel is available from School Locker – Maroochydore. Parents must order through the School Locker online shop or purchase in store.
Payment Date:	Pay the team levy by this date: Friday 27 June
Payment Method:	<p>Pay the team levy through our regional online shop.</p> <ul style="list-style-type: none"> • Click the 'Regional online shop' tab on our regional website home page https://sunshinesport.eq.edu.au • Click  Pay now Levies and apparel • Click 'State Championships' and follow the prompts <p>Click 'Login' if an existing user OR click 'Register now' if a first time user When prompted, enter the sport code below. (Note: a zero in the code will display as 0 if applicable)</p> <p>Sports Code: SUNCCUBD3</p> <p>A more detailed instruction guide is located above the "Pay now" button on our regional online shop information page.</p> <p>Any team member who has not completed final payment by the due date will be considered to have refused the invitation to join the regional team and their position in this team may be offered to a replacement player.</p>

TRAVEL DETAILS, PAPERWORK & UNIFORMS

- Accommodation:** It is the responsibility of parents to privately arrange accommodation for team members.
- Independent Travel:** It is the responsibility of parents to arrange private transport for team members to & from this championship.
- Regional Team Permission Booklet:** Please download the *regional team permission booklet* from our website.
Email to the regional sport office sport.scrssb@ged.qld.gov.au by **Monday 09 June**.
The regional team permission booklet is an electronic fillable PDF document. It is recommended to open this document in Adobe Reader to type in your details. This booklet should automatically self-populate so that you don't have to repeat common information. You can also change the name of the sport so it can be saved for future use if selected in another regional team. Parents who are unable to electronically insert their signatures, will need to print off the completed booklet and then physically sign the documents where indicated. This signed booklet can then be scanned and returned via email.

School Approval: Once you have filled out your details in the regional team permission booklet, you need to present your booklet to your school Principal or authorised school delegate for approval and verification from your school.

Uniform: All students are required to wear our regional uniform. Please refer below to the compulsory uniform requirements for this championship.

Compulsory Apparel: It is compulsory for team members to purchase / supply the following apparel items for this sport.
If you already have any of these compulsory apparel items, you do not have to purchase them again.

	Compulsory Item
Playing uniform	Athletic Singlet OR Crop Top
	Athletic Shorts OR Bike Pants
	Socks – crew / ankle
Dress uniform	Student polo
	Bucket hat
Other	Water bottle (you can supply your own water bottle)

Dress Uniform: It is compulsory for all athletes to wear the regional dress shirt and a pair of regional shorts (either the grey dress shorts, athletics shorts, other sport playing shorts or bike pants) for the regional team photo and for general use while not competing.

SCHOOL LOCKER **ALL REGIONAL APPAREL IS NOW LOCATED AT SCHOOL LOCKER - MAROOCHYDORE.**
YOU ARE NO LONGER ABLE TO COLLECT APPAREL FROM OUR OFFICE.

- All general apparel is only available from School Locker - Maroochydore.
- Apparel can be ordered online through [School Locker Uniform Shop](#) or purchased in store 7 days/week.
- Scan the QR code below or use the link above.
- Home delivery is also available for online orders (plus freight charge).



School Locker Maroochydore

Maroochydore Homemaker Centre
55 Maroochy Boulevard, Maroochydore
Ph: 5452 1431

Footwear: Please see link for the current approved running shoes: <https://certcheck.worldathletics.org/FullList>

10-12 years – Spikes are not to be worn.

13-19 years – It is optional for 13-19 years athletes to wear spikes. It is advised that if athletes bring spikes they also should bring an alternative pair of shoes that aren't spikes as weather changes may cause a change in the condition of the track and it might be deemed that spikes should not be worn.

Be aware that there are some stony sections that may not be suitable for spikes. Course obstacles have also been added to the course. This will be the individual athlete's decision after doing the course orientation.

SPECIFIC CHAMPIONSHIP DETAILS

Team Nominations: Athletes can check the Sunshine Coast School Sport website for our team nominations. <https://sunshinesport.eq.edu.au/regional-sport/sports-a-g/cross-country>

Arrival: Please arrive by **3.15pm** on Friday 18 July for the team meeting, photo and opening ceremony.

Team Meeting: There will be a team meeting for all athletes at **3.30pm** outside the Convention Centre (next to blue tartan running track).

Team Photograph: The team photo will be taken inside the Convention Centre at **4.10pm**.
Students must wear their regional dress polo shirt and a pair of regional shorts with shoes and socks.

Course Orientation: The course orientation will be after our team photo. The course will not be open for inspection for individual events on Saturday due to time constraints.

Opening Ceremony: The opening ceremony will be held at **5.15pm** inside the Convention Centre.

Course Maps: Please see attached to this email.

Relay Teams: The teams relay event will be held on Sunday 20 July. These relay teams will be selected from the results from the individual races on Saturday. The first five (5) athletes will make up the relay team.
The sixth (6th) competitor will compete in the time trial (10-12 years – 1km race, 13-19 years – 1.5km race)

Check In: Team members are required to check in each day 90 minutes before their race, unless competing in the first race of the day.

