

St Scholastica's College



Extra-Curricular Sports Program 2022



Welcome to Sport at St Scholastica's College

Important Information for 2022

Extra-Curricular Sport is not compulsory for students at St Scholastica's College, it is however open to all students. When students register to play in their chosen sport, they are graded into a team according to the convening associations' guidelines. **Attending all training sessions for all sports is compulsory.**

The College accepts Service NSW Active Kids Vouchers – please contact our Sports Coordinator, Ms Jodie Osborne for validation: josborne@scholastica.nsw.edu.au

Sports on Offer:

AFL	
In Term 1 2022, we will play in the Independent Girls AFL competition run by AFL NSW. We played in this competition for the first time in 2021 and both teams were very successful. We are looking to grow the program in 2022.	
All students are welcome to join this competition. There are a range of divisions for us to allocate teams into.	
Venue	Various locations around Sydney.
Playing dates	Games will commence on Saturday 5 th February to 2 nd April. This competition is played on Saturday afternoons between 1pm-5pm.
Training	Students will train one morning 7.15am-8.15am or afternoon 3.30pm-4.30pm at Jubilee Park.
Cost	The cost for the term is \$180.
Uniform and equipment	Students need to have boots, mouthguard and Schols multipurpose Uniform (if you have played Rugby/Hockey/ AFL/ Soccer you may already have this uniform) which can be purchased using this link: https://www.registernow.com.au/secure/Register.aspx?E=32655
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45242

Badminton	
In term 1, 2021 students train in the school hall (TFC) from 7-8.30am on Tuesday morning. These sessions are coached by coaches from NBC Badminton. Students can then participate in the Loreto Normanhurst Invitational Badminton Competition. This competition is played on a Saturday morning at various schools and community facilities around Sydney. Students play in teams of 4-5 students. Students do not need to be experienced in Badminton for either training or competition	
Badminton training is offered each term to students. Competition is also played in term 3 at Meriden on a Friday afternoon/evening.	
Venue	Various
Playing dates	Saturday mornings
Time	To be advised
Training	Training will commence on Tuesday 1 st February until 5 th April.
Grading	Based on age and ability at training.
Uniform and equipment	Students can have their own racquet or use racquets supplied by the College. For competition students wear their PDHPE uniform.
Cost	The cost is \$160 for Tuesday only training or \$210 for Tuesday training and Competition.
Registration	Closes on Monday, 31 January 2022 at 11:59 PM please use this link: https://www.registernow.com.au/secure/Register.aspx?E=45243

Basketball

In Term 1 students can participate in a Wednesday afternoon/evening competition at St Catherine's at Waverley. Game times range from 4.30pm-8pm with the younger age groups being earlier.

In Terms 2 and 3 students will also have the opportunity to play in the IGSA Basketball competition, this will be held on Saturday mornings at different independent schools and locations around Sydney or possibly Frensham at Mittagong. Students are placed into teams as follows: Year 7, Junior (Years 8 and 9), Senior (Years 10,11 and 12).

Grading for these teams will begin the first week in March. Registration will close at the end of February – these two terms are played as separate competitions, but the aim would be to keep teams together across these two terms. Training will take place on one morning or afternoon. Please note this is the first time IGSA has offered the two-term model.

In Term 4 students play in the Santa Sabina competition on Saturday mornings, registration for this competition will open at the start of Term 3.

Venue	St Catherine's School, 26 Albion St, Waverley.
Playing dates	Wednesday afternoon/evening.
Training	Either one morning or afternoon per week.
Grading	Based on age and ability, grading will take place in the first week of school 2022.
Uniform	Schols PDHPE shorts and Schols Sports Singlet. All uniform items are available from the Uniform Shop.
Cost	\$145 per term
Registration	<p>Please use this link to register for Term 1 basketball: Registration Link: https://www.registernow.com.au/secure/Register.aspx?E=45245</p> <p>Here is the link to register for Terms 2 and 3: https://www.registernow.com.au/secure/Register.aspx?E=45381</p> <p>Registration for Term 4 competition will open at the start of Term 3.</p>

Cricket

The competition is run by Cricket NSW. The College participates in the Sydney Cricket League, which is part of the Canterbury and Western Suburbs Cricket Association. This is a Twenty20 competition open to all girls.

