

St Columba's Catholic College

Thursday PDSSSC Sport and
Activities

2020

2020 Sport Structure

College Sport occurs weekly on Thursday for 3 periods, equalling 150 minutes. Sport uniform is to be worn to and from the College on Thursday. These requirements are contained in the College diary. **Your child has the opportunity to be involved in the PDSSSC Thursday Sport Competition each week where they will travel to compete against other schools in the Parramatta Diocese.** A variety of sports will be played throughout the year and students who do not wish to trial for a College team in the PDSSSC weekly competition will have other options provided to them during this time. These will include both competitive sports and recreational options. More details regarding these options are provided in the booklet.

The sport program has been divided into three seasons, each lasting approximately 11-12 school weeks. The Sport competition will be held at the College and various locations in the Blue Mountains and Penrith. Teams will be selected at trials during the first week of each season at the College. The teams will be broken into Year 7 and 8, 9 and 10.

Sports vary each season based on the program provided from PDSSSC. Students will be issued with all sporting options for each season at the beginning of the year. If they do not make the PDSSSC team, there will be opportunities for the students to engage in a competition at school.

Due to our geographic location, travel to and from some of the sporting facilities can be lengthy. The PDSSSC Competition starts at 1.30pm and some sports might conclude at the ground at 3pm or even later. Buses will transport students to the sporting venue and back to the College each week, however, parents need to be aware, if your child chooses to participate in the PDSSSC weekly competition they will need to organise alternate pick up arrangements from the College as buses may not be available when the students return to the College. Notes will go out to parents at the beginning of each season with all details.

Activity: Thursday Sport **Cost:** Many sport and recreational activities are included in the Sport Levy. However, some options are not and require additional costs. **Equipment:** Students are to come to school in their full College sports uniform and bring with them a water bottle, sunscreen and their College hat. Students need to bring a signed parental note explaining any illness/injury if they are unable to participate. Sport specific equipment will be necessary for the PDSSSC Competition dependent upon selection and nature of the sport. (For example, Mouth guards, shoulder pads etc.)

Students will select their sport options in Week 2 Term 1.

If you have any questions regarding the sporting program at St Columba's Catholic College, please do not hesitate to contact the Leaders of Learning PDHPE and Sport

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2020 Thursday Competition Dates

Term	Week	Date	Event
1	1	30-Jan	First day back at school
1	2	6-Feb	Sport Selections
1	3	13-Feb	Round 1 - Season 1 Trials during sport
1	4	20-Feb	Round 1 - Season 1 start
1	5	27-Feb	Round 2 - Season 1
1	6	5-Mar	Round 3 - Season 1
1	7	12-Mar	Round 4 - Season 1
1	8	19-Mar	Round 5 - Season 1
1	9	26-Mar	Round 6 - Season 1
1	10	2-April	Round 7 - Season 1
1	11	9-April	Round 8 - Season 1
2	1	30-April	Round 9 - Season 1
2	2	7-May	Round 10 - Season 1
2	3	14-May	Trials - Season 2
2	4	21-May	Trials - Season 2
2	5	28-May	Round 1 - Season 2
2	6	24-June	Round 2 - Season 2
2	7	11-Jun	Round 3 - Season 2
2	8	18-Jun	Round 4 - Season 2
2	9	25-Jun	Round 5 - Season 2
2	10	2-July	Round 6 - Season 2
3	1	23-July	Round 7 - Season 2
3	2	30-July	Round 8 - Season 2
3	3	6-Aug	Round 9 - Season 2
3	4	13-Aug	Round 10 - Season 2
3	5	20-Aug	Round 11 - Season 2
3	6	27-Aug	Trials for Season 3
3	7	3-Sep	Round 1 - Season 3 Season 3 starts
3	8	10-Sep	Round 2 - Season 3
3	9	17-Sep	Round 3 - Season 3
3	10	24-Sep	Round 4 - Season 3
4	1	15-Oct	Round 5 - Season 3
4	2	22-Oct	Round 6 - Season 3
4	3	29-Oct	Round 7 - Season 3
4	4	5-Nov	Round 8 - Season 3
4	5	12-Nov	Round 9 - Season 3
4	6	19-Nov	Round 10 - Season 3
4	7	26-Nov	Round 11 - Season 3
4	8	3-Dec	No Sport
4	9	10-Dec	No Sport
4	10	17-Dec	No Sport

