Autumn Recess Programs

Basketball Holiday Camp

Pittwater House run Basketball Holiday Camps during each School Holidays and cater for all age groups and skill levels from learn to play to more advanced players in groups of 10 or less. Most importantly, the program is designed for students to learn the fundamentals of Basketball, game reading and how to operate in a team environment. The camps are separated into a Junior Camp for students in Years K to 6 and a Senior Camp for those in Years 7 to 12.

The Holiday Camps will be run by Pittwater House Head Basketball Coach Nathan Kirwan and Assistant Basketball Coach Will Hart.

Holiday Camps Available

- 1. 2 Day Junior Camp (15 and 16 April 2019) Cost \$200
- 2. 2 Day Senior Camp (17 and 18 April 2019) Cost \$200

Times: 9am to 3pm Cost: \$200 for a 2 Day Camp

All students will receive a Pittwater House Basketball T-Shirt.

Training Reminders

Grammar Soccer Training

U14s - Squad training will commence on Thursday 11 April 7:15 - 8:15am on the School oval, and then start back up on Thursday the 2nd of May (first week of Term 2).

U16s - Squad training will commence Tuesday 9 April 7:15 - 8:15am on the School oval, and then start back up on Tuesday the 30th of April (first week of Term 2).

U18s - Training will commence on Wednesday 10 April at 3:30 - 5pm on the School oval, and then again on Wednesday 1 May. We will then confirm ongoing training sessions once we have a better understanding of players and coach's availability.

College Netball Training

All girls will train as a squad on Tuesday 9 April and Tuesday 30 April at Lunch in the Sports Centre. We will then confirm ongoing training sessions once we have a better understanding of players and coachs availability.

2019 Term 2 Nominations

AFL CIS U15 Girls Trials Nominations Due: 26 April 2019 Date: 9 May 2019

In AFL, currently, 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 NSW All Schools Championships in early June.

CIS U15 Boys Trials Nominations Due: 26 April 2019 Date: 9 May 2019

In AFL, currently, 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 NSW All Schools Championships in early June.

Gymnastics Primary and Secondary State Gymnastics Championships Nominations Due: 28 May 2019 Date: 6 June 2019

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 2018-2021 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 all apparatus will be included in the Over-All Point Score for each Level. Gymnasts must compete in the level or a higher level of their last competition either club.

Hockey

CIS Junior School Girls Hockey Trials Nominations Due: 1 May 2019 Date: 13 May 2019

The Girls Hockey pathway is straight to CIS so therefore you must play high level Club Hockey and must be in Year 5 or 6 to nominate.

CIS Junior School Boys Hockey Trials Nominations Due: 4 May 2019

Date: 13 May 2019

The Boys Hockey pathway is straight to CIS so therefore you must play high level Club Hockey and must be in Year 5 or 6 to nominate.

Rugby Union

Junior School CIS U12 Boys Rugby Trials Nominations Due: 16 May 2019 Date: 28-29 May 2019

Each school is limited to sending 3 players only to trial at the CIS Championships. At these Championships, players can be selected to represent CIS at the NSWPSSA U12 Rugby Championships at the end of August each year. Full playing history must be provided if you would like to trial.

Senior School CDSSA U16 and Opens Boys Trials Date: 2 May 2019 Nominations Due: 10 April 2019

CDSSA Rugby Trials are open to Grammar students in Years 7 to 12 that represent Pittwater House in the Peninsula Cup Competition, with successful players going on to play for CDSSA at the AICES Championships in the U16 or Opens Boys Championships.

