



Pittwater House

Pittwater House Co-Curricular Sports Program 2020





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Pittwater House Core Values

H

Honesty and Integrity

We challenge our community to develop and practise the qualities of kindness, honesty, moral courage and good character.

E

Excellence

We aspire to excellence in effort, determination and dedication in academics and all our endeavours.

R

Respect and Care

We nurture and model respect and care in self, others and our environment. We respect and care for individuals for who they are.

O

Origins

We celebrate the journey of our traditions.

I

Innovation

We encourage originality, enquiry, risk-taking and critical thinking where students have the courage to imagine.

C

Community

We connect our students, families, staff and alumni.



AFL

AFL Pathways

CIS U12 Boys Trials

Nominations Due: 14 February 2020

Date: 5 March 2020

The CIS Trials are held in Canberra with parents responsible for transporting their son to and from trials. The CIS selectors will select a team to go on and play for CIS at NSWPSA AFL Championships in Mid-May.

CIS U14 Girls Trials

Nominations Due: 23 April 2020

Date: 7 May 2020

In AFL, currently, there is no limit on the number of nominations per school. However, only talented players should be put forward. CIS selectors will select the top players to go on and play for CIS at NSW All Schools Championships in early June.

CIS U14 Boys Trials

Nominations Due: 23 April 2020

Date: 7 May 2020

In AFL, currently, there is no limit on the number of nominations per school. However, only talented players should be put forward. CIS selectors will select the top players to go on and play for CIS at NSW All Schools Championships in early June.

Athletes with a Disability (AWD)

Pittwater House encourages all students to participate in an inclusive environment with their peers at HICES, CIS, NSWPSA (Junior School) and AICES, CIS, All Schools (Senior School)

The representative school sport pathway allows students to progress from school, zone, region, state, national and international competitions commensurate with their ability. This pathway is open to 8 - 19 years of age and students with disabilities can access the following sports within this pathway - Athletics, Cross Country Running and Swimming. Rowing and Sailing are also available for secondary school students.

Not all disabilities are recognised in the sport classification system. Only students with 'sport classifiable' disabilities are eligible to participate and progress along the pathway in Multi Class events at the various zone, region, state and national championships. Once a student with disabilities is classified, this classification can be used in community based sporting opportunities as well.



Athletics

Athletics Academy

The Pittwater House Athletics Academy program will be for athletes who are looking to compete at the upcoming Cross Country and Athletic seasons. Our program will develop skills and all aerobic systems to provide a platform, so athletes can compete competitively at the upcoming running events.

Sessions are designed and will be taken by Jack McPhee, who is a qualified Athletics, Triathlon, and Swim coach. Jack brings outstanding technical knowledge and expertise to the coaching role. In addition, his engaged and outgoing personality and experience competing at top levels gives him a perfect platform to assist Junior runners reach their full potential and create a positive team environment in the process.

Day / Time: Mondays & Thursdays 3:30pm – 4:30pm
Dates: Term 1 - 17 & 20 February to 6 & 9 April 2020 (Week 4-11)
Term 2 – 4 & 7 May to 22 & 25 June 2020 (Week 2-9)
Monday is a 7-week program due to 8th June being a Public Holiday
Term 3 – 27 & 30 July to 14 & 17 September 2020 (Week 2-9)
Term 4 - 19 & 22 October to 7 & 3 December 2020 (Week 2-9)
Thursday is a 7-week program due to Junior school closing on the 9th
Cost: The cost is \$100 per term (8-week program)
Or \$150 per term if attending 2 sessions per week (Mondays and Thursdays)
Age Group: 8 years of age and above
Uniform: Students are required to wear their full Pittwater House PE uniform.
Venue: Pittwater House Oval

Pittwater House Athletics Carnivals

Pittwater House run 2 Athletics Carnivals each year:

1. Kindergarten to Year 6 Date: 22 June 2020
2. Year 7 to 12 Date: 18 June 2020

Location: Sydney Academy of Sport, Narrabeen – Athletics Track

Athletics Pathways

Junior School

- HICES (Heads of Independent Co-Educational Schools)
- CIS (Combined Independent Schools)
- PSSA (Primary Schools Sports Association)

HICES Athletics Carnival

Date: 26/8/20

Location: Sydney Olympic Park Athletics Centre, Homebush

HICES is our first Athletics pathway following the Pittwater House Junior School Athletics Carnival. Only the fastest 2 in ages 8-10 and 4 in ages 11-12 will qualify for the sprint events and the best 2 in all field events and distance races from our Athletics Carnival are eligible to compete at HICES, from Years 2 to Years 6 (8 years of age to 13 years of age).



... Athletics continued

CIS Athletics Championships

Date: 10 September 2020

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships is our next pathway after HICES. Only the top 3 Athletes per event per age group per Association are eligible to compete at CIS. The top 3 finalists at CIS will go on to compete at the NSW PSSA Championships on the 28th and 29th of October 2020.

Senior School

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools

CDSSA Athletics Carnival

Date: 17 August 2020

CDSSA is our first Athletics pathway following the Pittwater House Senior School Athletics Carnival. Only the fastest in each age group in each event from our Athletics Carnival are eligible to compete at CDSSA, from Year 7 to 12.

AICES Athletics Championships

Date: 7 September 2020

Location: Sydney Olympic Park Athletics Centre, Homebush

The AICES Championships is our next pathway after CDSSA. Only the top 3 Athletes per event per age group per Association are eligible to compete at AICES. If your child would like to nominate to compete in the Triple Jump event at the AICES Athletics Carnival, please send through their distance, place and venue to the Sports Office.

Multi Class Events

Athletes with a disability can compete at AICES with only the first 3 places at AICES being nominated to CIS. These places will be decided by Athletics NSW. All Multi Class Athletes must have their classification number to compete.

CIS Athletics Championships

Date: 22 September 2020

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships is our next pathway after AICES. Only the top 3 Athletes per event per age group per Association are eligible to compete at CIS. If your child would like to nominate to compete in the Hurdles event at the CIS Athletics Carnival, please send through their time, distance, place and venue to the Sports Office by early-September.



Baseball

Baseball Pathways

Senior School

CIS U17 Boys Baseball Trials

Nominations Due: 7 February 2020

Date: 18 February 2020

Nominations are straight to CIS. Only a maximum of 3 students from each school can nominate. Playing history to be provided upon nomination.





Basketball

Basketball Academy

The Pittwater House Basketball Academy provides a host of skill development programs that address the needs of players. The Academy will give players an opportunity to work on specific individual target areas and improve their skill levels. Programs are carefully designed and planned to incorporate a good balance of fitness, fun and instruction. Each session is goal oriented and conducted at a high level of intensity.

