



## Sport Activities

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### Athletics

#### Australian Track and Field Championships

Congratulations to both **Ruann G9** and **Isla C11** who both competed at this year's Australian Track and Field Championship at Homebush. Ruann competed in the U16 Boys Javelin event and finished 3rd in Australia taking home a bronze medal and Isla 3rd overall in 4 events in the U17 Girls Para events of Shot Put, Discus, Javelin and Long Jump. Congratulations Isla on your 4 bronze medals.

### Cross Country

#### CIS Junior School Cross Country Championships

The CIS Cross Country was once again held at Eastern Creek Raceway in June. We had seven runners from our Junior School run on the day after they had qualified at the HICES Championships. The races all saw over 100 starters taking part. Our 10-year runners ran the 2000M course and our 11 and 12 years ran the 3000M course.

Congratulations go to the following TPHS competitors who competed against the top Independent School runners from all over the state at this very challenging event:

**Violet J4** finished 45th out of 120 runners, **John P4** finished 86th out of 117, **Max P4** finished 90 out of 117, **Samuel P6** finished 11th out of 121, **Ava J6** finished 27<sup>th</sup> out of 114, **James P6** finished 34th out of 112 and **Harvey P6** finished 15th out of 112 runners. Well done to all our runners and to Samuel 11th and Harvey 15th special congratulations for running so strongly to record a top 20 placing in your races.

#### CIS Senior School Cross Country Championships

Congratulations to the following 4 students from Pittwater House who qualified to compete at the CIS Senior Schools Cross Country at Eastern Creek. **Zara C7** competed in the U12 Girls race and finished 14th out of 55 competitors. **Thomas G7** competed in the U12 Boys race and finished 14th from 54 competitors. **Harry G9** competed in the U15 Boys race and finished 35<sup>th</sup> from 72 competitors and **Ruby C11** competed in the U17 Girls event and finished 17<sup>th</sup> from 47 competitors. Well done everyone.

### Dance

#### Extreme Dance Competition

Congratulations to **Marlena C9** who competed at the Extreme Dance Competition and won the U15 Open Hip-Hop Solo event. Well done, Marlena.

### CSSA Gymnastics Championships

Pittwater House had four students taking part in the CSSA Gymnastics Competition that was held at the Sydney Gymnastics Centre. Congratulations to all of our students for their great results on the day.

**Hazel C7** competed at Level 6. Hazel finished 3rd = on the vault and 3rd on the beam. **Zara C7** took part in the Level 7 competition. Zara finished 3rd on the vault, 2<sup>nd</sup> = on the bars, 2nd = on the floor and third overall. **Thomas P5** took part in the Level 3 Age competition. Thomas came 3rd in the vault, 1st on the pommel, 3rd on the parallel bars, 2nd on the floor, 3rd on the rings, 3rd on the high bar and 3rd overall. **Finlay G7** competed in the Level 6 competition. Finlay came 1st in the vault, 1st on the pommel, 1st on the high bar and placed highly on the floor, parallel bars and rings to finish in 1st overall. Well done all a very impressive effort all up.

### Hockey

#### NSW U15 State Squad

Congratulations to **Hannah C8** for being selected into the Hockey NSW U15 State Squad. Well done, Hannah.

### Australian Pool Lifesaving Championships

Huge congratulations to the 3 sibling's competing at the Australian Pool Lifesaving Champions in Pymble this year. **Sadie C7** who is only 12 competed in the U14 Division with the following results: 4th in the 100m obstacle events, 10th in the 10m Line Throw, 6th in the 100m Manikin Carry and 7th in the 50m Manikin Carry. Well done, Sadie. **Conner G11** is 17 and competed in the U19 Division in the following results. 7th in the 125m Line Throw and 9th in the 100m Manikin Carry. Well done, Conner. **Noah G9** won 3 Australian Gold Medals in the U14 Division for 100m Obstacle, 100m Manikin carry and 50m manikin Carry. Amazing results Noah.