Teams are divided into Under 15s and Under 18s. This is a 9-a-side team.

Cricket will also be offered in Term 4.

Venue for games	Various locations according to the draw.
Playing days	This is a 9-week competition starting on 30 th January 2022. Games will be held on Saturday afternoons between 2.00pm - 4.30pm.
Grading	Tuesday 30th November 3:45pm-5pm Wentworth Park Cricket Nets
Training	In Term 1 - Thursday afternoons from 3.45-4.45pm at Wentworth Park.
Uniform	Schols PDHPE polo shirt and white cricket pants.
Cost	\$175
Registration	<p>Please use this link to register: https://playreg.cricket.com.au/pages/reg/welcome.aspx?type=8&id=59565&entityid=25426</p>

Dance

Teachers from *Dance Inc* instruct the lessons. Students will do a variety of dance including Hip Hop, Musical Theatre, Contemporary and Jazz. Students may also have an opportunity to participate in some Dance competitions.

Students may audition for the College Competition Dance Group. These auditions will take place on Thursday 3rd and 10th February in the Fitness Studio from 7.30am-8.30am. If a student is successful in making this group, they will compete in various Eisteddfods including Castle Hill, Ryde, CGSSSA, Ascham Invitational and Resonate ADF.

Students enrol for Terms 1 and 2. There will be another opportunity later in the year to enrol for Terms 3 and 4.	
Venue	Dance is held in the College TFC studios.
Training	Recreational Monday 3.30-4.30pm and Competition Thursday 7.30-8.30am.
Uniform	Appropriate dance attire. When students are competing, they will be given costumes to wear.
Cost	\$240 (this is for Terms 1 and 2) and competition \$295(for the whole year).
Registration	Closes: on 31st January 2022 at 11pm. Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45260

Dragon Boat Racing	
<p>Students in Year 7 must be over 12 years old to participate. This sport is promoted as social, competitive and great for fitness. It will run over Terms 1, 3 and 4. It will involve training one afternoon per week at Blackwattle Bay. Students will have the opportunity to participate in regattas in Term 1 including Lunar New Year, DBNSW Regattas and Australian Championships in Adelaide in the April School holidays. If students are selected to represent the College at the Australian Championships, there will be a cost of approx. \$850 for the trip. It is expected that students participate in all regattas. Dragon Boating is also offered in Terms 3 and 4.</p>	
Training	Training is on Tuesday and/or Thursday afternoons from 3.45-5pm. Students catch the light rail to the Fish Markets and then walk 300m to the training venue.
Venue	Blackwattle Bay, Pyrmont.
Grading	Students will be placed in crews for regattas based on their ability at training.
Uniform	Schols Dragon Boating Uniform – Please use this link to purchase and then collect from Ms Osborne: https://www.registernow.com.au/secure/Register.aspx?E=27464
Swim Test	Swim Testing for all new students will be held on Thursday 27th January between 6.30-7pm at Cabarita Pool. This is a clothed (Long sleeve shirt and long pants, no shoes) 50m test. It should take a maximum of 10 minutes.
Cost	\$190 (once a week), \$280 (twice a week).
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45255 Students must also be members of DBNSW: https://www.revolutionise.com.au/stscholsdbc/registration/