2020 Thursday Sport Selections

Students will select their sport for each season like they select their school subjects for electives. They are given a unique code and choose their top 3 options. If they are not able to go into their first option, they will get

Note: If there are not enough students who pick a particular sport or activity, it will not run for that season. Those students will automatically go to their second choice. All students will need to pick their top three choices in case their first two options don't run.

Parent Signature: _____ Student Signature: _____

PDSSSC GROUNDS

SEASON 1 SPORT VENUE Touch Football Whalan Reserve – Debrincat Avenue, Whalan

Boys Basketball Penrith Sports Stadium - Herbert Street, Cambridge Park

Kevin Betts Stadium – Ralph Place, Mount Druitt

SEASON 2 SPORT VENUE

Soccer (Home and Away) Andromeda Oval – Andromeda Drive, Cranebrook

Emu Park – Great Western Highway, Emu Plains Harvey Park, Benalla Crescent, Marayong Hanna Reserve, Hyatts Road, Oakhurst Morreau Reserve – Church Steet, Rooty Hill Roper Rd, Roper Rd, Colyton Whalan Reserve - Debrincat Avenue, Whalan

Netball Jamison Park, Batt St Jamisontown (Penrith)

Rugby League Whalan Reserve – Debrincat Avenue, Whalan

Ultimate Frisbee Whalan Reserve – Debrincat Avenue, Whalan

SEASON 3 SPORT VENUE

Girls Basketball Penrith Sports Stadium - Herbert Street, Cambridge Park

Kevin Betts Stadium – Ralph Place, Mount Druitt

Cricket Various Grounds – to be advised.

OzTag Whalan Reserve - Debrincat Avenue, Whalan

Games Start at 1.30pm and conclude at 2.30pm.

Due to travel time and traffic, students may not be back for afternoon buses on Thursday and will need to organise transport home for the College.

Mandatory Safety Equipment

All players are to wear sport specific safety equipment as set out as mandatory in the Sports Specific Safety Guidelines. Students must provide their own safety equipment for hygiene reasons and to ensure they are fitted correctly.

The following are mandatory for all players at all times in all games:-

AFL – Mouthguards.

Cricket –During a match or at practice where a hard ball is being used, players must not be allowed to: bat, field within 10 metres of the bat, or wicket-keep up to the stumps without wearing a cricket helmet with a face guard that complies to Standards Australia specifications (currently AS/NZ4499:1997 "Protective Headwear for Cricket"). If using leather or composition cricket balls the:

- Wicketkeeper must wear a pair of pads, a pair of wicket keeping gloves and a genital protector (if male) and a helmet when keeping up to the stumps
- Batters must wear a helmet, well fitted pads and batting gloves. Batters (if male) must wear a genital protector

Soccer – Shin pads.

Touch Football – No screw in studs.

Rugby League – Mouth guards **MUST** be worn. Protective headgear is optional, however, strongly recommended.

In summary - No student can play in any PDSSSC match without this mandatory equipment.

Uniform

All students are to arrive at the College on Thursdays in full sport uniform. When students get to the ground of their chosen sport for PDSSSC, they will be given their specific College uniform to play in. For example, St Columba's Netball Dresses. All uniform requirements will be indicated on the permission notes. All uniform distributed to students at the game must be returned to the teacher at the end of the game so it can be washed for the following week. No student is to take their uniform home.