## Swimming

### NSW All Schools Swimming & Diving Championships

Our school had a total of four students participating at the All-Schools State Championships. Three were in the Swimming events and one took part in the Diving Competition. Congratulations to **Conner G11**, **Sadie Maggs C7** and **Lillie C8** for reaching the State All Schools Level of competition in swimming and **Ashlee C7** who was our first student to reach this level in the Diving competition for over twenty years. At the pool we saw something very special take place. Lillie who was swimming in the 14 years age group totally dominated the competition, finishing the day with five GOLD Medals. A feat never seen before in our school's history. Lillie won Gold in the Girls 14, 50M Freestyle, 50M Butterfly, 200M Freestyle, 100M Freestyle and 100M Butterfly events. Well done, Lillie!

Sadie swam impressively to record 8th place in the Girls 12yrs 50M Freestyle and a great 4th place in the 50M Butterfly and 5th in the 100M Freestyle Conner swam in the Boys 15 -16 400M Freestyle and finished 3rd place. Well done all! In the Diving Competition Ashlee represented CIS in the 12-13 Years Springboard. Ashlee in her first ever diving event did very well to finish in fourth place in the 12 years girls competition. Ashlee is very new to the sport of diving so her effort at the All-Schools Championships was very encouraging for her future in the sport. Well done, Ashlee.

## Touch Football

### NSW CIS Touch Football Teams

Congratulations to **Talea Tonga C9** and **Taiaroa Lowe G8** for both being selected into the CIS U15 Touch Football Teams and competed with their teams at the NSW All Schools U15 Touch Football Championships

### NSW Touch Footballs Schools Championships

Congratulations to our **Year 7/8 Boys team** who came runners up in the Schools Touch Championships. They punched well above their weight and went undefeated through the pool stages. After a convincing semi-final win, they put in an incredible effort in the grand final but unfortunately only just went down. For this they received a runners-up plaque and have qualified for the State Championships later in the year.

## Water Polo

### Australian Schools Interstate Water Polo Championships

A huge congratulations to C9 girls Ruby and Phileine whose water polo team came third in the 18 Years and Under Australian Schools Interstate Water Polo Championships in Noosa last weekend. An amazing result, girls! Well done!

# Sport Results – Junior School

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## Basketball

### Year 5/6 Pittwater Warriors v Black Panthers (25 May 2022) Lost 4-59

The Warriors kept playing hard and were able to put together some nice passing sequences as the game went on. On the other end, the Black Panthers were just too tall, able to get rebound after rebound for easy shots at the basket.

### Year 5/6 Pittwater Warriors v OFG Heat (1 June 2022) Lost 12-17

It was a great battle between the Warriors and the Heat, with the Warriors jumping out to a lead and able to hold it through the halftime. In the 2nd half the shots just wouldn't fall as the Heat were able to overtake the Warriors down the stretch.

### Year 6 Pittwater Jazz v TPHS OFGS Dream (25 May 2022) Won 40-16

What a win for the Jazz. Dominant on D at one end and sharing the ball well to create easy basket after easy basket on the offensive end. The boys should be proud of their efforts.

### Year 6 Pittwater Jazz v Black Panthers (1 June 2022) Lost 15-30

The boys battled hard throughout the game, battling with the bigger Panthers on the boards to keep the game close in the first half. In the 2nd the Jazz just couldn't get enough shots to fall to keep with the Black Panthers. Nevertheless, the Jazz should be proud of their efforts.

### Year 6 Pittwater Jazz v OFGS (15 June 2022) Lost 17-41 (Semi Final)

Down a couple of players and with another couple under the weather the Jazz were up against it against the Heat. The old Jazz battled hard and put together some slick passing sequences for some nice buckets as the game went on. Unfortunately, the Jazz couldn't stem the flow of buckets on the other end and as a result were unable to eat into the lead the Heat had built up. Nevertheless, the Jazz should be proud of their efforts in both the game and the season as a whole.

## PISA

### **Senior A Boys Soccer Team v St Lukes (3 June) Lost 0-2**

After a solid morning of training the boys were looking quick, sharp and ready for a big game. When we arrived at the field, we were surprised to find ourselves on a 3/4 size field which meant very little space for us to play between the lines. Despite the size of the field the boys played well, and we were unlucky to be down 2-0 at half time. The second half saw a little bit of a shuffle with our personnel, and we dominated most of the play. Ned and James were standouts controlling the game in the middle of the park.

