



2021

SPORTS

HANDBOOK

MUELLER COLLEGE

75 Morris Road, Rothwell, QLD 4022

Phone (07) 3897 2990

Website: www.mueller.qld.edu.au

Email: admin@mueller.qld.edu.au

Knowledge and Obedience in Christ ^{1 John 2:3}

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1. > MUELLER'S PHILOSOPHY ON SPORT

Mueller Sport's mission is:

Building Athletes, Growing Community

This is our core business so everything we invest into is based on developing student athletes and giving them access to community. This is why we hold carnivals, train teams, run camps and play in interschool competitions. Everything we do is wrapped up in this one simple statement.

This Handbook will explain some of the key ways we Build Athletes and Grow Community.

2. > MUELLER SPORT OVERVIEW

	TERM 1	TERM 2	TERM 3	TERM 4
Primary District Sport	Soccer Basketball (Mixed) Netball (Girls) Dance		AFL Oz Tag PCYC	
Primary BOSL (Grade 5-6)			Soccer (Boys) Netball (Girls)	Basketball Touch
Secondary District Sport	Summer Season Volleyball Basketball Touch Football Futsal Softball Cricket	Winter Season Volleyball Basketball Soccer AFL Netball (Girls only)		
Secondary BOSL	Touch Football Futsal	Basketball Volleyball	Netball (Girls only)	
Primary Classics	Girls Basketball (Grade 3-6)	Girls Netball (Grade 3-4) Boys Basketball (Grade 3-4) Touch Football (Grade 5-6)	Boys Basketball (Grade 5-6)	
Carnivals	Swimming Cross Country	Athletics		

- District and CSSAQ Carnivals add Primary Team games (Term 2 and 4)



3. > CARNIVALS

Swimming Carnival (Year 3 - 12)

The Swimming Carnival is the first carnival of the year and is a fantastic opportunity for students to participate in a variety of competitive and novelty swimming events. During all our sporting carnivals friendly house rivalry is encouraged as students compete for the prestigious House Shield and other individual accolades. The results collated from this carnival are used to determine the top 2 students from each event for the Mueller College swimming squad who compete at a district level and in Christian Schools (Primary Only) swimming carnivals. These students then have the opportunity to go on and be selected for regional, state or nationals. Apart from the traditional swimming strokes a number of novelty events happen to ensure that everyone has the opportunity to have some fun in the pool.

Cross Country Carnival (Prep - Year 12)

This carnival is one of our most unique sporting events of the year as it incorporates a real festival feel to the athletic proceedings. In addition to donning their house colours, students are marked with house coloured zinc, treated to live music and finish the event with a delicious morning tea. Apart from all the festivities the carnival is still about cross country running and all participants are cheered on by parents and peers alike. The results from the Cross Country are used to select the top 6 students to make the Mueller College cross country squad who compete at district and Christian Schools (CSSAQ) carnivals. Students that make the squad are expected to attend Running Club, which is one training session a week in the lead up to the district and CSSAQ carnivals.

Athletics Carnival (Year 3 - 12)

This carnival is one of the pinnacles of the school year where both competitive and non-competitive athletes have an opportunity to participate in various athletic disciplines. The results from the Athletics Carnival are used to form the Mueller College athletics team that competes at the district carnival.

District and Christian Schools (CSSAQ) squads for Interschool carnivals

District and CSSAQ Squads – Mueller Squads are made up from the top 2 students per event apart from Cross Country where the squad is made up from the top 6 students. The district carnival has a pathway to make it all the way to national competition.

4. DISTRICT SPORT

Primary District and Recreational Sport

Students have the opportunity to represent Mueller playing in weekly District Interschool Sport. District Interschool Sport is comprised of a number of Public and Private schools in the Redcliffe District area. The competition involves a number of team sports played throughout the year against these schools on a Friday afternoon. Students travel to various venues in the Redcliffe District area. If playing away they depart by bus at 12:15pm and return to school by 3pm. In the lead up to the season, there are a minimum of two weeks for trials to be conducted to select these teams. Students that don't wish to play in an interschool sport team have the option to select a recreational sport for Friday afternoon.

The year is split into two seasons, Semester 1 and Semester 2 seasons.

The Semester 1 season begins half way through Term 1 and runs until half way through Term 2. The Semester 2 season begins half way through Term 3 and runs until half way through Term 4.

Below are the sports that are offered in this season:

SEMESTER 1	SEMESTER 2
Soccer (Girls)	AFL (Girls and Boys)
Soccer (Boys)	Oz Tag (Boys)
Basketball (Mixed)	Oz Tag (Girls)
Netball (Girls)	
Tennis (Mixed)	
SALT	SALT
Dance	PCYC

Secondary

Students have the opportunity to represent Mueller playing in weekly District Interschool Sport. District Interschool Sport is comprised of a number of Public and Private schools in the South District of the Sunshine Coast region. This area stretches from Caboolture State High School down to Clontarf Beach State High School. The competition involves a number of team sports played throughout the year against these schools.

The year is split into two seasons, a summer and a winter season.

