



SPORTS HANDBOOK

2023



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FROM THE PRINCIPAL

Mackay Christian College is about being all God wants you to be. God has gifted each one of us with a variety of talents and abilities that he wants us to develop and grow to use for his glory.

Some of us are blessed in the area of sports, and we encourage these students to give their best and develop these abilities to their full potential. For others, sporting activities are not easy and need to be worked at. At MCC, sport is for everyone, not just the elite few.

All students are encouraged to find a sport to join in and play; to be a part of a team, and to contribute to something cooperatively that is bigger than themselves. These are skills we all need for life, so that we can be all that God wants us to be. See you out there on the field!

FROM THE SPORTS COORDINATOR

Sport plays an integral role in our Australian lives and goes beyond just championships.

At Mackay Christian College we are committed to providing a wide variety of sporting opportunities that will encourage and develop students' confidence, talents, skills, and friendships, all while underpinning it with our faith in Christ.

Sport can provide the opportunity to develop sportsmanship attributes which include but are not limited to, respect, encouragement, manners, communication, punctuality, work ethic, passion, being coachable, problem-solving, and having a great attitude which lends itself to all aspects of our lives.

Paul wrote to Timothy, 'Anyone who competes as an athlete does not receive the victor's crown except by competing according to the rules.' 2 Timothy 2:5 NIV.

Sport utilises guidelines or a rule book to keep games free-flowing. This allows players to stay within the boundaries which promote safety, freedom and enjoyment for their game. Here at MCC, sport should be fun, competitive and a relationship builder between players, coaches, officials, volunteers and spectators.

We sincerely thank our MCC Sports sponsors who partner with us to support and enable our athletes to play. I look forward to working with you in Christ to help our students to be all that they can be in their sporting endeavours.



SPORTS ON OFFER

At MCC, our students have access to various sporting opportunities through schoolteam sport, interschool sport and representative sport.

MCC was established as Queensland's first Mountain Biking School of Excellence in 20 ... and is Mackay region's leading school in Rugby Union.

COACH DELIVERED PROGRAMS

Reds Rugby	Cricket	Touch Football
Basketball	Swimming	Mountain Biking
Kayaking		

GALA DAYS

Basketball	Netball	Rugby League
AFL	Futsal	

SCHOOL TEAMS

Rugby 7's	Mountain Biking	OzTag
Touch Football	Netball	Basketball
Futsal	Rugby League	AFL
Lawn Bowls		

REPRESENTATIVE SPORT

AFL	Hockey	Table Tennis
Aquathlon	Netball	Tennis
Basketball	Rugby League	Touch Football
Bowls	Rugby Union	Track & Field
Cricket	Softball	Volleyball
Cross Country	Squash	Water Polo
Football	Swimming	
Golf	Surfing	

MACKAY SCHOOL REPRESENTATIVE PATHWAY FOR 10-12 YEARS:



MACKAY SCHOOL REPRESENTATIVE PATHWAY FOR 13-19 YEARS:



RESPONSIBILITIES OF PARENTS

- ❏ Never engage in inappropriate conduct, including the use of offensive language, drinking or smoking whilst in the presence of student participants, staff or spectators
- ❏ Encourage students to play by the rules and to show respect to coaches, officials, and opponents at all times
- ❏ Respect the rights and dignity of everyone, including players, coaches, officials, parents and spectators, and never engage in behaviour that abuses, demeans, provokes or harasses others
- ❏ Understand that sport is designed to be fun, and that participating for enjoyment and wellbeing should always come before performance and results
- ❏ To act as a role model for others at all times, displaying high standards of good sporting behaviour
- ❏ Call out and refer to organisation authorities, all acts of unethical behaviour, whether from players, coaches, officials, parents or spectators
- ❏ Participate in positive cheering that reinforces and encourages participant efforts.

RESPONSIBILITIES OF STUDENTS

- ❏ Adhere to the principles of fair play, and always play by the rules, respecting the traditions of the game and the spirit of competition
- ❏ Respect the rights and dignity of everyone, including players, coaches, officials, parents and spectators, and never engage in behaviour that abuses, demeans, provokes or harasses others
- ❏ Respect the decisions of coaches and officials and never argue with them
- ❏ Always play to the best of your abilities, and participate for enjoyment, not just results
- ❏ Never engage in inappropriate conduct, including the use of offensive language and gestures that are demeaning to others
- ❏ Care for the equipment and facilities made available for use during training and competition
- ❏ Always consider the safety and wellbeing of other participants, before performance and results
- ❏ Adhere to anti-doping policies, and never engage in match fixing or betting
- ❏ Never engage in inappropriate conduct, including drinking or smoking, whilst in the presence of students, staff or spectators.