Junior School Basketball Academy

- Day / Time: Junior Basketball Academy – Thursday 3:30pm – 4:30pm
- Dates: Term 1: 20 February to 9 April 2020 (Week 4-11)
Term 2: 7 May to 25 June 2020 (Week 2-9)
Term 3: 30 July to 17 September 2020 (Week 2-9)
Term 4: 22 October to 3 December 2020 (Week 2-8 7-week Academy)
- Cost: The cost is \$150 per term (8-week Academy) excluding both Junior & Senior Term 4 - \$130 (7-week Academy)
- Age Group: Year K-6
- Uniform: Students are required to wear their full Pittwater House PE uniform.
Pittwater House Basketball T-Shirts are available from the Sports Office
Price: \$40 each
- Venue: Pittwater House Sports Centre

Senior School Basketball Academy

- Day / Time: Senior Basketball Academy – Friday 3:30pm – 4:30pm
- Dates: Term 1: 21 February to 3 April 2020 (Week 4-10 7-week Academy)
Term 2: 8 May to 26 June 2020 (Week 2-9)
Term 3: 31 July to 18 September 2020 (Week 2-9)
Term 4: 23 October to 4 December 2020 (Week 2-8) 7-week Academy)
- Cost: The cost is \$150 per term (8-week Academy) excluding Senior Term 1, and both Junior & Senior Term 4 - \$130 (7-week Academy)
- Uniform: Students are required to wear their full Pittwater House PE uniform.
- Venue: Pittwater House Sports Centre
- Age Group: Year 7-12
- Uniform: Students are required to wear their full Pittwater House PE uniform
Pittwater House Basketball T-Shirts are available from the Sports Office
Price: \$40 each
- Venue: Pittwater House Indoor Sports Centre





... Basketball continued

High Performance Development Program

Basketball players at Pittwater House will have the opportunity to be invited to be a part of our High-Performance Development Program. It will be run by the Head of Basketball, Nathan Kirwan and our Assistant Basketball Coach, Will Hart. This program will focus on skill development and teaching students the different offensive and defensive concepts involved in playing at a higher level.

The theory behind this is not only to improve our athletes here at the school, but to give them a head start, should they choose to go on to trial for representative teams or state development programs.

For those athletes that are wanting to take advantage of this they would be set up with a profile and sit down to set out what realistic and basketball specific goals each athlete has and help plan out how to help them try and achieve it. This would also include monitoring the work load of each athlete to help prevent burn out and make sure their time is spent more effectively and efficiently

Manly Warringah Basketball Competition

Each year Pittwater House enters teams into the MWBA from Year 3 to Year 12. There are 2 competitions each year with the first one starting around the second week of February and the second one the first week of Term 3. If your child would like to play in this competition, please email basketball@tphs.nsw.edu.au.

Competition	Day	Time	Venue
Year 3 MB	Monday	4:00-7PM	NBISC/NSHS/BHPS
Year 4 MB	Monday	4:00-7PM	NBISC/NSHS/BHPS
Year 5 MB	Tuesday	4:00-7PM	NBISC/NSHS/BHPS
Year 6 MB	Wednesday	4:00-7PM	NBISC/NSHS/BHPS

Competition	Day	Time	Venue
Year 7 Girls	Monday	4:30-7:50 pm	NBISC/NSHS/PCYC
Year 8 Girls	Monday	4:30-7:50 pm	NBISC/NSHS/PCYC
Year 9 Girls	Wednesday	4:30-7:50 pm	NBISC/NSHS
Year 10 Girls	Wednesday	4:30-7:50 pm	NBISC/NSHS/PCYC
Open School Girls (Year 11-12)	Friday	4:30-7:50 pm	NBISC/NSHS
Year 7 Boys	Monday	4:30-7:50 pm	NBISC/NSHS/PCYC
Year 8 Boys	Wednesday	4:30-7:50 pm	NBISC/NSHS
Year 9 Boys	Thursday	4:20-7:00pm	NBISC/NSHS/PCYC
Year 10 Boys	Thursday	4:20-7:00pm	NBISC/NSHS/PCYC
Open School Boys (Year 11-12)	Friday	4:30-7:50pm	NBISC/NSHS

All times and venues are our best estimates but are subject to change.



... *Basketball continued*

Basketball Holiday Camp

Pittwater House run Basketball Holiday Camps during each School Holidays and cater for all age groups and skill levels from learn to play to more advanced players in groups of 10 or less. The program is designed for kids to learn the fundamentals of Basketball, game reading and how to operate in a team environment. The camps are separated into a Junior Camp for students in Years K to 6 and a Senior Camp for those in Years 7 to 12.

The Holiday Camps will be run by Pittwater House Head Basketball Coach Nathan Kirwan

Dates: To be confirmed each Term

Times: 9am to 3pm

Cost: \$200 for a 2 Day Camp

All students will receive a Pittwater House Basketball T-Shirt.

Basketball Pathways

Junior School

CIS U12 Girls Basketball Trials

Nominations Due: 7 February 2020

Date: 21 February 2020

The Girls Basketball pathway is straight to CIS so therefore you must play high level Club / Rep Basketball and must be in Year 5 or 6 to nominate. Only a maximum of 3 students from each school can nominate. Only players representing Pittwater House in the Manly Warringah Basketball Association (MWBA) Competition will be allowed to trial for pathway sports.

CIS U12 Boys Basketball Trials

Nominations Due: 10 February 2020

Date: 21 February 2020

The boys Basketball pathway is straight to CIS so therefore you must play high level Club / Rep Basketball and must be in Year 5 or 6 to nominate. Only a maximum of 3 students from each school can nominate. Only players representing Pittwater House in the Manly Warringah Basketball Association (MWBA) Competition will be allowed to trial for pathway sports.

NSW PSSA U12 Boys Basketball Championships

Date: Early May

The CIS selectors will select a Boys team to go on and play for CIS at NSWPSA Basketball Championships in early May





... *Basketball continued*

NSW PSSA U12 Girls Basketball Championships

Date: Late May

The CIS selectors will select a Girls team to go on and play for CIS at NSW PSSA Basketball Championships at the end of May.

Senior School (Individual Pathway)

CDSSA Basketball Trials

Date: 26 February 2020

TPHS will select the top 10 players for both College & Grammar to represent TPHS at the CDSSA Basketball Trials in the U15 and Opens Divisions. Only those players who represent Pittwater House in the Manly Warringah Basketball Competition will be considered to trial.

AICES U15 Basketball Championships

Date: 28 October 2020

Players who have been selected to play in the U15 Boys and Girls CDSSA Basketball Team will go on to play in the AICES Championships.

AICES Open Girls Basketball Championships

Date: 3 March 2020

Players who have been selected to play in the Girls CDSSA Basketball Team will go on to play in the AICES Championships. The AICES selectors will select the top 10 females to go on and play for AICES at CIS.

