



HILLCREST HIGH SCHOOL

CRITERIA FOR

SPORTS AWARDS

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SPORTS AWARDS

1st Team Badge/Tie

- This is earned by a learner who has played 5 matches for the 1st team. The 1st team coach needs to provide the Sports Office with proof of this. The Sports Office will then give a form to the learner and present it to the Uniform shop as soon after the 5th game as possible. Only Grade 10 – 12 learners may wear a 1st Team Tie/Badge and Tracksuit Jacket.

Merit

- Awarded to players who have been selected for and have represented a PADSSA or District Team.
- Merits may also be awarded to senior players who show promise or ability but do not qualify for greater awards, e.g. played 1st team for a few games, an excellent captain of a 2nd team.
- This is an internal award recommended at the discretion of the coach.

Junior Colours

- Awarded to a Grade 8 or 9 learners who have been selected and represented a Provincial/National team sports offered by the school.

Half Colours

- This award may be earned by Grade 10 - 12 players who have been selected for and have represented a KZN Provincial team at U15 level, U16, U17, U18B or U19B.
- Players in Grade 10 and 11 may qualify for half colours once they have represented a 1st Team for two seasons. 80% participation in the season is required. Representing in tours, touring teams and festivals do not qualify.
- Players in Grade 12 who have played 80% of the 1st team season may qualify for this award. Representing in tours, touring teams and festivals do not qualify.
- If a player misses a few games due to injury he/she can still qualify, but they need to be a first choice players.
- This is an internal award recommended at the discretion of the coach.

Full Colours

- Full Colours are awarded for a Provincial KZN U18A, U19A team.
- The committee needs to agree on the level of competition, and this award is not automatic. Whilst the award may be earned for a certain team selection in one team sport, this may not automatically apply in another team sport.

Honours

- This may be awarded to Grade 11 and 12 players who have been selected for and have represented a South African Team at U16, U17 or U18 level.
- May be awarded to a Grade 10 Pupil at the discretion of the committee. In all the cases the award is only made for sports offered by the school.

Honours Summa Cum Laude

- This award may be made to pupils who have been selected for and have represented South Africa at U19A level. It may only be awarded to Grade 10 – 12 players who play a sport offered by the school.
- No previous award is necessary for this award to be made.

Personal Achievement Award

- This award may be awarded by a player who has been selected for and represented a Provincial or National team in an activity not offered by the school. This includes club sports. To qualify for this award the nominee must take part in at least one school activity. Pupils must collect a form from the Sports Department, complete it and return with the supporting documentation.
- This award above can be made to players who achieve 50 1st team caps or who represent a 1st team for 4 years.
- The following cricket achievements will also qualify for this award.
 - a) batting average of 30 runs or more (minimum 8 innings)
 - b) an average of 2,5 wickets per 10 overs (minimum of 50 overs)

The averages will be worked out according to standard club, provincial and international systems.

This award will take the form of a scroll and honours red braiding around the cuff of the sleeve on the blazer. It is only made to learners in Grade 10 -12.

Junior Personal Achievement Award

This award may be awarded by a player who has been selected for and represented a Provincial or National team in an activity not offered by the school. This includes club sports. The award takes form of a badge. This is awarded to learners in Grades 8 & 9.

Each player and award will be assessed on an individual basis. These awards criteria are guidelines to assist the Committee in making an award.

All award nominees must play at least 50% of the season's matches to qualify.

All award nominations will be considered and the results of the teams or individuals will determine the awards being given. If a team has had an unsuccessful season, the number of awards handed out will be at the discretion of the Awards Committee and the Headmaster.

Once a learner has earned an award, except in the case of severe misconduct (at the discretion of the Headmaster), the award is not taken away. Therefore any half colours or colours award may be worn on the blazer at the same time as a colours/honours or honours Summa Cum Laude awards.

The scroll for honours is white, to distinguish it from the red colours awards, and needs to be worn immediately beneath the badge, the uppermost of all the scrolls.

Mr. Victor has a comprehensive list of details with regard to these awards criteria.