Sport Selection Information

Some options will not run if there are extremely low numbers. Students who selected that option will be notified as soon as possible and they will be asked to choose another option. All PDSSSC Sports have a trial before the season starts. If you are not selected from the trial, please have alternative options in mind when selecting your sport or activity incase you do not get your first option.

PDSSSC SPORTS Boys Basketball Season: 1 Teams: 7 & 8, 9 &10 Venue: Penrith Sports Stadium - Herbert Street, Cambridge Park Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Week 3, Term 1, 2020

Touch Football Season: 1 Teams: 7 & 8 girls, 7 & 8 boys, 9 &10 girls, 9 &10 boys Venue: Whalan Reserve – Debrincat Avenue, Whalan Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Week 3, Term 1 2020 Uniform: Indicated on permission note.

Netball Season: 2 Teams: 7 & 8 girls, 9 &10 girls Venue: Jamison Park, Batt St Jamison town (Penrith) Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Term 2, 2020 Coach: Mrs Colleen Mitchell. Mrs Mitchell has been coaching for 35 years - 23 of those at a Representative Level. She was a previous Representative Player and currently holds an Elite Coaching Certificate. Mrs Mitchell has been a member of NSW Coaching Staff since 2012 - Including NSW 17's & Under & NSW 19's & Under. She has been a NSW Representative Selector since 2002, having selected numerous Academies, NSW State 17's, 19's, 21's and ANL Teams and has been part of the Emerging Talent Selection Team. Mrs Mitchell is current Coach of North Shore United Premier League - Open Division. Mrs Mitchell is currently NSW Waratahs Head Coach which will compete in the 2018 Australian Netball League. This involves playing around Australia, in some instances before the Super Suncorp Games - NSW Waratahs are a feeder to the NSW Swifts. We are extremely fortunate to have Mrs Mitchell coach our College Netball teams where the students can learn some valuable skills throughout the season.

Rugby League Season: 2 Teams: 7 & 8 boys, 9 &10 boys Venue: Whalan Reserve – Debrincat Avenue, Whalan Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Term 2 2020 Coach: Mr Graham Watson Mr Watson is an ESSA accredited Exercise Scientist with an NRL International Games coaching qualification. He is also a SMA level 1 Sports Trainer and an ASCA Level 2 Strength and Conditioning coach with experience in Rugby League at various levels. Mr Watson previously worked with the South Sydney Rabbitohs as a Sport Science Assistant to the NRL squad and Head Strength and Conditioning coach for the under 20's squad. Mr Watson has been our Rugby League Football coach for our girls and boys teams for the past 2 years. It was under his coaching our U16's boys team won the Mark Geyer Cup in 2017 where they were played their Grand Final at Pepper Stadium.

Soccer Season: 2 Teams: 7 & 8 girls, 7 & 8 boys, 9 &10 girls, 9 &10 boys Venue: Whalan Reserve – Debrincat Avenue, Whalan Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Term 2 2020. Soccer is a popular team sport and can also be a great sport for students who may not have high levels of athletic ability, but who would like to participate in team sports. Soccer is ideal for boys and girls who play the same game under the same rules. In 2018, students will play at Home and Away venues against other schools in the Diocese during Thursday sport time.

Ultimate Frisbee Season: 2 Teams: 7-10 Mixed Team Venue: Whalan Reserve – Debrincat Avenue, Whalan Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Term 2 2020. Ultimate is a fairly new sport in Australian schools. Children instantly love frisbee whenever they are introduced to the sport. It is growing at a huge rate, and we hope to assist that growth. Ultimate Frisbee is a non-contact team sport played with a flying disc (Frisbee). It is simple to learn, fun to play. It combines elements of netball,

touch football, and grid-iron into a fast paced, athletic sport. Competitions usually have mixed teams, where girls and boys play together. It is unique because the sport is self- refereed - due to the 'Spirit of the Game', players are responsible for adhering to and overseeing the rules themselves.