AICES Open Boys Basketball Championships

Date: 3 March 2020

Players who have been selected to play in the Boys CDSSA Basketball Team will go on to play in the AICES Championships. The AICES selectors will select the top 10 males to go on and play for AICES at CIS.

CIS Open Girls Basketball Championship

Date: 7 May 2020

Once selected into the AICES Team, players will go on to play at the CIS Basketball Championships. Selectors will then select 10 girls to represent CIS at NSW All Schoolboys Basketball Championships which are held around the first week of June.

CIS Open Boys Basketball Championship

Date: 11 May 2020

Once selected into the AICES Team, players will go on to play at the CIS Basketball Championships. Selectors will then select 10 boys to represent CIS at NSW All Schoolboys Basketball Championships which are held around the first week of June.



... Basketball continued

Senior School (Team Pathway)

AICES Basketball Cup

Date: 19 February 2020

Location: Hills Basketball Stadium, Castle Hill

Open teams (15 years and over) will be selected by the Pittwater House Head Basketball Coach to participate in this competition.

CIS Girls Basketball Champion Schools Play Off

Date: 22 July 2020

Winning Opens team from AICES will go on to compete at CIS at the Champion Schools Play Off. This is the final Championships for Girls School Teams.

CIS Boys Champions Schools Basketball Competition

Date: 15 July 2020 (TBC)

Winning Opens team from AICES will go on to compete at CIS at the Champion Schools Basketball Competition. The winning school from this competition will go on to compete against other schools across NSW at the NSW Boys Champions Schools Competition.





Cricket

Cricket Pathways

Junior School

CIS Junior School Girls Cricket Trials

Nominations Due: 29 July 2020

Date: 12 August 2020

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

CIS Junior School Boys Cricket Trials

Nominations Due: 31 August 2020

Date: 14-15 September 2020

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 NSWPSA Championships which are held in late October each year.

Mosman Shield Cricket

Date: Mid-November 2020 (TBC in September 2020) Trial Date: TBC

The Mosman Shield is an annual match that has been held between Mosman Prep and Pittwater House for over 50 years. The close link that Pittwater has with Mosman Prep goes back to when Mr. Rex Morgan, our schools Founder, left his teaching post at Mosman Prep to start his own Independent School for Primary aged boys in 1962, which was called Pittwater House Preparatory School. Once Pittwater House grew large enough (11 students) to field a cricket team, Mr. Morgan set up the first match between the two schools.

Milo T20 Blast School Cup

Nominations Due: 1 July 2020

Date: Mid-August 2020

The Milo T20 Blast School Cup is available for both Boys and Girls in Years 5 & 6.

Senior School

Milo T20 Blast School Cup

Nominations Due: 15 June 2020

Date: Early-August 2020

The Milo T20 Blast School Cup is available for College students in Years 7 and 8.

CIS U15 Boys Cricket Trials

Nominations Due: 30 January 2020

Date: 10 & 11 February 2020

Location: Sydney Cricket Grounds at Moore Park (TBC)

The U15's Boys pathway is straight to CIS so therefore you must play high level Club Cricket and must be aged 15 years and under to nominate. If selected into the CIS team, players will then go on to play for CIS at the NSW U15 All Schools Championships in Mid-October.



... *Cricket continued*

CIS Open Girls Cricket Trials

Nominations Due: 30 January 2020

Date: 14 February 2020

Location: Sydney Cricket Grounds at Moore Park (TBC)

The Open Girls pathway is straight to CIS so therefore you must play high level Club Cricket and must be aged 15 years or over to nominate. If selected into the CIS team, players will then go on to play for CIS at the NSW All Schools Opens Championships in early March.

CIS Open Boys Cricket Trials

Nominations Due: 30 January 2020

Date: 17 & 18 February 2020

Location: Sydney Cricket Grounds at Moore Park

The Open Boys Cricket pathway is straight to CIS so therefore you must play high level club cricket and must be aged 15 years and over to nominate. If selected into the CIS team, players will then go on to play for CIS at the NSW All Schools Opens Championships in early March.





Cross Country

Pittwater House Cross Country Carnivals

Pittwater House run 2 Cross Country Events each year

1. Junior School – Date: Early April
2. Senior School – Date: Early May

Cross Country Pathways

Junior School

HICES Cross Country

Date: 29 May 2020

Location: Blue Mountains Grammar

HICES is the first competitive Cross Country Pathway for the Junior School. Pittwater House will select 5 boys and 5 girls from 8 to 11 years of age and 4 boys and 4 girls from 12 years of age to compete at the HICES Cross Country Carnival. The top 10 boys and top 10 girls from each age group will then be selected to compete at the CIS Junior School Cross Country Carnival.

CIS Junior School Cross Country

Date: 11 June 2020

Location: Eastern Creek Raceway

The top 10 fastest competitors will go on to represent CIS at the NSW All Schools which is held in late July each year.

Senior School

CDSSA Cross Country

Date: 11 May 2020

Location: Centennial Park

CDSSA is the first competitive Cross Country Pathway for the Senior School. Pittwater House will select 6 boys and 6 girls in each age group to compete at CDSSA. The top 10 boys and top 10 girls from each age group will then compete at the AICES Cross Country.

AICES Cross Country

Date: 3 June 2020

The top 10 boys and top 10 girls will then go on to compete at the CIS Senior School Cross Country. This event will be held at the Sydney Equestrian Centre.

CIS Senior School Cross Country

Date: 11 June 2020

Location: Eastern Creek Raceway

The top 10 boys and top 10 girls will then go on to compete at the NSW All Schools Cross Country which will be held in late July.



Diving

Junior School

CIS Diving Championships

Nominations Due: 9 March 2020

Date: 26 March 2020

Location: Sydney Olympic Park Aquatic Centre

Anyone with diving experience can enter this event

Senior School

CIS Diving Championships

Nominations Due: 27 March 2020

Date: 30 April 2020

Location: Sydney Olympic Park Aquatic Centre

Anyone with diving experience can enter this event

Fitness

College & Grammar Fitness

The PDHPE Department conducts fitness training in the Fitness Centre at The Pittwater House Schools. The Fitness Centre provides some excellent facilities for boxing, fitness and cardiovascular training which can help to build fitness and strength levels for upcoming school sporting teams and activities.

