# 2019 Term 2 Nominations

CIS Junior School Boys Cricket Trials Nominations Due: 2 September 2019

Date: 16-17 September 2019

The Boys Cricket pathway is straight to CIS so therefore you must play high level Club Cricket and you must be in Year 5 or 6 to nominate. Only a maximum of 3 students from each school can trial. Internal trials will be held if more than 3 students nominate. If selected into the CIS team, players will then go on to play for CIS at the NSWPSSA Championships which are held in late October each year.

## Manly Warringah Touch Association - Senior School Competition

Pittwater House has entered the following teams into the MWTA Competition this year:

2 x U15 Girls Teams

1 x U15 Bovs Team

1 x U13 Girls Team

1 x U13 Boys Team

The competition is played at Nolan's Reserve, North Manly on Friday nights between 4-7pm commencing Friday 13 September.

If your child would like to join one of these teams, please submit the permission form via our Skoolbag App which can be found in our Sport > Touch Football folder.

Trials will be held if numbers exceed our limit (date TBC)

#### **AICES Open Girls Softball Championships**

Nominations Due: 25 October Date: 6 November 2019

If selected into the AICES team, students will then play at the CIS Championships in February the following year.

## **AICES U15 Tennis Championship**

Nominations Due: Mid October Date: Early November

The AICES U15s Tennis Championships will be open to any tennis player aged 15 years and under who play competition Tennis. Interested players must see the Sports Office prior to the nomination due by date. No late nomination will be accepted.

# **AICES Opens Water Polo Trials**

Date: 31 October 2019

To be eligible to trial for the AICES Water Polo Team you must play in either the Intermediate or Opens Pittwater House Water Polo Team and be 18 years of age or under that year of trialing. Trials are mid-October each year with the successful players being selected into the an AICES Teams and Trialing for the CIS teams in February the following year.

# **Sport Reports**

# Basketball

# J5 Pittwater Magic v Elanora Eagles (11 Jun) Win 14-7

A great win by the Magic! The whole team contributing to an awesome win on Tuesday night. We were able to score by using our fast break offense and looking to speed up the pace of the game. A great team effort all round and we hope the start of a run of wins to finish our season.

### J5 Pittwater Magic - Demons (18 Jun) Loss 13-24

The Magic had a tough assignment tonight on their final game of the season. The Demons were able to outrun us in transition and score lots of layups. A sleepy first half put us behind early but by our second half we were able to slow their scoring down and foul off their best player. A great season guys.

#### J5 Pittwater Magic Season 1 / 2019 Summary

The Year 5 Magic basketball team saw drastic improvement this season. All players consistently attended trainings which translated into the court with improved passing skills, shooting skills and defence. The improvement in these skills led to the winning of multiple games and the kid's constant enthusiasm helped make the team a joy to coach.

#### J5 Pittwater Magic v Manly West Waratahs (30 July) Win 30 - 9

An absolute cracker of a match for the Magic to start their new season. Defending their home court TPHS. The Magic were able to push the ball and get some fast break layups. This helped them get the healthy lead by halftime and set themselves up to get the win. This game also gave us the chance to score the most points we've ever scored. Really great start guys.

#### J6 Pittwater Nets v Dragons (29 May) Loss 6-37

The Nets endured a tough match against the Dragons losing 37-6. Despite the loss and poor sportsmanship from the opponent, the Nets continued to play hard till the final buzzer exemplifying the Pittwater House spirit.

# J6 Pittwater Nets v OFGS Celtics (5 Jun) Win 11-10

The Nets had a narrow victory in an awesome battle against Oxford Falls. The Nets were able to use their fantastic defence to put pressure on the Oxford Falls scorers. Unfortunately, they had a similar tactic for us. Every basket became more and more important. Well done guys for staying with it and pulling out a win.

#### J6 Pittwater Nets v Harbord Heat (12 Jun) Loss 12-36

Tough loss for the Nets facing a formidable opponent in the Harbord Heat. The Nets were able to stay positive and continue playing till the final whistle. Back to the drawing board to prepare for our final game of the season.

### J6 Pittwater Nets v St Lukes Warriors (19 Jun) Loss 14-24

The Nets had a tough last game but fought valiantly against a strong rival in St Lukes. The Nets were able to score a healthy 14 points but unfortunately our efforts on offence didn't carry over to our defence. A good game to be a part of none the less.

#### J6 Pittwater Nets Season 1 / 2019 Summary

The Nets have had a progressive season, getting their first ever win and picking up a couple more as the semester went on. They have shown fantastic improvement and enthusiasm throughout the season and are excited for another season next semester.

# J6 Pittwater Nets vs St Augustines Scorpions (31 July) Loss 8 - 60

The Nets had a tough St Augustines opponent to open the season but that didn't diminish their effort. After a slow start they got more aggressive, getting some good steals and tough rebounds to give them some confidence. This resulted in a much improved second half leading to some baskets which will give us momentum into the next game and for the rest of the season.

# C7/8 Pittwater Storm v Falcons (3 Jun) Loss 9-27

The Storm started off slow against the Falcons, however their defensive efforts kept them in the game and allowed them to be competitive in the game until the very end. Passing will be the focus for the Storm moving forward as they look to secure a semi-final spot.

#### C7/8 Pittwater Storm v St Lukes Navy (17 Jun) Win 9-1

The Year 8 girls performed brilliantly under pressure with a fast pace approach to their game they were able to blitz St Lukes Navy winning 9 - 1. Their consistent efforts of both the defensive and offensive side of the courts showed in this blowout win.

#### C7/8 Pittwater Storm v Stella Green (24 Jun) Loss 11-21

The Storm showed a lot of heart and effort against the top seed Stella Green, carrying a lead for most of the 1st half. However, Stella's change in defensive styles from a zone to a press proved too difficult for the Storm girls to overcome. This loss shouldn't overshadow an immense improvement on all the girl's behalf as they kept up with the No. 1 seed until the very end.

