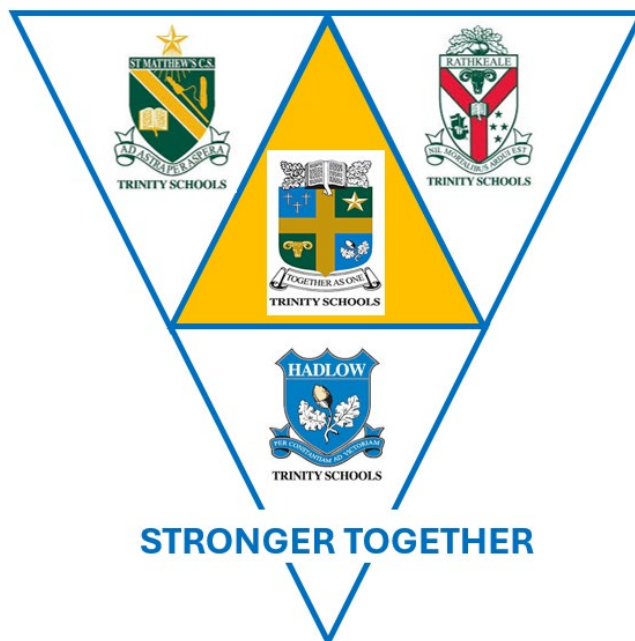




TRINITY SCHOOLS SPORTS TRIAL & SELECTION GUIDE 2025

TRINITY SCHOOL SPORT





Contents

Overview	3
Compulsory Sport Policy	3
Sign Up	4
Trial Process	4
Trialist Expectations	5
Team Selection	6
Trial and Selection Considerations	7
Related Documents	9
Appendix One – Trinity Sports Contract (Example Only).....	9
Appendix Two – St Matt’s Collegiate First Team Code of Conduct (example)	10



Overview

This guide is designed to be informative and provide a transparent and up front overview of the trial and selection process for sports across the Trinity Schools – using the “Balance is Better” philosophy. Visit: balanceisbetter.org.nz for more guidance.

Wherever possible an integrated approach to trialling and selection is taken across our schools to promote confidence. However, a more bespoke approach may be taken by some of our schools depending on the specific goals and circumstances of a particular sporting code.

Longer term, in response to the vision, values, and principles of the TSSS, we envisage that we will continue to update this document in response to student aspirations and the wider expectations of our school community and stakeholders.

Guided by the recently endorsed TSSS, we also hope to increase the breadth and consistency of documentation to help provide: “Sport opportunities that build a connected school community and provide positive experiences.....and a lifelong love of being active”.

Compulsory Sport Policy

The Trinity Schools have a compulsory Sport Policy and believe that sports and physical activity are important for well-rounded students.

- Rathkeale requires all students to participate in a range of sports – one during Summer and one during Winter.
- St Matthew’s students are required to participate in a minimum of one sport within the year – either a summer sport for both terms 1 and 4, or a Winter sport for terms 2 & 3.
- Hadlow offers a range of sporting opportunities and participation is strongly encouraged and supported. Hadlow are looking to phase in compulsory sports for students in years 5-8.

Students may play multiple codes throughout the year if desired, as long as they can honour their commitments to the codes they sign up for. This needs to be done in a manner that is consistent with the “balance is better” approach with student wellbeing the primary consideration. Sports exemptions may be granted by the school, if for example a student is committed to playing and training a sport representing the school at a national or regional level. Sports exemptions are at the discretion of the school.



Sign Up

Students sign up to a sport (in accordance with their school's compulsory sport policy) and identify whether they would like to trial for a pathway sport or participation sport.

- Sporting Pathway sports generally have high participant numbers and/or successful results and teams regularly compete in fixtures and nationally.
- Participation Sports have high to medium participation, and typically participate in local competitions or events.
- Participation sports can also be those that are not actively supported by the school but the school can facilitate registration and entry into events.

By signing up to a sport, students are agreeing upon the terms of the sport including: fees, training and game days, and uniform requirements.

Trial Process

The trial process may vary depending on the number of students, teams, and the objectives for the trial process. If for example the objective is to identify and select two evenly matched teams to compete equally in the same local schools' competition the trial process may differ from that to identify students to compete in different levels of competition or for a premier team. The trial process needs to remain flexible to account for the number of students and teams being selected and the number of personnel involved in each sport. At Hadlow there are often insufficient players to warrant a trial process, and schools may have a limited number of coaches available to complete the panel of selectors. It is important therefore that the trial process and objectives be communicated prior to the trial process commencing.