With a little more shooting practise we will be right up there with any team. We are getting better every week and the boys should be proud of the way they played. They remained positive for the entire game and kept playing out from the back, moving the ball well.

### **Senior B Boys Soccer Team v St Lukes (3 June) Lost 1-5**

Despite the score, we had a great game against St Lukes. Our attacking was fierce, and our defence was strong in the first half. We were well-matched against our opposition which gave us plenty of opportunity to run around on the field. Our Player of the Match was Ishaan who scored our first and only goal. Well done, Ishaan! Even though we have only been able to play 3 games so far this season we have improved every week, so we are looking forward to improving even more next week. Thank you to Mr Nunura and Mr Whisson for coaching us.

### **Senior A Girls Netball Team v NBCS (3 June) Lost 14-17**

Unfortunately, our Senior A team were defeated by NBCS, 17-14. It was a closely fought match, the best competition we have had all season. Our shooting was on point, however, we struggled to connect it through the centre court due to the opposition's tight defence. Special mention goes to all our defence team, Myla, Ava, Carly and especially Tilly who, despite taking a tumble, played exceptionally well.

## Sport Results – Senior School

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### **Basketball**

#### **Grammar 9 Pittwater Clippers v Jn Silver Bullets (27 May 2022) Lost 22-41**

The Clippers started strong in the first half playing solid defence and moving the ball to find the open shots. Unfortunately, we struggled to make shot and the Bullets capitalised on the missed shots creating their own makes.

#### **Grammar 9 Pittwater Clippers v TPHS Spurs (3 June 2022) Lost 31-37**

Both Pittwater House teams faced off against each other Friday night. Both teams played an extremely good game pushing the ball and playing excellent defence and pushed each other with the Spurs coming away with the win in the end.

#### **Grammar 9 Pittwater Spurs v St Lukes Royal (27 May 2022) Won 57-18**

This afternoon was an offensive masterclass from the Spurs, with the boys continually passing the ball ahead and finding a great shot for each other. I am very impressed with how unselfish this team is, always looking to create a great shot for a teammate!

#### **Grammar 9 Pittwater Spurs v TPHS Clippers (3 June 2022) Won 37-31**

Both Pittwater House teams faced off against each other Friday night. Both teams played an extremely good game pushing the ball and playing excellent defence and pushed each other with the Spurs coming away with the win in the end.

#### **College 9 Pittwater Rockets v St Lukes White (25 May 2022) Won 62-13**

The Rockets were on fire tonight with every player getting on the score board individually. The girls played some great defence, which led to some easy scores on the offensive end. The Rockets consistently looked for each other and found great shots the whole game.

#### **College 9 Pittwater Rockets v St Lukes Navy (1 June 2022) Won 24-22**

The Rockets had a close game Wednesday night. St Lukes did a very good job on defence making it hard for the Rockets to create a lead. At the end the Rockets were able to come away with the win.

#### **College 9 Pittwater Mystics v St Lukes Yellow (25 May 2022) Won 30-16**

The Mystics played a very competitive game this afternoon against St Lukes, with the girls able to get out and run to get some easy transition baskets. They rebounded very well and continually kept their heads up to find an open teammate, great job girls!

#### **College 9 Pittwater Mystics v Stella Marist Red (1 June 2022) Lost 10-24**

The Mystics faced off against Stella Wednesday night. The Mystics had a slow start to the game, and it wasn't till the start of the 2<sup>nd</sup> half where they were able to make a comeback but unfortunately it wasn't enough in the end.

**Grammar 10 Pittwater Kings v St Pauls (26 May 2022) Won 36-28**

The Kings came out of the blocks slow, falling behind to start the game. However, as the game went on the Kings started to find a rhythm on offense and locked down on D to surge ahead and hold the lead through to the finish for a solid win.

