

# **Sport Activities**

### **Athletics**

### **HICES Athletics Championships**

On Wednesday the 24 August 50 Junior School students travelled to Homebush to compete in the HICES Athletics Carnival. 50 students competed with 17 qualifying for CIS which will be held on the 20 September. Pittwater House students took home 25 ribbons on the day.

- 12 First Place Ribbons
- 11 Second Place Ribbons
- 3 Third Place Ribbons

Congratulations to all students and good luck to those who will be competing at CIS next month.

## **CDSSA Athletics Championships**

Congratulations to the 95 students who competed at the CDSSA Athletics Carnival last week. You all deserve to feel extremely proud of your efforts and results on the day.

Pittwater House took out the Overall Champion school with 2,601 points, 749 points ahead of the school who placed second!

95 students competed on the day with 57 qualifying for AICES Athletics which is being held next Tuesday 6 September at Homebush. Between the 95 students, they received a total amount of 113 ribbons.

- 49 First Place Ribbons
- 42 Second Place Ribbons
- 22 Third Place Ribbons

# **New Records**

Congratulations to the following 3 students for breaking a CDSSA Record:

- 1. Ruann 15 Boys Javelin with a throw of 55.92m
- 2. Alexander 14 Boys 200m with a time of 24.51
- 3. Leo 15 Boys 800m with a time of 2:11.36

# **Age Champions**

Congratulations to the following students for becoming this year's CDSSA Age Champions:

- 13 Year Girls Zara
- 15 Years Boys Ruann
- 18 Years Girls Olivia

Congratulations to the following students for placing 2nd in this year's CDSSA Age Champions:

- 13 Years Girls Angela
- 15 Years Boys Leo
- 17 Years Girls Ruby

Congratulations to the below students for placing 3rd in this year's CDSSA Age Champions:

- 12 Years Girls Zara
- 13 Years Boys Max
- 17 Years Girls Sofia

Well done and congratulations to all on such a successful day and good luck at AICES next week.

## Cricket

# **CIS U12 Girls Cricket Trials**

On Wednesday 17 August, 5 girls from Junior College trailled for the CIS U12 Girls Cricket Team, Aaleyah (J6) Reggie (J6), Trinny (J6), Sonia (J6) and Carley (J6). The girls trialled against some very talented players from across NSW. Huge congratulations to Trinny, Reggie and Sonia who had the end of the day were named into the CIS U12 Team. Well done girls.

#### Netball

## **AICES Netball Championships**

Congratulation to both Ruby (C8) and Talea (C9) on being selected into the CIS U15 Netball Team last week. Both girls played in the AICES U15s Netball team with Ruby being one of the youngest at 13 and Talea only turning 14 this year. Both girls showed skill and determination on the court and were very excited to be one of the 9 girls selected from across the state to play in the NSW Combined Independent Schools Team. They will both go on to play at the NSW All Schools Netball Change at Homebush on the 12 September. Well done and good luck girls.

### **Softball**

### **CIS U12 Girls Softball Team**

On Wednesday 3 August Marley (J6) and Sonia (J6) travelled out to the Blacktown International Sportspark to trial for the CIS U12 Girls Softball Team. Both girls trialled very strongly showing their skill and expertise on the field and successfully being named into the CIS Team. Well done girls.

# **Surfing**

## **Australian Surf Championships - Tyson Letts G12**

A massive congratulations to Tyson (G12), who qualified at State to represent TEAM NSW at National level, last week, at the Australian Surf Championships run by Surfing Australia, in the Open Men's Logger (Longboard). A fun fact, the CEO of Surfing Australia is an ex-TPHS alum, Christopher Mater.

Tyson has managed to compete at this level whilst studying and completing his HSC Trials and it was fortunate that his exam schedule (along with careful time management of his studies) has allowed him to attend this prestigious event at Port Macquarie, with a Quarter Final finish, thus one of the top 16 men's longboarders in Australia! Surfing is a sport he has enjoyed and competed in for many years and enjoyed pursuing in the TPHS surf program the past 6 years.

Well done, Tyson!

# **Swimming**

## **School Sports Australian Swimming Championships (Photo)**

We have a rising star in our midst! Lillie (C8), is now the fastest 14-year-old schoolgirl in Australia after competing at the School Sports Australian Swimming Championships last week in Queensland winning GOLD in every individual event she swam in, breaking 2 Australian records and received the female overall Champion Award!

Lillie also competed in 2 freestyle relays on Saturday and won a team bronze and silver. What a champion! Congratulations, Lillie.