In most cases trials will be held at the beginning of each season. Pre-season trainings for winter sports will usually commence at the end of Term 1, while pre-season training for summer sports may usually commence at the beginning of Term 1 and the end of Term 3.

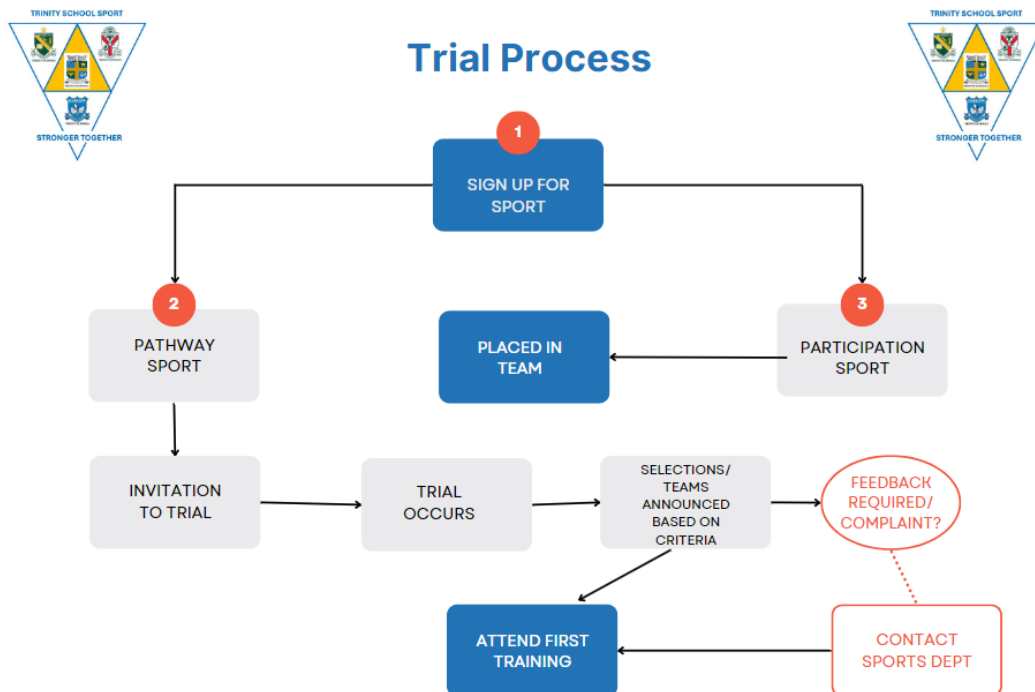
In all cases, priority needs to be placed on student participating in their chosen sport above preseason training, and schools need to maintain a "balance is better" approach that prioritises the best interests of the student before the immediate needs of the sport. Students should not be disadvantaged if other priorities prevent them from participating in preseason training.

The trial process will typically comprise the following elements:

- Prior to trials commencing, communication is provided to clarify the trial process, selection criteria and trial objectives.
- The Sport Department (comprising a combination of the Director of Sport, Sports Assistant, Sport Tutor and/or the Sports Coordinator) in conjunction with TICs will formulate trial lists and inform students of details.
- Where possible, for sport trials there will be a panel of selectors that will consist of coach or coaches, a member of staff and an independent selector (minimum of 3). The trial will have specific focus areas/criteria which selectors are critiquing athletes on. This will be communicated to triallists prior to the trial.



- If a selector is the parent of a trialist the parent will not have a say regarding their child/children's selection.
- Each trialist will be given the opportunity to play in their preferred position(s) - ideally their top two or if they only wish to trial for one position, they may be asked to trial in another at the discretion of the selecting panel.
- Selections will be made according to the trial selection criteria, with considerations made around positions, age of athlete and overall balance of team.
- If a student is unable to trial (physically unable or absent) they will be named and bracketed in an initial team that the sports department see fit. Once physically able, the student will then be observed to decide if they should be moved into a more suitable team.
- Pathway sports provide opportunities for players to progress through the season.
- If a student joins a sport after trial and team selection, they will be placed in a team based on their background in the sport and observed to assess their suitability for that team. The student may be moved to a more suitable team.



Trialist Expectations

- Trialists must agree to the Player Code of Conduct. See Trinity Schools Sports Code of Conduct for further information.