## C7/8 Pittwater Storm Season 1 / 2019 Summary

The Year 7/8 Storm Girls outperformed expectations this season. With a less an ideal start the girls rallied together on their zone defence leading to more fast break opportunities and thus more points. The regular season saw the Storm finish in the top 4 and making the semi-finals. Well done girls, you were a pleasure to coach.

### C7/8 Pittwater Storm v Stella White (29 July) Loss 13 - 31

The Storm had a tough first game. With only 5 players (no subs) and a full fielded opposition, the girls knew it would be a tough task from the start. The girls played with conviction and intelligence, taking on board the coaching they received and immediately applying it. The girls should continue to work on keeping their heads up whilst dribbling and hands out when playing defence. Even though it will show up as a loss, I feel as if they played like winners. Well done girls!

### C7/8 Pittwater Pelicans v Mosman Dolphins (27 May) Loss 20-32

The Pelicans played off against competition leaders the Mosman Dolphins. They have two very strong girls on their team and a healthy full court pressure defence that we were unprepared for. We eventually got our bearing and became composed scoring 20 points in transition offense, but the deficit was too great to recover from.

#### C7/8 Pittwater Pelicans v Stella Red (3 Jun) Win 21-11

A fantastic match by the girls who were playing a "vertically advantaged" team in Stella Red. We were able to negate the height differential with some awesome rebounding from Albee and Sofia. This in turn took away the only advantage they had on us. We were able to get to the basket on offence and score seemingly at will. Well done girls, great win!

#### C7/8 Pittwater Pelicans v Hoops and Dreams (17 Jun) Loss 13-37

A wounded Pelicans team copped the brunt of a competition leader in this match. After a scoreless first half, the girls were able to recover and find their feet to get on the board with 13. It was a tough game, but the girls as always stayed positive and continued to fight till the very end.

### C7/8 Pittwater Pelicans v Mosman Dolphins (24 Jun) Loss 14-41

The final game of the Pelicans seasons unfortunately but a well fought game. The girls were able to stop the two main scorers from Mosman in the second half but a strong first half from Mosman with pressure defence the whole twenty minutes left us in a hole we couldn't get up from. A standout game from Hannah who was able to stop their best girl with some incredible defence.

#### C7/8 Pittwater Pelicans Season 1 / 2019 Summary

The season felt like a huge success as a coach. I was able to see the individual improvement from every girl. These girls have the makings of a good local comp team that has potential to get a season championship. I look forward to coaching them again next semester and hopefully making to the finals.

## C7/8 Pittwater Pelicans v Phoenix (29 July) Win 32 - 10

First game back against our bitter rivals, Phoenix. We were able to establish our dominance early in the game with some great layups from all the girls. Paired with some tough gritty defence. The Pelicans need to keep working on playing within our structured offence and getting to good positions on the floor. If we are able to do this effectively, not one team in the comp will beat us.

#### G7 Pittwater Kings v Mosman Titans (27 May) Win 39-28

A good win by the Kings, who were able to take advantage of our size and speed to score in transition. Despite the huge score line, our defence once again was weak at times. We will continue to work and improve on that of the floor.

### G7 Pittwater Kings v Bally Navy (3 Jun) Win 53-23

A monster win by the boys of the Kings. They were able to effectively get any shot they desired from the tip. Scoring nearly every basket inside the key. A good display of our skill and size! Well done gents.

### G7 Pittwater Kings v Saint Anteaters (24 Jun) Loss 29-52

A tough way to end a positive season. The first time we had faced a full court press this season and for many of the boys ever. Their defence rattled us from the start, and we struggled to come back. Huge credits to Jett and Luke who battled on the defensive end from the tip to the final whistle. Unlucky finish to what was a successful season.

# G7 Pittwater Kings Season 1 / 2019 Summary

It was a pleasure to coach these boys this season. I was able to form some great relationships with what is sure to be the future of basketball at Pittwater House for the years to come. It was overall a successful season for all the players. Especially in terms of skill development. Despite the disappointing loss to finish, the value of their improvement made this season well worthwhile.

# G7 Pittwater Kings v Eagles Academy (29 July) Win 41 - 21

Good to be back from the break for the Kings this week, the boys got off to a great start. Offensive rebounding was a standout for the team and whilst the finishing and shooting touch was a little rusty, that was to be expected after a long break. Need to continue to work on our spacing offensively and making sure we move our feet and contain the ball defensively.

#### G7 Pittwater Knicks v Cromer High (27 May) Loss 20-21

The Knicks faced off against Cromer High this week and put together a dominant start finishing the first half up 18-6. Unfortunately, the boys could not maintain this lead and lost 20-21.

#### G7 Pittwater Knicks v St Lukes Royal (3 Jun) Win 36-18

The boys took on St Lukes Royals hoping to bounce back from their tough loss the week prior. The Knicks displayed excellent ball movement and team play and comfortably defeated St Lukes 36-18.

#### G7 Pittwater Knicks v Bally Black (17 Jun) Win 26-19

The Knicks took on the top of the table Bally Black this week and were up for the challenge. The boys jumped out to an early lead and managed to maintain it for the rest of the game finishing with a 26-19 victory.

### G7 Pittwater Knicks v Cromer High (24 Jun) Loss 11-14 - Semi Final

The Knicks had their semi-final this week in a rematch with Cromer high. Both teams were slow to start with nerves causing the boys to miss some easy shots. Despite a late comeback run, it wasn't enough, and the boys sadly lost 14-11.

### G7 Pittwater Knicks Season 1 / 2019 Summary

The Knicks started this season with a majority of their players having never played basketball before. Despite this, the team has improved dramatically both individually and as a group as the season has progressed and got themselves to the semi-finals in their comp. They have a very promising future as a team and will continue to improve next season.