Cricket Season: 3 Teams: 7-10 Mixed Team Venue: yet to be confirmed by PDSSSC Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Term 3 2020 Coach: Mr Greg McDonald/ Mr Elias Abie Elias Cricket is Australia's current number one participation sport. It can improve endurance, stamina, physical fitness and hand eye-coordination. Cricket also involves short bursts of sprinting and throwing which is good for cardiovascular health. The game is good for developing team skills. In 2020 we will have a mixed cricket team who will compete against other schools in the Diocese during Thursday sport. This team will be made up of girls and boys from year 7 to 10.

Girls Basketball Season: 3 Teams: 7-10 Mixed Team Venue: yet to be confirmed by PDSSSC Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team.

OzTag Season: 3 Teams: 7 & 8 girls, 7 & 8 boys, 9 &10 girls, 9 &10 boys Venue: Whalan Reserve - Debrincat Avenue, Whalan Uniform: Indicated on permission note. Trails: Students will need to trial for this sport before being selected for the team. Trials will take place in Term 3 2020 Coach: Mr Griffiths. Mr Griffiths has coached Oz Tag teams at the College for the past 10 years. He has a Level 1 Coaching Certificate and has extensive experience in Oztag. Mr Griffiths has coached representative teams in schools and outside of school. His coaching experience is valuable to our students and the College.

ACTIVITIES AND RECREATIONAL OPTIONS *Please be aware, some of these options are not covered in the sports levy and will involve additional costs. Some options will not run if there are extremely low numbers. Students who selected that option will be notified as soon as possible and they will be asked to choose another option. Please have alternative options in mind when selecting your sport or activity in case you do not get your first option.*

Golf Season 1,2 and 3 Year groups: 7-10 Location: Springwood Golf Club Cost: \$150 or \$100 with sports online voucher from the government. Students walk to Springwood Golf Club at the end of lunch with their teacher. All students who select golf for sport will receive; St Columba's Golf Package – \$100 voucher to use at the Golf Club. Junior membership 2018 5 x 30 minute golf lessons with pga golf professional 12 weeks of play on the green. 1 golf shirt 12 balls 1 golf cap 1 golf glove 1 pkt tees Students are able to borrow a set of golf clubs from the club for no charge during sport time. If students have their own set, they are more than welcome to bring it with them to use.

Bootcamp Season: 1, 2 and 3. Year groups: 7-10 Location: College Cost: \$5 per week Michelle Vassallo, Accredited Personal Trainer and owner of Fitness Heights is passionate about fitness and invites the students to join her on an adventure into reaching the height of their fitness. All sessions tailor for beginners to advanced fitness levels because Michelle's tailored approach ensures you get the workout you want every time. The College have used Michelle during Thursday Sport for the past 3 years and students have provided positive feedback about the sessions.

Bushwalking Season: 2. Year groups: 7-10 Location: College, National Park surrounding the College Cost: Nil Regular walking is one of the easiest and best forms of exercise that just about anyone can do. Taking it to the next level, hiking increases the strength of the cardiovascular system, helps in lowering the risk of heart disease and also helps to maintain a healthy blood pressure. Hiking is also beneficial for regulating blood sugar levels and maintaining healthy bodyweight through caloric expenditure.

Hair and Beauty Season: 2 and 3. Year groups: 7-10 Location: College Cost: \$250 for 12 Weeks (\$21 per week) In 2018, Students will have the opportunity to learn off an industry professional about up style hair designs and simple make up application techniques. Students will learn how to colour match their skin to foundation colours, how to cover up blemishes with a natural look, appropriate daytime make up, contouring and simple elegant looks for young ladies. Students will learn how to do popular upstyles and braids, as well as hair for formal occasions and job interviews. Jessica Lily Hair & Makeup will provide quality sessions and offers an outstanding level of creative and technical standards in Hairdressing and Makeup. Students will be provided a list of products they will need to bring to each session. Due to hygiene and to keep costs low, Students need to bring their own make up to the lessons. More information to come when permission note is given out.