- Trialists are attending trials knowing who the coaches are (unless not confirmed) and are therefore agreeing to play under the individuals outlined for each of the teams.
- Once named in a Premier team if a trialists behaviour is not appropriate or a trialists performance drops below the required standard the Sport Department has the right to move players to suitable teams.
- If a student is wishing to gain feedback regarding trials, we ask that this is done via communication to the Sport Department within the week following the trial. All students seeking feedback must be willing to follow a self-reflection process where they identify their strengths, weaknesses and how they can improve. The selection panel will also follow this model for feedback.
- Some teams (particularly Pathway Sport Teams) may have been entered into pre-season tournaments. If a trialist is aware they cannot make pre-season (or some games during the season) they should let the Sport Department know ahead of trials.

Team Selection

While different codes may have specific focus areas - team selection will generally be based on:

- Skills – technical, tactical and mental
- Attitude
- Coachability
- Fitness (agility, speed, strength and endurance)
- Leadership
- Commitment to team/Focus
- Character/Values/Culture
- Work rate/Work ethic
- Team needs

The Trinity Schools communicate about sport teams through the School Apps, Sports Noticeboard, School Notices, and WhatsApp Groups



Trial and Selection Considerations

Consider	Question	Action
Trials/Selection Purpose	What is the purpose of selections?	Establish trials/ selection policy - is it just a focus on the top teams? Does everyone have to trial?
Trial Structure	<p>How are trials/selections structured? (Type, testing, how many?)</p> <p>Will all interested athletes be included in process? Different skill levels, fitness levels, impairments, different gender?</p>	<p>Apply trials selection policy Structure the selection process in a way that meets the needs of the participant, e.g., promotion of social teams where friends play together.</p> <p>Think about how to minimise waiting times and maximise engagement time to give athletes the best opportunity to show what they can do.</p> <p>How are teams put together to ensure that where possible there is development for all (number in teams, coaches or are provided upskill and resources).</p>
Trial Placement	<p>Do trials clash with other sports seasons/ school camps, and other events?</p> <p>Can trials wait till other sports have finished and still fit in a suitable pre-season?</p> <p>When should trials start (if not competing in a pre-season) and how long is the season as a result?</p>	<p>Work with school to understand what processes are in place for setting up trial dates.</p> <p>Find out what are the current commitments of the athletes involved and choose dates that have no/little impact. Also consider impact following trials e.g., fitness testing athletes the day before a x tournament could negatively impact their performance.</p> <p>Refer to regional sports calendar to see when various activities are taking place.</p>



<p>Trial Requirements</p>	<p>What are the school's expectations regarding trial attendance when there is a clash with an existing sports commitment?</p>	<p>Apply trials / selection policy. Do existing commitments take priority? \</p> <p>Decide how best to manage the situation, e.g. trialling players at a later date.</p>
<p>Pre-trial / selection preparation</p>	<p>Help prepare participants prior to trials to help prepare participants.</p>	<p>Provide opportunity for social, fun, warm up games/ events in weeks leading up to trials so athletes can prepare mentally and physically.</p> <p>Advise athletes to undertake own preparation to get ready for trials, (give guidance on what that could entail).</p>
<p>Selection process/ communications</p>	<p>How are athletes selected and decisions communicated?</p> <p>Is the selection policy in line with BiB principles?</p> <p>Is there transparency around selections for competitive teams especially?</p> <p>Is the policy distributed to players and parents beforehand?</p> <p>How are players informed if they do not make a team they were previously in (included in selection policy)?</p>	<p>Find out what the trials/ selection policy is.</p>



Related Documents

Appendix One – Trinity Sports Contract (Example Only)

All students and parents are required to complete the Sport Contract at the time of enrolment and are to ensure all areas are adhered to for the duration of the student's time at the Trinity Schools either as part of a team or as an individual, whether activity is on site at one of the Trinity Schools or at any other venue. To be completed and returned to the Sport Office.

Student Name:

Year Level:

- Treat teammates, opponents, coaches, and officials with respect and dignity.
- Play to the best of your ability and within the rules of the game.
- Uphold the principles of fair play, demonstrating humility in victory and grace in defeat.
- Accept officials' decisions without argument or inappropriate gestures.
- Attend all practices, games, and tournaments. Notify your coach in advance if unable to attend.
- Wear the correct Trinity Schools uniform during all practices and games.
- Display self-control at all times, refraining from physical or verbal misconduct.
- Take responsibility for your commitments and communicate effectively with your team.
- Thank opponents, officials, and coaches at the conclusion of every game.

Student Signature

Date

Parent/caregiver name

Parent/ Caregiver Signature

Contact Details