## G7 Pittwater Knicks v OFGS (29 July) Win 42 - 10

The Knicks returned to the court this semester with some new faces on the roster. They took to the court against Oxford Falls and won convincingly 42-10 showing no signs of holiday rust.

## G8 Pittwater Pistons v OFGS (5 Jun) Loss 15-42

Tough loss tonight for the Pistons against the first place OFGS. Losing Austin was a big blow for the team as his defence and rebounding since returning has been awesome. Especially against this team we need to get better at looking after the ball and rebounding.

#### **G8 Pittwater Pistons v Saints Celtics (12 Jun) Loss 36-49**

With most of the team having played in the CDSSA championships earlier in the day, backing up was always going to be a tough ask. Unfortunately, we just ran out of steam and couldn't contain the fresher Saints team. The boys put up a good fight but just couldn't match them in the end.

#### G8 Pittwater Pistons v Bally Mavericks (19 Jun) Tie 21-21

After getting off to a very slow start and missing shots that we would normally make, the Pistons made a great comeback and was able to sneak away with a draw tonight. Leading into the semi-finals we need to make sure that we work on our defensive game plan and continue to look after the ball.

# **G8 Pittwater Pistons Season 1 / 2019 Summary**

Great season from the Pistons boys. We built off our improvement from Semester 2 in 2018 and continued to build and develop the team's skills and understanding of the game. Individually, we have improved our ball handling and shooting a significant amount and defensively, our awareness as a team has improved greatly, we played predominantly a man to man defence the whole season and it has instilled a much better understanding and skill base of how to move our feet and contain our man. I look forward to continuing to the improvement next semester.

#### G8 Pittwater Pistons v Red Bulls (31 July) Win 46 - 18

Great start to the new season for the Pistons. The boys were able to get stops defensively and get out and run to score easy points in transition. In the half court we also got great looks from our pick and roll offense and our spacing was great.

# G8 Pittwater Celtics v St Lukes White (29 May) Win 20-9

The boys started off with a cracking 10 - 0 start. We tried a full court defence today and they boys picked it up quickly which was great as it helped extend our lead in the few opening minutes. The second half was great as we got fast break layup after fast break layup due to our great half court zone defence. Great job by the boys today.

## G8 Pittwater Celtics v Giss Roos (5 Jun) Win 41-20

This afternoon the boys came out a little slow due to cold temperatures but quickly changed the pace of the game after scoring 15 straight points. Harry played out of his skin making the right passes and leading our team in scoring, Dylan was great on the boards limiting the opposition to one shot per possession. Great job by the boys today.

#### G8 Pittwater Celtics v Pittwater Hawks (19 Jun) Win 30-14

The boys were off to a flying start in the opening minutes getting a quick lead of 14 points which ultimately lead to the downfall of the opposition. Harry did a great job playing defence allowing the team to get out and run the fast break. The teams defence was very solid as we limited the opposing team to less than 20 points. Great job by the boys.

#### G8 Pittwater Celtics Season 1 / 2019 Summary

From the very first game the boys proved to me that they were a championship team, they have made that clear! They have great composure which has led to them being near unstoppable on offence and great hustle on defence. Hopefully we keep up the good momentum and advance to the grand final next week. Well done to the boys this term!

#### G8 Pittwater Celtics vs St Augustines Mavericks (31 July) Win 31 - 26

The Celtics started the season off with a hard-fought victory against a quality St Augustines team. The unselfish play from the boys opened up for some great scoring opportunities that were capitalised on when needed most. Solid defence and rebounding improved throughout the entire game and increased the pressure on the Mavericks, helping the Celtics close out the game on top.

# G8 Pittwater Hawks v St Lukes White (5 Jun) Loss 18-28

The Hawks took on St Lukes White this week and had a strong first half match the other team basket for basket to finish tied at 18 all. Unfortunately, the boys could not contain a second half run from St Lukes.

#### G8 Pittwater Hawks v St Lukes Blue (12 Jun) Loss 21-24

The boys went up against St Lukes Blue this week in another tightly contested game in an exciting finish the boys unfortunately took a 24-21 loss on a late basket by St Lukes.

## G8 Pittwater Hawks v Pittwater Celtics (19 Jun) Loss 14-30

The Hawks had their last game of the season against some familiar opponents in the TPHS Celtics. Despite the friendly competition, the game was scrappy and physical with the TPHS Celtics winning 30-14.

#### G8 Pittwater Hawks Season 1 / 2019 Summary

The Hawks started off the year rather shorthanded, only having five players for the first half of the season. However, the boys persevered and played their hardest week in and week out. They have shown some improvement throughout the season and will hopefully continue to next season.

#### G8 Pittwater Hawks v St Augustines Blazers (31 July) Loss 32 - 6

The Hawks returned to their first game this term severely undermanned with three players out with injuries. As they took to the court with only 4 players, the boys showed great effort and determination however unfortunately lost 32-6.

#### C9 Pittwater Suns v Mercy Opals (29 May) Win 26-22

The Pittwater Suns had a fantastic win tonight against the Mercy Opals. The girls were able to move the ball well on offence and it seemed like everyone touched the ball every offensive possession. A standout game from Elle, who contributed to the win with some beautiful layups through the defence.

## C9 Pittwater Suns v Stella Year 10 Red (5 Jun) Loss 40-25

A painful loss for the Suns against a strong Stella team. They were able to shoot from everywhere it felt like, with good consistency. Our girls did a good job of keeping their heads up and continuing to play hard till the final whistle.

### C9 Pittwater Suns v Amazons (19 Jun) Loss 30-23

A tough team for the Suns to play in their final match but the girls were able to put on a decent fight against the Amazons who are top 4 placed in the competition. The girls had a great defence first half, holding the other team to under 15 points. However, our foot lifted from the pedal in the second half and the Amazons took advantage of this scoring the remained of the points with some ease. Unlucky last game girls but well fought.