Team Managers: **Chief Manager is Katherine Claydon. Mobile: 0414 660 719**
(Please make this mobile your first point of contact during the championship)

Katherine Claydon	Beerwah State High School	M: 0414 660 719
Nigel Rosenthal	Caloundra State School	M: 0416 049 040
Nicky Baker	Kuluin State School	M: 0418 444 240
Brendan Mallyon	Chancellor State College	M: 0488 732 323
Bryan Simpson	Deception Bay North State School	M: 0417 009 858
Dan Bandera	Regional Sport Office	M: 0431 185 800
Sean Kelly	Chancellor State College	M: 0434 943 600

Multi-class Manager Helen Powell Deception Bay North State School M: 0404 052 423

Program: Each athlete will be provided with a program at the state championship. The order of events can be downloaded from our website. <https://sunshinesport.eq.edu.au/regional-sport/sports-a-g/cross-country>

Competitor Numbers: Numbers and safety pins will be supplied for all competitors.
Bibs include a QR scan code to the Live Results.

Timing: Electronic timing chips will be used for all individual races and relays.

Competition Procedures: The QRSS 10-19 Years Cross Country Competition Procedures can be downloaded from: <https://queenslandschoolsport.education.qld.gov.au/sports-information/sports-a-g/cross-country>

Medal Winners: Medals are awarded for 1st, 2nd and 3rd place in each event.
Athletes who win medals are required to wear the regional dress uniform at the presentation ceremony.

QLD Team: A Queensland Representative School Sport team will be selected at this championship to compete at the School Sport Australia national championship on the Gold Coast from 07 - 10 September 2025.

MULTI-CLASS ATHLETES

Multi-class events include 10, 11, 12, 13-14, 15-16, 17-19 years for each gender.

Athletes in multi-class events must be listed on the National Master List or provide a copy of their classification card to the regional sport office prior to attending the state championship.

II3 classification and athletes of Short Stature

Athletes of Short Stature (T40 / T41) and athletes with an II3 classification must provide a medical clearance certificate to the regional sport office prior to attending the state championship.

Athletes of Short Stature and athletes with an II3 classification are able to compete at the state championship.

These athletes are eligible to receive medals but they will not be eligible for Queensland selection due to these categories not being offered at the School Sport Australia national championship.

Athletes with an II3 classification will compete in the same multi-class event as other athletes but will have their own stand-alone race category. Their race times will not be used in determining the multi-class event placings.

Athletes of Short Stature will compete in the same multi-class event as other athletes but will have their own stand-alone race category. Their race times will not be used in determining the multi-class event placings.

T11 / T12 / T13 classification

Visually impaired athletes are able to run with a guide runner. Athletes may choose to use an elbow lead, run free, or be tethered with the guide. If a guide runner is required please contact the regional sport office prior to attending the state championship.

FUNDING ASSISTANCE

Please see below for funding assistance programs available to financially assist families attending State or National Championships.

Some of these organisations provide funding for State and National Championships while others only provide funding for National and International Championships.

AUSTRALIAN SPORTS COMMISSION

- The Local Sporting Champions program is an Australian Sports Commission initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official national sporting organisation.
- (NSO) endorsed state, national or international sporting championships or a School Sport Australia state or national championship. Need to apply prior to attending event.
https://www.sportaus.gov.au/grants_and_funding/local_sporting_champions

EMERGING ATHLETES PATHWAY

- Emerging Athlete Pathways aims to foster the development of young athletes and support elite athlete pathways by providing financial assistance to help alleviate the costs associated with attending championship events.
- Applications can be made from time of selection up until 6 months after the event start date.
<https://www.qld.gov.au/recreation/sports/funding/emerging-athlete-pathways>

GENERAL INFORMATION

- Code of Conduct:** Parents and students are required to read and understand their responsibilities as set out in the attached *Code of Conduct for Students, Parents & Spectators*.
- Any breach of this code may result in the student being excluded from participating with the team at the state championship and/or possibly being sent home at the parents' expense.
- Photography:** The taking of photographs (for personal/family use) is permitted at Queensland Representative School Sport events except where an event is held at a venue where venue management prohibits such photography.
- First Aid:** Qualified sports medicine trainers will be in attendance throughout the championship.
- All athletes who require preventative strapping are required to provide their own strapping tape.
- Hydration Guidelines:** The purpose of the QRSS guidelines is to ensure that students become aware of the benefits of proper hydration practices before, during and after physical activity. Remember the following key messages:
- Thirst is a poor indicator of fluid need
 - Hydrate before, during and after play
- In accordance with these guidelines, all students must have their own personal water bottle.
- Canteen:** A canteen will be in operation throughout the championship. Athletes are encouraged to provide their own food and drinks.
- Insurance:** The Department of Education does not have personal accident insurance cover for students.
- The Department of Education has public liability cover for all approved school activities and provides compensation for students injured at school / school events only when the department is negligent.
- If this is not the case, then all costs associated with the injury are the responsibility of the parent or caregiver.
- It is a personal decision for parents as to the type and level of private insurance they arrange to cover students for any accidental injury that may occur.