ANNEXURE A

SWIMMING AWARDS

To qualify for any award, the swimmer must

- Attend at least 75% of squad training sessions
- Compete as part of the team in 3 league galas
- Participate in the Championship Gala and D & D Gala
- Achieve the qualifying time at least twice in the season as timed by an official time keeper at league galas, Championship and / D & D Galas.
- Achieve the qualifying time for an Individual Medley.

Merit

Grade 8 & 9

- Meet awards criteria for attendance at practice, number of gala's swum.
- Swim within school or PADSSA qualifying times
- 1st choice team member

Grade 10 & 11

- Swum for 2 years in the team

Junior Colours

Awarded to Grade 8 and 9 students who

- are selected for a Provincial Team;
- qualify for and participate at Level 3 National Championships or S A Junior Nationals.

Half Colours

Awarded to Grade 10, 11 and 12 students.

This is an internal award which may be given to a committed swimmer who displays exemplary sportsmanship and dedication to the team but who does not fully meet the time requirements.

Full Colours

Awarded to Grade 10 students who meet the awards criteria and qualify with Honours times
Awarded to Grade 11 and 12 students who meet the awards criteria and qualify with Colours times

Honours

Awarded to Grade 11 and 12 who

- are selected for a Provincial Team;
- qualify for and participate at Level 3 National Championships or SA Junior Nationals.
- Achieve honours times at Championship or D&D gala.

Qualifying times

Girls

Individual Medley 4 x 25m (100m) 1: 28 : 35

	Half Colours	Colours	Honours
Freestyle (50m)	34 : 62	31 : 80	29 : 57
Butterfly	36 : 65	32 : 99	30 : 68
Breaststroke	43 : 89	39 : 50	36 : 73
Backstroke	39 : 70	35 : 73	33 : 22
Freestyle (100m)	1 : 14 : 76	1 : 07 : 12	1 : 02 : 80

Boys

Individual Medley 4 x 25m (100m) 1 : 24 : 12

	Half Colours	Colours	Honours
Freestyle (50m)	30 : 29	28 : 08	26 : 74
Butterfly	32 : 47	30 : 59	28 : 40
Breaststroke	37 : 99	35 : 79	33 : 29
Backstroke	34 : 69	32 : 68	30 : 42
Freestyle (100m)	1 : 06 : 88	1 : 02 : 00	56 : 14

ANNEXURE B

EQUESTRIAN SPORTS AWARDS

The Equestrian Sport's code consists of 3 separate components, namely Show Jumping, Dressage, Tent Pegging, Vaulting and Equitation. (Turnout is peculiar to Inter Schools).

1st Team Tie or Badge

A pupil who has represented the school's 1st (A) Team in at least one of the three components in two major events may qualify for this award. (Only Grade 10 – 12 Learners may wear a 1st team Tie/Badge and Tracksuit Jacket)

Merit (Grade 10, 11, 12)

A pupil may qualify for a merit certificate if:

- a) The pupil has contributed positively to the performance of the equestrian team.
- b) AND this pupil does not qualify for a higher award.

Half Colours

Any senior pupil, (Grade 10, 11, 12) who displays an above average ability in any one of the equestrian divisions, but who does not satisfy the requirements for a higher award may be considered for this award.

Full Colours

Grade 10, 11, 12 pupils may qualify. This award may be earned by a member of the Hillcrest High School's Equestrian team who has been:

- a) Awarded a first place in the KZN Interschool's Equestrian event in one of the five components
- OR**
- b) Selected and represented the KZN Equestrian team at a National event or at an Interprovincial.