### C9 Pittwater Suns Season 1 / 2019 Summary

This season was a great success as we finished in the top half of a strong division. Our team was newly formed and in the early games we struggled to find our groove and to figure out our style of play. However, once we developed that the girls were on a roll. We had a lot of success in the middle part of our season and we were contending for the top spot. Towards the back end of the season we came up against some strong teams however the girls never gave up which was impressive to see. The girls improved greatly over the course of the season and the Suns are in a great spot to contend for the next one.

# C9 Pittwater Suns vs St Lukes (31 July) Loss 34-24

The Suns gave a great effort from start to finish but were unfortunate to come away with a loss. Coming off the break there was a little rust and tired legs, but the girls shared the ball around finding the open teammate which led to open shots. However, the transition offence and easy looks from St Lukes kept the game just out of reach. Transition defence will be an area of focus for the girls in the coming weeks so that we take away the easy baskets.

#### C9/10 Pittwater Opals v St Lukes Year 9 Navy (29 May) Loss 14-9

A very tight battle from start to finish ensued with very exciting fast paced play from both sides. St Lukes held a large lead for majority of the game until the Opals fought back with some quick baskets. however, they could only get it back to 5 points in the end. Jamie was exceptional in leading the last attempt at a comeback late in the game!

### C9/10 Pittwater Opals v OFGS Hawks (12 Jun) Loss 23-14

The Opals started with a flourish of points to lead at half time. The defensive pressure by the Opals was strong not allowing the Hawks to get many high percentage shots up. The second half of the game almost flipped as the Hawks began putting on the points, taking the lead and holding it to the final buzzer.

#### C9/10 Pittwater Opals v Mater Girls (19 Jun) Loss 24-13

In the Opals final game against Mater Girls it was quite an aggressive affair. There were many fouls given out given the Opals some free throw attempts to try and make their way back from a 10-point deficit. The Mater Girl's height however prevailed against our shorter girls and they were able to run away with the lead. Anfisa was pivotal on defence to ensure the Opals still had a chance to comeback and potentially win!

## C9/10 Pittwater Opals Season 1 / 2019 Summary

The Opals had a rough start to the season as they were adjusting to new players who had joined the team. Many of the girls hadn't played basketball before, so the season was a great learning experience helping the girls improve their skills. Towards the mid-season the Opals wrapped up their first win, and although just the one they continued to compete and kept each game within 10 points. The improvement shown was greater after each game and training, which made for a very fun season! Some special commendations to Olivia and Mikayla who were both highly dedicated all season, putting effort into giving it a go every game and training! Well done Opals!!

#### C9/10 Pittwater Opals v St Lukes 9 Royal (31 July) Win 30 - 8

All holiday rust was thrown out the window with the Opals in impeccable form shooting the basketball this week! This fast start to the season is a great confidence boost for the girls going forward in the season. An honourable mention to Lauren who found her shot from the midrange, making it consistently to top score for the team! Defensive transition was the only minor flaw which will be top priority at future training sessions, Well done girls!!

### C10 Pittwater Jazz v Mustangs (29 May) Win 22-20

Facing off against the Mustangs, the Jazz had a tall task ahead of them. The Mustangs, who lead the competition, had a significant speed advantage with many of their girls being on the end of every fast break. The Jazz were able to string together some awesome possessions in a row.

#### C10 Pittwater Jazz v Amazons (5 Jun) Win 43-24

The Jazz starting to get rolling with a few wins in a row now heading into their final games before finals. The Amazons were a good tester for the Jazz to see what level they are at now. The Jazz were able to get to the rim and finish with layups at will it seemed. They were able to effectively stop the Amazons from getting any easy shots with some stellar defence from Alexandra! Well done girls, keep the winning streak going!

### C10 Pittwater Jazz v Mercy Opals (12 Jun) Win 45-15

Again! The Jazz pulling out another sensational win with some awesome fast break layups from Violet and Emily. With some fantastic pressure on defence, the girls were able to force the Mercy Opals to turn over the ball nearly every time up the court in the second half, leading the girls to some easy opportunities. Great game ladies!

#### C10 Pittwater Jazz v Mustangs (26 Jun) Win 25-22 - Semi Final

A very stressful semi-final game for the Jazz. With the game remaining close for its entirety. The Jazz were able to score well on the drive but failed to stop the same happening down the other end. A solid last 5 minutes of defence from the Jazz sealed the game to secure them a spot in the finals against the Shinobi Wolves next Wednesday! Good work girls and let's go get that trophy!

#### C10 Pittwater Jazz Season 1 / 2019 Summary

Another all-round impressive season from the Jazz! With a Championship to defend, all of the girls improved tenfold. Alex, Lexi and Mali have become increasingly important impacts on the court throughout the season with their improvements at rebounding and scoring countless and important second-chance points. Gabby can also be commended for her progression towards the back end of the season, pulling together her best ever performance in an important win against the Amazons. Charlotte was a new addition to the squad this season and has certainly proved herself and fit in well amongst her teammates. A superb end to the season from the Yr10 ladies, coming away victorious in some tight matches and must win games, pushed us into the top four and Semi Finals. The reigning champs have stepped up to challenge.

#### C10 Pittwater Jazz v St Lukes (31 July) Win 50-18

Little sign of rust by the end of the game for the Jazz, pulling off an excellent 30-point second half! The ladies rewarded their rebounding efforts with quick transition offence, including some impressive full court outlet passes! Offensive focus over the next several weeks will involve utilising spacing and improved, smarter ball movement to find better shots on offence. Having shown their ability to hustle and commit to 50/50 contests, the Jazz will also be focusing on working better as a team on defence in the way of traps, double teams, reacting to screens and communication. Another exciting season ahead for the Pittwater Jazz!