Hockey	
<p>Hockey is played as part of the IGSA Competition. We had two teams ready to go in 2021 but did not get to participate due to Covid-19. In 2022 the competition moves to a two-term model which is Terms 2 and 3, each term is played as a separate competition.</p> <p>Students may also be selected to represent the College at the CGSSSA Hockey Championships and NSWCCC Hockey Championships in Bathurst on 31st May-1st June. This will involve students staying overnight in Bathurst. A junior and senior team will be selected for this event. Year 7 will be included in the juniors. There will be additional costs if selected to go to Bathurst.</p> <p>In Term 4 students might like to play Friday night hockey at Cintra Park, this is 7-side half field hockey, enrolments for this will happen in Term 3.</p>	
Playing days	Saturday mornings.
Times	Between 7.30am – 12noon.
Venue	Games will be held at different locations around Sydney including Frensham at Mittagong.
Grading	Grading and training will begin on Thursday 3 rd March at Cintra Hockey Fields in Concord. Students will need to make their own way to the venue and then the school bus will bring them back to the College. Year 7, 8 and 9 – Grading Thursday 3rd and 10th March 7-8am Year 10, 11 and 12 – Grading Friday 4th and 11th March 7-8am

	Once grading is completed students will continue training at the above timeslots.
Uniform and equipment	Students may borrow a Hockey stick from the College; mandatory requirements are Hockey Shin pads and a mouthguard. Students require the multipurpose sport uniform which they may already have if they played Rugby, Hockey or AFL. Schols Hockey socks are required and purchased from the uniform shop.
Cost	The cost for each term is \$245.
Registration	Please use this link to register for Terms 2 and 3 Hockey: https://www.registernow.com.au/secure/Register.aspx?E=45402

Netball

The College participates in the Inner West Netball Association Netball Competition at Cintra Park, Concord.	
Playing dates	Training begins in Term 1 and will continue over Terms 2 and 3. Games commence 4 th April. All games are played on a Saturday.
Times	Games are held on Saturday mornings and afternoons depending what age group the student is in.
Venue	All games are held at Cintra Park Concord at the same time each week.
Training	At the College on the school courts one afternoon (3.30-4.30pm) or morning (7.15- 8.15am) per week.
Grading	Grading for each age group will occur on the following dates and times: Cadet & Seniors – Wednesday 2nd & 9th February 3.30-4.30pm Under 12/13s – Friday 4th & 11th February 3.30-4.30pm Under 14s – Thursday 3rd & 10th February 3.30-4.30pm Under 15s Tuesday 1st & 8th February 3.30-4.30pm Once grading has commenced students will commence fitness/skills training after school. Once teams have been established students will start training in about week 5 of Term 1. Students will also be offered to play Netball in the Summer Competition in Term 4 on a Tuesday or Wednesday evening.
Uniform	Netball Dress (purchase during registration process, collect at school).
Cost	To be advised.
Registration	Registration does not open until 1 st January 2022. The registration link will be emailed in January when available. Please contact the Sports Coordinator if you have questions: josborne@scholastica.nsw.edu.au

Rugby 7s

The College competes in the School Girls Rugby 7s Competition. This competition is held on Monday afternoons at Barker College (Hornsby). Transport will be available on the school bus. Rugby 7s is also offered in Term 4.	
Venue	Barker College, Hornsby.
Playing dates	7 th February – 4 th April 2022.
Time	4.30pm -8pm.
Training	Training will commence week beginning 31st January. Training will take place one morning or afternoon at Jubilee Park by Rugby 7s coaches.
Grading	Based on student age and ability.
Uniform and Equipment	PE shorts or Schols tights and Schols singlet available from the uniform shop. To purchase a uniform please use the link - \$30 for shorts and \$35 for shirts: https://www.registernow.com.au/secure/Register.aspx?E=32655 Students must have a mouthguard and boots for both training and games. There will be

	opportunity to participate in other Rugby 7s tournaments and pathways.
Cost	\$200 per term.
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45303

Soccer (Football)

Soccer (Football) is played as part of the IGSA Competition. 2021 was our first year of this competition. In 2022 the competition moves to a two-term model which is Term 2 and 3, each term is played as a separate competition.

Students and families are responsible for transport to and from games. If we have more than one team playing at Mittagong, we will organise a bus to transport the girls.

All students who register will be placed into a team. This competition caters for all levels of players and students do not need to have played before. Students may register for both terms at the beginning or for which term they would like to participate. We will take new students for Term 3 as well.

