



Pittwater House

# Pittwater House Sport Activities

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## ATHLETICS

### Australian Athletics Championships - Ruann (G9) - 3rd in Australia in U16 Boys Javelin

On Sunday 27 March, Ruann Eksteen competed in the Australian Athletics Championships at Homebush in the Javelin event for U16 Boys. A massive congratulations to Ruann for setting a new PB with an amazing throw of 53.95m and finishing 3rd in Australia taking home the bronze medal. What is even more exciting is that the distance between 1st and 3rd place was only 58cm. Well done, Ruann!

### NSW State Little Athletics Championships

A massive congratulations to both **Leo and Ruann (G9)**, who had a very successful weekend at the NSW State Little Athletics Championships!

Leo - Bronze medal in the U15 Boys 300m Hurdles and Bronze medal in the U15 Boys 100m Hurdles.

Ruann - Gold medal in the U15 Boys Javelin with a throw of 50.69m.

Well done, Leo and Ruann.

## FOOTBALL

### NSW CIS Primary Football Trials

Freddie, Ned, and James all from Year 6 took part in the trials that were held at Valentine Sports Park. They were representing the HICES Football team on the day. Their team played four games during the day in rainy and windy conditions against other association teams. Although HICES did not win any of their games the team played well and Freddie in the midfield James and Ned in the fullback positions all played strongly displaying their talents for the game of football against some very talented primary aged boys. Congratulations to all of students for representing HICES at the selection trials for the CIS Primary Boys Football Team.

## HOCKEY

### AICES Hockey Trials

On a very wet Thursday 24 March the AICES Hockey Trials we're held at the Central Coast Hockey Centre in Wyong. We nominated three students to attend the selection trials for this year's U/16 AICES Hockey teams. Toby Year 10 and Zane Year 8 took part in the boys' trials and Hannah Year 8 took part in the girl's trial. All our students performed well in the torrential rain that fell during the trials. We were delighted to hear Hannah's name announced as a member of the AICES team at the end of the day. She impressed the selectors with her organising of her team's defence and her sting and accurate passing throughout the day. Well done all a fine effort in the very wet and cold conditions.

## MOUNTAIN BIKE RIDING

### Australian Mountain Biking Interschools Championships

Last week 13 boys from Pittwater House competed in the Interschools Championship in Thredbo. With over 1200 entries from 204 schools across Australia Pittwater House finished in 86th place. Well done boys, that's a great effort considering some schools had 50 plus students competing.

Pittwater House would like to thank the many parents that supported our students in Thredbo and the dads that managed our team and looked after boys on the track throughout all the events.

## NETBALL

### CDSSA Netball Gala Day

On Wednesday 23 March, Pittwater House entered 2 teams into the CDSSA Netball Gala Day. CDSSA Gala Days have 2 outcomes, firstly to select an U15's and an Opens Representative team to play at the AICES Championships, and secondly, round robins to crown the CDSSA School Championships. Both Pittwater House teams played with skill and determination with the following results.

### U15 Team

The U15 Team played in Pool 1 finishing round games undefeated. They then went to play Moriah College in the play off's winning 17-12 to gain a spot in the Grand Final. The Grand Final was played between Pittwater House and Reddam House who also went through their pool undefeated. This was a very tightly contested game with the game being a tied at fulltime.

After a nail biting 10 minutes of extra time, the Pittwater House U15 team, coached by Netball legend with 3 World Cup winning titles under her belt Carissa, ended up taking out the Championships 26-19. Well done team! Congratulation to the following students for their amazing effort on the day. Kayla, Ruby, Olivia, Charlotte, Marlena, Macie, Addison, Mirabella, Zara, Amy, Ruby, Ukiesha and Talea.

Congratulations also to the following girls for being selected into the U15 CDSSA Team that will now play at the AICES U15s Championships on 5 May at Homebush:

- Ruby
- Charlette
- Talea
- Ukiesha
- Ruby

Shadow players

- Amy
- Addison

### **Opens Team**

The Opens Team played in Pool 1, finishing round games undefeated. They then went to play Reddam in the play offs winning 17-8 to gain a spot in the Grand Final. The Grand Final was played between Pittwater House and SEDA College, SEDA College is a non-ATAR school that specialises in Sports pathways. SEDA College has taken out these Championships for the last 5 years and this was an extremely hard game for our Opens team, that included three U15 girls. Pittwater House never gave up and narrowly lost the grand final 30-22. Well done, Paige, Hannah, Brooke, Alicia, Molly, Bridget, Ukiesha, Talea and Ruby.