A Grade 10 pupil may qualify for Full Colours

Honours

Grade 10 – 12 selected and represented a SA Team

KZN SANESA RIDERS

- **GRADE 8 & 9**

DISCIPLINE	NO COLOURS	MERIT	JUNIOR COLOURS	
JUMPING	LEVEL 0 *	LEVEL 1-2	LEVEL 3-5	LEVEL 6-7
DRESSAGE	LEVEL 0 *	LEVEL 1	LEVEL 2	LEVEL 3-6
SHOWING/EQUITATION	LEVEL 0 *	LEVEL 1-2	LEVEL 3	LEVEL 4-5

- **GRADE 10, 11, & 12**

DISCIPLINE	NO COLOURS	MERIT	HALF COLOURS	FULL COLOURS	HONOURS
JUMPING	LEVEL 0 *	LEVEL 1-2	LEVEL 3-4	LEVEL 5-6	LEVEL 7
DRESSAGE	LEVEL 0 *	LEVEL 1	LEVEL 2	LEVEL 3-5	LEVEL 6
SHOWING/EQUITATION	LEVEL 0 *	LEVEL 1-2	LEVEL 3	LEVEL 4	LEVEL 5

ADVENTURE SPORTS AWARDS CRITERIA

- Only athletes registered under Adventure Sports may qualify for the following awards. The registration process involves the submission of the Adventure Sports registration form, copy of ID document or birth certificate and proof of medical aid or insurance, and must be carried out annually by the end of February each year. Once registered, an athlete becomes a member of the Adventure Sports team, but may specialise in the activity or activities of his or her preference. An athlete who achieves well in any of the sporting disciplines overseen by Adventure Sports, but who is not registered, may only qualify for a Personal Achievement award.
- Awards are not automatic, and are dependent on other factors such as sportsmanship, general behaviour, extent of participation, and representation of the school.
- While most events allow for individual registration only, athletes should endeavour to also enter events which allow for school representation, e.g. Mudman series, although it is impossible to set a minimum requirement in this regard. However, wearing the school's official Adventure Sports kit during an event will be deemed to be representing the school. An athlete who is obliged to wear sponsor's kit at certain events should endeavour to wear the school kit at the other events he or she participates in. An athlete who achieves well but does not represent the school in any of his or her events may only qualify for a Personal Achievement award.
- The blazer scroll for Adventure Sports will not differentiate between the different disciplines, although the details should be recorded and announced at the time of the presentation. An athlete who qualifies for more than one blazer award in a year will receive the highest award he or she is eligible for.

1. ADVENTURE RACING (AR) AWARDS

- The inter-school adventure racing series involves teams of four which must include at least one girl navigating to check points and activity points on mountain bikes and on foot. Activity points may require abseiling, climbing, a water challenge, some form of target shooting, nature quiz, or similar. Other adventure racing events allow for individual or 2-person teams, but these awards criteria are specifically for the inter-school series, which should normally consist of four AR KZN events, AR KZN Championship and AR Nationals.
- The inter-school adventure racing series is unusual in that teams invited to the AR KZN Championship and those selected to represent KZN at the AR Nationals remain individual school teams throughout, although the team members may change.
- An athlete's official Adventure Racing age group is determined by his or her age on 1 January of the year under consideration.
- U15 athletes may participate at the U19 level, but will not be recognised for U19 awards.

Junior Colours

- These can be awarded to a junior athlete in the U15 age group who has participated in at least half of the AR KZN events including, but not specifically, the AR KZN Championship and the AR Nationals in the same year.

Full Colours

- The athlete must be a Grade 10, 11 or 12 student in the U15 or U19 age group and have participated in at least half of the AR KZN events including, but not specifically, the AR KZN Championship and the AR Nationals for one year.

Honours

- The athlete must be in the U19 age group and have participated in this age group for at least two years not necessarily consecutively in at least half of the AR KZN events including, but not specifically, the AR KZN Championship and the AR Nationals each year.

2. HIKING AWARDS

- Since hiking or backpacking is not a competitive sport, participants may only qualify for a Personal Achievement award. This may be awarded for an exceptional hiking achievement. Examples are:
 - completion of a Grand Traverse of the Drakensberg escarpment (230 km non-stop);
 - successful summit of one of the internationally-recognised "Seven Summits" (e.g. Mt. Kilimanjaro);
 - accumulating 1 000 km or more on official school hikes as recorded in the participant's hiking logbook maintained by the Adventure Sports coordinator.A Personal Achievement award can be presented only once a year and only once for an exceptional hiking achievement. For example, the award may be presented for only one Grand Traverse, only one summit of Mt. Kilimanjaro and only the first 1000 km accumulated.