Venue	Our home ground is Wentworth Park and games will be held at different locations each week.
Time	Games are played on a Saturday morning between 7.30-12 noon.
Training	Tuesday or Thursday mornings 7.15-8.15am at Jubilee Park.
Grading	Grading will commence for Year 7, 8, 9 – 22 nd February and 1 st March Wentworth Park Field 1 7am-8am For Year 10,11 and 12 – 23 rd February and 2 nd March Wentworth Park Field 1 7am-8am.
Uniform	Uniform is the multipurpose shirt and shorts, that students wear for Rugby, AFL and Hockey. You able to purchase a uniform in the link if you do not have one. Schols Football socks are available from the uniform shop. Students will also require soccer shin pads.
Cost	The cost for the program is \$245 per term, this covers player entry, field hire, coaching and equipment.
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45401

Tennis

Tennis is a sport many girls enjoy playing. In our first term of tennis in 2021 we were able to field 4 teams, we are hoping to increase this in 2022.

Tennis will be offered in Terms 1 and 4.

Venue	Various venues around Sydney (If any division receive Frensham in their draw it would mean one round in Mittagong).
Playing days	Games will be played on Saturdays commencing Saturday 12 th February to 2nd April.
Time	There are 2 timeslots for Tennis 7.30am and 9.45am. Each team of 4-5 students plays doubles and singles matches throughout their timeslot.
Training	Students will train one morning per week at Sydney University Tennis courts from 7.15am-8.15am commencing Wednesday 2 nd February until Wednesday 30 th March.
Grading	Based on age and ability at training.
Uniform and equipment	Students will need to wear their PDHPE uniform to training and games each week. Students will be required to have their own racquet, have lessons and some knowledge of how to play games.
Cost	The cost for the program which includes entry fees to competition, coaching, and court hire: \$285.
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45256

Tennis Tildesley Shield

In 2022 we will enter a team into the Tildesley Shield Tennis Competition. We encourage all students choosing Tennis or playing tennis outside the College to submit an expression of interest to enter this Program.

We require roughly 20 girls to participate – 10 singles players and 5 doubles/pairs. This is a knockout tournament for singles and will be held on Sunday 20th March at Eastwood-Thornleigh District Tennis Association, Britannia Ave, Pennant Hills Park (doubles will play on Monday 21st March). A back-up day for rain will be on Tuesday 22nd March.

The cost per player, if your daughter is selected into the squad, will be \$50. Here is the link to express your interest to be part of the College team:

<https://docs.google.com/forms/d/e/1FAIpQLSeCkm4W1Mc2Qf13HkjCKetbRXayefN9ICU9hNmG8-19CNEBhA/viewform>

Touch Football

The College participates in the Eastern Suburbs Touch Association Competition. Touch Football will also be offered in Term 4.

Venue	Centennial Park or Mission Fields (located in the centre of Centennial Park).
Playing days/ times	Games commence on Saturday 5 th February and teams will play until Saturday 26 th March (grand finals). Teams usually play at the same time each week. Games are held on Saturday mornings in Centennial Park between 7.30am and 12.30pm.
Training	Either afternoons (3.30pm - 4.30pm) or mornings (7.15 - 8.15am) at Jubilee Park.
Grading	Gradings for Term 1 2022 will be held on the following dates and times. All grading is held within Jubilee Park behind the school. Year 6 (which will be year 7 in 2022) – Saturday 30th January 8.30am-10.30am Junior 7 and 8 – Monday 15th and 24th November 3.45-4.45pm Senior 9,10 and 11 – Wednesday 17th and 24th November 3.30-4.30pm All other Year groups in 2022 will have a training session before school returns. Students in Year 8 and 9 in 2022 will train on Friday 29th January from 8-9.30am and Students in Year 10,11 and 12 will train on Friday 29th January from 9.30-11am all at Jubilee Park meeting at the grandstand. Please note that these trials are compulsory.
Uniform	PE shorts or Schols tights and Schols singlet available from the uniform shop.
Cost	\$180 for the term.
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45259

Volleyball

Volleyball is a fast-growing sport at St Scholastica's. We will be entering teams into the Santa Sabina Competition.

