

19 November 2018

Dear Students & Parents

Year 9-11: Elective Sport Term 1, 2019

Sport selections for Term 1 will be completed online by the students. This is the same system that has been used for sport in previous terms this year. **Please note that there may be financial implications from the choices your children make so please consult with them prior to them making the choice.** For paid sports, these will be charged to your Term 1 school fees. **Selections are due by Wednesday 28 November 2018.** If your child has not entered their preferences by then, they will be allocated to a sport for the term.

The choices are as follows with more information included below:

Options	Cost
School Sport	Free
Basketball	Free
Table Tennis	\$35
School Gym	\$60
Dance	\$75 (total for Term 1 and 2)
Beach Walking	\$90
Ten Pin Bowling	\$165
Indoor Rock Climbing	\$190
Water Sports	\$210 (10 weeks only)
Surfing	\$240 (10 weeks only)

Students enter their top three preferences and whilst we will endeavour to accommodate their first preference, **there are limited places for some sports** meaning a **first in first served** approach will be taken. If there is not enough interest in a particular sport it may be cancelled.

Sport begins on Tuesday 29 January, Week 1. **Please note this is the first day of Term 1.**

- **School Sport:** This takes place on the school grounds and includes a variety of sports.
- **Basketball:** This takes place on the school courts and will include a few sessions with a professional basketball coach, as well as some skills, drills and games. A great introduction to our Basketball Academy and would help prepare students for out of school competitions.
- **Table Tennis:** This will involve coaching, skills, and round-robin style games. It will be held at school on our new tables! Equipment is provided but you are welcome to bring your own bat.
- **School Gym:** This utilises the school's gym facilities and will focus on muscle-toning exercises and cardiovascular activities through circuit training, high volume (repetitions), low-resistance (weight) workout.

- **Dance Eisteddfod:** This is a commitment across Terms 1 and 2, and it utilises sports time and our PAS space to teach students choreographed routines that are then performed as a troupe in three different competitions and some school performances. The competitions are held on the Northern Beaches, North Shore and in greater Sydney. You will be required to arrange transportation for these. Dance tuition, uniforms and entry fees are included in this cost.
- **Beach Walking:** This involves being transported by bus each week to a Northern Beaches location for a coastal walk.
- **Ten Pin Bowling:** This takes place at Zone Bowling in Dee Why and includes bus travel and rounds of bowling.
- **Indoor Rock Climbing:** This sport is done at an Indoor Rock Climbing facility in Brookvale where there is an excellent variety of climbs for the beginner through to the advanced climber.
- **Water Sports:** This takes place on Narrabeen Lake with students having the option to use a Stand-Up Paddle Board or Kayak. Supervision is provided by trained staff from an external supplier. Students choosing this option will do a sport at school for the first week of term.
- **Surfing:** This sport is run by Manly Surf School at Long Reef or Collaroy Beach. Boards, rash vests and coaching are provided. Students choosing this option will do a sport at school for the first week of term.

Please note the following School Policies with regard to sport participation:

- **Requests to change sports** will only be accepted up until the **end of Week 1, Term 1**, and must come via a *Sport Change Form*. This will require your signature. Students must place the form in the Sports Note Box outside the PE office for consideration.
- Students may only be dismissed from sporting venues on a term basis, and must bring a signed note to the Sports Administrator **before the end of recess on or before the day of sport**.
- **Students unable to participate in sport** are required to bring a note to the Sports Administrator **before the end of recess on or before the day of sport**.
- As sport is a compulsory component of the curriculum, students are required to go to their sporting venues even if they have permission to not participate on a particular day, i.e. in the event of an injury.
- In the event of an unexplained truancy from sport, a Friday Detention will be given.
- Due to limited staffing numbers and our *Duty of Care Policy*, we will not be granting permission for students to work in the library or any other school venue instead of going to the sporting venue.
- Requests to leave school at lunchtime will not be granted, unless the parent comes to collect the student, signing the student out from school.
- Students leaving due to sickness are to sign out with a parent via the Sick Bay.
- Correct PE uniform must be worn at all times unless other requirements are specifically requested.

Yours in the service of Christian education



Ms D Kane
K-12 Sports Administrator



Mr T Smithies
Director of School Administration