**Grammar 10 Pittwater Kings v Mosman Chargers (2 June 2022) Lost 22-24**

The Kings and Mosman faced off against each other Thursday night. Both teams put up a good fight going basket for basket but in the end, Mosman was able to come away with the win in a nail biter despite the boys putting up enough of a fight to have a chance to win it at the end.

**Grammar 10 Pittwater Knicks v St Lukes White (26 May 2022) Won 27-6**

The Knicks had a great win against St Lukes with both teams struggling to score against each other on the offensive end to start with. It wasn't until the end of the 2<sup>nd</sup> half where the Knicks were able to get some easy scores and secure the win.

**Grammar 10 Pittwater Knicks v Mater Benchwarmers (2 June 2022) Won 40-20**

The Knicks had a great game Thursday afternoon. They pushed the ball on fast breaks catching Mater off guard and allowing for easy baskets. Defensively they held up well and ended up cruising away with an easy win.

**Grammar Opens Pittwater Hawks v St Lukes Royal (27 May 2022) Lost 27-37**

The Hawks put up a great fight today against rivals, St Lukes. The boys were able to score enough points to stick around and be in the game until a few minutes to go, when St Lukes pulled away with the lead and then held on to win the game.

**Grammar Opens Pittwater Hawks v Mosman Hawks (3 June 2022) Lost 15-40**

Unfortunately, the Hawks couldn't match Mosman's hot shooting this afternoon and missed a few of our own shots that we would normally make. Nevertheless, the Hawks competed well and played the game in a great spirit, like they do every week! Good job boys!

**Grammar Opens Pittwater Celtics v Saints Gators (3 June 2022) Lost 31-38**

Today's game was a close one all the way though, with both teams going on their own runs throughout the game. Unfortunately, the Celtics just lacked a little bit of poise down the stretch and St Augustine's were able to convert and hold on to the lead in the end.

**Grammar Opens Pittwater Hornets v Wolves (27 May 2022) Won 36-15**

The Hornets had an all-round excellent game Friday afternoon. The Hornets from start to finish applied the defensive pressure and played unselfish basketball turning down good shots to find a great shot.

**Grammar Opens Pittwater Hornets v Saints Nuggets (3 June 2022) Won 53-27**

The Hornets had a slow start in the first half but in the 2<sup>nd</sup> half they pushed the ball on the fast break creating multiple shot opportunities and allowing for an easy lead to be created. They held that lead the majority of the game and came away with an easy win.

**Grammar Opens Pittwater Pistons v Mosman Sonics (27 May 2022) Lost 23-43**

The Pistons faced the top of the table Mosman High team today and although the final score says otherwise, the boys competed well and was a close game for the first half. Unfortunately, Mosman started to hit all their jumpers in the second half and the score blew out a little in the end, but the boys kept fighting right until the end.

**Grammar Opens Pittwater Pistons v Mater Magic (3 June 2022) Lost 24-39**

Offensively the Pistons struggled a little bit today and we struggled to take care of the ball in patches. Even with this, the boys never let that stop them from playing hard and making it difficult for Mater Maria and we showed our typical scrappy defence. Great job of competing despite the score!

**College Opens Pittwater Aces v OFG Hawks (27 May 2022) Lost 13-31**

Tough loss for the Aces. With the shots not falling the Aces were unable to keep up with the Hawks hitting several shots from deep on offense.

**College Opens Pittwater Aces v Hoops and Dreams (3 June 2022) Lost 10-34**

A similar story to the previous week, the Opals were able to generate some good scoring opportunities, but the shots just wouldn't fall and on D, the Opals couldn't overcome their opponent's height advantage to give up a number of o-boards for putback baskets.

**Grammar 7 Pittwater Heat v Saints Hoosiers (6 June 2022) Won 39-10 (Semi Final)**

A big semi-final for the Heat, having split the season series with Saints this was going to be a tough one, or so it seemed. The Heat came out on fire, playing amazing defence and even better offence, creating a big lead at halftime. The second half was even better with the defence tightening up allowing only 2 points in the half. A huge semi-final win by the Heat, earning a spot in the grand final! Well done boys!