The summer season begins at the start of Term 1 and runs until half way through Term 2. The winter season follows this and runs into the middle of Term 3.

Below are the sports that are offered in each season:

SUMMER (Term 1 - 2)	WINTER (Term 2 - 3)
Volleyball	Volleyball
Basketball	Basketball
Touch Football	Soccer
Futsal	AFL
Softball (Girls only)	Netball (Girls only)
Cricket (Boys only)	

Seniors (Grade 10 -12) play on a Wednesday afternoon and Juniors (Grade 7-9) play on a Thursday afternoon. Games start at approximately 1:30pm and finish around 2:30pm. There are generally two teams chosen per sport. Seniors are comprised of two teams, a Division 1 and Division 2 team. The Juniors will have two Grade 7/8 teams and two Grade 8/9 teams (the Grade 8's can play in either team).

There are a minimum of two weeks for trials to be conducted to select these teams. This occurs prior to the commencement of each season.

Once the teams have been chosen these teams will participate in weekly Interschool Sport in that season. Generally their games will alternate home and then away the following week based on their gender teams. If playing away they depart by bus at lunchtime and return to school by 3pm.

Mueller College is one of the most competitive schools in the district. We are often in the top three and have won the overall district shield on several occasions.

5. > DISTRICT AND REGIONAL REPRESENTATION

Pathway and Trial information

For a number of sports there is a school pathway to represent the district, region and state. Trials are held throughout the year. Information can be found here:
www.sunshinesport.eq.edu.au

Athletics, Swimming and Cross country district teams are picked through the district carnivals. All team sports and other individual sports information for trials will be advertised throughout the year in student notices.

For further questions about these trials contact:

Grade 4-6: Sam Hendriks sa.hendriks@mueller.qld.edu.au

Grade 7-12: Jason Mancktelow j.mancktelow@mueller.qld.edu.au



Sports offered

13 - 19 year olds	10 - 12 year olds
Australian Football - 13-16 years girls	Australian Football – 10-12 years boys
Australian Rules Football – 13-15 years boys	Australian Football - 10-12 years girls
Baseball – 13-14 years boys	Basketball – 10-12 years boys and girls
Baseball – 16-18 years boys	Cricket – 10-12 years boys
Basketball – 13-15 years boys	Cricket – 10-12 years girls
Basketball – 13-15 years girls	Football (soccer) – 10-12 years boys and girls
Basketball – 16-18 years boys	Golf - 10-12 years boys and girls
Basketball – 16-18 years girls	Hockey – 10-12 years boys and girls
Cricket - 13-15 years girls	Netball – girls 10-11 years
Cricket - 13-15 years girls	Netball – girls 12 years
Cricket – 13- 14 years boys	Rugby League – 10-11 years boys
Cricket – 15-19 years boys	Rugby League – 12 years boys
Football – 13-15 years boys	Rugby League – 11-12 years girls
Football – 13-15 years girls	Rugby Union – 11-12 years boys
Football – 13-19 years boys	Softball – 10-12 years boys
Football – 13-19 years girls	Softball – 10-12 years girls
Futsal – 13-14 years boys and girls	Tennis – 10-12 years boys and girls
Golf – 13-19 years boys and girls	Touch Football – 10-12 years boys and girls
Hockey – 13-19 years boys	
Hockey – 13-19 years girls	
Netball – 13-15 years girls	
Netball – 16-19 years girls	
Rugby League – 14-15 years boys	
Rugby League – 14-15 years girls	
Rugby League – 17-18 years boys	
Rugby Union – 14-15 years boys	
Rugby Union – 17-18 years boys	
Softball – 13-19 years boys	
Softball – 13-19 years girls	
Squash – <i>No Sunshine Coast team, but players can apply to join the President's Team to compete at the state championships</i>	
Surfing	
Tennis – 13-19 years boys and girls	
Touch Football – 13-15 years boys and girls	
Touch Football – 16-18 years boys and girls	
Triathlon	
Volleyball – 12-15 years boys and girls	
Volleyball – 16-19 years boys and girls	
Water Polo	

6. > ACADEMIES

Vision

Our vision is to be the District Dominant school for these three sports:

- » Basketball
- » Touch Football
- » Netball

To achieve this goal and also build community we have Academies for each of the above sports. In the primary school the academy takes the form of Classics with a focus on participation and development. In the secondary school it takes the form of an Academy group that students trial to be a part of. This group trains together and plays in extra-curricular competitions throughout the year. The hope is that your child can be developing as an athlete in one of these sports from Grade 3 -12.

Commitment – There is a fee to be part of the academy which covers game fees and the annual academy camps. There is also high expectations on training and game availability.

Coordinators and Secondary Trial dates

Basketball Academy Coordinator:

Zac Sweetman

Trials Term 1

Netball Academy:

Meg Clish

Trials Term 2

Touch Academy:

Chris Garthe

Trials Term 4 (Squad picked for following year)

Classics

The Primary Classics have a focus on participation and skill development in the Academy sports. Students sign up for a small fee and get a term's worth of training and games as well as receive a sports pack. All Classics are run on Tuesday afternoons.