#### G9 Pittwater Hornets v OFGS Sky (30 May) Win 36-27

Another great start to the game for the boys, Andy and William were ferocious on the rebounds snatching many offensive boards putting the defending team under quite a lot of pressure. Defence was also outstanding; the boys were playing in the passing lanes which was great to see.

#### G9 Pittwater Hornets v Humpback Whales (6 Jun) Win 32-18

The boys started off today's game a little slow only scoring 6 points on the first 10 minutes but with a few great possessions on defence we got into rhythm and went on 15 to nothing run allowing us to get a sustainable lead going into the second half! James was very good both defensively and in offence as he made several layups towards the end sealing the deal. Great game today by the Hornets.

#### G9 Pittwater Hornets v Mosman Spurs (13 Jun) Win 37-18

The boys came out to a bit of a sluggish start which is unlike them, a quick few turnovers lead to Mosman getting the first few baskets. But after a quick switch around the boys went on a 15 to nil run resulting in a lead too big for the opposing team to come back. Anderson was very good at reading passes and getting intercepts as well as finishing at the basket. Well done to the boys today.

#### G9 Pittwater Hornets v Raptors (20 Jun) Win 29-24

The opposition came out to a quick start scoring 8 unanswered points putting the pressure on the boys from the start. William and Anderson took charge and brought the game back in our favour by blocking shots, grabbing rebounds and leading the team to victory in a close game. Well done Hornets.

#### **G9 Pittwater Hornets Season 1 / 2019 Summary**

The boys have had a cracking term playing some outstanding basketball resulting in only a few games where we lost. The boys strengths are rebounding as we are quite tall so if we can capitalise on that in our semi-final we should be making our way to the grand final! Excellent job this term boys well done.

#### G9 Pittwater Hornets v OFGS (1 August) Loss 21-25

The Hornets started the season with a competitive game which went back and forth right up until the end. The penetrating play from the Hornets gave us easy baskets and allowed us to get to the free throw line in the first half. A taller OFGS team proved to be an issue as we could not secure key rebounds throughout the game which hurt us late in the game. However, there are plenty of positives to be taken from the game and several learning opportunities which will help later in the season.

# G9 Pittwater Rockets v St Pauls Red (30 May) Loss 18-45

The Rockets had a tough game against a strong opponent in St Pauls Red. The Rockets were able to score consistently in the first half but as they headed into half time were down 10. With St Pauls using their height advantage to good use, they were able to stretch the lead out 27 to finish. Unlucky boys but still a commendable effort.

### G9 Pittwater Rockets v Saints 76s (6 Jun) Loss 18-40

The Rockets faced the Saints 76's in a fiercely physical game. From the tip-off both teams were looking to be super physical with each other. The Saints 76's was able to use a good transition offence to tire our boys out. Unfortunately, their tactic worked well, and we started to make some errors on both ends of the court.

### G9 Pittwater Rockets v Masada (20 Jun) Loss 32-17

For the final game of the season, the boys of the Rockets showed great effort in their loss against a strong Masada team. Diving on loose balls and fighting until the last whistle. Well done boys for not letting the deficit affect our efforts to play hard!

## G9 Pittwater Rockets Season 1 / 2019 Summary

This season was tough for us; however, I was always impressed with the boys' dedication and enthusiasm for basketball. They always trained hard and worked consistently to develop their skills. I was very pleased with the progress made in their defensive game and I look forward to that continuing to improve. We will look to concentrate on our offensive game and shooting accuracy next season. I have really enjoyed coaching the boys and look forward to watching their skills develop.

#### G10 Pittwater Heat v Bally Breakers (30 May) Loss 63-45

The Heat played a fabulous game against Bally this week. Despite the score line, it was the first time our offence flowed naturally, our communication on defence was crisp and we were converting our 3pt shots at a high rate. With all these factors together, it shows that we are on the right track to competing with the top teams in our division.

#### G10 Pittwater Heat v OFGS Falls (6 Jun) Win 32-30

An absolute nail bitting finish to an awesome, hard, competitive game. The boys were able to execute well offensively, unfortunately we were let down on the defensive end of the floor, allowing easy transition baskets and sending them to the line in both halves with bonus fouls. Still a great win to take and hopefully a spark to end the season strong.

#### G10 Pittwater Heat v KHHS (13 Jun) Win 53-28

Another solid win for the Heat, who were able to display the full range of their skill, converting 3's, finishing at the rim with contact and preventing any easy baskets. Well done boys, great back to back wins.

### G10 Pittwater Heat Season 1 / 2019 Summary

I'm proud of all the Heat players this season for their continuing effort, dedication and great sportsmanship. They are an excellent group of boys that I've enjoyed coaching all year so far and will continue to for the remainder of 2019.

### G10 Pittwater Heat (Thursday) v NB Bulls (1 Aug) Win 73 - 39

The Heat had an easy transition back into competition basketball. They played a four-man sided NB Bulls, who fought valiantly until the final whistle. Our boys managed to use the opportunity to shake some holiday rust off and prepare for their game on Friday night.

#### G10 Pittwater Heat (Friday) v Dark Knights (2 August) Win 49-46

The Heat played an outstanding game on Friday against a tough opposition in the Dark Knights. We were able to penetrate the defence effectively and played a really tough brand of man to man defence, which frustrated the opposition. Good start to the new competition playing up a division for the Heat boys.

#### G10 Pittwater Thunder v Saints Jazz (30 May) Win 41-10

The Thunder have really started to get a hang of our zone offense and it clicked today. We were able to find our big targets inside and get great looks at the ring. This put a lot of score board pressure on Saints and we were able to hold them defensively to a modest score.

#### G10 Pittwater Thunder v Mater (6 May) Won 34-22

The Thunder continued our good form in this game, offensively looking much improved from earlier in the season. So long as we rebound defensively and look after the ball and be aggressive with the ball this shows that we can compete with all the teams in this division.