RESPONSIBILITIES OF COACHES

- 🚫 Respect the rights and dignity of every person, regardless of gender, race, ethnicity, or sexual orientation
- 🚫 Promote a safe and inclusive environment in which every person is protected and free from discrimination
- 🚫 Ensure every person has equal opportunity to participate regardless of age, ability or experience
- 🚫 Promote the principles of fair play and discourage foul play and/or unsporting behaviour
- 🚫 Always consider the safety and wellbeing of participants over performance and results, and follow the advice of a physician/medical officer in determining when an injured student may return to training and competition
- 🚫 Maintain respectful and appropriate conduct, including the use of appropriate language, and refraining from drinking/smoking whilst in an official capacity
- 🚫 Ensure coaching qualifications are up to date and accredited by the appropriate sporting body
- 🚫 Follow the guidelines and rules set down by the organisation and governing body
- 🚫 Call out and refer to organisation authorities, all acts of unethical behaviour, whether from players, officials, parents or spectators
- 🚫 Act as a role model at all times, displaying high standards of good sporting behaviour
- 🚫 All coaches not employed by MCC must hold a current Blue Card.



RESPONSIBILITIES OF OFFICIALS / VOLUNTEERS

- 🚫 Respect the rights and dignity of everyone regardless of gender, race, ethnicity or sexual orientation
- 🚫 Promote a safe and inclusive environment in which every person is protected and free from discrimination, harassment and abuse
- 🚫 Always ensure the safety and wellbeing of players above all else
- 🚫 Maintain respectful and appropriate relationships with every person, especially the players
- 🚫 Be impartial, consistent, and transparent in your conduct and decision-making
- 🚫 Accept responsibility for your actions
- 🚫 Avoid situations that may lead to, or call into question, a conflict of interest
- 🚫 Avoid engaging in verbal communication with coaches, officials, parents, and spectators during play, except in medical emergencies or to call out acts of unethical behaviour
- 🚫 Act as a role model for others at all times, including the use of appropriate language, and refraining from drinking/smoking whilst in an official capacity
- 🚫 Adhere to the laws of the game and the principles of fair play, ensuring that the spirit of competition is respected by all players, coaches, and officials.



KEY CONTACTS

Sports Coordinator

- 👤 Sheril Buchanan
- ✉️ sbuchanan@mccmky.qld.edu.au

Sports Aide

- 👤 Toni Attard
- ✉️ tattard@mccmky.qld.edu.au

Sports Admin

- 👤 Tracey Costello
- ✉️ sport@mccmky.qld.edu.au

Junior HPE Teacher

- 👤 Ben Maxwell
- ✉️ bmaxwell@mccmky.qld.edu.au



COACHES

Netball - Senior

-  Jess Rath
-  jrath@mccmky.qld.edu.au

Netball - Junior

-  Cerise Elbourne
-  celbourne@mccmky.qld.edu.au

Rugby 7s

-  Sheril Buchanan
-  sbuchanan@mccmky.qld.edu.au

Community Support of MCC Sports



Forebode Health & Injury Management

Forebode's Marc Newman has been engaged by MCC for the past two years, moving from a volunteer role to a position that supports our MCC players during training and carnivals.

Marc is a Human Movement Specialist, qualified Sports Medicine Technician, and a registered Paramedic working in private practice, providing health and injury management solutions to a broad range of professional athletes, performers, gymnasts, and sporting teams.

Marc has more than 30 years of experience in Sports Medicine, Corrective Exercise and Nutrition.

Forebode Pty Ltd also delivers various training courses in injury prevention and treatment, including Sports Taping, First Aid, emergency Spinal Management, Sports Nutrition, Stretching and more.

All training is nationally recognised and is done as an approved Co-provider for Allens Training, RTO #90909.

MCC Sports Sponsorship

Rugby 7s Downunder Group Solutions



Mountain Biking Corry Cycles and Ride Mechanic