Snowsports Raceweek

Nominations: 9 spots available for the Senior Camp

Each year Pittwater House competes at the NSW Interschool's Snowsports Championships in the Term 2 School Holidays, if you would like to compete please contact the sports office ASAP

Dates:Sunday 14 July to Sunday 21 July 2019Competition:16 - 20 July 2019Location:Thredbo (alternates between Thredbo and Perisher)Age Groups:Year 1 to Year 6 (must stay with parents)
Year 7 to Year 12Cost:Junior Students: \$200 Admin and Staff race supervision fee. Excludes: Race Entry fees
Senior Students staying with TPHS: Approx. \$1800 which includes accommodation,
transport, 6-day lift pass, 2 x compulsory lessons, National Park entry, all breakfast and
dinners. Excludes: TPHS Snow jacket hire, race fees, lunches and equipment hire.

Softball

CIS U12 Junior School Boys Softball Championships Nominations Due: 31 May 2019 Date: 16 June 2019

Each school is limited to only sending 3 players to trial at the CIS Championships. At these Championships, players can get selected to represent CIS at the NSWPSSA U12 Softball Championships in early September each year.

Touch Football

CIS U12 Junior School Girls Touch Football Trials Nominations Due: 20 May 2019 Date: 4 June 2019

Each school is limited to only sending 3 players to trial at the CIS Trials. At these trials, players can get selected to represent CIS at the NSWPSSA U12 Touch Football Championships at the end of August

CIS U12 Junior School Boys Touch Football Trials Nominations Due: 20 May 2019 Date: 4 June 2019

Each school is limited to only sending 3 players to trial at the CIS Trials. At these trials, players can get selected to represent CIS at the NSWPSSA U12 Touch Football Championships at the end of July.

Term 2 Academies

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 6.45 – 7.45am and then the students will shower and change at the beach and will be taken to school by mini bus. Their boards will be kept in a secured office for the day before taking them home.

The cost will be \$20 per week 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 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 beginners lesson and not for first timers.

Developing Squad – Junior Students

Day / Time: Thursdays (Terms 1 and 2 only) 6:30am – 8:20am Term 2 - 9 May to 27 June 2019 (Weeks 2-9) Cost: \$160 (8-week program all inclusive) Location: Long Reef and Collared Beaches

Intermediate and Advanced – Senior Students

Day / Time: Wednesdays (Terms 1-4) 6:30am – 8:20am Term 2 - 8 May to 26 June 2019 (Weeks 2-9) Cost: \$160 (8-week program all inclusive) per term Location: Long Reef and Collaroy Beaches

Athletics Academy

The Pittwater House Athletics Academy program will be for athletes who are looking to compete at 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.

This academy will be run by Jack McPhee, who has represented Australia in the 2018 Triathlon World Championships in both sprint and Olympic distances. Jack has coached 9 National level Athletes and is a qualified coach not only in Athletics, but also in Swimming and Triathlon.

Day / Time - Session 1: Wednesdays 7:15am - 8:15am
Day / Time - Session 2: Thursdays 3:30pm - 4:30pm
Term 2 - 8 May to 26 June 2019 (Weeks 2-9)
Cost: The cost is \$100 per term (8-week program)
Or \$150 if attending 2 sessions per week (Wednesdays and Thursdays)
Age Group: 8 years of age and above
Uniform: Students are required to wear their full Pittwater House PE uniform.
Venue: Pittwater House Oval

Basketball Academy

The Pittwater House Basketball Academy provides a host of skill development programs that address the needs of players. The Academy will give players an opportunity to work on specific individual target areas and improve their skill levels. Programs are carefully designed and planned to incorporate a good balance of fitness, fun and instruction. Each session is goal oriented and conducted at a high level of intensity.

