Sports Captain Lucy Coleman’s Policy Speech

Since attending St Hilda’s 6 years ago, I would honestly have to say sport here has had a major impact on my life and has changed me as a person. That may seem like a big call to make but I mean it when I say that it makes me a happier person, it’s allowed me to develop more friendships and it helps me academically as if forces me to be more organized. But I think that what I love most about it, is that one taste of success or one victory makes me feel that much more ambitious, determined and inspired than I was the day before.

I recognize that sport isn’t every girl’s forte but believe me when I say that each and every one of you fulfills an individual role, and most importantly, a team role when it comes to sport here at St Hilda’s. If you’re not the one on the field, in the pool or on the court at a QG event then I challenge you to be the one on the sideline or in the grandstands. To me, the role of supporters epitomize teamwork and sports fellowship, and in some cases, are the very reason you scored that point or managed to cross that finish line before the girl from Somerville or St Margaret’s or State High... To any athlete, fans are integral to inspiring, motivating and uplifting their attitude during performance.

I think the degree to which we recognize this network and vitality of spectating, and actually promise to adhere to it across all sports here at St Hilda’s, is the degree to which we can help our athletes be as successful as they can be. This year girls, we are giving up self-determination for team-determination in the hopes of creating a collective spirit that will change how we Hilda’s girls perceive ourselves in sport, which leads me to my next point.

A personal aspiration of mine is to lift our enthusiasm, particularly towards Cross Country and Athletics. Both you and I know our attitude toward these sports isn’t the greatest, and yes it is disheartening to see our overall position lie in the bottom four, maybe five schools. But trust me girls, we are getting there and we will eventually get to the top if we choose to adopt the correct attitude time and time again. Attitude can reveal the most about an athlete in a matter of minutes, and can make or break the outcome of the competition or event in a matter of seconds. You can be motivated to do something, but your attitude will always, always determine how well you do that something.

If you allow a frustrated attitude or emotional state to prevail within yourself then that attitude is very quickly going to become the accepted norm for your entire team. However, the good news is that a good attitude is just as contagious as a bad one. Going into training or competition with the goal of working as hard as you can is a personal choice, made every single day. I want you to make that same positive choice over and over again until it becomes hard for you to think otherwise. If we lose, we lose with grace and we return to training and the next competition even more determined and more fired up than we were at the last.

Girls, today we are the underdogs. Some schools are predicting us to lose. Other
spectators have their doubts. Some of you in this room even have your doubts. But I am here to tell you it does not matter what everyone else thinks. What does matter is how well you’re going to play out your year of sport and how much fun you will have had when it’s over.

So when you walk onto that court, run onto that field, dive into that pool, stare down that track or line up before that grueling cross country course, I want you to make a promise to yourself. A promise that sees you wearing the best attitude you can, regardless of how serious you want to treat the competition. And after that, I want you to make a promise to each other. A final promise that you will do everything in your power to ensure the girl beside you can do the best she can too.

2016 marks my sixth and final year here at St Hilda’s. That’s about twelve-and-a-half thousand minutes of running around on a touch field, 80km of cross-country racing and over 3000km of rowing on the Nerang River just to prepare for a few 7-minute races here and there. There has not once been a step or a stroke that I have regretted, because the last thing I want when I leave St Hilda’s behind at the end of this year is to think that I could have done more. So make sure that, when you see out 2016, you’ve given yourself no reason to think you could have done more. Because nobody who ever gave her best regretted it.