#### G10 Pittwater Thunder v Forest Boys (20 Jun) Loss 20-34

Unfortunately, the Thunder boys couldn't continue the winning streak in their last game of the season against a tough Forest team. The Forest boys did a good job of packing in their zone and protecting the key and we missed some shots that we would normally make.

# G10 Pittwater Thunder Season 1 / 2019 Summary

The Thunder had a bit of an unpredictable season, we would have some great game some weeks and follow it up with some of our worst performances. The pleasing thing is that toward the end of the season we went on a streak of winning 3 games in a row against some good opposition. The Thunder figured out what we were trying to do offensively and looked after the ball much better and this coincided with us winning games and competing well consistently. Hopefully this continues into next semester!

### G10 Pittwater Thunder vs Mater Boys (1 August) Win 35 - 24

The Thunder had a great start to the season with a convincing 11-point victory due to an overall team effort. The boys executed the high-low zone offence to perfection to get easy points in the paint from our big guys. Smart and steady play from the guards controlled the momentum of the game making the Mater team play out of their comfort zone. Offensive rebounding was a stand out from the Thunder which gave them multiple second chance opportunities to put points on the board. Defensive concepts will be added so that we can improve on that side of the ball throughout the season

# G10 Pittwater Warriors v St Lukes Blue (30 May) Win 27-23

A great win by the Warriors against an evenly matched St Lukes Blue. We were able to control the tempo of the game playing at a fast pace throughout. St Lukes gave a good effort on defence but not enough to stop the speed at which we were playing. The Warriors showed real class in another good win. Well done boys!

#### G10 Pittwater Warriors v Masada (6 Jun) Loss 18-40

The Warriors had a hard game this week against a strong Masada side. We couldn't effectively control the rebounding battle on the defensive end and struggled to keep them scoring from outside the key. This led them to gain an easy lead out of half time and eventually became too much for us to overcome. We will continue to work on our boxing out and interior defensive skills in training in the weeks to come.

### G10 Pittwater Warriors v Manly High (13 Jun) Loss 22-44

The Year 10 Warriors played Manly High, the likely competitors for the upcoming semi-final. The boys started off slow but had a good start to the second half, moving the ball and closing out on their three-point shooters. It was a good feel out game for the lads.

#### G10 Pittwater Warriors v Manly High (27 Jun) Loss 26-30

The Year 10 Warriors battled Manly High in a blockbuster semi-final. The boys hustled all game, playing great defence despite the tallest player Jessie being injured. Despite being up by one at the half, the Warriors fell to the opponent 26-30. I am very proud of the lad's performance and development over the season. I'm looking forward to coaching them again in the future.

### G10 Pittwater Warriors Season 1 / 2019 Summary

The Warriors improved immensely over the duration of the season. Their chemistry as a team improved as they moved the ball well and communicated effectively on the defensive end of the floor. All players consistently attended trainings which translates into the court. I'm very proud of the boy's effort this season and am looking forward to coaching them soon.

### G10 Pittwater Warriors v St. Lukes (1 August) Loss 6-38

The Year 10 Warriors started the new season off with a couple of new faces to the squad and whilst the boys managed to play quite well defensively, they were a bit rusty on the offensive side of the ball. Whilst it was a rough start to the season, I think it will take a little while to gel and the Warriors will get right back to where they finished last semester.

#### C11 Pittwater Sparks v MMCC (31 May) Win 22-10

Great win today by the Sparks girls, we shared the ball well and got a good consistent scoring spread from across the team. Defensively we did a great job of packing in the zone and protecting the paint and our back row of the zone did a fantastic job of getting rebounds.

#### C11 Pittwater Sparks v Slayers (7 Jun) Win 20-13

Close game today after giving the opposition a bit of a head start, we switched on at the start of the second half and were much better defensively and looked to be aggressive and create offensively which was the main difference in the turn around.

#### C11 Pittwater Sparks v Wildcats (14 Jun) Loss 17-20

Unfortunately, we got off to a slow start again this week and were unable to catch the Wildcats in the end. The second half today was much improved, however we just dug too much of a hole for ourselves. For next week we need to be focused on playing defence and looking after the ball from the start.

### C11 Pittwater Sparks v MMCC (21 Jun) Win 30-10

Much better game for the Sparks today and was more like our normal selves. Defensively we were really switched on and rebounded great. This allowed us to get out in transition and get some easy scores. Abby also made a lot of jump shots in the first half which opened shots for everyone else in the second half. Great effort today and a good lead into the semi-finals!

#### C11 Pittwater Sparks Season 1 / 2019 Summary

What a season for the Sparks! From going from having 3 players to start the season to doing some recruiting and ending up with 9 players on the team at the end of the season! The amount of improvement shown from the team has been remarkable, our first game I believe we scored 6 points to now leading the competition heading into the semi-finals! The girls have been an absolute pleasure to coach, and I look forward to working with them again next semester!

# G11 Pittwater Lakers v Mosman (31 May) Loss 27-69

The Lakers and the Mosman Warriors faced off in Round 16 with the Lakers staying competitive in the 1st half. However, fatigue got the better of the Lakers, leading to an eventual loss despite their strong start.

# G11 Pittwater Lakers v Dark Knights (7 Jun) Loss 21-75

Round 17 saw the Lakers play against the Dark Knights. The Dark Knights proved too good with their intense effort on both ends of the courts, the Lakers got shutdown in their offensive sets. More passing and teamwork are the focus moving forward.

#### G11 Pittwater Lakers v Nets (14 Jun) Win 39-37

The Lakers put in a great overall effort in their round 18 matchup against the Nets. They were able to shut down the Nets offensive approach through utilising their zone. As well as hit clutch shots when they needed to pull off the win.

#### G11 Pittwater Lakers v EB Academy (21 Jun) Loss 9-72

With the final game of the season there was no sense of urgency or effort from the Lakers against the EB Academy. A rough start saw them go down by 20 in the first 10 minutes of the game. However, the boys rallied back and were able to score 9 points, with 7 of them coming in the second half.

