



PO Box 1522, Sunshine Plaza

Maroochydore QLD 4558

Phone: 07 5475 1572

Email: sport.scrssb@qed.qld.gov.au

Dear parent or carer

We are delighted to extend an invitation to your child to become a part of our regional Cross Country team for 2024. Please visit our website to download the full team invitation and related documents:

<https://sunshinesport.eq.edu.au/regional-sport/sports-a-g/cross-country>

1. *Team Invitation*
2. *Student Permission Booklet*
3. *Order of Events*
4. *Course maps*

QRSS Cross Country State Championship information:

Championship Dates: Friday 12 July to Sunday 14 July 2024 (inclusive)

Championship venue: St Paul's School, Bald Hills

Team levy: \$174.00 This levy does not include apparel

Please accept or decline our invitation via the QR code or link below by 9.00am Friday 07 June.

Any team member who does not complete this survey by this deadline, will be considered to have declined our invitation to join the team. In this case, we may offer your selection to another athlete.

REGISTER HERE



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

Compulsory uniform items

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. Students have the opportunity to try on regional apparel at the regional trial.

	Compulsory Item
Playing Uniform	Athletic Singlet OR Crop Top
	Athletic Shorts OR Bike Pants
Dress Uniform	Socks – crew / ankle (compression socks can be black or in regional colours)
	Shirt – Student Polo
	Hat - Bucket
Other	Water Bottle (can supply own water bottle)

If you have any questions about this regional team, please contact the regional school sport office.

Yours in sport

The Sunshine Coast School Sport team



Queensland
Government

Dear Parents / Guardians,

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

1. Complete the survey by 9.00am Friday 07 June by scanning the QR code or using the link below:




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

2. Email your completed *Student Permission Booklet* to sport.scrssb@qed.qld.gov.au by Friday 07 June.
3. Make payment of the team levy plus all apparel purchases by Wednesday 19 June.

By accepting this invitation, you are agreeing to comply with all conditions of being a member of a Sunshine Coast School Sport regional team. This includes;

- Complying with our regional uniform policy and our code of conduct.
- Committing fully to the team for the duration of the state championship.
- Payment of the team levy must be made by the due date.

Sport:	CROSS COUNTRY	Age Group:	10 - 19 YEARS
State Championship Dates:	12 – 14 JULY 2024	Host Region:	METROPOLITAN NORTH
Venue:	St Paul's School 34 Strathpine Road Bald Hills		
Team Levy:	\$174.00 Plus Apparel purchased. This team levy includes the championship levy, team photo and regional administration levies.		
Payment Date:	Payment for the team levy and apparel purchases must be made by:		Wednesday 19 June
Payment Method:	Payment must be made using the regional online shop. <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 Click 'Login' if an existing user OR click 'Register now' if a first time user When prompted, enter the sports code below. (Note: a zero in the code will display as 0 if applicable)		
	Sports Code:	SUNCCUBD3	
	A more detailed instruction guide is located above the "Pay now" button on our regional online shop information page. Tips for navigating the online shop are also contained later in this invitation.		
	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.		

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

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

Managers:	Katherine Claydon	Beerwah State High School	M: 0414 660 719
	Nigel Rosenthal	Caloundra State School	M: 0416 049 040
	Sean Kelly	Chancellor State College	M: 0434 943 600
	Bryan Simpson	Deception Bay North State School	M: 0417 009 858
	Helen Powell	Deception Bay North State School	M: 0404 052 423
	Nicky Baker	Kuluin State School	M: 0418 444 240
	Christine Stoeckert	Mountain Creek State School	M: 0412 803 143
	Shane Luhrs	Noosaville State School	M: 0448 676 809

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.

ARRIVAL TIME: Please arrive by 1.00pm for the team meeting and opening ceremony on Friday 12 July.

Team Meeting: There will be a team meeting for all athletes at **1.30pm**.