Any initial enquiries should be directed to your team officials on the contact details included above.

I would like to wish your child every success in this championship and I am sure that they will be an excellent representative for the Sunshine Coast Region.

Yours in Sport,



Richard Aspinall

Regional School Sport Officer

Queensland School Sport - Sunshine Coast Region

CODE OF CONDUCT (Students)

The following code of conduct highlights the level of expected behaviour of students, parents and spectators when participating in / attending Queensland School Sport (QSS) events. Consequences for not honouring this code of conduct are listed in the boxed sections. Please ensure that you have read and understand this code prior to participating in / attending Queensland School Sport (QSS) events. Further information is available by contacting the Sunshine Coast Region School Sport Office, telephone (07) 5475 1570. **Please be aware that ignorance of the contents of this Code will not be accepted as an excuse for any breach.**

EXPECTATIONS OF STUDENT PARTICIPANTS

- Take responsibility for your own behaviour and performance.
- Compete by the competition conditions and rules.
- Never argue with the Judge's, Referee's or Umpire's decision.
- Control your temper – 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.
- Be a good sport. Encourage and support your team members.
- Show respect for yourself, your team mates, officials, your opponents and their skills.
- Behave in a manner that respects the rights of others regardless of mediums of communication used.
eg. digital mediums such as twitter, facebook, email and texts.
- Smoking, drinking of alcoholic beverages or the use of any illegal substances is strictly forbidden.
- Entering or remaining upon restricted licensed premises, unless under the supervision of team officials or parents is strictly forbidden.
- Going to bed at a reasonable hour will assist your own and your team's performance.
- Wearing the official team uniform at all times, as directed by team management / officials.
- Check in and check out with team management / officials each day.
- Stay in the designated team area and support other team members during times when you are not competing.
- Follow all directions of team management / officials.
- Ensure that you have telephone numbers of team managers with you at all times that you are not with the team.

Consequences for breaches of this code by students

Team managers may deal immediately with any breaches of this code by imposing appropriate consequences, including not playing remaining fixtures, notification of parents, and being sent home at your parents' cost. Each regional school sport board is responsible for imposing any longer term consequences to your future participation in QSS events.

Students may be notified orally or in writing of a temporary ban from participating or attending QSS fixtures until formal processes are conducted by the regional school sport board to determine complaints under this Code. Students will be afforded natural justice in respect of breaches of this code and for any discipline under the EGPA.

Furthermore, QSS may provide a report to your school about your conduct and, as a school representative, you may be subject to discipline in accordance with the *Education (General Provisions) Act 2006* (EGPA).

Queensland School Sport - Sunshine Coast Region

CODE OF CONDUCT (Parents & Spectators)

EXPECTATIONS OF PARENTS AND SPECTATORS

Parents' Code of Conduct

- Cooperate with the school to achieve the best outcomes for your child.
- Support team and event officials in maintaining a safe and respectful learning environment for all students.
- Maintain positive relationships with team officials regarding your child's learning, wellbeing and behaviour.
- Encourage participation by your children.
- Provide a model of good sportsmanship for your child to copy.
- Be courteous and constructive in your communication with players, team officials, game officials and sport administrators.
- Encourage honest effort, skilled performance and team loyalty.
- Make any new parents feel welcome on all occasions.
- Do not interfere with the conduct of any events.
- Behave in a manner that respects the rights of others regardless of mediums of communication used.
eg. digital mediums such as twitter, facebook, email and texts.
- Support Queensland School Sport's policy of a smoke and alcohol free environment.

Spectators' Code of Conduct

- Demonstrate appropriate social behaviour.
- Remember students play for enjoyment. Don't let your behaviour detract from their enjoyment.
- Let game officials conduct events without interference.
- Support skilled performances and team play with generous applause.
- Demonstrate respect for opposing players and their supporters.
- Behave in a manner that respects the rights of others regardless of mediums of communication used.
eg. digital mediums such as twitter, facebook, email and texts.
- Support Queensland School Sport's policy of a smoke and alcohol free environment.

Consequences for breaches of this code by parents / spectators

Team managers and event organisers may deal immediately with any breaches of this code by warning offenders about their conduct, asking offenders to leave venues, and calling police to intervene where necessary. Each regional school sport board is responsible for imposing any longer term consequences such as written warnings, or barring attendance at future events for a period or indefinitely.

Parents and spectators may be notified orally or in writing of a temporary ban from attending QSS fixtures until formal processes are conducted by the regional school sport board to determine complaints under this Code. Parents and spectators will be afforded natural justice in respect of breaches of this code.

Parents and spectators should note that it is an offence to insult (meaning "to treat insolently or with contemptuous rudeness, to abuse") an officer of a state educational institution in the presence or hearing of students – s.333(2)(b) Wilful Disturbance, of the *Education (General Provisions) Act 2006* (EGPA). Breaches of this section of the EGPA may result in a complaint being made to police.