- 🏅 50m Fly GOLD New Australian Record 27.69
- 🏅 100m Fly GOLD New Australian Record 101.37
- 50m Freestyle GOLD
- 🏅 100m Freestyle GOLD
- 🏅 200m Freestyle GOLD
- Girls 13-14 4 x 50m Freestyle Relay SILVER
- Girls 13-19 4 x 100m Freestyle Relay BRONZE

# Sport Results - Junior School

## **Basketball**

## Year 4 Pittwater Nuggets v X Factor (19 July 2022) Lost 3-23

It was a tough game for the Nuggets, trailing early, X Factor were too good today. There was some great defence from the Nuggets and fabulous teamwork, but it just wasn't our day. Great job boys!

# Year 5/6 Pittwater Warriors v St. Luke's Bandits (20 July 2022) Lost 6-25

The Warriors came up against a very formidable and tall opposition in St. Luke's today and after having a few weeks off Basketball were understandably a little rusty for their first game back. However, they battled hard and competed and we will work hard at training to try and get back into the swing of things.

### Year 5/6 Pittwater Warriors vs St. Luke's Wallabies (27 July 2022) Won 16-11

The Warriors faced off against St Luke's Wednesday afternoon. The Warriors played extremely well applying full court defence and forcing St Luke's to turn over the ball. The Warriors did well to hold the lead and secure the win!

## Year 6 Pittwater Jazz v St. Luke's Wallabies (20 July 2022) Won 22-12

The Jazz started the season with a well-earned win after not playing much Basketball over the last few weeks. They shared the ball well, talked defensively and were able to get some easy transition points, which ended up being the difference in the end.

## Year 6 Pittwater Jazz vs St. Luke's Bandits (27 July 2022) Won 29-14

The Jazz from start to finish were locked in and focused on securing the win. They were able to push the ball in transition and get some easy fast break points. Defensively, they were able to keep the ball out of the paint and force St. Luke's into tough outside shots.

## Manly Warringah Netball Competition (Photo)

Congratulations to our amazing U12 netball team and super coach Molly (C10) who just finished the season undefeated after taking out the Grand Final 29-12. Thank you to our amazing support staff that supported the first full season of the Pittwater House Netball Club and cheering these girls on in wet and slippery conditions yesterday. Special thank you to Dr Hillier who put time aside each Saturday to be a very supportive member of this growing School club in rain, wind or shine.

## **PISA**

## Junior Girls Soccer Team v St Luke's Dee Why (26 August) Won 3-2

On 26 August, Pittwater House played against St Luke's Dee Why and won the game 3-2. It was a close match with both teams scoring 2 goals each right up to the last 10 minutes where Pittwater House scored their third goal. The Pittwater House junior girls' team were excellent at defence. Here's to hoping that we have many more such victories!

# Junior Boys Rugby League Team v St Luke's Dee Why (26 August)

Whilst the weather looked a little dodgy as we were getting on the buses to go to PISA, the boys' spirits were certainly not dampened. We worked together in attack and in defence. Huge metres were gained going forward throughout the game meaning St Luke's Dee Why were always going backwards. Charlie and Conor were difficult for the opposition to deal with all game. Harry had the boys lined up in defence and minimising St Luke's metres every tackle. Both dummy halves (AJ and Alex) made impressive runs from the breakdown and were able to distribute the ball and cut through their defence. The first receivers did a wonderful job getting their runners lined up and fired up each run.

We played extremely well individually but more importantly we played as a unit, and it is because of his that we came away with a big win. Man of the Match was very hard to pick yet again with Alec, Conor and Charlie being stand outs from a very impressive house.

### Senior Boys Rugby League Team v Oxford Falls (19 August) Won 36-0

Senior Boys Rugby League played 2 games last week against Oxford Falls Grammar and Northern Beaches Christian School at Nolan's Reserve. The boys dominated the first game winning 36-0 with excellent attack and strong defence.

**Senior Boys Rugby League Team v Northern Beaches Christian School (19 August) Lost 24-42** The second game was a much more torrid affair with our energy stores somewhat depleted and a very enthusiastic opposition team. The boys held their own scoring 24 points, yet the opposition surged ahead scoring 42 points. Players of the match were Ethan for his amazing runs and try scoring abilities and to Sinclair for his speed and determination around the ruck.

**Senior Boys Rugby League Team v Northern Beaches Christian School (26 August) Won 10-4**Senior Boys Rugby League played St Luke's Bayview at Nolan's Reserve last Friday. The boys were a little slow to get started on a greasy surface, yet the second half proved our defence is certainly on the improve. The team defeated their opponents 10 tries to 4. Player of the match was James with some excellent speed around the ruck and from dummy half. We now have a break from play for two weeks whilst the council take down poles and prepare fields for summer sport. Unfortunately, we only have 1 game left.