Team Photograph: All team members will receive a team photograph. The team photograph will be taken at **2.30pm** (after the opening ceremony). All team members must attend and wear their regional polo/dress shirt and regional shorts (dress shorts, athletics shorts, bike pants) 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.

Relay Teams: The teams relay event will be held on Sunday 14 July. These relay teams will be selected from the results from the individual races on Saturday. The first five (5) athletes will form the relay team. The sixth (6) competitor will compete in the time trial (10-12 years – 1km, 13-19 years – 1.5km)

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.

Student Permission Booklet: Please download the *Student Permission Booklet* from our website and email to the regional sport office by **Tuesday 11 June**. <https://sunshinesport.eq.edu.au/regional-sport/sports-a-g/cross-country> Forms include:

1. Team Member Consent & Agreement
2. Student Health Information

The *Student 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.

QRSS Consent Form: The *QRSS consent form* only needs to be completed by parents who want to change their child's consent details OR have not completed this form prior to the regional trial. Please contact our office if this is required.

Uniform: All students are required to wear our current regional uniform. Please refer below to the compulsory dress 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. Students have the opportunity to try on regional apparel at the regional trial.

	Compulsory Item
Competition Uniform	Athletic Singlet OR Crop Top
	Athletic Shorts OR Bike Pants
	Socks – crew / ankle (compression socks can be black or in regional colours)
Dress Uniform	Shirt – Student Polo
	Hat - Bucket
Other	Water Bottle (can supply own water bottle)

Optional Apparel: Parents may wish to purchase optional apparel items from the regional online shop if desired.

Apparel Sizing: After entering the sports code, a link to the *Sizing Guide* will appear towards the top of your screen. A comprehensive sizing guide is also available on our regional website until the online shop opens. Go to the 'Support and resources' tab, then select the 'Uniforms' link. Check the apparel catalogue.

Apparel Collection: Orders may be collected from our regional sport office once you receive the dispatch notice. Our office is located at Maroochy State School, 56-68 Primary School Court, Maroochy. Please call before you leave to ensure our office is attended on arrival. Office hours are 8.30am – 3.30pm.

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

Program: Each athlete will be provided with a program at the state championship. A draft order of events is attached.

Course Maps: Please see attached to this email.

Competitor Numbers: Numbers and safety pins will be supplied for all competitors. Instructions on their use will be included in the athlete's packs.

Timing: Electronic timing chips will be used for all individual races on Saturday.

Footwear: 10-12 year olds – Spikes are not to be worn.
13-19 year olds – 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. This will be the individual athlete's decision after doing the course orientation.

Medal Winners: Athletes who win medals are required to wear the regional dress uniform (ie. Polo/dress shirt, regional shorts and footwear) when receiving medals.

State Selection: A Queensland Representative School Sport team will be selected at this championship to compete at the School Sport Australia national championship at Yarra Glen, Victoria from 20 - 23 August 2024.

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 swimmers 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. Athletes should bring enough water bottles to last for each day of the championship

Canteen:

A canteen will be in operation throughout the championship. Athletes are encouraged to provide their own food and drinks.

Insurance:

Parents are advised that 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.

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,



Dan Bandera
A/Regional School Sport Officer

REGIONAL LEVY PAYMENT / PURCHASING APPAREL TIPS

The following tips may assist parents when navigating the regional online shop located on the home page of our regional website - www.sunshinesport.eq.edu.au A set of 'How to' instructions are located above the "Pay now" button on our regional online shop information page to further assist if required.

Team Code:

Please enter the code from the front page of the regional invitation to access the regional team levy payment and apparel order.

Team Levy:

The team levy includes the compulsory team photo.

Compulsory Apparel:

Please note that if you have any of these compulsory apparel items already, then you don't need to purchase again unless stipulated. In individual sports, such as track & field, a number of different combination options may be displayed. Only purchase the items required to make up the desired outfit.

Optional Apparel:

Please purchase apparel items as desired.

Click "[add selected to order](#)" button to add the levy payment and all above apparel purchases to your cart.