### **Grammar 7 Pittwater Lakers v St Pauls (6 June 2022) Won 54-20 (Semi Final)**

The Lakers faced off against St Pauls Monday night in their semi-final clash. The boys started strong creating an early lead and dominating the defensive end which allowed them to get some easy transition points and come away with an easy win!

### **College 7/8 Pittwater Lynx v Mater Airballers (6 June 2022) Lost 6-28 (Semi Final)**

It was a nervy start for the Lynx, as the Airballers were able to build a quick double figure lead in the first half. However, once the Lynx settled in on defence and started competing on the boards the game became competitive, and the Lynx played the Airballers even for the bulk of the game. Unfortunately, the shots just kept bouncing around and rimming out and as a result the Lynx weren't able to eat into the lead they had given up in the game's early stages.

### **College 7/8 Pittwater Opals v Hoopstars (6 June 2022) Lost 26-46 (Semi Final)**

The Opals came out of the blocks strong against the favoured Hoopstars, playing with aggression and hitting shots on the break. However, as the game went deeper the Hoopstars height advantage began to take effect as they were able to control the boards on both ends giving them more shots at the basket. Nevertheless, the Opals should be proud of their efforts as they kept competing all the way to the final whistle.

### **Grammar 8 Pittwater Bulls v Mater Hornets (15 June 2022) Won 44-16 (Semi Final)**

The Bulls were feeling good before their big semi-final clash and they came out firing, getting out to a great start early. It was the team defence that was getting the job done and this continued throughout the game allowing the Bulls to get out to a solid lead. Once the Bulls were ahead, they never looked like slowing down and lead from start to finish and got a big win to get into the grand final. Great work boys!

### **College 9 Pittwater Rockets v St Lukes White (15 June 2022) Won 58-16 (Semi Final)**

The Rockets faced off against St Lukes in their semi-final and they dominated from start to finish playing excellent defence and limiting the amount of shots St Lukes took allowing for a big margin win! Let's get ready for the Grand Final next week!

### **College 9 Pittwater Mystics v St Lukes (15 June 2022) Lost 15-22 (Semi Final)**

The Mystics faced off against St Lukes in a Wednesday night semi-final. The girls started off strong moving the ball and finding the open player for great looks at the rim, unfortunately late in the 2<sup>nd</sup> half St Lukes went on a big scoring run to win.

### **Grammar 10 Pittwater Kings v Mater Thunder (16 June 2022) Won 30-26 (Semi Final)**

Down a couple of players, the Kings had to knuckle down and push through to get the win against the Thunder. Through the game the Kings were able to control the boards and as a result the pace of the game to keep the Thunder at arm's length throughout for a solid win.

### **Grammar 10 Pittwater Knicks v St Lukes White (16 June 2022) Won 25-15 (Semi Final)**

The Knicks had their backs against the wall before the game had started being limited to only 4 players. However, even with four players the Knicks played one their best games slowing down the pace and moving the ball to make sure we got great shots to secure the win.

### **Grammar Opens Pittwater Celtics v Saints Gators (17 June 2022) Lost 28-29 (Semi Final)**

The Celtics had a tough game Friday night against the top team St Augustine's. The Celtics played an excellent game, battling out for the full 36mins. We played very good defence and in the final 30 seconds gave ourselves a final shot to win but unfortunately it didn't go our way. Unlucky boys and great season!

### **Grammar Opens Pittwater Hornets v Bally Boys (17 June 2022) Won 40-19 (Semi Final)**

The Hornets brought the energy and intensity to the Friday night semi-final. The Hornets shut down Bally on defence and pushed the ball on the fast break securing the win and moving them onto the finals!

### **Grammar Opens Pittwater Pistons v Mosman Sonics (17 June 2022) Lost 34-35 (Semi Final)**

The Pistons came up against the top of the ladder and undefeated Mosman High team and took it to them right from the tip off. We hustled and rebounded and played some good defence and played freely and confidently with a sense of nothing to lose. If the game had been able to stop in the last minute in stoppages, then we might have had a different outcome, but even though it wasn't to be I couldn't be more proud of how the team competed against players that were up to 2 or more years older the majority of our team.