## Senior Mixed Eagle Tag Team v Galstaun College (26 August) Won 7-4

Senior mixed Eagle Tag played Galstaun College at Nolan's Reserve today. It was enjoyable to train the team on Thursday and work through some skills regarding quick play the balls and first receiver speed. We are learning to play straight for the first few tags and get on a roll to create some space out wide. The ground was quite slippery and greasy under foot at Nolan's yet the team held on to win 7 tries to 4. Player of the match was Aangirus yet what impressed me the most was that the majority of the team were able to resist the temptation to get involved in some vocal niggle from the other team.

# Sport Results - Senior School

### Basketball

## Grammar 7 Pittwater Heat vs St. Luke's White (18 July 2022) Won 22-21

The Heat were in for a tough challenge after now moving up to Div 2 and to make it harder, we only had 4 players for today's game. The Heat were in a bit of shambles early trying to find their feet being down a player. Trailing at half time the Heat came out firing in the second half and took the lead. This one came down to the wire and it was some excellent defence and great teamwork that helped the Heat pull off a huge win. Well done boys!

# Grammar 7 Pittwater Heat vs Mosman Hunters (25 July 2022) Won 33-26

The Heat were coming off the back of a solid win and looking to build on that, the game started with an emphasis on defence and the Heat got out to an early lead. It was back and forth throughout with the Heat maintaining the lead. Some more great defence and team play secured the win for the Heat. Well Done boys!

# Grammar 7 Pittwater Lakers vs Mater Wizards (18 July 2022) Won 30-6

The Lakers faced off against Mater in the first game of the season. The Lakers started slow but by the start of the 2nd half the boys had momentum, were able to score some easy baskets in transition and won the game convincingly.

## Grammar 7 Pittwater Lakers vs Supreme Ballers (25 July 2022) Lost 4-31

The Lakers faced off against Supreme Ballers on Monday night who were a very strong team that put full court pressure on the boys which forced us into too many turnovers and easy points for the opposition. Unfortunately, it was too much to overcome, and the Lakers weren't able to mount a comeback to get a win.

## Grammar 7 Pittwater Raptors vs Bally Boys (18 July 2022) Won 18-12

The Raptors got off to a slow start but got into the groove just before the end of the first half and managed to take the lead going into half time. The defensive effort only increased in the second half and the Raptors came away with a great team win.

## Grammar 7 Pittwater Raptors vs Warriewood Heat (25 July 2022) Won 25-16

The Raptors continued their strong start to the season with another win tonight against the Warriewood Heat. The boys were great at keeping their heads up to consistently try and find a teammate in a better position, in order to get a great shot (mostly in transition offense). Well done boys!

# College 7/8 Pittwater Lynx vs Huskies (18 July 2022) Lost 18-19

What an exciting game for the Lynx first up! The Lynx battled the Huskies throughout and took the lead on numerous occasions. Unfortunately, a couple of shots bounced out for Lynx, and conversely bounced in for the Huskies, and that proved the difference as the Lynx went down by the slimmest of margins.

# College 7/8 Pittwater Opals vs St. Luke's Gold (18 July 2022) Lost 22-49

It was a tough first game back for the Opals against last season's championship winners, as the girls were a bit rusty after the holidays. Nevertheless, the effort and spirit were there from the girls from start to finish and they should be proud of their efforts.

## College 7/8 Pittwater Opals vs St. Luke's White (25 July 2022) Lost 16-31

A battling loss for the short-handed Opals. The girls started out strong going basket for basket with St Luke's throughout the first half. However, predictably as the game wore on, and having no subs, the girls started to tire, the shorts started falling short and St Luke's were able to get away for some fast break layups to pull away for the win.

# Grammar 8 Pittwater Bulls vs Mosman Nets (20 July 2022) Lost 31-40

The Bulls were in for a tough game as they had been moved up to Div 2, coming up against a good Mosman side the Bulls trailed early but found their rhythm midway through the first half. Going into the second half the game was going back and forth, and the Bulls made a late run through some great defence and transition offence. It was ultimately too late as the Bulls fell just short. Great game boys!

# Grammar 8 Pittwater Bulls vs St. Luke's Blue (27 July 2022) Lost 22-35

The Bulls got off to a slow start and found themselves trailing early. After finding some rhythm and playing some defence, the Bulls managed to get themselves back into the game, however it was a little too late and St Luke's pulled away in the last few minutes.