Junior School Basketball Academy

Day / Time: Thursdays 3.30pm – 4.30pm Term 2 - 9 May to 27 June 2019 (Week 2-9) Cost: The cost is \$150 per term (8-week program) Age Group: Year K-6 Venue: Pittwater House Indoor Sports Centre

Senior School Basketball Academy

Day / Time: Friday 3.30pm – 4.30pm Term 2 - 10 May to 28 June 2019 (Week 2-9) Cost: The cost is \$150 per term (8-week program) Age Group: Year 7-12 Venue: Pittwater House Indoor Sports Centre

Rugby Academy

The Pittwater House Rugby Academy has been designed to develop core rugby skills in participants. Whether you are new to rugby keen to give it a go, part time player or an experienced rugby player, you will enjoy and benefit significantly from this program. An innovative Building Blocks model will be deployed that has been designed to develop multi-skilled players than can compete in the modern game of Rugby. Programs are carefully designed and planned to incorporate a good balance of fitness, fun and instruction. Each session is goal oriented and conducted at a high level of intensity. Sessions are conducted by certified, experienced and responsible coaches. These coaches have been and/or are currently still coaching at a high level in Australia.

Day / Time: Tuesdays 3:30pm – 5:00pm Term 2 - 7 May to 25 June 2019 (Week 2-9) Cost: The cost is \$150 per term (8-week program) Age Groups: Years 5 and 6 (Under 12s), Years 7 and 9 (Under 14s) and Years 10 + (Under 16s)

Uniform: Students are required to wear Pittwater House PE shorts, Rugby shirt (collected from the Sports Office) boots and mouthguard. (Headgear optional)

Venue: Pittwater House Oval

Tennis Coaching

Mr Les Hegyessy (Tennis Head Coach) and Mr Oliver Cordell (TCA Tennis Coach) will be conducting Tennis Programs for students in ECC and Years 1- 6, Grammar and College: Private, Semi-private and Group lessons before and after school and during lunch for those students interested. The program will be held at The Pittwater House Tennis Courts.

If you would like to enrol your child, please contact Mr Les Hegyessy (0402 731 196) or Mr Oliver Cordell (0403 833 293).

Water Polo Academy

The Pittwater House Water Polo Academy aims to teach and develop the fundamental Water Polo skills and techniques to those who are keen to learn or improve. The focus of the academy will be developing specific skills that are essential to Water Polo, including:

- Coordination and Ball Skills
- Eggbeater
- Water polo Swimming Skills
- Passing and Catching

- Protecting the ball
- Defending and Attacking
- Shooting
- Rules and Game Play

Each session will focus on a specific skill or element of the game, progressing onto an overall understanding of the game rules and play.

Day / Time: Tuesdays 7:15am – 8:15am
Term 2 – 7 May to 25 June 2019 (Week 2-9)
Cost: The cost is \$100 per term (8-week program)
Age Group: 8 years of age and above
Uniform: Students are required to wear their Pittwater House Swimming Costume and Cap
Venue: Pittwater House Pool

Sport Reports

Basketball

J6 Pittwater Nets v Beens (27 March) Loss 15-51

The Nets opened the game enduring a tough first half with their opponents, the Beens, holding a 32-1 lead at half time. However, the Nets came out much stronger in the second half closing the gap to 51-15 and left with their heads held high.

C7/8 Pittwater Storm v St Lukes Yellow (25 March) Won 14-3

The Storm played a great team game this Monday. Their communication, passing as well as team defence lead them to a blowout win.

C7/8 Pittwater Pelicans v Hoops and Dreams (25 March) Loss 26-41

The Pelicans had a tough game on Monday. Going up against a strong opposition who seemed as if they couldn't miss a shot in the second half. It was a close game up until the last 10 minutes of the second half, with their team pouring the points on as we fatigued. Our girls know that we have a lot more in us but will learn a great deal from the match.

G7 Pittwater Kings v St Lukes Blue (25 March) Won 62-9

Another big win for the Kings! They ran the ball very well in transition and played some good defence to get steals. The boys need to remain focused and engaged even when winning by such big margins and find ways to challenge themselves within the game. We look to improve one aspect of our game every game. Well done boys on another big win.

G7 Pittwater Knicks v Cromer (18 March) Loss 10-24

The Knicks played a hard game against Cromer showing great effort on defence and teamwork despite an unfortunate 10-24 loss.