#### G11 Pittwater Lakers Season 1 / 2019 Summary

The Lakers showed a steady improvement throughout the season, with better team communication and players finding their roles, the Lakers managed to pull off a couple of wins towards the end of the season. The next step in the Lakers improvement will be to focus on their defence, as the Lakers are offensively talented once the ball is moving around the perimeter.

## C12 Pittwater Diamonds v St Lukes White (31 May) Loss 18-23

The TPHS Diamonds went up against St Lukes in one of their toughest match ups of the new comp. After a week of assignments and exams we found it hard to find our mojo and conceded a couple of critical baskets early in the first half. Unfortunately, the Diamonds were unable to close the deficit despite a great effort, and therefore lost their first game of the season.

#### C12 Pittwater Diamonds v Stella (7 Jun) Win 23-19

The Diamonds came up against their long-time rivals Stella in a great matchup on Friday night. With no subs the girls were able to pull ahead with a convincing lead and hold off Stella throughout the first and second half with a 23-19 win.

#### C12 Pittwater Diamonds v Mosman Flares (14 Jun) Win 17-14

The TPHS Diamonds played on Friday against the Mosman Flares. The girls were able to start the game with a strong lead and showed great offensive skill through multiple fast break and inside baskets. The Diamonds won 17-14 with a tough second half evening the points until a great final push from the girls in the last quarter.

### C12 Pittwater Diamonds v Fast Breakers (21 Jun) Win 24-6

With the last regular season game of the semester the girls were keen to get that top spot on the table against the Fast Breakers. The girls played excellent defence and were able to make multiple mid-range shots to keep the pressure on both ends. Special thanks to Bella who played through sickness and had an awesome game leading the fast break plays. The girls were able to win the game 24-6 and clinch the top spot in the competition and have high hopes for the coming semi-finals.

### C12 Pittwater Diamonds Season 1 / 2019 Summary

The Pittwater House Diamonds have had an incredible season this semester, reaching a personal best record with only one loss throughout the competition. With this year being their last playing for Pittwater House, the girls were able to rise to the occasion and come out with the top spot on the table. All players have showed great commitment to the team despite the tough HSC year ahead, and a focus on the more technical aspects of the game has proven to be although challenging, rewarding for all the girls in the Diamonds.

# C12 Pittwater Diamonds v Fast Breakers (2 August) Win 30-12

The Diamonds were able to start their final season with a bang on Friday with a convincing win against the Fast Breakers. Despite HSC trial exams commencing in the coming days the whole team managed to come down and play a great game which showcased much of what the Diamonds built on last season. The girls were able to shake off some of the holiday rust early with lots of fast break opportunities and ended the game making a lot of mid-range jumpers. Good luck to the girls as their trials begin in the coming days.

#### G12 Pittwater Spurs v Saints Heat (31 May) Win 58-21

A huge bounce back wins off the back of a tough loss the week prior. The gents put some of their long-range skillsets on display, knocking down numerous second half threes. Zale had a brilliant game from beyond the arc whilst making some pretty passes also.

# G12 Pittwater Spurs v Wolves (7 Jun) Loss 30-38

A strong first half all round kept the Spurs in the game for the most part! Unfortunately, some miscommunication and hard counterattack from the opponents put the Pittwater men down by 10 during the second half. Whilst we couldn't pull ourselves back into the game, a good defensive performance throughout the match kept their opponents below 40 points.

# G12 Pittwater Spurs v Saints Lakers (14 Jun) Loss 49-40

Another good display out of the gates from the Spurs, leading by 5 points midway through the first half. The high energy and quick ball-movement in the first half lead to some good-looks on the offensive end. This represents some strong improvements as a collective group with teamwork and drive!

#### G12 Pittwater Spurs v Werewolves (21 Jun) Loss 24-64

A tough game for the Spurs, who faced a very classy well coached team in the Werewolves. The opposition was able to dictate the tempo of the game and left our boys struggling to compete defensively. A good defensive game for James who was able to shut down one of their main scorers. Unlucky last game but one for the Spurs to learn from and build off.

#### G12 Pittwater Spurs Season 1 / 2019 Summary

An up and down season for the Opens boys, at times showing glimpses of a top 4 team! They consistently played games with energy and determination, displaying potential to be the championship winning team they have been in previous seasons. A collective lack of commitment off the court and with training did, however, limit their improvement and performances across the board!

# **NSW State Cross Country**

The Championships were held at Eastern Creek Raceway on July 26. Our school sent four qualifiers from the CIS Championships to compete. Sadie ran in the Girls 8/9 Yrs. race and finished 18<sup>th</sup> from a field of 78 starters, well done Sadie you have completed a very successful cross-country season. Our next starters were James and Jasper who ran in the Boys 12 / 13 Yrs. race. Jasper after a magnificent run finished 1<sup>st</sup> in the 12 Yrs. age group. He will now go on to run at the School Sports Australia Cross Country Championships to be held at Kembla Grange from August 23 to 26. James also ran strongly to finish in 22<sup>nd</sup> place in the Boys 12Yrs race. Jasper will be joined at the Nationals by Sienna who ran in the Girls 12 /13 Yrs. race and ran very strongly to finish her race in 5<sup>th</sup> place in the 13Yrs Age Group. Well done to you all for reaching the NSW All Schools level. Good luck to Jasper and Sienna at the Nationals, you have both shown your fitness, talent and some great determination to reach the National level this season in Cross Country running.

# Netball

#### **CDSSA Open Girls Netball Team**

Congratulations to both Emily and Grace for being selected to play in the Open Girls CDSSA Netball Team, both girls represented Pittwater House at the AICES Opens Championships. CDSSA finished 4<sup>th</sup> overall on the day with only narrowly losing a couple of games by one or two points. Well done girls and the CDSSA team.