Congratulations to the following girls who have been selected into the Open CDSSA Team that will now play at the AICES Open's Championships on the 8 June.

- Brooke
- Molly
- Alicia

Shadow players

- Hannah
- Ukiesha

## **SOFTBALL**

### **Softball Selection**

We would like to congratulate **Melanie (C7)**, on her recent selection to play softball for the U14 ACT team in the upcoming National Championships. Melanie has been selected in the U14 while still only 12 years of age a remarkable effort. The Championships will be played during easter, and Melanie will be displaying her fast and accurate pitches for her team. Good luck Melanie and any unfortunate batter who must try to strike any of her sizzling pitches.

## **SURFING**

### **Lifeline High Schools Surf Challenge**

Last Thursday Logan, Jack, Tyson, Oscar and Hugo competed in the Lifeline High Schools Surf Challenge, the boys were coached by one of our very dedicated surf coaches Mr Anderson who went above and beyond to make the day a really fun and memorable experience for the surf team.

The boys did really well in the competition progressing to the second round before being knocked out of the competition by the Freshwater College Team, well done boys

## **SWIMMING**

### **AICES Swimming Champions ~ Pittwater House ~**

Today at the AICES Swimming Carnival Pittwater House took out the overall School champions collecting a total of 27 Medals:

- 18 x Gold Medals
- 3 x Silver Medals
- 6 Bronze Medals

As well as 3 Age Champions:

- 12 Year Girls - Sadie
- 14 Years Girls - Lillie
- 15 Years Girls - Zara

Out of 188 female swimmers between the ages of 12 to 18, Sadie finished 5<sup>th</sup> on points, Zara 7<sup>th</sup> on points and Lillie 8<sup>th</sup>. To top off the day Pittwater House students broke 5 AICES records.

Congratulations to the following girls for setting new AICES Records:

- Lillie 14 Girls 50m Butterfly with a new time of 28.57 which was set by Olympian Emma McKeon in 2008
- Lilly 14 Girls 50m Freestyle with a new time of 27.84
- Lilly 14 Girls 100m Freestyle with a new time of 59.51
- Relay: 15-16 Years girls 4 x 50m Free with a new time of 1.56.99
  - Sophie
  - Ashleigh
  - Ruby
  - Zara
- Relay - All Age Relay 6 x 50m with a new time of 3.00.30
  - Sadie
  - Angela
  - Lillie
  - Zara
  - Sophie
  - Hannah

## TENNIS

### NSW State Teams Championships - Amy

On the weekend of 19<sup>th</sup> and 20<sup>th</sup> of March, Amy travelled to Bathurst to take part in the NSW State Tennis Teams Event. Amy led the Metro Flames team, winning their side of the pool matches by beating 5 other teams from across the state. That put the Metro Flames team into the Final against the winning team from the other pool. Amy's team finished as runners up in the tournament after narrowly going down in the Final. This was a top achievement from Amy and her team and we would like to congratulate her on her continued impressive form on the court.

## TOUCH FOOTBALL

### CDSSA Touch Football Trials

Today Pittwater House sent 17 students to trial for the CDSSA Touch Football Team, they played in very wet conditions and luckily last minute CDSSA was able to book a Synthetic field so trials could still go ahead. We would like to congratulate the following students on being selected to play in the CDSSA Teams at the AICES Championships next Tuesday 5 April.

### U15 Girls Team

- Charlotte
- Talea
- Zara
- Marlina
- Ukiesha
- Jade

### U15 Boys Team

- Taiaroa
- Kaia

### Open Girls Team

- Brooke
- Hannah
- Olivia

Well done and congratulations everyone.

## VOLLEYBALL

### Australian National Beach Volleyball Championships

Congratulations to **Stella (C8)** who played in the NSW Beach Volleyball Team at the Australian National Beach Volleyball Championships on the Gold Coast last week. Stella's team finished 9<sup>th</sup> in Australia for the U15, well done Stella what a wonderful result.

# Junior School Sport Nominations

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## ATHLETICS

### Running Academy

The Pittwater House Running Academy program will be for athletes who are looking to compete in the upcoming Cross Country and Athletic seasons. Our program will develop skills and all aerobic systems to provide a platform, so athletes can compete competitively at the upcoming running events.