- Day / Time: College – Tuesdays and Thursdays from 12:50pm – 1:35pm (Lunch)
Grammar – Mondays, Wednesdays and Fridays from 12:50 – 1:35pm (Lunch)
- Dates: Commences Week 2 of each Term
- Age Group: 15 years of age and above (Year 9-12)
- Uniforms: Students are required to wear their full Pittwater House PE uniform. Inner gloves will be required for hygiene reasons and can be purchased from all sports stores. A towel will be required when using equipment in the Fitness Centre and a water bottle is recommended to rehydrate throughout the workout.
- Cost: No cost for this activity



Fitness Strength & Conditioning

Pittwater House Strength and Conditioning sessions are coordinated by Andrew Sumner, the School Physiotherapist/ Exercise Physiologist. "Personalised programs to suit their needs and injury background." The strength and conditioning classes have quickly increased in popularity. The kids have thoroughly enjoyed the classes, but most of all have made some great strength gains and increased their injury prevention ability. Students will learn about the dangers when it comes to health and strength and conditioning, proper nutrition, physiotherapy-based principles such as core activation and correct positioning, and above all, they will receive a personalised program to suit their needs and injury background. They will enjoy working hard on their strength and fitness which will ultimately help them in their respective sports and above all prevent injury. If they have a current injury this is also the perfect place to be. We can continue and enhance their rehabilitation.

Day / Time: Monday and Wednesday mornings from 7.20am to 8.15am

Dates: Commences Week 2 of each Term

Cost: \$20 per session

To register, please call Andrew Sumner on 9999 6666 as there are limited places.

REBATES on private health funds will be available at the end of the term via a receipt sent to your email. Rebates come under a "group physiotherapy" clause in your private fund so CHECK with your fund if you can claim under this (most can, some will even cover the entire cost).

Golf

Golf Pathways

Junior School

NSWPSSA Golf Championships

Nominations Due: 17 July 2020

Date: September Date TBC

The maximum Handicap for boys is 32 and 44 for girls. All students must be a member of a registered Golf Club (AGU, WGA), Jack Newton Golf Foundation, any Junior Development Program and must have a Golf Link Number.

Note: CIS will not be holding a Primary Golf Championships but will select a team to participate in the NSWPSSA Championships based on the online nominations.

Senior School

CIS Golf Championships

Nominations Due: 13 March 2020

CIS paper selection and player notification: 30 March 2020

Date: Mid-June 2020

The maximum Handicap for boys is 6 and 20 for girls. All students must be a member of a registered Golf Club, have an official GA Handicap and provide the TPHS Sports Office with your Golf link number.



Gymnastics

Primary & Secondary State Gymnastics Championships

Nominations Due: 21 May 2020

Date: 4 June 2020

To enter this competition, all students must be current members of a Gymnastics Club and the students must know and have practiced their routines. The routine should be done in a safe manner. The student should feel confident about performing the routine on their own & should have reached a good standard of skill proficiency. All boys will do the levels based on the Men's Artistic Gymnastics 2018-2021 Australian Levels. Students competing in the AGF Level Division must compete on at least two apparatus. Students competing in the AGF Level Division must compete on apparatus only within one Level. Only students who compete on all apparatus will be included in the Over-All Point Score for each Level. Gymnasts must compete in the level or a higher level of their last competition either club, region or state. Gymnasts that have competed NDP cannot compete state stream in that level.

Hockey

Hockey Pathways

Junior School

CIS Junior School Girls Hockey Trials

Nominations Due: 28 April 2020

Date: 11 May 2020

The Girls Hockey pathway is straight to CIS so therefore you must play high level Club Hockey and must be in Year 5 or 6 to nominate.

CIS Junior School Boys Hockey Trials

Nominations Due: 28 April 2020

Date: 11 May 2020

The Boys Hockey pathway is straight to CIS so therefore you must play high level Club Hockey and must be in Year 5 or 6 to nominate.

Senior School

CDSSA U16 & Open Hockey Trials

Nominations Due: 14 February 2020

Date: 28 February 2020

CDSSA Hockey trials are open to all students in Years 7-12 with successful players going on to play for CDSSA at the AICES Championships in either the U16 Championships for girls or the Open's Championships for both boys and girls. U16 Boys pathway is to nominate straight to NSW All Schools with complete playing history.

AICES U16 Girls & Boys Hockey Championships

Date: 11 March 2020

Location: Regional City - Location to be confirmed

Once the team has been selected, the AICES Team will then go onto play at the CIS Championships.



... *Hockey continued*

AICES Open Boys & Girls Hockey Trials

Date: 11 March 2020

AICES Open Boys and Open Girls Trials are held at the same location. The AICES selectors will select players to represent AICES at the CIS Championships.

CIS U16 Girls Hockey Championships

Date: 24 March 2020

Players who have been selected to play in the AICES team and play at the CIS Championships can be selected to represent CIS. The CIS selectors will select the top 14 players to go on and play for CIS at the end of March each year at the NSW All Schools Championships.

CIS Open Girls Hockey Championship

Date: 18 May 2020

Players who have been selected into the AICES Team will go on to play at the CIS Championships. From these championships, players can then be selected to play for CIS at the NSW All Schools Open Boys and Open Girls Tri-Series in late July.

CIS U16 & Open Boys Hockey Championship

Date: 21 May 2020

Players who have been selected into the AICES Team will go on to play at the CIS Championships. From these championships, players can then be selected to play for CIS at the NSW All Schools Open Boys and Open Girls Tri-Series in late July.



Netball

Peninsula Cup Netball Competitions

The Peninsula Cup Netball Competition is available for Senior College students in Years 7-12 and is played against various schools.

- Teams: U14 Girls
Open Girls
- Day/Time: Tuesday Term 2 from 4pm – 5pm
- Location: Curl Curl Netball Courts
- Uniform: TPHS Netball Dress (available to loan from the Sports Office), navy or black bike pants/scungies and TPHS sports jacket
- Nominations: 12 February
- Trials: 3, 5, 10 and 12 of March 2020 during Lunch in the Sports Centre
Players must attend at least 2 trial days
- Training: Tuesday Lunchtime – Commences late February, date TBC
- Cost: \$40 per season

Netball Pathways

Junior School (Individual Pathway)

HICES Netball Championships

Nominations: 3 February 2020

Date: 16 March 2020

If your daughter is in Year 5 or 6 and would like to trial for the Pittwater House Netball team to play at the HICES Netball Trials, please submit the permission form via Skoolbag. Trials and training days will be confirmed early February. If selected into the HICES Netball Team, they will represent Pittwater House and HICES at the CIS Primary Girls Championships in May.

CIS U12 Netball Championship

Date: 15 May 2020

Players who have been selected to play in the HICES team and play at the CIS Championships can then be selected to represent CIS. The CIS selectors will select the top 10 players to go on and play for CIS at NSWPSA Netball Championships on the 27 of July to 29 July 2020





... *Netball continued*

Senior School (Team Pathway)

CDSSA Netball Gala Day

Nominations Due: 12 February 2020

Date: 23 March 2020

The CDSSA Netball Gala Day is open to all College students in Years 7 to 12 who would like to nominate to trial with an U15's and an Open's Team selected to play in the Gala day. The winning U15s and Opens team will then go on to represent CDSSA and their school at the AICES Schools Cup Championships in May (Team Pathway). Also, at the Gala Day, players can also be selected to represent CDSSA in either the U15s or Opens team to play in the AICES Championships (Individual Pathway).

