

2019 Term 2 Nominations

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.

Rugby League

Junior School

CIS U12 Boys Rugby Trials

Nominations Due: 8 May 2019

Date: 22 May 2019

Each school is limited to sending 3 players only to trial at the CIS Championships. At these Championships, players can be selected 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.

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.

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:	\$130 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 Week 1 or 2, Term 3 (Dates to be confirmed once draw has been published)
Training:	Training commences Mid Term 2 (date to be confirmed)

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

Futsal Academy

Pittwater House runs a Futsal Academy designed for students interested in learning the ins and outs of Futsal. Students will learn more about specific Futsal positions, formations, and drills under the guidance of a fully accredited coach. The coach will perform drills to suit the student's skill levels and ages.

Day / Time: Tuesdays 3.30pm – 4.30pm

Dates: Term 2 – 7 May to 25 June 2019 (Week 2-9)

Cost: The cost is \$75 per term (8-week program)

Age Group: Year 2-7

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

Venue: Pittwater House Indoor Sports Centre

Soccer Academy

The Pittwater House Soccer 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

Times: 3.30pm to 4.30pm - Junior School (K-6) Academy
4:30pm to 5:30pm - Senior School (Y7-12) Academy

Dates: Term 2 - 6 May to 24 June 2019 (Week 2-9).

Please Note: There will be no session on Monday 10 June as it is a Public Holiday

Cost: \$150 per term (8-week program) Terms 1, 3 and 4
\$130 (7-week program) Term 2

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.

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

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 (Weeks 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

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: sue.grigg@tphs.nsw.edu.au

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: 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.