## Grammar 8 Pittwater Magic vs Mosman Wizards (20 July 2022) Won 22-12

A dominant wire-to-wire win for the Magic, as the boys raced out to a lead early and never looked like giving it back throughout the game. Some great team play, and hustle on defence proved to be the winning formula. A great win to start the season.

# Grammar 8 Pittwater Magic vs St. Luke's Navy (27 July 2022) Lost 8-17

Unfortunately, the Magic came up against a very well drilled St. Luke's team today and despite playing some good defence and only allowing them to score 17 points, offensively the boys couldn't buy a basket and that proved the difference in the end.

# Grammar 9 Pittwater Nets vs Mosman Stars (21 July 2022) Lost 17-34

The boys started strong trading baskets with Mosman and battling on the boards. Unfortunately, as the game wore on Mosman's size advantage started to pay dividends as they were able to control the boards for putback layups as well as limiting the Nets to one shot on defence.

# Grammar 9 Pittwater Nets vs Mater (28 July 2022) Lost 24-34

The Nets once again were up against it with a fair size advantage against them tonight. Despite this, the boys continued to battle on the boards and tried to play to their strengths of getting out in transition and using their athleticism and skill in the open court. Despite competing the whole game, Mater was able to pull away toward the end of the game with the win.

## Grammar 9 Pittwater Clippers vs St. Luke's Royal (22 July 2022) Won 32-8

What a great first up win for the Clippers after enjoying their break over the holidays! The boys shared the ball well and played some excellent defence to hold St. Luke's to only 8 points! Great job tonight boys!

# Grammar 9 Pittwater Spurs vs Silver Bullets (22 July 2022) Won 35-31

The Spurs got off to a great start early and never looked back. Some excellent ball movement created open looks and the boys were able to knock down some big 3s. It was the defensive end that really won it for the Spurs, creating turnovers and getting plenty of stops to lead to a great win. Good stuff boys!

# Grammar 9 Pittwater Spurs vs St. Paul's Red (29 July 2022) Won 33-31

The Spurs started strong and hit the lead early. The Spurs had the lead, but it was a back and forth battle with neither team really taking control of the game. The Spurs finally got it all together on the offensive and defensive end and managed to pull away late. Great win boys!

## College 9 Pittwater Rockets vs Sharks (20 July 2022) Lost 15-21

A close loss for the Rockets in a back-and-forth affair, as both teams were able to mount extended runs to take the lead at various points in the game. Some great hustle on D led to some fast break buckets for the Rockets. Unfortunately, the Sharks were able to do the same in reverse. Nevertheless, it was a solid first effort by the girls as they get back into the rhythm of the season after their break.

# College 9 Pittwater Mystics vs Mosman Blaze (20 July 2022) Lost 22-34

The Mystics had a close game against Mosman. Both teams started off strong, trading baskets and it looked like it was going to be a tight battle. It wasn't until the end of the 2nd half that Mosman took control of the game and came away with the win.

# Grammar 10 Pittwater Kings vs Newport Dubs (21 July 2022) Won 25-24

The Kings started off with a bang in their first game back from break and stepping up a division to now be playing in Division 2 against one of the better teams in the competition. We started off a little slow and had a little rust but managed to pull it together in the second half, looking after the ball and playing much more solid defence. It came down to 2 free throws after the buzzer went off and Luke calmly sank both for the win!

## Grammar 10 Pittwater Kings vs Bally Orange (28 July 2022) Won 47-34

The Kings continued their great start to the season from last week with a clinical win tonight against Bally Boys. The Kings were great defensively and dominated inside, scoring at will in the paint consistently getting layup after layup and came away with a great win!

# Grammar 10 Pittwater Knicks vs St Luke's White (21 July 2022) Won 24-14

The Knicks were a little rusty after the 3 weeks off, but it didn't take long for the boys to make open shots and lock down St Luke's on defence to secure the win.

## Grammar 10 Pittwater Knicks vs St. Paul's (28 July 2022) Lost 21-23

The Knicks and St Paul's traded baskets for the majority of the game with no team securing a lead. It wasn't till the end of the 2nd half where St Paul's made some tough shots to take the game away from the Knicks in a nail biter!

## Grammar Open's Pittwater Hawks vs Mosman Hawks (22 July 2022) Lost 5-37

A hard loss for the Hawks as Mosman packed the pain on D and dared the Hawks to hit from outside for points, and unfortunately it was one of those days where the shots just wouldn't fall.