Venue	Santa Sabina College.
Playing days/times	Saturday mornings between 7.30am-12.30pm. Games are held at similar time each week.
Training	Once a week on the College courts either before or after school.
Grading	Grading for Term 1 will be on the following dates: Year 6 (which will be year 7 in 2022)– Saturday 30th January 9-11am College Courts Year 7 – Monday 22nd and 29th November 3.30-4.30pm school courts Year 8 – Wednesday 24th November and 1st December school courts 3.30-4.30pm Year 9 – Thursday 25th and 2nd December 7.15-8.15am Year 10 & 11- Wednesday 24th November and 1st December 7.15-8.15am
Uniform	Uniform is PDHPE Shorts or Schols Sports tights and Schols Sport Singlet all available from the uniform shop.
Cost	The cost for Term 1 is \$180.
Registration	Please use this link to register for Term 1: https://www.registernow.com.au/secure/Register.aspx?E=45250

Volleyball – REPRESENTATIVE PROGRAM

Each year we select three representative Volleyball teams and one development team. Normally at the end of Term 4 the three representative teams travel to the Gold Coast to compete in the Australia Volleyball Schools Cup (AVSC).

Students in the development team will play both Santa Sabina Competition, JVSL and Schools Cups. They will not travel to the Gold Coast but will be the reserves for other teams in case of injury or illness.

Students will also play other School Cup competitions and CGSSSA Volleyball throughout the year, most of these competitions occur on school days.

Venue	Various
Playing days/times	In Term 1 students play Saturdays at Santa Sabina College, Term 2 and 3 in the State Junior Volleyball League (JSVL), these games occur on Friday evenings for under 18s, and Sunday morning for Seniors and Under 16s. Term 4 Students play Saturdays at Santa Sabina College.
Training	This program involves two training session per week normally one at Sydney University Aquatic Centre or Marrickville PCYC (on the volleyball courts).
Trials	To be advised.
Uniform	Uniform is PDHPE Shorts or Schols Sports tights and Schols Sport Singlet all available from the uniform shop.
Cost	The cost for this program is \$550 which includes training and all competition costs for the 4 terms. Students will also need to join Volleyball NSW which is between \$60 and \$100 depending on their age. Students in the representative teams will need to pay another fee of approx. \$1300 for the trip to the Gold Coast which includes flights, bus hire, accommodation, all meals, and competition entry.

Water Polo

This year for the first time the College will participate in the IGSA Water Polo Competition (<https://www.ahigs.nsw.edu.au/IGSA-Sport/Water-Polo>).

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.

Water Polo is also offered in Term 3 (Friday night at MLC) and Term 4 part of IGSA.

Venue	Please click on the link to see the list of venues used in 2021. It will depend on which schools are in our division. Here is the link: List of Venues
Playing dates	Commence 12 th February – 2 nd April 2022.
Time	Games are played between 8am and 1pm on Saturday.
Training	Thursday 5.30-7pm Year 7, 8 and 9 Cabarita Pool, Wednesday 5.30-7pm Year 10,11 & 12 Cabarita Pool.
Grading	Grading: Grading is compulsory for all students that attend to play water polo in Term 4. We will only be able to go ahead with these dates: Wednesday 17th and 24th November 5.30-7pm Cabarita Pool 5.30-7pm – Year 7 and 8 Thursday 18th and 25th November 5.30-7pm Cabarita Pool 5.30-7pm – Year 9,10 and 11. Thursday 27th January – Year 7 2022 5.30-6.30pm Cabarita Pool
Uniform	In Year 7 students are allowed to wear non-uniform swimwear. In Year 8 students are required to wear a Schols Water Polo costume (Cost \$95). This can be purchased online from the registration link.
Cost	\$255 for the term.
Registration	Please use this link to register: https://www.registernow.com.au/secure/Register.aspx?E=45258