Sessions are designed and will be taken by Jack McPhee, who is a qualified Athletics, Triathlon, and Swim coach. Jack brings outstanding technical knowledge and expertise to the coaching role. In addition, his engaged and outgoing personality and experience competing at top levels gives him a perfect platform to assist Junior runners reach their full potential and create a positive team environment in the process.

Day/Time: Thursdays 3:30pm – 4:30pm

Dates: Term 2: 5 May to 23 June (Week 2-9)

Cost: The cost is \$150 per term (8-week program)

Uniform: Students are required to wear their full Pittwater House PE uniform.

Venue: Pittwater House Oval

If your child would like to participate in the Term 1 Running Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Athletics folder.

### Junior School Athletics Carnival

Date: 24 June 2022

Location: Sydney Academy of Sport, Narrabeen

### Junior School Athletics Pathway Carnivals

HICES Athletics Carnival: 24 August 2022

CIS Athletics Carnival: 20 September 2022

## BASKETBALL

### Junior School Basketball Academy

Day/Time: Thursdays 3:30pm – 4:30pm

Dates: Term 2: 6 May to 24 June (Week 2-9)

Cost: The cost is \$150 per term (8-week Academy)

Uniform: Students are required to wear their full Pittwater House PE uniform.

Venue: Pittwater House Sports Centre

Age Group: Year K-6

If your child would like to participate in the Term 1 Junior Basketball Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Basketball folder.

### Cross Country Carnivals

Pittwater House School Carnival K-2: 4 May 9am – 10.15am

Pittwater House School Carnival 3-6: 4 May 10.30am - 12.20pm

HICES Cross Country: 9 June 2022

CIS Cross Country: 9 June 2022

## FOOTBALL (SOCCER)

### Junior Football Academy

The Pittwater House Football Academy offers students a rare opportunity for elite training from a certified, highly experienced, professional footballer who was previously based in the United Kingdom.

Day: Mondays 3.30pm to 4.30pm

Dates: Term 2 – 2 May to 20 June (Week 2-8)

Cost: \$131.25 per term (7-week academy Term 2 only)

Age Group: Kindergarten to Year 6

Uniform: Students are required to wear their full Pittwater House PE uniform.

Venue: The Academy is run on the school oval and moved to the Indoor Sports Centre in wet weather or extreme heat.

If your child would like to participate in the Term 1 Junior Football Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder.

## **GOLF**

**NSWPSSA Golf Championships - Nominations Due: 6 June 2022**

Date: 25 July 2022 (Paper selections)

The maximum handicap for boys is 32 and 44 for girls. All students must be a member of a registered Golf Club (AGU, WGA), Jack Newton Golf Foundation, any Junior Development Program and must have a Golf Link Number.

Note: CIS will not be holding a Primary Golf Championships but will select a team to participate in the NSWPSSA Championships based on the online nominations.

## **GYMNASTICS**

**CSSA Primary and Secondary State Gymnastics Championships - Nominations Due: 9 May 2022**

Date: 2 June 2022

To enter this competition, all students must be current members of a Gymnastics Club and the students must know and have practised their routines. The routine should be done in a safe manner. The student should feel confident about performing the routine on their own and should have reached a good standard of skill proficiency. All boys will do the levels based on the Men's Artistic Gymnastics 2018-2022 Australian Levels.

Students competing in the AGF Level Division must compete on at least two apparatus. Students competing in the AGF Level Division must compete on apparatus only within one level. Only students who compete on all apparatus will be included in the overall point score for each level. Gymnasts must compete at the level or a higher level of their last competition either club, region, or state. Gymnasts that have competed NDP cannot compete state stream in that level.

## **HOCKEY**

**CIS Junior School U12 Hockey Trials - Nominations Due: 25 April 2022**

Date: 9 May 2022

The Junior School Hockey Pathway is straight to CIS, so therefore, you must play high level Club / Rep Hockey and must be in Year 5 or 6 to nominate.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Hockey folder before the nomination due date.

## **NETBALL**

### **Netball Academy**

The Pittwater House Netball Academy provides a host of skill development programs according to the Netball NSW NetSetGo Program.