Journalism- STCCC Student Magazine Season: 1,2,3 .Year groups: 7-10 Location: College Cost: Nil Students will run their own St Columba's Magazine and act as Journalists when recording stories and events that are current in our school community. Each week, the magazine team meet during sport time and plan school events and student achievements they will record and write stories on. These students will interview their peers, take photos and develop articles of their own.

Duke of Ed Training (Year 10 ONLY) Season: 2 and 3 Year group: 10 Location: College Cost: \$150 for registration. The Award is a leading structured youth development program, empowering all young Australians to explore their full potential. there are three levels to the Duke of Edinburgh award, Bronze, Silver, and Gold, each progressively more challenging. participants are required to complete four sections of the award. These include; Physical Recreation, Skill, Service, Adventurous Journey plus Residential Project (Gold Level only). Achieving an Award recognises individual goal setting and self-improvement through persistence and achievement.

AG Show Team Season: 1, 2 and 3 Year group: 7-10 (This group will need to commit for 3 whole seasons)

Location: College Cost: Nil Students acquire the skills required to prepare animals for show. They play an active role in training the animal and complete activities such as feeding, washing and parading. Students will also have the opportunity to attend the show and complete mandatory activities there.

Gardening Club Season: 2 and 3 Year group: 7-10 Location: College Cost: Nil Students will learn all the skills necessary to set up a flower and vegetable garden. They will learn about different species of vegetables and plants used in floriculture. Students will actively grow the plants and at the same time learn elements of landscape design and how plants are used by different cultures around the world.

Gaming (Mine Craft) Season: 2 & 3 Year group: 7-10 Location: College Library Cost: Nil Minecraft is often described as a 'sandbox game'. This means that it's a virtual land where users can create their own worlds and experiences, using building blocks, resources discovered on the site and their own creativity. Minecraft is a popular game to teach Math, ICT and programming.

Robot making Season: 2 & 3 Year group: 7-10 Location: College Library Cost: Nil Robotics looks into science, technology, engineering and math as well as exemplifying technology directly by programming the robot. The hands-on experience of learning to design, build, and program robots of increasing complexity boosts teamwork and problem-solving abilities while helping students learn how abstract concepts, like mathematics, engineering, and computing actually work in practice.

Puzzling (Indoor Recreation) Season: 1, 2 & 3 Year group: 7-10 Location: College Library Cost: Nil Working on puzzles and solving them provides us with very many helpful benefits. First of all it makes us alert, increases our concentration and expands our creativity. On the other hand, looking at the images constantly helps us practice visualisation, which is a good aid for any physical activity that succeeds mental activity. It also affects our physical health by lowering our breath rate, reducing heart rate and blood pressure.

Orienteering Season: 2 Year group: 7-10 Location: College Cost: Nil Orienteering is a lifetime fitness sport that challenges the mind. It offers the obvious development of individual skills in navigating while problem solving to locate each control. Decision-making is paramount: Should I go left or right? Should I climb that hill or go the long way around it? These decisions that constantly arise require thinking more than quick reactions or instinct; again, that is why orienteering is called the thinking sport. And remember, these decisions are being made under competitive stress and increasing fatigue, helping you to become mentally tougher in other stressful situations. Orienteers learn to be self-reliant since most orienteering is individual, and even in the team and mass-start versions, teammates usually practice individually to improve.

Stop Motion Movie making (Indoor Recreation) Season: 1, 2 & 3 Year group: 7-10 Location: College Library Cost: Nil Stop Motion Animation is an excellent way to have students begin to explore the world of movie making. There are several stop motion animation apps and programs that help you begin your journey. Stop motion animation can be very simple to extremely complex. Most students will recognise stop motion animation from movies such as The Nightmare Before Christmas, Wallace and Grommit and Coraline. If you are into being creative and making your own movies and videos, this is your opportunity.