Pick up / Delivery Options

The only options for this team is to either:

- collect from the sport office; or
- collect from team manager at training

Please call the sport office if you have an issue with this delivery method.

Contact / billing address:

This billing address is required for the payment receipt.

Order Information:

Enter your child's name/s.

Please note that if a school or organisation is making payment on your behalf, they can enter their company name and ABN.

Order Lines:

This is a summary of what items are in your cart. Please remove unwanted items if required.

Compulsory Products:

Please review the list of compulsory items. If you have not ordered an item/s, it will have a red cross. If you have forgotten to order the item, then go back and order. If you have not ordered the item because you have it already, just click on the acknowledgement to continue.

Have a promo code?

Normally there is no promo code for our regional teams unless stipulated in the team invitation.

Payment:

After you have processed your payment, a receipt will be emailed to you at your registration email address.

Siblings in the same team?

Please note that if you are paying for siblings in the same team, then select to pay 2 x team levy amounts and then scroll down to click on the "[add selected to order](#)" red button. This will then prompt you to add in the names of the different players. Then continue to shop as normal.

When purchasing apparel, you can order two or more of the same sized apparel item for the siblings.

If you need to order the same apparel item in two or more different sizes, then order the one item, select size and then scroll down to click on the "[add selected to order](#)" red button. Now go back to the same item and order the other size, then scroll down to click on the "[add selected to order](#)" red button. Then continue to shop as normal.

FUNDING ASSISTANCE

There are a number of Funding Assistance Programs available to financially assist families attend 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. For specific information, please visit the websites listed below.

QUEENSLAND SPORT & RECREATION

Sport & Recreation operate The Young Athlete Travel Subsidy which 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 State, National and International Championships. Officials (such as coaches, referees and scorers) attending eligible events can also apply for assistance if they meet the eligibility criteria. Need to apply after attending the event.

<http://www.qld.gov.au/recreation/sports/funding/athletes/yats>

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.

<http://www.ausport.gov.au>

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 for state school events held on or after 01 April 2022 are eligible for a \$500 grant. Applications can only be made and processed after participation at the state championship. Applications can continue to be accepted for events that have been held in the last 6 months.

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.



St Paul's School
Cross Country
Course Map

2km

St Paul's School Cross Country Course Check Point Set Up Map

3km

CP 7

3km Event only
Checkpoint Equipment:
1 x Chair with number

Checkpoint Equipment:
1 x Chair with number
Directional signage (banner)
2 x 2.4 Star pickets
for mounting sign

CP 6

**2km-3km
Intersection**

Flagging tape gate
2 pigtail stakes with
yellow tape

CP 2

Checkpoint Equipment:
1 x Chair with number

Checkpoint Equipment:
1 x Chair with number

CP 5

Flagging tape gate
2 pigtail stakes with
yellow tape

CP 8

3km Event only
Checkpoint Equipment:
1 x Chair with number

**3km course rejoins
main course (bottom
of hill)**

CP 3

Checkpoint Equipment:
1 x Chair with number

CP 4

**2nd Lap
Joins Main Course
(only required for
multi-lap events)**

Checkpoint Equipment:
1 x Chair with number
Directional signage (banner)

CP 9

Checkpoint Equipment:
1 x Chair with number

CP 1

**2nd Lap
Crosses course**

Checkpoint Equipment:
1 x Chair with number
Directional signage (banner)

Checkpoint Equipment:
1 x Chair with number

CP 10

Flagging tape gate
2 pigtail stakes with
yellow tape

Checkpoint Equipment:
1 x Chair with number
Directional signage (banner)
2 x 2.4 Star pickets
for mounting sign

CP 11

**2km-3km
Intersection**

**2nd Lap
Turn off
(only required for
multi-lap events)**

CP 14

Checkpoint Equipment:
1 x Chair with number
Directional signage (banner)

CP 13

Checkpoint Equipment:
1 x Chair with number

**Top of Hill
Turn on to
Main Oval**

CP 12

3km Event only
Checkpoint Equipment:
1 x Chair with number