AICES Netball Schools Cup

Date: 26 May 2020

The AICES Netball Schools Cup is open to any school that would like to enter an U15 and Open's Team. Winning teams will go onto play in the CIS Netball Challenge Day.

CIS Netball Challenge Day

Date: 17 August 2020

The U15's and Opens winning teams from the AICES Netball Cup will compete at the CIS Netball Challenge Day. The winning team at the CIS Challenge Day will then go on to compete at the NSW All Schools Championships in September.

Senior School (Individual Pathway)

AICES U15 Netball Championships

Date: 4 May 2020

Location: Homebush

Players who have been selected to play in the CDSSA team and play at the AICES Championships can get selected to represent AICES. The AICES selectors will select the top 10 players to go on and play for AICES at CIS.

AICES Open Netball Championships

Date: 18 June 2020

Location: Homebush

Players who have been selected to play in the CDSSA team and play at the AICES Championships can get selected to represent AICES. The AICES selectors will select the top 10 players to go on and play for AICES at CIS.

CIS U15 Netball Championship

Date: 14 May 2020

Players who have been selected to play in the AICES team and play at the CIS Championships can get selected to represent CIS. The CIS selectors will select the top 10 players to go on and play for CIS at NSW All Schools Tri Series Netball Championships in Mid-September each year.



Rugby

Rugby Academy

The Pittwater House Rugby Academy has been designed to develop core rugby skills in participants. Whether you are new to rugby keen to give it a go, part time player or an experienced rugby player, you will enjoy and benefit significantly from this program. An innovative Building Blocks model will be deployed that has been designed to develop multi-skilled players than can compete in the modern game of Rugby. Programs are carefully designed and planned to incorporate a good balance of fitness, fun and instruction. Each session is goal oriented and conducted at a high level of intensity. Sessions are conducted by certified, experienced and responsible coaches. These coaches have been and/or are currently still coaching at a high level in Australia.

Day / Time: Tuesdays 3:30pm – 5:00pm

Dates: Term 1 - 18 February to 7 April 2020 (Week 4-11)

Term 2 - 5 May to 23 June 2020 (Week 2-9)

Term 3 - 28 July to 15 September 2020 (Week 2-9)

Term 4 - 20 October to 8 December 2020 (Week 2-9)

Cost: The cost is \$150 per term (8-week program)

Age Groups: Years 5 & 6 (Under 12s), Years 7 & 9 (Under 14s) & Years 10 + (Under 16s)

Uniform: Students are required to wear Pittwater House PE shorts, Rugby shirt (collected from the Sports Office), boots and mouthguard. (Headgear optional)

Venue: Pittwater House Oval

Rugby Pathways

Junior School

CIS U12 Boys Rugby Union Trials

Nominations Due: 14 May 2020

Date: 26-27 May 2020

Each school is limited to sending 3 players only to trial at the CIS Championships. At these Championships, players can be selected represent CIS at the NSWPSA U12 Rugby Championships at the end of August each year. Full playing history must be provided if you would like to trial.

CIS U12 Boys Rugby League Trials

Nominations Due: 6 May 2020

Date: 20 May 2020

Each school is limited to sending 3 players only to trial at the CIS Championships. At these Championships, players can be selected represent CIS at the NSWPSA U12 Rugby Championships later in the year TBC



... *Rugby continued*

Senior School

CDSSA U16 and Opens Boys Rugby Union Trials

Nominations Due: 29 April 2020

Date: May TBC

CDSSA Rugby Trials are open to Grammar students in Years 7 to 12 that represent Pittwater House in the Peninsula Cup Competition, with successful players going on to play for CDSSA at the AICES Championships in the U16 or Opens Boys Championships.

AICES U16 and Opens Boys Rugby Union Championships

Date: 13 May 2020

Players who have been selected to play in the CDSSA U16 and Opens Rugby Teams will go on to play in the AICES Championships.

CIS Open Girls Rugby 7's

Nominations Due: 21 May 2020

Date: 4 June 2020

This is a new pathway starting 2020, more information will be added once we receive it

CIS U15 Boys Rugby League Trials

Nominations Due: 6 May 2020

Date: 20 May 2020

CIS Open Boys Rugby League Trials

Nominations Due: 1 May 2020

Date: 13 May 2020

Peninsula Cup Rugby Competitions

Junior School (U10s & U12s)

The Peninsula Cup Rugby 7's Competition is available to both U10 & U12 Boys and Girls and is played against various schools on the Northern Beaches.

Day / Times: Mondays 4pm – 5pm

Dates: Term 3 (Dates to be confirmed)

Location: One location on the Northern Beaches (To be confirmed)

Uniform: TPHS Ruby Jersey (available from the Sports Office), TPHS Shorts, TPHS Sport Socks & mouth guard

Training: Training will commence Week 3, Term 2. Dates to be confirmed

All players are required to attend 1 training session per week.

Cost: \$30 per season



... *Rugby continued*

Senior School (U14s & U16s)

The Peninsula Cup Rugby Competition is played after school against various schools on the Northern Beaches.

Day / Times: U14 Thursdays 4pm – 5pm
U16 Mondays 4pm – 5pm

Dates: Term 3 (Dates to be confirmed)

Location: Games are played at various schools (See draw once published)

Uniform: TPHS Rugby Jersey (available from the Sports Office), TPHS Shorts, TPHS Sport Socks & mouth guard

Nominations: 1 May 2020

Trials: Trials will commence Mid May, please see Sports Office for dates

Training: Training will commence Week 3, Term 2. Dates to be confirmed
All players are required to attend 1 training session per week.

Cost: \$30 per season

Mosman Shield Rugby

Date: End-August 2020 Trial Date: July (Date to be confirmed)

The Mosman Shield is a Junior School event available to boys in Years 5 & 6. It is an annual match that has been held between Mosman Prep and Pittwater House for over 50 years. The close link that Pittwater has with Mosman Prep goes back to when Mr. Rex Morgan, our schools Founder, left his teaching post at Mosman Prep, to start his own Independent School for Primary aged boys in 1962 which was called Pittwater House Preparatory School. Once Pittwater House grew large enough (18 students) to field a Rugby team, Mr. Morgan set up the first match between the two schools.





Snowsports

Snowsports Raceweek

Each year, Pittwater House competes at the Sydney Interschool's Snowsports Championships in the Term 2 School Holidays.

