



Sport Activities

BADMINTON AND TABLE TENNIS (YEARS 9-10)

On Wednesday afternoons from 3:30-4:20pm, Mr Roberts will host badminton and table tennis in the Sports Centre.

This will be run as an extra-curricular activity and available to all Years 9 and 10 students. This will be a fantastic way to try out a new sport or practise your skills. It will involve coaching and free hitting. Mr Roberts has been playing badminton since 1995 and is passionate about both activities. If you would like to attend these sessions, please let the Sports Office know. This activity will commence this week: Wednesday 10 March.

SWIMMING

Afterschool Swim Program (K-12)

Pittwater House now offers an Afterschool Swim Program on Mondays, Tuesdays and Wednesdays from 4.00 to 5.30pm in the School Pool. Information has been placed on Skoolbag. For further information, please contact Bernadette Johnson on 0422 500 050 or email: b.m.johnson@optusnet.com

AICES Additional Entries – Senior School

There are several events swum at CIS that are not swum at AICES. Competitors for these events are included in the AICES Team for CIS through a nomination process. Nominations close at 5pm on Monday 15 March. Please send to the Sports Office via email SportsOffice@tphs.nsw.edu.au. Please let the Sport Office know if you would like to swim in any of the events below.

- 100m Breaststroke
- 200m Breaststroke
- 100m Backstroke
- 200m Backstroke
- 100m Butterfly
- 200m Butterfly

CIS Additional Entries – Senior School

There are several events swum at All Schools but not swum at CIS. These are also selected by CIS through a nomination process. These nominations close Monday 29 March via email SportsOffice@tphs.nsw.edu.au. Please let the Sport Office know if you would like to swim in any of the events below.

- 400m Freestyle
- 800m Freestyle
- 400m Freestyle
- 400m IM

Junior School Sport Results

STUDENT ACHIEVEMENT

Surf Lifesaving

Congratulations to **Sadie (J6)** who won 1st place at this year's State Surf Life Saving Championships for U11 Board. This is the second year in a row that Sadie has won this event, another HUGE congratulation to Sadie who also won the U11 Girls Iron Woman gold medal. Well done Sadie.

CIS AFL SELECTION TRIALS

Last week two boys from our Junior School took part in trials to select the CIS Primary AFL team for 2021. Henry (P6) and Liam (P5) took part in the selection trials. Over 80 incredibly talented students from all over NSW attended the day. Eight teams were named, and all the teams played four games on the day on the synthetic fields at Lionel Watts Reserve French's Forest.

Both Henry and Liam played strongly for their respective teams. Henry played in the fullback position in all of his matches and made scoring difficult for the opposition teams. Liam played in the mid field and produced some great marks when under pressure and was heavily involved in his teams set up of scoring opportunities. After the four games had been played the selectors named twenty boys to represent CIS at the State Championships.

The CIS team is always extremely hard to beat at the Championships with them having won three out of the last four years at the event. Neither of our students gained selection but both are to be congratulated for representing our School at the selection trials.

PISA SPORT

Senior Cricket A v Northern Beaches Christian School (26 February). Won 70-29 runs

We played NBCS last Friday and after sending them into bat we restricted their score to 29 runs after 10 overs. Our best bowlers were Blake 3 wickets and Lukas, Jesse, Ethan, Harrison, Aangirus who all took one wicket each. We dismissed 8 of their batsmen. Lukas our wicket keeper and was involved in taking seven of their wickets. We then batted and passed their total in the sixth over. Well batted boys. All batting pairs scored over 10 runs each for a top all round team effort. Man of the match Lukas.

Senior Cricket A v Dee Why (5 March). Won 86-13 runs

PISA Senior Cricket A played St Luke's Dee Why. We won the game by restricting their score to 13 runs and we then batted and scored 86 runs. We took 10 of their wickets and we lost only 5 in our ten overs. Best batting was Myles with 27 runs and Lukas with a well put together 20.

We passed their score in our second over. Best bowlers were Lukas 1 wicket, Oscar 2 wickets, Ethan 2 wickets along with Alex, Harrison and Myles who took 1 wicket each. Well played boys.

Junior Boys Tee-Ball v St Lukes Dee Why (12 February). Won 33-8

What a wonderful day to have been outdoors. We were all a little nervous heading into our first game. We were still not sure of fielding positions or batting order just yet, but we were ready to play.