### **Grammar 7 Pittwater Heat v Mater Mustangs (20 June 2022) Won 26-15 (Grand Final)**

The grand final nerves were evident early for both teams, and the Heat got off to a slow start, losing 4-11 early. This didn't last long and they quickly found their rhythm and kicked into gear. The Heat went on to dominate the game on both ends with some excellent defence and stellar offence and after the first few minutes outscored the Mustangs 22-4. Great work boys and congratulations on a fabulous season!

### **Grammar 7 Pittwater Lakers v Killarney Gold (20 June 2022) Lost 11-24 (Grand Final)**

The Lakers faced off against Killarney Gold in the Year 7 grand final. The Lakers started strong against Killarney playing excellent defence limiting the number of open shots. However, in the second half Killarney started making shots and unfortunately couldn't catch up in the end, unlucky boys but what a great season!

### **Grammar 8 Pittwater Bulls v Blobfish (22 June 2022) Lost 35-46 (Grand Final)**

The Bulls would be in for a battle having had some close games against the Blobfish in the regular season. The game was close throughout the first half, but the Bulls were trailing at halftime. It was a tough day on the offensive end for the Bulls as shots that would normally have gone down just wouldn't drop today. After falling behind by double figures, the Bulls made a valiant comeback but came up just short. Well done on a great season boys!

### **College 9 Pittwater Rockets v St Galstaun (22 June 2022) Won 22-20 (Grand Final)**

The Rockets faced off against Galstaun in a very physical and tough game Wednesday night. Both teams played extremely well but wasn't till the final moments of the last half that Rockets took the lead and secured the win to cap off a great season for the girls!

### **Grammar 10 Pittwater Kings v Mosman Chargers (23 June 2022) Won 39-34 (Grand Final)**

As has often been the case for the Kings this season, when the boys lock in on D and control the boards the wins follow, and this was the case against the Chargers. From the jump the Kings were on top, limiting the Chargers to desperation heaves on offense and getting out in transition for easy buckets, to build a comfortable double digit lead. The Chargers were able to mount a comeback in the 2nd half as the boys focus dropped and they gave up a few O-boards. However, the boys were able to regain control and keep the game out of reach down the stretch for a great win. Well done Kings!

### **Grammar 10 Pittwater Knicks v Mater Benchwarmers (23 June 2022) Lost 20-21 (Grand Final)**

The Knicks faced off against Mater Wednesday night in the Grand Final. Both teams traded baskets back and forth with no team taking a lead. The Knicks tied at the end of the game leading to overtime, where both teams tied again which led to a double overtime that due to time constraints in the rules resulted in golden point. Unfortunately, Mater won on a free throw after a shooting foul was called. It was a tough way to lose the grand final, but the Knicks had a great season and handled themselves very well in defeat.

### **Grammar Opens Pittwater Hornets v Mosman Bulls (24 June 2022) Lost 14-17 (Grand Final)**

The Hornets faced off against Mosman in a very tightly contested matchup Friday night. Both teams played extremely hard and brought the energy defensively, which led to a very low scoring game with limited opportunities. It wasn't until the final minutes of the second half when Mosman hit some big shots to take the win.

## **Rugby**

It was thrilling to have an Opens Rugby Team again this year. The team was made up of Year 12, Year 11 and Year 10 students some of whom had never played rugby before. We are so proud of the players who bonded quickly, came to training and asked for more sessions, took on feedback and played with determination, many putting their bodies on the line during games. These young men played with spirit, skill and passion. A big thank you to the coaches Mr Walmsley, Mr Carruthers and Mr Blackwell for the twice weekly before school training sessions and the after-school games. It was a pleasure to manage the team.

## **Water Polo**

### **Pittwater House Intermediate Girls v Stella (30 May) Won 8-4**

Congratulations to our Intermediate girl's water polo team coming away with a great win 8-4 against Stella. The girls all played well as a team with **Jade C8, Lily C8, Gemma C8** and **Sally C8** all scoring goals.