G7 Pittwater Knicks v OFGS (25 March) Loss 13-35

The Knicks took to the court against Oxford Falls in an unfortunate 35-13 loss. The boys continue to show enthusiasm and persistence and are steadily improving.

G8 Pittwater Pistons v Mosman Wolves (27 March) Won 38-26

The Pistons had a great game. They were able to play some tough defence and forced the opposition into shots they really had no business taking. A standout defensive effort from Levi, who managed to stop nearly every drive on him without fouling once. We were able to push that lead out towards the end with some good transition Basketball. Good win gentlemen!

G8 Pittwater Celtics v Drop Bears (20 March) Loss 21-27

Passing was average, but the boys really gave it their all as they made a massive comeback!

G8 Pittwater Hawks v OFGS (20 March) Loss 9-57

The Hawks showed great effort in an unfortunate 57-9 loss to Oxford Falls. Despite the loss, the boys showed extraordinary enthusiasm and resilience throughout the game and left with their heads held high.

G8 Pittwater Hawks v St Augustines Nuggets (27 March) Loss 12-68

The Hawks came out guns blazing against a full squad of 9 players and despite only having 5 themselves! Once the boys secured the rebound, we were able to break the pressure and work our way down the floor leading to a couple of highlight plays. Regarding the score, the boys never once put their head down and gave it their all from start to finish. An incredible effort on the boy's behalf.

C9/10 Pittwater Opals v C10 Pittwater Jazz (20 March) Loss 57-12

Another Pittwater House derby commenced this week, with a newly formed Opals coming up against the experienced Jazz. From start to finish the game was exciting with lots of baskets being scored. However, the Jazz pulled away early while the Opals couldn't claw their way back. Charlotte was a standout scoring some lovely outside shots.

G9 Pittwater Hornets v OFGS (21 March) Won 48-9

The Year 9 Hornets won against Oxford Falls 48-9. The boys were off to a cracking start, making layups, and playing exceptional defence which enabled us to run the floor!

G9 Pittwater Hornets v Mosman Hawks (28 March) Loss 27-44

The boys came out a little slow to begin with but worked their way back into the game by playing great man to man defence and getting rebounds.

G10 Pittwater Heat v St Augustines Hawks (21 March) Loss 29-38

Another tough defeat for the Heat who fought valiantly to stay in the game. A quick lapse in the start of the second half gave Saints the points they need to stay ahead for the rest of the game. The Heat boys were still trying extremely hard and staying positive despite the lull. I feel a win very close around the corner and once the lid is off, the sky is the limit.

G10 Pittwater Heat v Bally Breakers (28 March) Loss 60-61

The proudest and most frustrating loss in my coaching career at Pittwater House! The Heat played the most complete game of basketball I've seen from any TPHS team, making shots, running their offence well and talking on defence. Unfortunately, the late game winning 3 attempts from the Bally Breakers crushed our momentum. Our last shot on the rim to win the game just didn't fall which gave Bally the 1-point win. It was our game to lose, but at the same time, so proud of these gentlemen and their development!

G10 Pittwater Warriors v (21 March) Won 28-14

The Year 10 Warriors came out with good intensity which was a welcomed improvement from last week. The boys shot well from 3. Sam had some great screens that opened his teammates up and Jessie rebounded well. Good overall team win.

C11 Pittwater Sparks v Pittwater Diamonds (22 March) Loss 11-38

The Opens Girls Pittwater House derby was an exciting game on Friday Night. With both teams representing TPHS, we felt either way it went was a win! The Sparks girls had a great first half, defending their shooters very well and managing to keep it within 10 at the half way point. Unfortunately, the Diamonds woke up in the second, running our girls off the court in transition basketball. To their credit, the Sparks girls kept a smile and energy till the end of the game.

C11 Pittwater Lakers v Dark Knights (22 March) Loss 16-58

The Lakers played with great heat on Friday, however, they were ousted by a more athletic team. Teamwork as well as floor spacing will be the main focus moving forward for the Lakers.