Everyone remained super positive throughout the game and our communication was superb. We did really well batting and on the field, but we found some areas to work on also. At the end of the game, we walked off the field happy with a solid win to kick start the season. The score was 33-8 Man of the match went to everyone for such a solid team effort.

Junior Boys Tee-Ball v Northern Beaches Christian School (19 February). Won 11-8

We knew it was going to be a tough game from the get-go with a very well drilled Northern Beaches Christian school outfit. They had big hitters and fantastic fielders. After the first innings they had shot out to a big lead. We made some simple errors giving them some easy runs, but our positive team talk remained throughout the bad patch.

In the third innings we managed to get six runs putting us right in the game again. Some clever fielding and excellent communication made the game a real tussle. We ran out of time and had to cut the game short at the top of the innings and were not able to count the last runs that Northern Beaches scored. The final score was 11-8 our way. The boys were relieved with the outcome and realised we had been lucky this time. The boys were ecstatic and ready to practise for next week's game. Man of the match was Charles who was flawless at first base.

Junior Girls Tee-Ball v St Luke's (19 February). Lost 18-10

What a beautiful day for Tee-ball. Today we played St Luke's, and unfortunately, we lost 18-10. We again batted smartly, and our fielding is improving every week. Thanks for coaching us Mr Behan.

Junior Boys Tee-Ball v Covenant Christian (5 March). Won 16-11

After the disappointment of not playing last week due to the other team's bus not turning up, the boys were keen to get back on the field.

The morning training session went well. It consisted of plenty of fielding and catching practice. By 8.15am it is fair to say we were all ready for a big game.

Covenant Christian had some big hitters, and their fielding was very crisp all game. It was closely fought as we went through the innings with both the teams playing exceptionally well. We had a big innings of six runs and then they did the same. They got us out for zero and then we did the same to them.

We remained positive the whole time, communicated very well and showed great sportsmanship. In the end we came out winners 16-11.

Senior School Sport Results

SOFTBALL

CIS Softball Selections Championships

Last Tuesday we had three students take part in these trials that were used to select the CIS Open Girls Softball team. Shontelle (C10), Talea (C8) and Andie (C8) were our top rated Softballers that attended the trials.

Our students played for the AICES Softball team in a series of matches against the IGSSA and ISA association teams. During the day, each team played four games each before the selectors. Andie played in the right outfield and second base positions, Talea played at left outfield and second base and Shontelle took on first base and the centre outfield positions. All our students showed some impressive skills during the day. Both Talea and Andie were playing well above their age in the open company and looked right at home amongst the elite company. Shontelle played strongly all day and impressed the selectors with her great batting and fielding skills and was named as a member of the impressive CIS Open Girls team for 2021.

Congratulations Shontelle on your selection and good luck in the upcoming State Championships. Well done Talea and Andie, you both have a big future in the game.

SWIMMING

Swimming Carnival – Grammar

Congratulations to the following boys for setting new records at this year's Grammar Swimming Carnival

- Event 1 - Junior boys 200 Freestyle - Noah 2.17.54
- Event 2 - Intermediate boys 200 Freestyle - Connor 2 06.33
- Event 5 - Intermediate boys 200IM - Connor 2.28.04
- Event 29- 13years 100m Freestyle - Noah 105.22

Swimming Carnival – College

Congratulations to the following girls for setting new records at this year's College Swimming Carnival:

- Event 1 – Girls Junior 200m Freestyle – Zara 2.12.00
- Event 2 – Girls Intermediate 200m Freestyle – Sophie 2.17.12
- Event 15 – Girls 13 Years Butterfly – Lillie 31.32
- Event 29 – Girls 13 Years 100m Freestyle – Lillie 1.03.45
- Event 30 – Girls 14 Years 100m Freestyle - Zara 1.01.42
- Event 31 – Girls 15 Years 100m Freestyle - Sophie 1.02.62
- Event 57 – Champion of Champions - Zara 28.19

WATER POLO

CIS Open Water Polo Trials

Last Monday Troy (G11) took part in the trials that were held at Knox Grammar School Aquatic Centre. He was a member of the AICES /CDSSSA Association team. Troy was largely used in a central defending position and he made the CAS, GPS and ISA teams that were also taking part in the trials. He worked very hard to get past his close marking in this very physical game. Well played Troy it was a long and gruelling day in the water as each team played three games each. Congratulations for making it to the CIS trials this year.