You can see when these are run (sports and terms) in the sport overview in the front of this booklet.



History

The Brisbane Outer Schools League (BOSL) was started in 2013 by Mueller College to give schools in the area another avenue to build athletes and grow community. This new competition aimed to bridge the gap in quality between school sport and club sport. In recent years the competition has involved 16 schools, 160 teams and over 1400 students.

The mission of Brisbane Outer Schools League is to:

“Create Quality Sport and Quality Community for All”

Sports offered

SECONDARY		PRIMARY	
Sport	Term	Sport	Term
Touch Football	One	Netball	Three
Futsal	One	Football	Three
Basketball	Two	Basketball	Four
Volleyball	Two	Touch Football	Four
Football	Three		
Netball	Three		

Trial information for these teams is advertised on assemblies and students notices. Coaches for these teams range from teachers, parents, past students or Mueller community members.

Rugby League

Rugby League Squad trials are in Term 1 and play in the College Cup against other schools in our district. This opportunity is for boys only.





8. PARENT OPPORTUNITIES

Part of Mueller's mission statement is to grow community. We believe parents are a big part of this so we want them to be involved.

Below are some ways you can be involved.

Primary: Contact Sam Hendriks (sa.hendriks@mueller.qld.edu.au)

- » Carnival help (timing, officiating) and training
- » Coaching or managing a team
- » Coaching or helping in Primary Classics
- » Coaching or managing a Friday afternoon district sport team

Secondary: Contact Jason Mancktelow (j.mancktelow@mueller.qld.edu.au)

- » Coaching a team
- » Managing a BOSL team
- » Assisting at running club

** if you are passionate about a particular area or sport and it isn't listed contact Jason Mancktelow.*

9. RECOGNITION OF SPORTING ACHIEVEMENTS

Primary

Carnivals – Swimming, Cross Country, Athletics

The athletes are recognised with the below at the conclusion of the carnivals

- » Age Champion trophies
- » Age Champion runner up medallions
- » First, second, third place ribbons for all events

Primary Classics

The athletes are recognised with the below at the conclusion of the Classics

- » Champion team medallions
- » Individual awards
- » First to fourth place ribbons



Yearbook

At the end of the year Mueller College produces a Yearbook which includes photo's and articles of all the year's curricular and extra-curricular activities. As part of this Yearbook Mueller sporting teams, district sport Finalists/Champion teams and representative athletes are recognised.

Primary Sports Awards

Primary Sports Awards are held on the last Assembly of the year. Sportsmen/Women Of The Year Awards and Gold Certificate Awards are given out for the 10 -12 year old age groups.

- » Sportsmen/Women Of The Year Awards; throughout the year students receive points for achievements in a range of ways such as: receiving age champions, representing Mueller at a district carnival, representing the district in a team, representing Sunshine Coast, representing QLD, making BOSL teams, Interschool sport teams. The top athlete, per age group will receive this prestigious award.
- » Gold Certificates are given out to students in each age group that have excelled at sport throughout the year.

Secondary

Carnivals – Swimming, Cross Country, Athletics

The athletes are recognised with the below at the conclusion of the carnivals:

- » Age Champion medallions
- » First, second, third place ribbons for all events

Facebook page

We recognise a number of athletes and teams on the facebook page. Here you can access photos, promotional clips and also player interviews. Follow us on [facebook.com/muellercollegesport](https://www.facebook.com/muellercollegesport)

Yearbook

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Secondary Sports Awards

The highlight of the secondary sport calendar is the annual sports awards dinner. This is held in Term Four with special guests, a two course meal and entertainment. The hope of the event is to celebrate student success. Students are invited to the dinner for individual success or by being part of a successful team.

The following awards are given out at the sports awards dinner:

- » Carnival Age Champions (Swimming, Cross Country and Athletics)
- » District Champion teams and Most Valuable players
- » BOSL Most Improved Players and Most Valuable players
- » Spirit of the Bloods (Rugby League Award)
- » Lis Behan Award - For Service in Sport
- » Academy Awards (Basketball, Touch Football, Netball)
- » District, Regional and State Representatives
- » Mueller Team of the Year
- » Sportsmen and Sportswomen of the Year

10 > BENEFITS OF PHYSICAL ACTIVITY

A number of scientific studies have documented the primary link between physical activity and neurological development of students (*R. Malina, C. Bouchard & O. Bar-Or, 2006*). Physical fitness goes beyond health and wellbeing of the body. Besides strengthening the cardiovascular and muscular systems and slowing the risk of many diseases, by participating in physical activity students are developing various physical and cognitive skills. Some of these cognitive skills include problem solving, analysing, evaluating and synthesizing sensory data. Apart from the cognitive and developmental benefits of physical activity, physically active students are more likely to feel confident, happy and relaxed.

Finally, through participating in sports and team physical activities students develop vital social skills such as communication, teamwork and good sportsmanship. Through Mueller College's sporting and physical education programs students have ample opportunity to enjoy the benefits associated with physical activity.



More than a school... a Christian community.



mueller.qld.edu.au