Day/Time: Wednesdays 3:30pm – 4:30pm

Dates: Term 2 – 4 May to 22 June (Week 2-9)

Cost: The cost is \$150 per term (8-week program)

Additional Cost: Netball dress \$85 (optional) or Netball singlet \$45 (optional)

Age Groups: All students aged 5-12 years

Uniform: Students are required to wear their full Pittwater House PE uniform or netball uniform.

Venue: Pittwater House Sports Centre

If your child would like to participate in the Term 1 Netball Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Netball folder.

## **RUGBY LEAGUE**

### **CIS U12 Boys Rugby League Trials - Nominations Due: 25 April 2022**

Date: 9 May 2022

Each school is limited to sending three players only to trial at the CIS Championships, students who nominate need to be either a club A grade player or a Rep player. At these Championships, players can be selected to represent CIS at the NSWPSA U12 Rugby Championships from 21-23 June 2022.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Rugby folder before the nomination due date.

## **RUGBY UNION**

### **CIS U12 Boys Rugby Union Trials - Nominations Due: 9 May 2022**

Date: 25-26 May 2022

Each school is limited to sending three players only to trial at the CIS Championships. At these Championships, players can be selected to represent CIS at the NSWPSA U12 Rugby Championships from 23-25 August. Full playing history must be provided if you would like to trial.

### **CIS U12 Girls Rugby 7's Trials - Nominations Due: 9 May 2022**

Date: 31 May 2022

This is a new pathway starting 2022, more information will be added once we receive it. If your daughter would like to nominate to attend this trial day, please email [sportsoffice@tphs.nsw.edu.au](mailto:sportsoffice@tphs.nsw.edu.au).

## **SNOWSPORTS RACEWEEK**

### **Interschools Snowsports Championships - Nominations: 21 April 2022**

Each year, Pittwater House competes at the NSW Interschools Snowsports Championships in the Term 2 School Holidays.

Competition: 11 - 15 July

Location: Perisher

Age Groups: Kindergarten to Year 6 (must stay with parents)

Year 7 to Year 12 (can stay with parents OR with school accommodation)

#### **Junior students and Senior students staying with parents:**

Cost: \$200 Admin and Staff race supervision fee.

*Excludes:* TPHS snow jacket hire, race fees, registration, and equipment/clothing hire.

If your child would like to compete in the 2022 Interschools Snowsports Championships, please submit the permission eForm which is now available via our Skoolbag App in the Sport > Snowsports folder.

## **SWIMMING**

### **Pittwater House Swim Club**

Mini-Squad to Advanced Level (Please note this is not a Learn to Swim Program).

The Pittwater House Afterschool Swim Program will be run by SwimWise Northern Beaches Pty Ltd. SwimWise has many years' experiences with outstanding results. With an emphasis on good stroke technique with concentrated effort on stroke correction along with improving overall fitness and racing skills.

The Afternoon Swim Program will be externally run by Bernadette Johnson exclusively for Pittwater House students. Sessions are available Mondays / Tuesdays / Wednesdays Commencing Week 2 of each term

#### **Session Times:**

Session 1 - 4pm to 4.30pm (Beginners who can swim up to 25m this session is suitable for students in K-2)

Session 2 - 4.30pm to 5pm (Mini Squad is suitable for students 8 to 10 years who can confidently swim 50m)

Session 3 - 4pm to 5pm (Squad Sessions suitable for students 8 to 18 years who can confidently swim 50m repeatably)

Cost: 1 x Session per week = \$60 per month , 2 x Sessions per week = \$112 per month  
3 x Sessions per week = \$168 per month  
Uniform: Students are required to wear their TPHS Swimming costume, swim cap and goggles  
Venue: Pittwater House Swimming Pool  
Booking: Book directly with Bernadette Ph: 0422 500 050 - Email: [b.m.johnson@optusnet.com](mailto:b.m.johnson@optusnet.com)

## **SOFTBALL**

**CIS U12 Boys Softball Championships** - Nominations Due: 23 May 2022

Date: 10 June 2022

Each school is limited to only sending three players to trial at the CIS Championships. At these Championships, players can get selected to represent CIS at the NSWPSA U12 Softball Championships from the 30 August to 1 September 2022.

**CIS U12 Girls Softball Championships** - Nominations Due: 22 July 2022

Date: 3 August 2022

Each school is limited to only sending three players to trial at the CIS Championships. At these Championships, players can get selected to represent CIS at the NSWPSA U12 Softball Championships from 20 to 22 of September 2022.

