



Information for Year 7 Sport - 2014 at St Scholastica's College

Dear Parent/Guardian

Welcome to St Scholastica's College PDHPE/Sports Department.

Extra Curricular Sport is not compulsory for the students at St Scholastica's and it is open to all students. Students register to play in their chosen sport and they are graded into a team according to the convening associations' guidelines. Training for all sports is compulsory. Parents and students should also be aware of the Sports Infringement Policy; this is available on the school portal.

Sports on offer in Term 1

Touch Football:

As a school, we enter into the Eastern Suburbs Touch Association Competition. Games are played on Saturday mornings at Centennial Park and Queens Park.

Playing dates: 1st February – 29th March, 2014

Times: Games are played between 8am and 1pm

Venue: Centennial Park or Mission Fields (located in the centre of Centennial Park)

Training: Either Monday, Wednesday or Friday afternoons (3.30pm - 4.30pm) or Tuesday, Wednesday or Thursday mornings (7.30 - 8.30am).

Grading: Will take place during after school on Thursday 30th January from 3.30-4.30 at Jubilee Oval.

Uniform: PE shorts or Schols Tights and Touch singlet available from the uniform shop.

Cost: \$80 for the term

Registration closes: 22/11/13

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10755>

If you are unable to pay by this link please email Ms Osborne. (josborne@scholastica.nsw.edu.au)

Water polo:

As a school we enter the Eastern Suburbs School Girls Water Polo Competition. As part of the 'Guidelines for the Safe Conduct of Sport and Physical Activity in Schools' students must be able to swim 50m **confidently** under 45 seconds.

Playing dates: 1st February – 29th March, 2014

Times: Games are played between 8am and 1pm

Venue: UNSW, MLC, St Catherine's and Queenwood.

Training: Is at St Joseph's College a Wednesday (Years 7) from 6.20 - 7.30pm.

Grading: All year 7 students must attend a swim test on **27th November at 6.30pm** at St Joseph's College at Hunters Hill. This is compulsory swim test.

Uniform: Students are required to have a Schols water polo costume (Cost \$100). This can be purchased online from the registration link. In Year 7 they are allowed to wear other swimwear, if they continue to play water polo in year 8 they must purchase a Schols water polo costume.

Cost: \$95 for the term

Registration closes: 22/11/13

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10758>

If you are unable to pay by this link please email Ms Osborne. (josborne@scholastica.nsw.edu.au)

Netball:

As a school we enter the Inner West Netball Association netball competition at Cintra Park, Concord. If your child has registered to play Netball for another club, St Scholastica's is happy for her to do this; however, she can only be registered with one club. The competition runs over the majority of Term 2 and 3. Registration for netball for 2014 will open now and remain open until the first week back at school in 2014. Trials will then happen week 2 term 1.

Playing dates: TBC

Times: Junior (12-15 years) games are played from 8am - 12.30 pm. All games are for approximately one hour.

Venue: Cintra Park, Concord.

Training: Is held at school on the school courts one afternoon per week

Grading: All students must attend compulsory grading. 12 years, 13 years and 14 years grading will take place on Tuesday 7th February during period 6 and 7. These grading will take place on the school netball courts.

Uniform: School PDHPE polo, PDHPE sports socks and Schols netball skirt. All available from the school uniform shop.

Cost: \$180 for the season

Registration closes: 03/02/14

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10759>

If you are unable to pay by this link please email Ms Osborne. (josborne@scholastica.nsw.edu.au)

Dragon Boat Racing:

This is an exciting new sport for students at St Scholastica's College that was introduced in 2012 for students in Year 7-12. Students in year 7 must have turned 12 to be able to participate. This sport is promoted as a social, competitive and great for fitness. It will run over Terms 1, 3 and 4. It will involve training on one afternoon per week this is at Blackwattle Bay. Students can train on Tuesday or Thursday afternoons from 3.45-4.45pm. Training commences on Tuesday 5th February and Thursday 7th February and run every Tuesday and Thursday until the first week of term 2. Students catch the light rail to the Fish Markets and then walk 300m to the training venue. Students will have the opportunity to participate in three regatta's in term one; Chinese New Year 23rd February (at Darling Harbour), State Titles 31st March (at Penrith) and the Schools Regatta 5th May (Blackwattle Bay). Please note that the State Titles take place on Easter Sunday. It is expected that students take participate in all regatta's. This year the school will sent a crew to nationals that are being held in the Sunshine Coast, QLD.

Venue: Blackwattle Bay, Pyrmont.

Grading: Students will be placed in crews for regatta's based on their ability at training. All year 7 students must attend a swim test on **27th November at 6.30pm** at St Joseph's College at Hunters Hill. This is compulsory swim test.

Uniform: School PDHPE polo, Schols PDHPE Shorts or Schols tights, Schols Singlet must be worn for regattas

Cost: \$18 0payable via the registernow link below for training.

\$50 payable to Dragon Boating NSW each financial year for insurance. Please use the member's link below.