### Peninsula Cup Div. 2 U14B Team v Stella Maris (23 July) Lost 10-30

On Tuesday the 23<sup>rd</sup> of July, the U14 B netball team played in their grand final match against Stella Maris College. After a great season, we were undefeated with very convincing victories across the term. However, due to the large amount of rain we encountered towards the end of June, our grand final was pushed back to the first week of Term 3. The girls must be commended on their positive attitude all season especially in our grand final. The first quarter was incredibly tight with only 1-point goal difference, the second quarter was a bit slow on our end as Stella Maris managed to pull ahead in goal difference but none the less the girls pushed on. We were down two players which meant we had no subs and most girls were playing out of their position. Our third and fourth quarter saw Stella Maris convincingly take the lead, ahead with more than 10 goals. The last quarter drew to a close and unfortunately, we lost 30 – 10. The girls worked together with enthusiasm and sportsmanship for the entire game. I am so proud of how these girls have come together since the start of the term. Well done girls.

# **PISA Sport**

#### Senior Netball B Season Report T2 / 2019

The Senior Netball B team has accomplished a lot throughout the season. All the girls worked very hard on their individual games and this dedication meant that by the end of the season, they were combining beautifully as a team. Our focus was about making clean breaks in attack to bring the ball down the court uncontested and, about sticking tightly to our opponents in defence. Many of the games were closely contested with a final's playoff against John Colet for fourth place on the ladder. Unfortunately, this nail-biter did not sway in our favour and we were defeated 9-10. As their coach, I am so incredibly proud of the composure and dedication that the girls displayed. It has been an honour to represent Pittwater House with such great sportswomen (Sophie, Trinity, Sienna, Kali, Mia, Adelle, Mirabelle, Chryssa, and Chloe).

#### Junior Boys Soccer B team for Term 2.

Life teaches us all valuable lessons along the way and the lesson we the Junior Boys Soccer B Team learnt this season, is how to keep getting back up after disappointment. We played 4 games this season and even though there was significant improvement from beginning of season until end, we ended up losing all 4 games. The boys always remained positive during each game, never gave in and most importantly had fun. They learnt to play as a team and their individual skills improved as a result. Thanks for being a great team to coach.

#### Junior Girls Soccer TPHS v NBCS (26 July) Won 2-1

Last week we kicked off (no pun intended) the Junior Girls soccer season with a game against NBCS. Whilst we will need to focus on positioning, there was some great chat amongst the girls and we dominated in possession. Congratulations to Grace and Ella for scoring our two goals. We won 2-1. We look forward to an exciting season.

#### Junior Girls Soccer TPHS v OFGS (2 August) 0-0

The junior girls' soccer team played OFGS today in a very evenly and tightly contested game. Even though Sonia, Amy and Carys all had shots at goal, sadly none of them passed the posts. The result was nil all. Special mentions go to Carys and Ella who combined beautifully in attack and to Sonia for clearing those "danger balls" in defence.

#### Senior Boys Mod-League TPHS v St Lukes (26 July) Won 8 Tries to 5

A very pleasing start to our season which saw all our team tackling strongly the larger St Lukes players. In attack we scored some hard-running tries and had established a lead of 4 Tries to 1 by half time. During the second half both teams scored 4 tries each. Our try scorers were: Ruann 3, Noah 2, Nick 2 and Adam 1. All our try scorers were stand outs when running with the ball. Well played all.

## Soccer

#### TPHS U18 Grammar v St Pauls (31 July) Lost 0-2 Grand Final

On Wednesday the 31st of July, our U18 Grammar Soccer Team played their Grand Final against St Paul's at Adam Street Ground, Curl Curl. In a nail-biting game, all of our TPHS players gave 110% throughout the whole game and should be congratulated for their efforts on finishing up 2nd in the Div 1 Competition. Final score: TPHS 0 - St Pauls 2

# **Snow Sports**

# **Sydney Interschools Snowsports Championships**

From Sunday 14 to Sunday 21 July, Mr McKee, Ms Lee, Mr Cuno and Mr Hart took 15 Pittwater House Senior Students down to Thredbo for the Sydney Interschools Snowsports Championships. With another 7 Junior and Senior Students staying separately with their families, we had a total of 22 students representing Pittwater House in either a Skiing or Snowboarding discipline. All 22 of our students put in a tremendous effort on the mountain, some preparing to race for the first time and some familiar faces coming back for more. The Snowsports Camp gave the students the perfect opportunity to build friendships and mingle with other year groups as well as develop their skills in a range of Snowsports disciplines and promote a love for the sport through friendly competition, team spirit and sportsmanship.

We are very proud to announce that 5 of our students have made it through to the SSA Northern States Interschools Championships this year which is taking place in Perisher from the  $20th - 25^{th}$  of August, as well as Pittwater House taking out  $2^{nd}$  Place in the Secondary Co-Ed Overall Championships.

- Kai Moguls Div. 4: 9th individually
- Sienna Snowboard GS Div. 3: 10<sup>th</sup> Individually
- Sienna Snowboard X Div. 2: 5<sup>th</sup> Individually and 3<sup>rd</sup> in Team with Taylor & Snowboard GS Div. 2: 5<sup>th</sup> Individually and 3<sup>rd</sup> in Team with Taylor
- Taylor Snowboard X Div. 2: 7<sup>th</sup> Individually and 3<sup>rd</sup> in Team with Sienna & Snowboard GS Div. 2: 8<sup>th</sup> Individually and 3<sup>rd</sup> in Team with Sienna
- Sophie- Alpine Div. 1: 15th Individually

A huge congratulations to these students, and we wish you all the best at State later this month.

# **Term 3 Calendar Dates**

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

# **Sports Office Contact Details**

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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: <a href="mailto:sportsoffice@tphs.nsw.edu.au">sportsoffice@tphs.nsw.edu.au</a>

# **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.