Yoga	
<p>In Term 1, 2022 Yoga classes will include a range of postures, breathing exercises and meditation and are held at the College. The classes are mixed ages and accessible for beginners as well as those more experienced. Yoga will be offered each term to join. You only commit to one term at a time.</p> <p>Please note we must have at least 8 students per class, for the class to go ahead.</p>	
Venue for training	At the College (Studios)
Times	Classes will begin on Wednesday 2 nd February and continue on Wednesday mornings, from 7am - 8am.
Uniform	Active wear
Cost	\$180 for Term 1
Registration	<p>Closes on 2nd February 2022 at 11pm</p> <p>Link: https://www.registernow.com.au/secure/Register.aspx?E=45383</p>

Independent Girls' Schools Association (IGSA)

If you wish to know more about Independent Girls' Schools Association (IGSA) here is the link to their website:
<https://www.ahigs.nsw.edu.au/IGSSA-Sport>

Inter-School Sport

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

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. Students **trial for selection** into these teams (with the exception of gymnastics) and travel outside school to compete against other schools in one-day competitions. Some of the sports the College participates in include:

- AFL
- Athletics
- Basketball
- Cricket
- Cross country running
- Dance
- Football (soccer)
- Gymnastics
- Netball
- Swimming
- Tennis
- Touch football
- Volleyball
- Water Polo

Students can register for these sports by contacting the Sports Coordinator, Ms Jodie Osborne (josborne@scholastica.nsw.edu.au).

Students chosen to represent the College in these sports are given opportunities to train with their team and as individuals. 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.

Other sports that are offered throughout the year are Cross Country training, MLC Invitational Swim Carnival, Futsal, CGSSSA Cricket, CGSSSA Touch Football, CGSSSA Basketball, CGSSSA Rugby, CGSSSA Hockey, CGSSSA Football, College Representative Netball, College Representative Gymnastics, Oztag, CGSSSA and IGSA Swimming and Athletics, NSWCCC Water Polo. Expression of interest for these programs will be sent as they date for competition is established. All correspondence is done through student and parent email.

Active Kids Vouchers

For all sports at Schols you may use an *Active Kids* voucher from Service NSW. You may have one or two currently that expiry on the 31st December 2021 which can be used towards your daughter's sport. If you wish to use this for Term 1 2022, please send me the voucher number and I will send you a promo code to be used in the registration.

You will also receive another voucher on 1st January 2022, if you wish to wait to complete the registration after 1st January please use this link for sport registration until you can register with the voucher:

https://scholastica.formstack.com/forms/term_1_sport_2022



Duke of Edinburgh International Award

The **Duke of Edinburgh's International Award** is an extra-curricular award program offered to students in **Years 9 - Year 12** at Schols and presents an opportunity for students to build their teamwork and communication skills, as well as harness self-confidence and challenge themselves.

There are three levels to the Award: **Bronze, Silver & Gold.**

Each Award level has **four components** (except Gold, which has five components).

Participants must do an activity **in each** of the four sections below:

- Volunteer Service
- Physical Recreation
- Skills

Adventurous Journey for 2022 are on the following dates.

- Practice Journey Bronze 20th-21st April
- Practice journey silver 20th-22nd April
- Qualifying journey bronze 13th-14th July ‘
- Qualifying junior Silver 13th-15th July

At Bronze level, participants dedicate a minimum of 13 weeks for an average of 1 hour a week in the Volunteer, Physical Recreation and Skills component. Participants also need to make one of these components a Major, which will run for 26 weeks instead of 13 weeks. Due to an age minimum, Year 9 students must start at Bronze level.

At Silver level, students must dedicate 6 months to each component and at Gold level, 12 months to each component. Silver and Gold do not have a Major unit (unless a participant skips a level). Gold journey dates are still being negotiated.

Bronze Fee: \$750

Silver Fee: \$950

Gold Fee: \$1,200

If you would like to be involved in the program in 2022, please complete the Expression of Interest link:

https://scholastica.formstack.com/forms/duke_of_ed_2022