Dates: Sunday 12 July to Sunday 19 July 2020

Competition: 14 - 18 July 2020

Location: Perisher (alternates between Thredbo and Perisher)

Age Groups: Years K- 6 (must stay with parents)
Year 7 to Year 12

Cost: All students staying with parents: \$200 Admin & Staff race supervision fee.
Senior Students staying with TPHS: Approx. \$2050 which includes accommodation, transport, 6 day lift pass, 2 compulsory lessons, National Park entry, all breakfast and dinners.

Additional Cost: TPHS Snow jacket hire, race fees, registration, lunches and equipment hire.





Soccer

Soccer Academy

The Pittwater House Soccer Academy offers students a rare opportunity for elite training from a certified, highly experienced, professional footballer who was previously based in the United Kingdom.

- Day: Mondays
- Times: 3.30pm to 4.30pm - Junior School (K-6) Academy
4:30pm to 5:30pm - Senior School (Y7-12) Academy
- Dates: Term 1 - 17 February to 6 April 2020 (Week 4-11)
Term 2 - 4 May to 22 June 2020 (Week 2-9)
* Please note: No session on the 8th of June as it is a Public Holiday
Term 3 - 27 July to 14 September 2020 (Week 2-9)
Term 4 - 19 October to 7 December 2020 (Week 2-9)
- Cost: \$150 per term (8-week program) Terms 1, 3 & 4
\$130 (7-week program) Term 2
- Uniform: Students are required to wear their full Pittwater House PE uniform.
- Venue: The Academy is run on the School Oval and moved to the Indoor Sports Centre in wet weather or extreme heat.

Peninsula Cup Soccer Competitions

The Peninsula Cup Soccer Competition is played against various schools on the Northern Beaches.

- Time: 4pm – 5pm
- Location: Games are played at various schools (See draw once published)
- Uniform: TPHS Soccer Jersey (available from the Sports Office), TPHS Shorts, TPHS Sport Socks & Shin Pads
- Cost: \$30 per season

Grammar Soccer

- U14 Boys - Thursdays Term 2
U16 Boys – Tuesdays Term 2
U18 Boys – Wednesdays Term 2
- Nominations: 19 February 2020
- Trials: 2nd, 4th, 9th and 11th of March 2020 – 7:15am on the oval
Players must attend at least 2 trial days
- Training: Commences U14 (19 March) U16 (17 March) U18 (18 March) 7.15am Oval

College Soccer

- U14 Girls – Tuesdays Term 3
Opens (U16/U18) – Wednesdays Term 3
- Nominations: 1 May 2020
- Trials: 12th, 14th, 19th and 21st May 2020 – 7.15am on the oval
- Training: Commences U14 (26 May) U16 / U18 (28 May) 7.15am oval



... Soccer continued

Soccer Pathways

Junior School

HICES U12 Boys Soccer Championships

Nominations Due: 14 February 2020

Date: 16 March 2020

Each school is limited to sending up to 4 boys from Year 5-6 to trial for the HICES Soccer Team. Internal trials will be held if more than 4 students nominate. If selected into the HICES Soccer Team, the players will then go on to play in the CIS Championships.

CIS U12 Boys Soccer Championships

Date: 8 April 2020

Players who have been selected to play in the HICES Soccer Team will play at the CIS Championships, and can get selected to represent CIS. The CIS selectors will select a team to play for CIS at NSWPSA U12 Soccer Championships in late May each year.

CIS U12 Girls Soccer Championships

Nominations Due: 26 February 2020

Date: 16 March 2020

Each school is limited to sending 3 players only to trial at the CIS Championships. Internal trials will be held if more than 3 students nominate. At these Championships, players can be selected to represent CIS at the NSWPSA U12 Soccer Championships in mid-June each year.

Senior School

CDSSA Soccer Trials

Nominations Due: 28 February 2020

Date: 20 March 2020

The CDSSA Trials are open to all students in Years 7 to 12 where an U16 Boys, U15 Girls, Open Boys and an Open Girls team will be selected. Once selected, they will then play in the CDSSA team at the AICES Championships.

AICES U16 Boys and U15 Girls Soccer Championships

Date: 6 May 2020

Players who have been selected to play in the CDSSA team will play at the AICES Championships. The AICES selectors will select an U16 Boys team to represent AICES at CIS. There is no further pathway for U15 Girls.

AICES Open Boys and Girls Soccer Championships

Date: 14 May 2020

Players who have been selected to play in the CDSSA team will play at the AICES Championships. The AICES selectors will select an Open Girls team to represent AICES at CIS. There is no further pathway for Open Boys.



... Soccer continued

CIS U16 Boys Championship

Date: 25 - 26 May 2020

Players who have been selected to play in the AICES team will play at the CIS Championships. The CIS selectors will select the top players to go on and represent CIS at NSW All Schools Championships in late June each year.

CIS Boys & Open Girls Championship

Date: 25 – 26 May 2020

Players who have been selected to play in the AICES team will play at the CIS Championships. The CIS selectors will select the top players to go on and represent CIS at NSW All Schools Championships in late June each year.





Softball

Softball Pathways

Junior School

CIS U12 Boys Softball Championships

Nominations Due: 22 May 2020

Date: 12 June 2020

Each school is limited to only sending 3 players to trial at the CIS Championships. At these Championships, players can get selected represent CIS at the NSWPSA U12 Softball Championships in early September each year.

CIS U12 Girls Softball Championships

Nominations Due: 23 July 2020

Date: 5 August 2020

Each school is limited to only sending 3 players to trial at the CIS Championships. At these Championships, players can get selected represent CIS at the NSWPSA U12 Softball Championships in late September each year.

Senior School

AICES Open Girls Softball Championships

Nominations Due: 21 October 2020

Date: 5 November 2020

The AICES Trials are open to all students in Years 7 to 12 with playing history. If selected into the AICES team, students will then play at the CIS Championships in February the following year.

CIS Open Boys Softball Championship

Nominations Due: 14 February 2020

Date: 25 February 2020

As there are no AICES Trials, nominations are straight to CIS. Full playing history must be supplied to the Sports Office with a nomination. Successful nominations will play in the CIS team at the NSW All Schools 17 Years and Under Championships in Mid-March.

CIS Open Girls Softball Championship

Date: 24 February 2020

Players who have been selected to play in the AICES team and play at the CIS Championships, can then be selected to represent CIS. The CIS selectors will select the top players to go on and play for the CIS Team at the NSW All Schools 17 Years and Under Championships in Mid-March.



Surfing

Advanced Boardriders Academy

The aim of Pittwater House Advanced Boardriders Academy is to coach and train students in the sport of surfing. This will be done through Manly Surf School at Long Reef and Collaroy Beaches. Students meet down at the beach at 6.30am ready to surf. The lesson will run from 6.45 – 7.45am and then the students will shower and change at the beach and will be taken to school by minibus. Their boards will be kept in a secured office for the day before taking them home.