Study Time (Indoor Recreation) Season: 1, 2 & 3 Year group: 10 Only Location: College Library Cost: Nil Study time is available for Year 10 students who would like to use sport time to work independently on Assessment Tasks, Learning Preparation and revision of class work. There will be a teacher available for consultation, but the focus is on students using this time to work independently and silently. Students who are suited to this group are self-motivated and able to be organised to ensure that they are using this time effectively to achieve their academic goals.

TeamGym Season: 1 & 3 Year group: 7-10 Location: College Cost: Nil Coach: Mr Greg Clune Mr Clune has extensive experience in coaching state and national level gymnasts in Trampoline, Tumbling and Acrobatics. He is the current NSW team coach for Trampoline.

Team gymnastics combines parts of tumbling, mini tramp and acrobatics to create an exciting team event. You get to flip, roll, jump, lift and dance with your friends. The Australian TeamGym program has been developed for teams of gymnasts, with performances on 3 different apparatus: - Floor - Tumbling - Mini trampoline

Production Season: 1 and 2 Year group: 7-10 Location: College Cost: Nil Producer: Ms Carmen Noonan has been teaching junior and HSC Drama for 23 years and has a wide experience of performance and production. During this time, I have directed over 50 productions including; St Columba's School Spectacular Showcases, Musicals, junior and senior plays, Greek Drama Festivals, Creative Arts and Drama showcase evenings, Diocesan Drama Festivals, "Captivate" drama workshops and performances, and Drama and Literacy pieces, Children's theatre performances for primary schools and have been involved in several Blue Mountains initiatives involving filmmaking and drama festivals supporting Mental Health awareness. Ms Noonan has also taught Entertainment VET course for 10 years and have been an HSC exam writer, marker and teacher trainer for others in the production side of theatre and performance. Ms Noonan bring experience, expertise and great passion to all productions and look forward to working with you.

The SCCC whole school production occurs, biannually. This year, it will be run through sport, CAPA classes and will require some afternoon rehearsals. Auditions for actors and musicians will be run through the specific departments.

You may be part of any of the following areas:

- Writers, actors, musicians- instrumentalists, singers, dancers, designers, stage crew, assistant directors or stage management.

If you are writers ONLY and designers, you may join for season 1 of sport; however, all performers; dancers, musicians and actors will need to choose season 1 and 2. The show will take place in Term 3, Week 6.

Dance Ensemble Season: 2 & 3 Year group: 7-10 Location: College Cost: Nil Teacher: Miss Lisa Nyburg Miss Nyburg is Royal Academy of Dance (RAD) and Australian Teachers of Dance (ATOD) qualified and trained. She owns her own dance studio after school and has years of teaching experience. She has performed at Disneyland L.A, Universal Studios, Sydney Entertainment Centre, Movie World, Sea World, Seymour Centre and Cleveland Street Theatre. Miss Nyburg is highly experienced in teaching and performing Classical Ballet, Jazz, Tap, Contemporary, Hip hop, Lyrical, Musical Theatre and Hungarian. She has adjudicated a number of Eisteddfods across NSW and directed the PDSSSC Dance Competition for the past 5 Years. Miss Nyburg has been teaching Dance for 18 years and has choreographed multiple winning routines in competitions across Australia. Students will compose their own dance items in duos or small groups to support the production theme. Miss Nyburg will choreograph our performance troupe routines during this time.

Competitive sport Season: 1, 2 & 3 Year group: 7-10 Location: College Cost: Nil Competitive sport allows 2 students to partner up and compete against other partners in a variety of sports throughout the season. Each week, a different sport is played resulting in a winning and losing team. The winning team are awarded 2 points and the losing team 1 point. At the end of the season, the team with the most points wins the championship award. This competition has been extremely popular with year 10 students in the past 4 years during sport and it is fun and high intensity.

