

Swimming Age Champions 2019

Junior School – K-2

5 Years Girls – Charlotte

5 Years Boys – Ethan

6 Years Girls – Georgia

6 Years Boys – Thomas

7 Years Girls – Isabella

7 Years Boys – Connor

8 Years Girls – Millicent

8 Years Boys – Alexander

K-2 Girls Junior Champion – Millicent

K-2 Boys Junior Joint Champions – Connor and Alexander

Junior School – 3-6

8 Years Girls – Matisse

8 Years Boys – Jack

9 Year Girls – Sadie

9 Years Boys – Jack

10 Year Girls – Grace

10 Years Boys – Alex

8-10 Years Girls Junior School Junior Champion – Sadie

8-10 Years Boys Junior School Junior Champion – Jack

11 Year Girls – Georgia

11 Years Boys – Noah

12 Years Girls – Emma

12 Year Boys – Broghan

11-12 Years Girls Junior School Senior Champion – Emma

11-12 Years Boys Junior School Senior Champion – Noah

Senior School – Years 7-12

12 Years Girls – Albee

12 Years Boys – Joshua

13 Years Girls – Sophie

13 years Boys – Ben

14 Years Girls – Hannah

14 Years Boys – Conner

15 Years Girls – Jaime

15 Years Boys – Jared

12-15 Years Girls Senior School Junior Joint Champions – Sophie and Jaime

12-15 Years Boys Senior School Junior Champion – Conner

16 Years Girls – Gracie

16 Years Boys – Oscar

17 Years Girls – Pia

17 Years Boys – James

18 Years Girls – No results

18 Years Boys – Mitchell

16-18 Years Girls Senior School Senior Champion – Pia

16-18 Years Boys Senior School Senior Champion – James

Autumn Recess Programs

Basketball Holiday Camp

Pittwater House runs Basketball Holiday Camps during each School Holidays, catering 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 coaches 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 coach's 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 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 2018-2021 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 apparatus only within one Level. Only students who 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 NSWPSA 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 2019

Competition: 16 - 20 July 2019

Location: Thredbo (alternates between Thredbo and Perisher)

Age Groups: Year 1 to Year 6 (must stay with parents)
Year 7 to Year 12

Cost: **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 NSWPSA 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 NSWPSA 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 NSWPSA U12 Touch Football Championships at the end of July.

Water Polo

Pittwater House enters teams into the Northern Suburbs Schools Water Polo Association Competition throughout the year.

Time: Varies between 7pm – 9:20pm
Location: Warringah Aquatic Centre, Frenchs Forest
Uniform: Pittwater House Swimming Costume and Cap
Training: All players are required to attend 1 training session per week
Cost: \$145 per season

Intermediate Competition (College and Grammar Years 8-9)

Nominations Due: 3 May

Day: Monday nights
Dates: Commences Term 2 and continues into Term 3 (Dates to be confirmed)
Training: Training commences Week 3, Term 2

Junior Competition (College and Grammar Year 7)

Nominations Due: 17 May

Day: Friday nights
Dates: Commences Mid-Term 2 and continues into Term 3 (Dates to be confirmed)
Training: Training commences Week 6, Term 2

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 Collaroy 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

HICES Netball

On Thursday 4 April, nine girls travelled to The Hills Grammar School to compete in the HICES Netball Championships. Congratulations to the following girls who played with such determination, commitment, discipline and focus and yet still had lots of fun on the court: Chloe, Addison, Emma, Arabella, Tilley, Charlee, Otylia, Kaya and Darcey. After 5 very tough and competitive games, the 4 girls were selected as Possible and Probables: Tilley, Charlee, Arabella and Emma, spending an additional 30min on the courts in front of selectors. Congratulations to our co-captains Emma and Arabella for being selected into the 2019 HICES Netball Team. Well done girls!

CDSSA Netball Championships

On Thursday 25 March, two Pittwater House teams participated in the CDSSA Netball Championship at the Minto Indoor Sports Centre. Congratulations to the following girls who were selected in the CDSSA Netball Team: Analise and Molly in the U15s, along with Grace and Emily who were selected into the Opens team. Well done girls!

PISA Junior Girls T-Ball

The 2019 season has been an enjoyable one with all girls improving their skills and showing sportsmanship to each other and their opponents. Each week the players attended training on Friday mornings with the focus being on fielding skills encompassing catching and throwing, as well as directing our strong batting shots into gaps.

The Junior Girls T-Ball Win/Loss statistic does not reflect the ability of the players. Many of our opponents took advantage of placing strong first base and pitcher positions and unfortunately our girls directed the ball to these areas of the field. We look forward to the 2020 season and are excited for the Term 2 Winter Sports.

PISA Junior Boys T-Ball

The smell of freshly cut grass, the buzz of the crowd, the feeling of ball smacking into glove. Welcome to Junior Boys T-Ball. 12 boys showed the skill, desire and attitude to be part of the team and they were ready to face the challenge of the season ahead.

The first two games came and went with close but disappointing loses. The boys were still learning the game (not to mention the coach) and this combined with strong opposition showed on the scoreboard. The skill of the boys improved as did the intensity at training. This translated into 4 victories in a row to round out the season including beating the top team in the last round. Thanks to all 12 boys who helped make the season one they can be proud of.

Soccer – CIS U12 Girls Soccer Trials

We sent four girls from our Junior College to take part in the CIS Primary Football Trials last Wednesday. Chloe, Phoebe, Mirabelle and Ava all took part on the day. Over eighty talented Primary Football students from all over NSW took part in the trials that were used to select this year's CIS team. The girls were placed into different teams and played in four trial matches during the day at the Mamre Anglican School in Kemps Creek. All our girls showed some excellent skills and teamwork during their matches. From the eighty girls on trial the selectors chose fourteen to represent CIS at the State Championships that will be held in August. None of our students were selected but they should all be proud of the way they performed in the talented company on the day.

Water Polo Open Boys v Redlands A (5 April) Lost 2-3: Friday, 5 April

While having a number of opportunities Pittwater failed to capitalize in a close-fought match.

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

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Miss Ally Barnett, Sports Assistant

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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: sportsoffice@tphs.nsw.edu.au

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.