MOUNTAIN BIKING AWARDS CRITERIA

Mountain biking consists of the following disciplines:

- Downhill
- Short Course (3 km laps; ride for time plus one lap)
- Cross Country (7 km laps; number of laps in allocated time)
- Classic (45 km)
- Marathon (70 km or more)
- Ultra (3-day staged event; minimum age is 19 in December of current year)

The following awards criteria apply to any combination of these.

- Age categories are based on the age of the athlete in December of the current year, and to qualify for an award, athletes are obliged to participate in a minimum of 5 *competitive* events in their correct age category and enter the maximum distance events allowed in that age category.
- Only athletes registered under Adventure Sports may qualify for the following awards. The registration process involves the submission of the Adventure Sports registration form, copy of ID document or birth certificate and proof of medical aid or insurance, and must be carried out annually by the end of February each year. Once registered, an athlete becomes a member of the Adventure Sports team, but may specialise in the activity or activities of his or her preference. An athlete who achieves well but is not registered may only qualify for a Personal Achievement award.
- Awards are made within the broad framework outlined by school management in the document titled "Criteria for Sports Awards". Awards are not automatic, and are dependent on other factors such as sportsmanship, general behaviour, extent of participation, and representation of the school.
- While most events allow for individual registration only, athletes should endeavour to also enter events which allow for school representation, e.g. Spur High Schools Challenge, although it is impossible to set a minimum requirement in this regard. However, wearing the school's official Adventure Sports kit during an event will be deemed to be representing the school. An athlete who is obliged to wear sponsor's kit at certain events should endeavour to wear the school kit at the other events he or she participates in. An athlete who achieves well but does not represent the school in any of his or her events may only qualify for a Personal Achievement award.

Merit

- This is a discretionary award, but as a general guide it can be made to any registered athlete who comes in the top 10 of his or her age group category at any event and who shows dedication to and enthusiasm for his or her chosen activity or activities within Adventure Sports.

Half Colours

- Accumulate at least five top 10 positions in one or more of the MTB disciplines for the maximum distance events available in the athlete's age group category

Full Colours

- Accumulate at least five podium positions (1st, 2nd or 3rd) in one or more of the MTB disciplines for the maximum distance events available in the athlete's age group category

OR

- Selection for and participation in an inter-provincial or national event, e.g. SA Championships.

OR

- Awarding of provincial colours, this may be age group dependant.

Honours

- Top 5 in a category A* UCI (Union Cycliste Internationale or International Cycling Union) event in the athlete's age group category

OR

- Selection for and participation in a world cup

OR

- Selection for the South African team

****UCI events fall into the following categories:***

Category A – National and International

Category B – Provincial

Category C - Other

4. DUATHLON-TRIATHLON AWARDS

- A duathlon consists of three legs: run + cycle + run. If trail running and mountain biking are involved, the activity is more correctly referred to as multi-cross, e.g. Time Freight series. However, the same general awards criteria will apply to both.
- A triathlon consists of three legs: swim + cycle + run, but may offer canoe + cycle + run instead. If trail running and mountain biking are involved, the activity is more correctly referred to as multisport, e.g. Mudman series. However, the same general awards criteria will apply to both as well.
- Where there are distance options, e.g. Mudman, senior students, Grades 10 to 12, must enter the full distance events to qualify for awards.
- While team entries are an option for multi-cross and multisport, duathlon and triathlon events do not offer these except at the national level. The following awards criteria refer to individual participation, although results from team events may be used to support an award.

Merit

This is a discretionary award, but as a general guide it can be made to any registered athlete who comes in the top 10 of his / her age group category at any event and who shows dedication to and enthusiasm for his / her chosen activity / activities within Adventure Sports.