# Senior School Sport Nominations

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## **AFL**

**CIS U15 Girls and U15 Boys AFL Trials - Nominations Due: 21 April 2022**

Date: 5 May 2022

There is no limit on the number of nominations per school, however, only talented players should be put forward. CIS selectors will select the top players to go on and play for CIS at the NSW All Schools Championships held on 30 May 2022.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport - AFL folder before the nomination due date.

## **ATHLETICS**

### **Running Academy**

The Pittwater House Running Academy program will be for athletes who are looking to compete in the upcoming Cross Country and Athletic seasons. Our program will develop skills and all aerobic systems to provide a platform, so athletes can compete competitively at the upcoming running events.

Sessions are designed and will be taken by Jack McPhee, who is a qualified Athletics, Triathlon, and Swim coach. Jack brings outstanding technical knowledge and expertise to the coaching role. In addition, his engaged and outgoing personality and experience competing at top levels gives him a perfect platform to assist Junior runners reach their full potential and create a positive team environment in the process.

Day/Time: Thursdays 3:30pm – 4:30pm

Dates: Term 2: 5 May to 23 June (Week 2-9)

Cost: The cost is \$150 per term (8-week program)

Uniform: Students are required to wear their full Pittwater House PE uniform.

Venue: Pittwater House Oval

If your child would like to participate in the Term2 Running Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Athletics folder.

### **Senior School Athletics Carnival**

Date: 29 April 2022

Location: Sydney Academy of Sport, Narrabeen

## **Senior School Athletics Carnivals – Pathways**

CDSSA Athletics - 25 August 2022

AICES Athletics – 6 September 2022

CIS Athletics – 20 September 2022 (Night Carnival)

## **BASKETBALL**

### **Senior School Basketball Academy**

Day/Time: Friday 3:30pm – 4:30pm

Dates: Term 2: 6 May to 24 June (Week 2-9)

Cost: The cost is \$150 per term (8-week Academy)

Venue: Pittwater House Sports Centre

Age Group: Year 7-12

Uniform: Students are required to wear their full Pittwater House PE uniform. Pittwater House Basketball shirts are available from the Sports Office Price: \$45 each.

If your child would like to participate in the Term 2 Senior Basketball Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Basketball folder.

## **CROSS COUNTRY**

CDSSA Cross Country – 25 May 2022

AICES Cross Country – 1 June 2022

CIS Cross Country – 9 June 2022

## **FITNESS**

### **College and Grammar Fitness**

The PDHPE Department conducts fitness training in the Fitness Centre at The Pittwater House Schools. The Fitness Centre provides some excellent facilities for boxing, fitness and cardiovascular training which can help to build fitness and strength levels for upcoming school sporting teams and activities.

Day/Time: College – Tuesdays and Thursdays from 12:50pm – 1:35pm (Lunch)

Grammar – Mondays, Wednesdays, and Fridays from 12:50pm – 1:35pm (Lunch)

Dates: Commences Week 2 of each Term

Age Group: 15 years of age and above

Uniforms: Students are required to wear their full Pittwater House PE uniform. Inner gloves will be required for hygiene reasons and can be purchased from all sports stores. A towel will be required when using equipment in the Fitness Centre and a water bottle is recommended to rehydrate throughout the workout.

Cost: No cost for this activity

## **FOOTBALL (SOCCER)**

### **Advanced Football Academy**

The Pittwater House Advanced Football Academy offers a rare opportunity for students to further their football skills. This will be an 8-week program with a different focus each week covering all aspects of elite football training including speed, strength and tactical training, sprint technique, fitness principals and footwork.

Day: Mondays 4:30pm to 5:30pm

Dates: Term 2 – 2 May to 20 June (Week 2-8)

Cost: \$131.25 per term (7-week academy)

Age Group: Students in Years 7-12

Uniform: Students are required to wear their full Pittwater House PE uniform.

Venue: The Academy is run on the school oval and moved to the Indoor Sports Centre in wet weather or extreme heat.

If your child would like to participate in the Term 2 Advanced Football Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder.

### **Peninsula Cup Football Competitions**

The Peninsula Cup Football Competition is played against various schools on the Northern Beaches.