STEM Season: 1, 2 & 3 Year group: 7-10 Location: College Cost: Nil STEM education is the learning of science, technology, engineering and mathematics in an interdisciplinary or integrated approach. Students gain and apply knowledge, deepen their understanding and develop creative and critical thinking skills within an authentic context. It may include inquiry and project-based learning. To become self-directed learners, students must learn to monitor and adjust their approaches to learning. STEM engages students in a group design activity they design during sport that encourages them to take responsibility for their planning, self-assessing, monitoring and reflection.

The Duke of Edinburgh Award Season: 1, 2 & 3 Year group: 10 Only term 1 and 2, Year 9 can select in term 3 only due to age requirements. Location: College Cost: \$150 Registration. The Award is a leading structured youth development program, empowering all young Australians to explore their full potential. There are three levels to the Duke of Edinburgh award, Bronze, Silver, and Gold, each progressively more challenging. Participants are required to complete four sections of the award. These include; Physical Recreation, Skill, Service, Adventurous Journey plus Residential Project (Gold Level only). Achieving an Award recognises individual goal setting and self-improvement through persistence and achievement.

Squash Season 2 and 3 Year groups: 7-10 Location: Springwood Golf Club/ Squash Courts Cost: \$200 or \$100 with sports online voucher from the government. Squash's fast-paced nature, particularly if you have a good opponent, means it's fabulous for improving your cardiovascular fitness and endurance. This is because of the running, leaping and diving for the ball; your legs will always get a great workout. Core strength is built up by players, as there is a lot of twisting and turning to make a shot. If you concentrate on holding your core firm while you play, it will help to strengthen it and lessen your chances of developing an injury. The game also has mental benefits and is a stress release that is similar to boxing.

St Thomas Aquinas School Helpers Season 3 Year groups: 9 & 10 Location: St Thomas Aquinas Primary School Cost: Nil During Year 10 sport for the past 3 years, our students have participated in a peer support program at St Thomas. Our students have built positive relationships with the primary students enough to help them with reading, writing, maths and problem solving. In season 3, our students have the opportunity to continue this tradition and be positive role models to our sister college.

Barista Season 2 and 3 Year groups: 10 only Location: College Cost: Nil Teacher: Mrs Katy Carlin Mrs Davies is a Hospitality teacher and has a Certificate I in Hospitality and Certificate II in Hospitality. This allows her to deliver the unit of competence Prepare and Serve Espresso Coffee. Mrs Carlin is able to offer Barista Training to Year 10 students during sport time. Students will learn the basics about coffee beans, frothing milk, different styles of coffee and how to make them.

Cooking Season Season 1, 2 and 3 Year Groups: 7-10 Location: College. Students will cook different types of food each week. They will learn about the different foods and cultures of the world. Students learn how to decorate cakes and develop savory and sweet dishes to take home.

Kayaking Season 1 & 3 Year groups: 7-10 Location: Nepean, Hawkesbury, Yarramundi. Students will have the opportunity to use a single or double kayak in small groups and work on their skills at a variety of rivers. Students are able to borrow our school kayaks and Lifejackets each week and will be guided by experienced teachers. There are a limited number of kayaks, so first in best dressed for this sport. Students will be taught by qualified kayaking instructors each week.

Chess Season: 1, 2 & 3 Year groups: 7-10 Location: College Cost: Nil Chess helps with the development of problem-solving skills, planning, patience, focus of thought and self-discipline. Chess is a competitive activity, but good sportsmanship and fair play are taught as essential elements of the game. Chess is a one-against-one activity, however, teamwork is also an important element.

Mountain Bike Riding Season: 2 and 3 Year groups: 7-10 Location: College, National Park surrounding the College Cost: Nil Equipment: Students must bring their own Mountain Bike and Helmet. Mountain biking is a fun and exciting way to enjoy the many health benefits of regular fitness and cardiovascular exercise. The vigorous demands of mountain biking stimulate your body to release natural endorphins, which are the body's way of feeling good and getting more energy. Mountain biking is a dynamic activity that requires the rider to constantly adjust to varying terrain, pitch, and elevation. Staying steady and secure on a mountain bike not only keeps you from crashing, but strengthens neural pathways and reinforces muscle memory. Balance and coordination requires the combined resources of the brain, senses, muscles and nervous system. Keeping these systems active as we get older staves off disability from aging and reduces the risk of injury from falls. A high level of fitness is required for those wishing to do this option. There will be a practice ride in week 1 of sport to assess your skills and fitness levels.