The cost will be \$20 per week and paid as a full term. Students have qualified coaches that use a variety of coaching tools including video analysis. Students will need their own surfboards that are undamaged, surfboard covers and must use a leg rope.

Please note: All students who wish to be chosen for this activity must compete a 400m swim, run/swim/run paddle at the beach to show fitness and to demonstrate they can catch their own waves. This is not a beginner's lesson and not for first timers.

Developing Squad – Junior Students

Day / Time: Thursdays (Term 1 & 2 only) 6:30am – 8:20am
Dates: Term 1 - 6 February to 9 April 2020 (Week 2-11)
Term 2 - 7 May to 25 June 2020 (Week 2-9)
Cost: Term 1 - \$200 (10-week program all inclusive)
Term 2 - \$160 (8-week program all inclusive)
Location: Long Reef and Collared Beaches

Intermediate and Advanced – Senior Students

Day / Time: Wednesdays (Term 1-4) 6:30am – 8:20am
Dates: Term 1 - 5 February to 8 April 2020 (Week 2-11)
Term 2 - 6 May to 24 June 2020 (Week 2-9)
Term 3 – 29 July to 16 September 2020 (Week 2-9)
Term 4 – 21 October to 9 December 2020 (Week 2-9)
Cost: Term 1 - \$200 (10-week program all inclusive)
Term 2, 3 & 4 - \$160 (8-week program all inclusive) per term
Location: Long Reef and Collaroy Beaches

Surfing Pathways

Sydney Regional Surfing Championships

U16 Boys & Girls - Date: 1 June 2020

U19 Boys & Girls – Date: 2 June 2020

Location: Dee Why Beach

Students compete against other schools from across Sydney.

There are 4 categories: U16 Boys, U16 Girls, Open Boys and Open Girls.



Swimming

Swimming Carnival Preparation Camp – School Holiday 4 Day Swim Camp

Pittwater House run a 4 day Swimming Carnival Preparation Camp for any student aged 8 to 18 years who can swim unassisted for at least 25m. The 4 day camp will cost \$120 in total with each day having a particular focus on the technicalities and rules relating to each of the competitive swimming strokes.

Dates: Monday 20 January to Thursday 23 January 2020
Monday 18 January to Thursday 21 January 2021
Times: 10am to 12pm
Cost: \$120 for a 4 day camp

Swimming Squad Training

The Sports Department conduct swimming squad training sessions in The Pittwater House Schools pool. The training sessions will be used to help improve those swimmers who will be representing Pittwater House over the upcoming swimming season with a focus on fitness and swimming development.

Junior School

Days / Time: Mondays and Wednesdays (**Term 1 only**) during Lunch
Dates: 3 and 5 February to 6 and 8 April 2020 (Week 2-11)
Location: Pittwater House Pool
Age Group: Year 2 to 6
Uniform: Students are required to wear their full Pittwater House swimming uniform, goggles and cap.
Cost: No cost for this activity

Senior School

Days / Time: Tuesdays and Thursdays during Lunch
Dates: Term 1 – 4 and 6 February to 7 and 9 April 2020 (Week 2-11)
Term 2 – 5 and 7 May to 23 and 25 June 2020 (Week 2-9)
Term 3 – 28 July and 30 July to 15 and 17 September 2020 (Week 2-9)
Term 4 – 20 and 22 October to 8 and 10 December 2020 (Week 2-9)
Location: Pittwater House Pool
Age Group: Year 7 to 12
Uniform: Students are required to wear their full Pittwater House swimming uniform, goggles and cap.
Cost: No cost for this activity

External Swimming Squad Training

Bernadette McAlinden offers swimming squad training weekly either before or after school with an emphasis on good stroke technique with concentrated effort on stroke correction, improving overall fitness and racing skills. Bernadette caters for all levels, Nippers, Surf Lifesaving, Triathletes. Open Water, Masters, Social to Top Competition. Please contact Bernadette direct on 0422 500 050 if you would like further information.



... *Swimming continued*

Pittwater House Swimming Carnivals

Pittwater House run 4 Swimming Carnivals each year:

- | | |
|--------------------------------|------------------------|
| 1. Kindergarten to Year 2 | Date: 26 March 2020 |
| 2. Years 3 to Years 6 | Date: 13 February 2020 |
| 3. College Years 7 to Years 12 | Date: 19 February 2020 |
| 4. Grammar Years 7 to Years 12 | Date: 20 February 2020 |

Swimmers will be selected from these carnivals to then go on and represent Pittwater House at various swimming carnivals around Sydney

Swimming Pathways

Junior School

- HICES (Heads of Independent Co-Educational Schools)
- CIS (Combined Independent Schools)
- PSSA (Primary Schools Sports Association)

HICES Swimming Carnival

Date: 9 March 2020

The HICES Swimming Carnival is our first Swimming pathway following the Pittwater House Swimming Carnival. Only the fastest 2 boys and girls in ages 8-10 and fastest 4 boys and girls in ages 11-12 will qualify to compete at HICES, from Years 2 to 6 (8 years of age to 13 years of age).

CIS Swimming Championships

Date: 26 March 2020

Location: Sydney Olympic Park Aquatic Centre

The top 3 Boy and top 3 Girl Swimmers from HICES will go on to compete at the CIS Swimming Carnival.

NSWPSSA Swimming Championships

Date: 6-7 April 2020

Location: Sydney Olympic Park Aquatic Centre

The top 3 Boy and top 3 Girl Swimmers from CIS will go on to compete at the NSWPSSA Swimming Championships.





... *Swimming continued*

Senior School

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools

CDSSA Swimming Carnival

Date: 4 March 2020

The CDSSA Swimming Carnival is our first Swimming pathway following the Pittwater House Swimming Carnival. Only the fastest in each age group in each event are eligible to compete at CDSSA. However, there is a possible for additional swimming to compete, depending on their times as the aim of CDSSA is to fill all lanes, and not all schools enter students into every event.

AICES Swimming Championships

Date: 30 March 2020

The AICES Championships is our next pathway after CDSSA. Only the top 3 swimmers per event per age group per Association are eligible to compete at AICES. AICES have some additional events that are not swum at CDSSA and swimmers can nominate to enter those events. If you would like to enter any of the below events, please contact the Sports Office with swim times, place and venue. Nominations Due: 16 March 2020.

- 400IM
- 400m, 800m & 1500m Freestyle
- 100m & 200m Breaststroke
- 100m & 200m Butterfly
- 100m & 200m Backstroke

Multi Class Events

Athletes with a disability can swim at AICES with only the first 3 places at AICES being nominated to CIS. These places will be decided by Swimming Australia Multi Class Scoring System. All multi Class swimmers must have their classification number to compete

CIS Swimming Championships

Date: 29 – 30 April 2020

Location: Sydney Olympic Park Aquatic Centre

The CIS Championships is our next pathway after AICES. Only the top 3 swimmers per event per age group per Association are eligible to compete at CIS. There are several events swum at All Schools that are not swum at CIS which are selected by CIS through a nomination process. Please contact the Sports Office with swim times, place and venue of where you competed, should you wish to nominate your child. Nominations close around March 30 each year.