Time: 4:00pm – 5:00pm

Location: Games are played at various schools on the Northern Beaches, including our own oval. (See draw once published)



Uniform: TPHS Football jersey (borrowed from the Sports Office), TPHS shorts, TPHS sport socks and shin pads.  
Cost: \$50 per season

### **College Football - Nominations Due: 29 April 2022**

U14 Girls – Term 3 on Tuesdays

Opens (U16/U18) – Term 3 on Wednesdays

If your child would like to play in this competition, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder before the nomination due date.

## **NETBALL**

### **Peninsula Cup Netball Competitions**

The Peninsula Cup Netball Competition is available for Senior College students in Years 7-12 and is played against various schools.

Teams: U14 Girls and Open Girls  
Day/Time: Tuesday Term 2 from 4:00pm – 5:00pm  
Location: Curl Curl Netball Courts  
Uniform: TPHS Netball Dress (available to borrow from the Sports Office), navy or black bike pants/scungies and TPHS sports jacket  
Nominations: **26 April 2022**  
Trials: Wednesday 27 April & Wednesday 4 May – Lunchtime in the Sports Centre  
Training: One session per week – Date and time TBC  
Cost: \$50 per season

## **GYMNASTICS**

### **CSSA Primary & Secondary State Gymnastics Championships - Nominations Due: 9 May 2022**

Date: 2 June 2022

To enter this competition, all students must be current members of a Gymnastics Club and the students must know and have practiced their routines. The routine should be done in a safe manner. The student should feel confident about performing the routine on their own and should have reached a good standard of skill proficiency. All boys will do the levels based on the Men's Artistic Gymnastics 2018-2022 Australian Levels. Students competing in the AGF Level Division must compete on at least two apparatus.

Students competing in the AGF Level Division must compete on apparatus only within one level. Only students who compete on all apparatus will be included in the overall point score for each level. Gymnasts must compete at the level or a higher level of their last competition either club, region, or state. Gymnasts that have competed NDP cannot compete state stream in that level.

## **RUGBY LEAGUE**

### **CIS U15 Boys Rugby League Trials - Nominations Due: 29 April 2022**

Date: 18 May 2022

The U15 Boys Rugby League pathway is straight to CIS so therefore you must play high level or rep Rugby League to nominate. Schools are advised they should only send players of outstanding ability. Full playing history and positions must be provided if you would like to trial.

### **CIS U18 Boys Rugby League Trials - Nominations Due: 29 April 2022**

Date: 11 May 2022

The U18 Boys Rugby League pathway is straight to CIS so therefore you must play high level or rep Rugby League to nominate. Schools are advised they should only send players of outstanding ability. Full playing history and positions must be provided if you would like to trial.

## **RUGBY UNION**

### **CDSSA U16 and Opens Boys Rugby Union Trials - Nominations Due: 21 April 2022**

Date: 9 May 2022

If your son is interested in attending the CDSSA U16 and Opens Rugby Union Trials, please submit the permission eForm which is now available via our Skoolbag App in the Sport > Rugby folder with their full playing history and two preferred playing positions included.

## **CIS Open Girls Rugby 7s - Nominations Due: 6 April 2022**

Date: 28 April 2022

This is a new pathway starting 2021, more information will be added once we receive it. Students who are selected will represent CIS at the NSW All Schools Rugby 7's Championships on the 23 June 2022.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Rugby folder before the nomination due date.

## **Interschools Snowsports Championships - Nominations: 21 April 2022**

Each year, Pittwater House competes at the NSW Interschools Snowsports Championships in the Term 2 School Holidays.

Camp Dates: Sunday 10 July to Sunday 17 July 2022  
Competition: 11 - 15 July 2022  
Location: Perisher  
Age Groups: Kindergarten to Year 6 (must stay with parents)

Year 7 to Year 12 (can stay with parents OR with school accommodation)

### **Junior students & Senior students staying with parents:**

Cost: \$200 Admin and Staff race supervision fee.  
Excludes: TPHS snow jacket hire, race fees, registration, and equipment/clothing hire.

### **Senior students staying with Pittwater House on Camp: 7 spots available in the Grammar dorm rooms. Unfortunately, the College dorm is now full.**

Cost: \$2150 which includes accommodation, transport, six-day lift pass, two compulsory lessons, National Park entry, all breakfast and dinners.  
Excludes: TPHS snow jacket hire, race fees, registration, lunches and equipment/clothing hire.