Fencing Season: 1, 2 and 3 Year groups: 7-10 Location: College Cost: \$10 per week The sport of fencing is an elegant, prestigious and modern combative sport based on tradition. It's a challenge both physically and tactically between two opponents. It reflects the success qualities, which are important to contemporary young people who seek a challenge to both body and mind through an effective blend of patience and determination, discipline and competitiveness. The art of fencing requires quick responsive movements to counter attacks from an opponent and to place the opponent on the defensive. It emphasizes agility, alertness, and endurance. Fencing is a great cardiovascular exercise, using several sets of muscles at a demanding intensity level over an extended period of time. A professional Fencing Instructor will run each session and provides all the protective clothing and equipment.

Rural Fire Service Cadet Program Season: 2 Year group: 10 Location: College Cost: nil The St Columba's RFS Cadet program allows 15 Year 10 students in Season 2 to develop key skills through intensive training with the RFS. The College have worked with Winmalee Rural Fire Brigade for the past 3 years with delivering this program to our students. Our College Cadets visit 2 other local emergency services as well as Winmalee Rural Fire Brigade. In particular, Fire Rescue 445 Springwood and the Blue Mountains State Emergency Services. The cadets are exposed to some of the equipment used by all 3 emergency services and try the latest Fire Rescue tools and equipment. Students learn ways to protect their homes and the community. The sessions are educational and extremely enjoyable. Why not give it a try. You wont regret it.

AFL Season: 2. Year group: 7-10 Location: College Cost: \$20 (includes coaching from AFL Giants and an AFL ball) The AFL program will involve learning the skills of AFL and skill based games. Moving into modified games of AFL and using elements of other sports into the game. AFL Australia cater for both boys and girls of all ages with varying skill level. Each student will receive an AFL ball at the end of the term for participating in the AFL program.

Lawn Bowls Season: 2 & 3 Year group: 7-10 Location: Glenbrook Lawn Bowls & Springwood Lawn Bowls Cost: \$5 Per week Lawn bowls helps students improve coordination and skill development, increase confidence and self-esteem, enhance mental wellbeing and community connectedness. Students learn skills and rules in the sport of lawn bowls whilst engaging with team mates in a fun and supportive environment. Students receive group coaching by an experienced instructor each week and participate in competitions throughout the season.

Ice Skating Season: 1 & 3. Year group: 7-10 Location: Penrith Ice Skating

It improves posture, balance, flexibility and coordination and enhances muscle strength and endurance. But the benefits of ice skating extend beyond physical fitness. It teaches kids goal setting and the pursuit of excellence, and it gives children a higher level of self-esteem.

Flip out: Season 2. Year group: 7-10 Location: Penrith Flip Out

Trampolining improves brain and heart health, motor skills (as both sides of the body are used at the same time) and concentration. It can reduce anxiety and releases endorphins to boost happiness. Trampolines stimulate kids' senses giving them lots of movement and can also be a focused activity.

Writers' Group Season 2. Year group: 7-10 Location: College

Writers' group is for anyone who has written, is writing, or wants to write creatively! Bring along your current writing projects for feedback, collaboration and editing, or start something completely new. Get tips on how to write and find an audience for your short or long-form fiction, audio fiction, poetry, drama and film.

Please be aware, some of these options are not covered in the sports levy and will involve additional costs. If your child selects a sport that requires a cost, the money needs to be paid by the second week of that season. Some options will not run if there are extremely low numbers. Students who selected that option will be notified as soon as possible and they will be asked to choose another option. Please have alternative options in mind when selecting your sport or activity in case you do not get your first option.