Registration closes: 03/02/2014

Registration link:

You must register at BOTH of the following links:

<https://www.registernow.com.au/secure/Register.aspx?E=10756> (2014 link)

<http://www.dbnsw.org.au/>

If you are unable to pay by this link please email Ms Osborne. (josborne@scholastica.nsw.edu.au)

Jujitsu:

The Martial Art of Hoshin Jutsu, a style based on traditional Jujitsu with a modern, "street realistic" application, was offered at Schols. In term 4, Most of the original students are continuing but there are a few places available for those who missed out on the first intake, or who are interested in trying martial arts. Hoshin teaches students physical and mental self-confidence, and was created specifically with women in mind. It uses technique and leverage over physical strength. (Hoshin also has a competition arm and students are welcome to participate in the NAS if they wish). Benefits of studying martial arts include ; increased concentration, flexibility, confidence, overcoming shyness, ability to stand up for others. Hoshin's philosophy is to "treat each other with extra kindness" Classes are fun but do adhere to traditional martial arts discipline. Topics include not only defending against common attacks, but also staying safe when walking to and from home and school, falling safely, sparring and defence against common street weapons. Students who have already participated in other martial arts are welcome. Total beginners are absolutely welcomed and encouraged. These classes will be taught by the Head for Australia - Pacific region.

Maximum registrations: 54 students

Cost: \$125

Times: 3:30pm – 5pm and 4:30pm – 6pm Monday

Uniform: Loose clothing, jujitsu uniforms can be purchased externally for a cost however they are not compulsory for training.

Registration closes: 03/02/2014

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10760>

Tennis:

All tennis lessons at St Scholastica's are taken by Qualified Tennis coaches. Students are grouped according to age and standard, this allows students to progress at a comfortable pace. Beginner classes are suitable for students who are starting tennis for the first time or have had limited tennis coaching or experience. Beginner/Intermediate tennis classes are suitable for students who feel confident in their knowledge of technique and movement and would like to start focusing on advancing their tennis. Intermediate/Advanced tennis classes are suitable for students who are playing competition or who would like to play competition.

Cost: Costs cover a semester (terms 1 and 2) of tennis.

Beginner - \$320

Intermediate and Advanced - \$350

Training: Monday, Tuesday and Friday afternoons as well as Thursday morning. Classes than run for 45 minutes with 5 students in each class

Competitions: Students have the opportunity to be selected to represent the school at the CGSSSA tennis carnival.

Registration closes: 03/02/2014

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10763>

Gymnastics:

Gymnastics is held on Wednesday evenings at Five Dock Leisure Centre. This program is open to all students in the college and caters for all abilities. Girls are eligible to participate in the CGSSSA gymnastics carnival, this is not compulsory. This enrolment is for term 1 and 2. Students will be given the opportunity again in term 3 and 4 to enrol. There is a maximum of 30 girls who can register for gymnastics.

Venue: Five Dock Leisure Centre, Five Dock.

Training: Wednesday 6.30-8pm

Uniform: Appropriate gymnastics attire. Students will be given a leotard to wear for competitions.

Cost: \$165 payable via the registernow link below for training.

Registration closes: 03/02/14

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10761>

Dance:

Dance is held on a Thursday afternoon in the college studios. Dance teachers from Dance Inc instruct these lessons. Girls will do a variety of dance including Hip Hop, Contemporary and Jazz. A group of girls from the program will be selected to represent the college at the CGSSSA dance competition. There will also be other opportunity for all girls to perform at school functions. Students enrol for term 1 and 2. There will be another opportunity later in the year to enrol for terms 3 and 4.

Venue: College Dance Studios in the TFC.

Training: Thursday 3.30-4.30pm

Uniform: Appropriate dance attire. When students are competing in competitions they will be given costumes to wear.

Cost: \$185 payable via the registernow link below.

Registration closes: 03/02/14

Registration link: <https://www.registernow.com.au/secure/Register.aspx?E=10762>

Sports on offer in Term 2 & 3:

Indoor Soccer:

As a school we enter the Futsal competition at Five Dock Leisure Centre. Students organise their own teams with the assistance of the Sports Co-ordinator. Sport registration for Indoor Soccer will take place mid-Term 1.

Uniform: Students must purchase a Schol's Soccer Polo, Football socks from the uniform shop. The shorts for this sport are the school PDHPE shorts.

Girls AFL:

As a school we played in 2012 in the inaugural Sydney Harbour Girls Competition. We successfully won the premiership. This competition runs over term 2 and 3. Games are held on a Sunday at various locations around Sydney. Training takes place one afternoon per week and coaches are provided from the Sydney Swans. Enrolment for AFL will take place later in term 1.

Sports on offer in Term 4:

During Term 4 students will be offered Touch Football, Water polo, Volleyball, Basketball following a similar format to Term 1. Registration for these sports will take place in mid way through Term 3.

Volleyball:

Trainings take place one afternoon per week at the school and games are played every Saturday at Santa Sabina College in Strathfield. In 2012 and 2013 the opens volleyball team travelled to Melbourne to compete in the Australian Volleyball Schools Cup.

Basketball:

Similarly to volleyball, trainings take place one afternoon per week on the school basketball courts between 3:30-4:30pm. Games are played at Santa Sabina College in Strathfield. Juniors (years 7 and 8) games are usually between 11:45am and 12:45pm.

Inter School Sport

St Scholastica's participates in the Catholic Girls' Secondary Schools Sports Association (CGSSSA).

The mission of CGSSSA is to promote a sporting environment that fosters enthusiasm, friendly competition, skill development, personal excellence and a lifelong interest in sport. Student's **trial for selection** into these teams (with the exception of gymnastics) and travel outside of school to compete against other schools in a one day competition. Examples of the sports Schols participates in at the CGSSSA level include:

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|------------------|---------------------|-------------------------|
| * Tennis | * Athletics | *Volleyball |
| * Netball | * Water polo | * Cross country running |
| * Touch football | * Football (soccer) | * Gymnastics |
| * Basketball | * Swimming | * Dance |

Many of our students, through their dedication and commitment to training have represented their sport at State level and we are very proud of their achievements.