*Spots are limited so get in quick!*

If your child would like to compete in the 2022 Interschools Snowsports Championships, please submit the permission eForm which is now available via our Skoolbag App in the Sport > Snowsports folder.

## **SURFING**

### **Advanced Boardriders Academy**

The aim of Pittwater House Advanced Boardriders Academy is to coach and train students in the sport of surfing. This will be done through Manly Surf School at Long Reef and Collaroy Beaches. Students meet down at the beach at 6.30am ready to surf. The lesson will run from 6:45am – 7:45am and then the students will shower and change at the beach and will be taken to school by minibus. Their boards will be kept in a secured office for the day before taking them home.

The cost will be \$200 per term and paid as a full term. Students have qualified coaches that use a variety of coaching tools including video analysis. Students will need their own surfboards that are undamaged, surfboard covers and must use a leg rope.

**Please note:** All students who wish to be chosen for this activity must compete in a 400m swim, run/swim/run paddle at the beach to show fitness and to demonstrate they can catch their own waves. This is not a beginner's lesson and not for first timers.

Day/Time: Wednesdays (Term 1-4) 6:30am – 8:20am  
Dates: Term 1 - 16 February to 6 April (Week 3-10)  
Term 2 - 4 May to 22 June (Week 2-9)  
Term 3 - 3 August to 29 September (Week 3-10)  
Term 4 - 26 October to 8 December (Week 2-9)  
Cost: \$200 per term (8-week program all inclusive)  
Location: Long Reef and Collaroy Beaches

## SWIMMING

### Pittwater House Swim Club

Mini-Squad to Advanced Level **(Please note this is not a Learn to Swim Program)**

The Pittwater House Afterschool Swim Program will be run by SwimWise Northern Beaches Pty Ltd. SwimWise has many years' experience with outstanding results. With an emphasis on good stroke technique with concentrated effort on stroke correction along with improving overall fitness and racing skills.

The Afternoon Swim Program will be externally run by Bernadette Johnson exclusively for Pittwater House students. Sessions are available Mondays / Tuesdays / Wednesdays Commencing Week 2 of each term

#### Session Times:

Session 1 - 4pm to 4.30pm (Beginners who can swim up to 25m this session is suitable for students in K-2)

Session 2 - 4.30pm to 5pm (Mini Squad is suitable for students 8 to 10 years who can confidently swim 50m)

Session 3 - 4pm to 5pm (Squad Sessions suitable for students 8 to 18 years who can confidently swim 50m repeatably)

Cost: 1 x Session per week = \$60 per month, 2 x Sessions per week = \$112 per month  
3 x Sessions per week = \$168 per month

Uniform: Students are required to wear their TPHS Swimming costume, swim cap and goggles

Venue: Pittwater House Swimming Pool

Booking: Book directly with Bernadette Ph: 0422 500 050 - Email: [b.m.johnson@optusnet.com](mailto:b.m.johnson@optusnet.com)

### Senior Swimming Squad Training

The Sports Department conduct swimming squad training sessions in The Pittwater House Schools pool. The training sessions will be used to help improve those swimmers who will be representing Pittwater House over the upcoming swimming season with a focus on fitness and swimming development.

Days/Time: Tuesdays and Thursdays during Lunch

Dates: Commences Week 3 in Term 1 and Week 2, Terms 2-4

Location: Pittwater House Pool

Age Group: Year 7 to 12

Uniform: Students are required to wear their full Pittwater House swimming uniform, goggles, and cap.

Cost: No cost for this activity

## WATER POLO

### 2022 Water Polo Competitions

Pittwater House will be entering Open (Year 10-12), Intermediate (Year 8-9) and Year 7 Water Polo Teams into the Northern Suburbs Schools Water Polo Association Competition.

#### Intermediate Competition (College and Grammar Years 8-9)

Day: Monday nights

Dates: Commences Term 2 and continues into Term 3 (Dates to be confirmed)

#### **Nominations Due: 12 April 2022**

Training: Training commences early Term 2

#### Junior Competition (College and Grammar Year 7)

Day: Friday nights

Dates: Commences Mid-Term 2 and continues into Term 3 (Dates to be confirmed)

#### **Nominations Due: 20 April 2022**

Training: Training commences Early Term 2 2022

If your child would like to join a team, please submit the permission form found on Skoolbag in the Sport > Water Polo folder.