Half-Colours

- Achieve at least two top 5 positions in age group category in a provincial event, e.g. KZN Championships for duathlon or triathlon or a series, e.g. B-Active duathlon or triathlon series; Mudman series; or
- Selection for KZN duathlon or triathlon squad, no actual participation required.

Comment: To come in the top 5 of a series consisting of 4 or more events requires considerable talent and dedication, since the field is large and attracts top athletes from around the country and even overseas.

Full Colours

- Selection for and participation in an inter-provincial or national event, e.g. SA Championships; or
- Awarding of provincial colours, this may be age group dependant.

Honours or Junior Colours

- Top 5 position in age group category in a national event; or
- Selection for SA team; or
- Selection for and participation in regional or world championships
Disciplines still to be finalised:
Trail running
Climbing (indoor or outdoor or bouldering)
Canoeing
Sport orienteering

ROAD CYCLING AWARDS CRITERIA

Age categories are based on the age of the athlete in December of the current year, and to qualify for an award; athletes are obliged to participate in a minimum of 5 *competitive* events in their correct age category and enter the maximum distance events allowed in that age category.

Merit

- This is a discretionary award, but as a general guide it can be made to any registered athlete who comes in the top 10 of his or her age group category at any event and who shows dedication to and enthusiasm for his or her chosen activity or activities within Adventure Sports.

Half Colours

- Accumulate at least five top 10 positions in the ROAD discipline for the maximum distance events available in the athlete's age group category.

Full Colours

- Accumulate at least five podium positions (1st, 2nd or 3rd) in ROAD discipline for the maximum distance events available in the athlete's age group category; or
- Selection for and participation in an inter-provincial or national event, e.g. SA Championships; or
- Awarding of provincial colours, this may be age group dependant.

Honours or Junior Colours

- Top 5 in a category A* UCI (Union Cyclist Internationale or International Cycling Union) event in the athlete's age group category; or
- Selection for and participation in a world cup; or
- Selection for the South African team

****UCI events fall into the following categories:***

Category A – National and International

THE AWARDS COMMITTEE

1. The Awards Committee will consist of the Deputy Principal, as Chairman, and the person in charge of each sport offered at Hillcrest High School. They will meet in the last week of each term or at some other specified date.
2. The decision to confer awards to individual sports persons lie with the Awards Committee, in consultation with the Headmaster.
3. Recommendations must be submitted to the Chairman of the Awards Committee at the start of the meeting. All recommendations need to be filled in correctly, on the official form, and copies need to be made for all other members of the committee. Failure to follow this procedure will result in these sports not getting their awards.
4. All team coaches, especially those in charge of 1st teams, must keep a comprehensive record of each player's performance, achievements and attitude. These records will form the basis of discussion when considering each nomination.
5. **NO AWARD MAY BE MADE WITHOUT THE AUTHORITY OF THE SPORTS AWARDS COMMITTEE OR THE RATIFICATION OF THE AWARD BY THE HEADMASTER.**

CRITERIA FOR SPORTS AWARDS

With a few exceptions the following criteria must complement the criteria for each individual sport.

1. All awards must cover a calendar year. A minimum of 5 games need to be played in one calendar year to qualify for any award.
2. Re-awards are not automatic and need to be earned like any other award.
3. Awards must be based on ability, skill and performance.
4.
 - i) All awards are dependent upon acceptable behaviour on and off the field.
 - ii) The nominee must have a positive attitude to the sport.
5. An award can be withheld or withdrawn if an individual fails to honour the spirit in which the award was made, though, for example, a breach of discipline or unacceptable behaviour.
The decision to withdraw an award rests entirely with the Headmaster.
6. Once a pupil has received an award for a sport he/she may not receive a lower award the following year.
7. Pupils will receive one scroll award per sport whilst at Hillcrest High School, except in the case of Honours, which is a different colour scroll.
8. Details of the criteria for team sports, and other sports, are provided in this booklet.
9. Exceptions to the criteria may be considered, in exceptional circumstances, if fully motivated.