Cricket

Cricket PISA Senior Boys v St Lukes (15 March) Won 80-5

We played St Lukes in our final PISA game of the season. Our boys continued their undefeated form to convincingly win the match to take out the overall Cricket Competition for Senior Boys PISA Cricket. St Lukes batted first and could only manage to score a total of 5 runs in their ten overs. Once again, our bowling and fielding was outstanding! Our best bowlers were; Harry with 1 wicket for 1 run, Lachlan 2 wickets for 2 runs, Roy, Arlo and Hugo all took one wicket each and Max 2 wickets for 2 runs. In the field, Lachlan took a spectacular one-handed diving catch over his head and Oliver got 3 run outs with some top-class fielding. Well played boys for your undefeated effort this season.

Cricket Senior Mixed Cricket

This term the Senior Mixed Cricket went through the PISA competition undefeated, taking home the trophy in the inaugural mixed competition. The team was very dedicated to their training and their application to cricket and performed outstandingly well in all facets of the game. The camaraderie within the team made training and game day an absolute pleasure and it was a privilege to be part of such a wonderful and committed team. If they continue to play cricket, many players have bright futures ahead of them. Congratulations to everyone involved in the team and on a successful term of PISA cricket.

Hockey AICES Trials

On Thursday 14 March, five students from our Senior School took part in the AICES Hockey Selection Trials that were held in Newcastle at the International Hockey Centre. Hannah (C12) and Kasey (C9), were both selected to represent the Open Girls AICES Hockey Team after showing some wonderful skills during the day and Kasey was also selected in the AICES 16 Years Team. Also taking part in the trials were: Benjamin (G9), Kristina (C8) and Albee (C7). Well played all our 16 Years girls team representatives: Kasey, Kristina and Albee all played in the Barbarian Team and went through their three games on the day undefeated.

Soccer – HICES U12 Soccer Trials

On Tuesday 19 March, seven of our Preparatory School students travelled to the Hills Grammar School to take part in the HICES Trials to select a team to represent HICES at the NSW CIS Championships that will be held in April. Our students were: Nehan, James, Huxley, Matthew and Roy (P5) and Zak (P6). At the trials, there were over fifty very talented junior soccer players also taking part. At the end of the day, we were delighted to be given the list of names of those players who had impressed the selectors sufficiently to be selected into the HICES Soccer team in 2019. Congratulations to: Zak– Goalkeeper, Roy– Centre Midfield and Matthew Centre Midfield, who all made the team. All our boys showed some great skills and their talent for Soccer during a long day of exhaustive trial matches. Well done boys!

Swimming – CDSSA Swimming Championship

On Friday 15 March, 40 students from Years 7-12 competed in the CDSSA Swimming Championships against 8 other schools. Another awesome day in the pool for our talented swimmers.

Congratulations to the following students for being awarded Age Champions on the day: 12 Years Girls – Albee; 14 Years Girls – Sophie; 14 Years Boys – Connor; 15 Years Girls – Jaime and 17 Years Boys - Oscar.

As well as 5 students taking out the Age Champions, Sophie broke 2 swimming records: 13 Years 100m Freestyle with a time of 1.05.83 and 13 Years 50m Freestyle with a time of 29.99.

Congratulations Sophie!

At the Championships, the students from Pittwater House won 32 First place ribbons, 31 Second place ribbons and 21 Third place ribbons. We finished Second overall on points and came First place in the 12-14 Age Division, Third place in the 15-16 Age Division and Second overall in the 17-18 Age Division. From CDSSA, 29 students have qualified for the AICES Swimming Championships. Well done team!

Swimming – CIS Junior School Championships

We took eighteen of our most talented swimmers to take part in the State Championships for Primary Independent Schools at the magnificent Homebush Olympic Pool on Wednesday 20 March.