## Grammar Open's Pittwater Hawks vs Pittwater Warriors (29 July 2022) Lost 20-21

The Hawks faced off against Pittwater High on Friday night. We started off slow but as the game went on the boys started finishing layups and making open shots. Unfortunately, the Hawks just fell short of the win right at the end of the game in a nail-biting affair!

## Grammar Open's Pittwater Celtics vs St. Luke's Yellow (22 July 2022) Won 26-18

The Celtics had a very slow start missing open layups allowing St Luke's to create a lead heading into the  $2^{nd}$  half. It was not till the final minutes of the game where the Celtics made shots to win the game.

## Grammar Open's Pittwater Celtics vs Swish a Roos (29 July 2022) Lost 31-58

Swish a Roos were a very strong team, with their full court trapping forcing the Celtics to take rushed shots and turn the ball over too many times. The Celtics managed to make a late run in the 2nd half by looking after the ball a little better but unfortunately it wasn't enough in the end to escape with a win.

## Grammar Open's Pittwater Hornets vs Silver Bullets (22 July 2022) Lost 29-31

The Hornets had a close game against the Silver Bullets trading baskets until the final minutes of the 2<sup>nd</sup> half. The Silver made tough shots in the final minutes of the half to secure the win.

## Grammar Open's Pittwater Pistons vs St. Luke's White (22 July 2022) Won 39-29

The Pistons didn't have the ideal start to the first Friday night game back from break. Whilst they were scoring on the offensive end, they struggled to box out their players and were caught ball watching defensively. Luckily, in the 2<sup>nd</sup> half they were able to rectify that and managed to take over the game and win.

## Grammar Open's Pittwater Pistons vs St. Paul's (29 July 2022) Lost 28-33

The Pistons came up against a hot shooting St. Paul's tonight and unfortunately, we weren't able to match them in the end. Despite this, the boys battled all game and gave themselves a chance to still be there in the end to try and steal the game. We weren't able to get it in the end but competed all the way to the end.

### College Open's Pittwater Suns vs Grenades (29 July 2022) Lost 11-30

The Suns came up against one of the best teams in the competition this afternoon and despite competing hard the whole game, just did not have enough offensive fire power to keep up with them. Despite playing hard the whole game and trying to find the open player, the girls couldn't buy a basket and the Grenades were able to take their chances and came away with the win.

# College Open's Pittwater Aces vs St. Luke's Navy (22 July 2022) Lost 11-12

A heartbreaking loss for the Aces, with a deep three at the buzzer just rimming out and leaving the girls just short of a hard-fought win. The rust was evident after the holiday break as shots that the girls would normally make kept bouncing around the rim and out, thereby forcing the girls to rely on their defence to keep the game close, which they did, falling achingly short at the buzzer.

# College Open's Pittwater Aces vs St. Luke's Blue (29 July 2022) Lost 11-48

The Aces faced a tough St. Luke's outfit this afternoon and defensively allowed them too many easy looks at the basket and they were able to score off of our turnovers to get a win. Despite not playing their best today, the girls competed all the way to the end and we'll look to turn it around next week!

# **Football**

## U14 College Team v Northern Beaches Christian School (2 August) Won 4-2

We got to the fields feeling good, a bit intimidated by their warm up's but we got playing. First half we were down two nil and accepting a loss but miraculously we got a boost from defence and Lexi scored a cracker giving us hope for the next 20 minutes. One after the other and we were up four two when this girl came down almost scoring a goal, but the amazing Pip did a slide dive saving the goal like a pro. Overall great win.

# U14 College Team v Mater Maria (16 August) Lost 0-1

We started off rough with 1 nil down taking many shots on goal but missing all. They were quite a tough team, a very strong defensive team with a lot of fouling down the field giving us plenty of opportunities to attempt to score off our penalties. Overall good game but a unfortunate outcome.

# Open College Team v Covernant Christian (24 August) Won 5-1

After a delayed start due to confusion over which pitch to use the House Ladies started strongly. A couple of early attacks could easily have seen House ahead in the opening minutes but a dazzling run by one of the Covie forwards mesmerized the House defence and they somehow managed to put the ball in the back of the net.

Despite the setback House continued to press and soon drew level with a well worked goal from Sienna . The Covie forwards were always dangerous on the counterattack, but the first half ended without further score. The second half opened in much the same way as the first but this time House took advantage of many of their opportunities.

A whirlwind hat trick by Clara, including a side footed volley direct from a corner and an unstoppable 20m screamer from outside the box, soon had Covie on the back foot. Only one more goal followed to Asha, just reward for her constant harrying of the Covie defence. Strong performances also from Lexi, helping out from the 14s, and Sienna along with centre backs Cat and Eva rounded out a strong squad performance.