

# From the Manager of Sport & Co-Curricular Activities

Sports Choices - Additional Information

The Pittwater House Schools believe that a regular programme of physical activity and co-curricular activity is an integral part of your education. Our objective is to offer an appropriate level of instruction in individual and team sports and extra-curricular programmes to all students at Pittwater House so that they may discover in themselves, and in association with their peers, in team settings, the enjoyment and challenge of athletic endeavours in fair spirit.

The Sports Department needs to confirm membership of sporting teams. Please note that training generally begins the term prior to competition. Also, not all the sports listed below are full term sports and some may last for two terms. The Sports Department highly recommends that everyone participate in activities during the school year.

Sports Activities	Day	Time or Term Indication	Location	Cost
Advanced Board Riding	Wed	From 6.30am	Long Reef	Additional
Athletics - Interschool Competition	Various	Various	Various	Transport Only
Athletics Academy	Mon & Thur	3.30 – 4.30pm	School Oval	Additional
Basketball Academy	Thur & Fri	3.30-4.30pm	Sports Centre	Additional
Manly Warringah Basketball Competition	Mon to Fri	4-7pm	NBISC	Additional
Cross Country - Interschool Competition	Various	Term 2	Various	Transport Only
Fitness	Tue & Thur	Lunchtime	School Gym	No Cost
Fitness, Strength & Conditioning	Mon & Wed	Before School	School Gym	Additional
Futsal Academy - Qualified Coaching	Tues	After School	Sports Centre	Additional
Netball Interschool Competition	Various	Term 2	Curl Curl	Additional
Rugby Academy	Tuesday	Term 1-4	School Oval	Additional
Rugby Union Interschool Competition	Various	Term 2	Various	Additional
Soccer Interschool Competition	Various	Term 2 & 3	Various	Additional
Soccer Academy - Qualified Coaching	Mon	After School	School Oval	Additional
Surf Lifesaving Carnivals	Various	Term 1 & 4	Various	Additional
Swimming Squad Training	Tue & Thur	Lunchtime	School Pool	No Cost
Swimming Interschool Competitions	Various	Various	Various	Transport Only
Tennis - Private Lessons	Various	Various	School Courts	Additional
Tennis - Interschool Competitions	Various	Various	Various	Additional
Touch Football - Interschool Competition	Friday	Term 3 & 4	Nolan's Reserve	Additional
Water Polo - Interschool Competition	Terms 1/2/3 (day and term		Warringah	Additional
	Changes depen	nding on age)	Aquatic Centre	

# The Pittwater House Schools Ltd.

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#### achieve a balance co-educational campus single-sex education



# **Sports Competition Pathways**

AICES	Association of Independent Co-Educational Schools
CDSSA	Combined District Schools Sports Association
CIS	Combined Independent Schools
HICES	Heads of Independent Co Educational Schools
PISA	Peninsula Independent Schools Association
PSSA	Primary Schools Sports Association
All Schools	State level of all private, government & catholic schools within NSW

#### **Facebook – Join us now on Facebook**

Instructions to join:

www.facebook.com.au

Search for Pittwater House Sporting Groups page and request to join the group.

### Skoolbag

All forms will be loaded onto the Skoolbag App under the Sports Office Tab.

#### **Contact Details**

Mrs Sue Grigg Manager of Sports Ph: 9972 5798 Mobile: 0421 102 954 Email: <u>sue.grigg@tphs.nsw.edu.au</u>

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