Dear Sports Coordinators, Principals and Staffs,

The creation of this handbook is a result of a commitment to supporting all involved with sport in our Diocesan schools with some of the key aspects relating to sport and health at school level and above.

It is a document that acknowledges that sports coordinators, principals and other staff with responsibility for sport and health are extremely busy people deserving of the kind of support this resource hopes to provide.

As such it aims to complement, if not enhance, existing sport and health programs and resources in our Diocesan schools, and the wonderful work already being done by sports coordinators and others.

The value and advantages of sport and physical activity for children and the importance of providing for a safe environment for them have been well documented in recent years. This handbook reflects a commitment towards ensuring these become reality.

It also recognises that sport and physical activities are important components of the total curriculum within our Catholic education system. Carefully planned and implemented sport and health activities have a particular role to play in our endeavours to provide holistic education and to attend to the overall well being of the children in our care.

Specifically, the document aims to assist sports coordinators, principals and others involved in sport and health activities by:

- enhancing communication;
- providing easy access and ready reference to a host of critical ideas, practical resources, dates, key personnel, guidelines and other information;
- promoting the value and ideals of sport, and their integration with Gospel values, at all levels within our Diocesan community.
- saving sports coordinators and others valuable time;
- making all involved in sport more fully aware of aspects relating to health, safety and the overall well being of children and staff involved in sport, and of legal implications for not taking recommended safeguards;
- highlighting sport as a fun and enjoyable activity for all including children with disabilities and special needs;
- clarifying pathways and administration regarding representative sport.

I hope you find this document to be the helpful and practical hands-on resource it is designed to be.

Yours sincerely

Robert Ellison,
Diocesan Sport and Health Coordinator