



# BARADENE COLLEGE SPORTS PLAN 2026 - 2030

## Baradene Sport

♥ We Participate ♥ We Grow ♥ We Enjoy ♥ We Achieve ♥ We are Cor Unum

# OUR GOALS

The sports programme at Baradene College of the Sacred Heart endeavours to provide a positive, active environment that encourages and fosters physical, emotional, spiritual, and social development, through experiences gained from participation in physical activity and organized sport.



**PARTICIPATION**



**EXCELLENCE**



**COACHING**



**COMMUNITY**



**WELLBEING**



# PARTICIPATION



## STRATEGY

## ACTIONS

## OUTCOMES

**Grow student participation in sport and physical activity**

- Carry out annual survey of students to establish sporting requirements (dependent on needs)
- Weekly student-led sport in different codes
- Intra-school competitions run by Code Captains
- Social teams advertised clearly for specific codes and age groups
- Promote use of Fitness centre
- Hold “Give it a Go” sessions for students to try new sporting experiences
- Establish and review strategic plans for major codes to ensure the delivery of quality programmes

- Sport programmes implemented based on research /survey
- Students not previously involved in sport have new opportunities
- Increase participation rates on the NZSSSC census (Years 9-13) to 75% by 2030.
- Increase participation rates for Year 7&8 to 90% by 2030.

**Recognition of sport involvement**

- Report on outstanding achievements in newsletter and social media
- Digital spotlight highlighting TEAM, INDIVIDUAL, COACH each week
- Weekly “Teams in Action” link in newsletter
- Inform community of results / achievements via social media/website/newsletter/HEART magazine

- Profiling of successes
- Profiling of codes
- Community awareness

**Cohesion and transparency within the Sports Department**

- Annual reviews of Sports Mission Statement/Sports Plan/Code Strategic Plans
- Create an Operations Manual
- Sports Department meet weekly and share appointment calendar

- Efficient and focused Department
- Understanding the timeline/duties/day-to-day running of the Sports Department
- Willingness to assist colleagues.
- Awareness of each other’s schedules and workload.



# EXCELLENCE



## STRATEGY

## ACTIONS

## OUTCOMES

**Provide pathways for teams/squads/ students to succeed**

- Set expectations at start of season for Premier players, (to include attendance etc)
- S&C sessions held for Premier teams
- Filming/analysing games/stats for Premier teams
- Off-season trainings/skills held
- Encourage students to pursue personal development opportunities (representative level)

- Baradene Teams achieving at regional and national level
- Players developed
- Students have a strong representation in regional or national teams
- Premier players adhere to Player Contract

**Effective delivery of the APS Programme**

- Annual review of the format of programme
- Provide relevant sessions on a regular basis

- Relevant students are identified and captured
- Holistic needs of the elite athletes are met
- Outside mentors engaged

**Premier Coach Recruitment and Retention**

- Strong relationships between Sports Dept and Premier teams (coaches, managers, players) to ensure quality HP processes and delivery
- Quality coaches appointed throughout all age group “A” teams
- Group meeting at start of season for all Premier coaches
- Mid and Post season reviews held with individual Premier coaches

- Experienced coaches expressing interest to coach at Baradene
- Relationships built to retain coaches

**Build Partnerships**

- Identify relationships with external providers, tertiary institutions, schools, RSO's and clubs that are mutually beneficial
- Formalise relationships through MOU's where appropriate

- Provision of a stronger sporting programme
- Partnerships established



# COACHING



## STRATEGY

## ACTIONS

## OUTCOMES

### Upskilling of Coaches

- Develop Coaching Philosophy
- Coaches/Managers meeting held at start of season for major codes
- Coaching booklets provided, including training template, drills
- Coaching videos shared on relevant platforms for coaches
- Run generic coaching workshops for adult & student coaches
- Provide relevant PD opportunities for all coaches
- Sports staff to observe selected trainings
- All coaches sign contract

- Coaches working towards same expectations/outcomes
- Confident student coaches
- Better experience for players
- Higher quality coaches
- Player experienced improved

### Mentoring Programme for Student Coaches

- Monthly meetings with Student Coaches (code specific)
- Coaching sessions provided for student coaches
- Offer opportunities for coaches to observe senior trainings

- Support and guidance provided
- Player experienced improved
- Confident student coaches

### Retainment of Coaches

- Coaches surveyed post-season
- “Thank You” system implemented
- Regular contact with adult volunteer coaches – Sports staff attendance at games/trainings, emails, phone calls

- Coaches are valued
- Coaches are retained
- Support and guidance provided

### Upskilling of Umpires

- Provide relevant umpiring courses
- Provide opportunities to “practice” umpiring at trials/pre-season games

- Confident umpires
- Umpires obtaining umpiring certificates/levels



# COMMUNITY



## STRATEGY

## ACTIONS

## OUTCOMES

### Increase staff engagement in sport

- Meet with new staff at start of year to encourage involvement
- Recognition provided for involvement in sport (invite to Sports Awards, provide coach jacket, provide vouchers)
- Report on significant results at staff meetings
- Sport staff attend staff meetings, morning teas, social events
- Staff v Student games to be hosted (6 per year)

- An increase in staff involvement to 15%
- Raising awareness and profile of sport
- Relationship built with staff

### Involve Alumnae in sports programme

- Build relationships with Alumnae through regular communication

- Regular Alumnae communications
- Alumnae involved in coaching, selecting, officiating teams

### Student inclusion in sports programme

- Student-led events held
- Promotion and assistance within codes by Code Captains
- Weekly “Home Game” tile advertised on social media

- Sports Council involved in sports programme
- Development of Sports Council as leaders
- Raise Code Captain profiles within codes
- “A” team members more visible within their code
- Build supportive culture within codes
- Community supporting Premier teams



# WELLBEING



## STRATEGY

## ACTIONS

## OUTCOMES

### Physical

- Follow ACC Warm-up guidelines
- Provision of presentations, posters, social media updates on load management / nutrition / importance of sleep
- Incident reports completed for moderate to serious injuries, and follow up by Sports department in conjunction with physio
- Physio provided at school

- Minimise injury
- Players match-fit
- Students develop understanding of load management / nutrition / importance of sleep

### Mental/ Emotional/ Social/ Spiritual

- Goal setting within teams
- Students aware of expectations when representing Baradene (addressed by Sports staff)
- Encourage team bonding
- Seniors provide support at junior games
- Cor Unum values promoted

- Students feel included and enjoy their sport participation

### Health & Safety

- Health & Safety guidelines followed
- EOTC / RAMS completed and adhered to
- Provide safe facilities and equipment

- Safe environment for students to be physically active in