

HOLY CROSS COLLEGE (Autonomous)

Nagercoil - 629 004, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

Accredited with A⁺⁺ Grade (CGPA 3.53 - V Cycle) by NAAC

ISO/QMS 9001:2015 & EOMS 21001:2018



SPORTS POLICY

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Introduction

The spirit which is the extension of the Divine resides in the physique of the humans, thus say the scriptures all religions. Hence ample scope, significance and facilities need to be provided for physical education in an institution so as to make all students to be physically fit enough to focus on their main endeavour called education. Holy Cross College (Autonomous) Nagercoil devotes its unwavering attention to the physical well-being of its students through enough facilities and avenues for sports activities alongside academic activities.

Vision:

Sports and games having transcended beyond the traditional ambit of being a necessity for physical fitness, has now evolved into a domain for lucrative career opportunities. Our college aiming at catapulting its women students towards empowerment through education envisions at not letting go of opportunities, especially jobs and earnings now available in plenty, through acquisition of excellence in skills, talents and performance in games and sports during their duration in the college.

Organization of the Physical Education Department

The above vision and aims are sought to be achieved through the Physical Education Department headed by the Directress under the guidance and direction of the principal, ably assisted by support staff and coaches and trainers.

Policy to avail Sports facilities

- All Students shall be allowed to use the sports facilities during breaks (interval & lunch), hour of blossom. Students involved in sports and games have to use the field or arenas before (6.30 am to 8.00 am) and after class hours (3.15 pm to 5.30 pm) and during coaching camp.
- Students must register in the log book before using any of the sports facilities.
- Playing or listening to loud music in the Gym is strictly forbidden.
- Eatables are not allowed inside the Gymnasium.
- The equipments used must be handled with care.

1. Sports Facilities

1.1 Department of Physical Education offers the following **Indoor Sports** facilities inside the Gymnasium (5364 sq.ft.)

- Badminton
- Table Tennis
- Chess
- Weightlifting
- Gym (Endurance & Strength enhancing facility)

1.2 Department of Physical Education offers the following **Outdoor Sports** facilities

- Basketball
- Volleyball
- Kho-Kho
- Kabaddi
- Ball Badminton
- Football
- 200 mts. Track
- Long jump pit
- High Jump Mat
- Sectors for throwing events.

2. Policy for Representing College in Team / Individual Sports

2.1 Enhance the participation of students in sports by orienting them on the importance of sports.

2.2 Selection Trials

2.2.1 Notice: The notice regarding selection trials for each sport should be announced and displayed in the Student's Notice Board. The notice states the dates, time and venue.

2.2.2 Process: The selection trials should be conducted by the Director of Physical Education. The skills displayed by the student, the latest copies of their Certificates of Merit or Certificates of Participation from 'recognized' competitions should be taken into consideration. The skilled or probable players should be called for practice / training sessions after which the team shall be finalised.

2.2.3 Extenuating Circumstances:

- Absence from selection trials:

In case the student is not able to attend the selection trials for valid reason, she may be given chance to show her sports skills.

2.3 Policy for Nurturing and developing the sporting talent of the students

- 2.3.1 The beginners and the skilled students shall be trained in their respective sports discipline with the help of Coaches along with the Director of Physical Education.
- 2.3.2 Coaching camp for the sports students in various sports discipline will be conducted for their skill acquisition and refinement.
- 2.3.3 Refreshment/ breakfast / lunch will be provided to the players during coaching camp.
- 2.3.4 Students will be given opportunity to participate and excel in sports at International, National, State, University, Inter-university, and District level tournaments.

3. Policy for Organization of Tournaments

The college shall continue to organise through the department of physical education the following tournaments to provide an opportunity for the players to come together in a pleasant atmosphere to exhibit their talents, to imbibe the spirit of sports and to develop their skills.

- 3.1 M.S. University intercollegiate tournaments for women
- 3.2 District level inter-school tournaments for girls
- 3.3 Host District and Regional level tournaments
- 3.4 Intramural sports competitions
 - Matches will be conducted department wise in various sports events.
 - The student winning the maximum points in the athletic events will be considered as **college champion**.
 - **Overall championship** shield for the department that bags the maximum points in annual sports competitions.
 - Medals and Certificates are awarded to the prize winners.
- 3.5 The college will seek to showcase its available facilities to attract more tournaments by District, State and National sports bodies as well as corporate entities

4. The names of the winners are mentioned and the photos of the University Blues, State, National and International players are portrayed in the College Magazine.

5. Up gradation and development of infrastructure

5.1 Ground maintenance will be carried out every year

5.2 Adequate Purchase of sports amenities and equipment

5.3 Necessary upkeep of playgrounds

6. Free ship

Free hostel facilities, tuition fee, exam fee and admission fee waiver/concession for Inter- national, National and State level players and also to the selected players from financially disadvantaged background.

7. Extra credit for sports students

Extra credits are given for District, University, State, National and International Level Players.

7.1 Representation

- International level - 5 Credit
- National level - 4 Credit
- State level - 3 Credit
- University level -2 Credit
- District/ College level -1 Credit

8. Endowment Prizes

Following Endowment prizes will be given to the best sports students

8.1 Sr.Zita's Prize for the best Athlete

8.2 Mrs. Rupavathy Moses's Prize for the best Basketball player

8.3 Mrs. Thamilarasi's Endowment prize for best players who participated in National/ International sports events.

8.4 Continued efforts on for more endowments to recognise and reward sports talents.

9. Sports facilities will be extended to the other school/ college sports students

10. Special features

10.1 Arrangement in practice to conduct CIA /Semester exam separately for the sports students if they participate in sports during exam time.

10.2 Free coaching offered to girl students from different schools & colleges in various games.

10.3 Organize Medical checkup for all I U.G students - every year.

10.4 Accompany M.S. University teams as team manager & Coach

10.5 Organise webinar/online sports quiz



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