This year all of our Relay teams; Junior Boys and Girls and Senior Boys and Girls made it through to the Championships which was a reflection of the overall strength of our Primary Schools Swim Team this year. From the forty teams that swam on the day the Junior Boys team finished in 13th place overall and the Junior Girls in 18th. The Senior Boys and Girls both made it through to the final with our Girls finishing in 9th place and the boys in 10th for the State CIS Schools.

From the individual events the following members qualified and swam in the finals: Georgia who had a sensational meet qualifying for the finals in the following events: 8th in Senior Relay, 7th in 50m Butterfly, 5th in 50m Breaststroke and 3rd in 50m Backstroke to win a place in the powerful CIS team! Great results Georgia and good luck at State All Schools!

Antigone - 6th in the 50m Breaststroke Adele - 8th in Senior Relay Chloe - 8th in Senior Relay Emma - 8th in Senior Relay and 7th in 50m Backstroke Sadie - 8th in 50m Freestyle and 7th in 50m Breaststroke Noah - 6th in Senior Relay, 4th in 50m Freestyle, 5th in 50m Breaststroke & 9th in the 8-13yrs 100m Freestyle Broghan - 6th in Senior Relay Timothy - 6th in Senior Relay Zak - 6th in Senior Relay

Congratulations to all of our other competitors who swam on the day, for reaching this high level of competition: Grace, Charles, Ellaline, Alex, Jack, Kyran, Millicent and Finlay.

Open Water Polo

Pittwater v St Augustine's 'B': Lost 3 - 6 Pittwater v St Augustine's 'A': Lost 1 - 9

The team struggled to contain more powerful and experienced opponents. Meg made some impressive saves in goal. It was very pleasing that our players continued to compete for every possession until the end of the matches.

Term 2 Calendar Dates

Athletics Pittwater House Athletics Carnivals 1. Kindergarten to Year 6 Date: 11 June 2019 2. Year 7 to 12 Date: 13 June 2019 Location: Sydney Academy of Sport, Narrabeen – Athletics Track

Athletics Pathways – Junior School

HICES - 28 August CIS 12 September QUAD - 6 September

Athletics Pathway – Senior School

CDSSA – 19 August AICES – 9 September CIS – 24 September

Basketball

MWBA - The Manly Warringah Basketball Competition will commence back on Monday the 29 April CDSSA Basketball Champions – Interschool Competition – 12 June 2019

Cross Country

Junior School Pathway

- 1. TPHS Cross Country 3 May 2019
- 2. HICES Cross Country 23 May 2019 to be held at Orange Anglican School
- 3. CIS Cross Country 13 June 2019 to be held at Eastern Creek Raceway

Senior School Pathway

- 1. TPHS Cross Country TBC
- 2. CDSSA Cross Country 20 May 2019 to be held at Centennial Park
- 3. AICES Cross Country 4 June 2019 to be held at the Sydney International Equestrian Centre
- 4. CIS Cross Country 13 June 2019 to be held at Eastern Creek Raceway

Sports Office Contact Details

Mrs Sue Grigg, Manager of Sports Email: <u>sue.grigg@tphs.nsw.edu.au</u> Mobile: 0421 102 954

Miss Ally Barnett, Sports Assistant Email: sportsoffice@tphs.nsw.edu.au

Nominations and Enquiries

Permission notes for all Academies, Competitions and upcoming Sporting Excursions can be found on the Pittwater House Skoolbag App in the Sports folder. All other nominations and enquiries are to be emailed to the Sports Office Email: <u>sportsoffice@tphs.nsw.edu.au</u>

Pittwater House Sporting Groups Facebook Page

Join Pittwater House Sporting Groups Facebook Page

Pittwater House has a sporting groups page on Facebook for current students and their families. This page provides updates to sporting fixtures and draws, results, permission slips and latest news for Pittwater House Sporting teams. This is a closed group, so unless you are a member you will not be able to view content. You need to have a Facebook profile if you wish to join. Search for **Pittwater House Sporting Groups** page and request to join the group.