- 1500m Freestyle
- 800m Freestyle
- 400m Freestyle
- 400m IM



Tennis

Tennis Coaching

Mr. Les Hegyessy (Tennis Head Coach) and Mr. Oliver Cordell (TCA Tennis Coach) will be conducting Tennis Programs for students in ECC and Years 1- 6, Grammar and College: Private, Semi-private and Group lessons before and after school and during lunch for those students interested. The program will be held at The Pittwater House Tennis Courts. If you would like to enroll your child, please complete the section on the attached form and return to the School Reception or to Mr. Les Hegyessy (0402 731 196) or Mr. Oliver Cordell (0403 833 293)

During the school year there are many Tennis Competitions and Tournaments that students and families can participate in. For more information please contact Les Hegyessy

- Tennis Northern Beaches (Saturday Morning Graded Competition) – Terms 1 to 4
- Hot Shots Competitions – Terms 1 to 4
- TPHS Singles Championships – Term 4
- TPHS Tennis Family Fun Day – Term 4
- TNB Interschool Challenge – Term 4
- AICES & CIS Interschool Challenge – Terms 1 to 4

TPHS Tennis Family Day

Eligible Participants: School Families and Friends, Staff Members and Comp. Team Members

Venue: Warringah Recreation Centre (Corner of Kentwell & Pittwater Road, North Manly)

Date: Sunday 22 November 2020

Entries Close: Friday 20 November 2020 at 3:30pm

Time: 4:00pm to 6:00pm

Cost: \$20 per Adult, \$15 per Student (Price includes court hire, balls & prizes.)

Entries to be given to Les Hegyessy at Campus Courts between 7:30-8:30am or 3:30-5pm. Payment to accompany all Entries please

Enquiries to: Mr Les Hegyessy, TCA Tennis Head Coach - 0402 731 196

Format: Round Robin with swapping partners / Social Round Robin with playoffs.

Prizes: Families who achieve the most points will receive the Family Fun Day Trophy.

Note: 5 Points will be awards for each event entered. Winner 20, R/U 15 points.

Events:

- | | |
|---|----------------------|
| 1. Primary Boys/Girls Doubles and Mixed Doubles | Times: 4:00 – 5:00pm |
| 2. Secondary Boys/Girls Doubles and Mixed Doubles | Times: 4:00 – 5:00pm |
| 3. Adults Social Mixed Doubles | Times: 4:00 – 5:00pm |
| 4. Adults Competitive Mixed Doubles | Times: 4:00 – 5:00pm |
| 5. Adults/Children Social Mixed Doubles | Times: 5:00 – 6:00pm |
| 6. Prize Giving / Social Gathering | Times: 6:00pm |



... *Tennis continued*

TPHS Tennis Singles Championship

Eligible Participants: Pittwater House Students (Years 3-12)

Venue: Warringah Recreation Centre (Corner of Kentwell & Pittwater Road, North Manly for Years 7-12 only) and Pittwater House Campus Courts (for Years 306 only)

Date: Saturday 21 and Sunday 22 November 2020

Entries Close: Friday 20 November 2020 at 3:30pm

Cost: \$10 per player (Years 3-6) at TPHS or \$20 per player (Years 7-12) WRC

Entries to be given to Les Hegyessy at Campus Courts between 7:30-8:30am or 3:30-5pm. Payment to accompany all Entries please

Enquiries to: Mr Les Hegyessy, TCA Tennis Head Coach - 0402 731 196

Format: Round Robin with Play Offs (Orange Ball, Green Ball and Yellow Ball)

Date/Time:

Year 3-6 Boys Saturday 21 November 2020
11:00am – 1:00pm at the TPHS Courts

Year 3-6 Girls Saturday 21 November 2020
1:00pm – 3:00pm at the TPHS Courts

Year 7-12 (Mixed) Sunday 22 November 2020
2:00pm – 4:00pm at the WRC

Tennis Pathways

Senior School (Team Pathway)

CDSSA Tennis Gala Day (School Cup Pathway)

Nominations Due: 1 February 2020

Date: 11 March 2020

Pittwater House enter teams of 4 to play at the CDSSA Tennis Gala Day, with the top male and top female team going on to play in the AICES Tennis Schools Cup on the 18th of March 2020.

AICES Tennis Cup (School Cup Pathway)

Date: 18 March 2020

Only one male and one female team per Association can enter the AICES Tennis Cup. The top male and female team from the CDSSA Championship will progress into AICES.



... *Tennis continued*

Junior School (Individual Pathway)

CIS U12 Tennis Championships

Nominations Due: 7 February 2020

Date: 24 February 2020

HICES can only send a maximum of 8 players (4 Boys & 4 Girls) in order of ability to compete at CIS. Please supply ranking to the Sports Office before the nomination due date.

Senior School (Individual Pathway)

AICES U15 Tennis Championship

Nominations Due: 15 October 2020

Date U15 Girls: 4 November 2020

Date U15 Boys: 6 November 2020

The AICES U15's Tennis Championships will be open to any tennis player aged 15 years or under and play competition Tennis.

AICES Open's Tennis Championships

Nominations Due: 30 January 2020

Date: Girls – 5 February 2020

Boys – 7 February 2020

The AICES Open's Tennis championships will be open to any tennis players that are aged 15 years or older and play competition Tennis.

CIS Open's Tennis Championships

Date: 19 February 2020

Players must compete in the AICES Open's Tennis Championships and be placed in the top 6 for both boys and girls to qualify for the CIS Championships.





Touch Football

Touch Football Pathways

Junior School

CIS U12 Girls Touch Football Trials

Nominations Due: 18 May 2020

Date: 4 June 2020

Each school is limited to only sending 3 players to trial at the CIS Trials. At these trials, players can get selected represent CIS at the NSWPSA U12 Touch Football Championships at the end of August

CIS U12 Boys Touch Football Trials

Nominations Due: 18 May 2020

Date: 4 June 2020

Each school is limited to only sending 3 players to trial at the CIS Trials. At these trials, players can get selected represent CIS at the NSWPSA U12 Touch Football Championships at the end of July

Senior School

CDSSA Touch Football Teams

Nominations Due: 14 February 2020

Date: 28 February 2020

The CDSSA Touch Football trials are open to all College and Grammar students in Years 7 to 12 that represent Pittwater House in a local Touch Football Competition with successful players going on to play for CDSSA at the AICES Championships.

AICES U15 and Opens Boys and Girls Touch Football Championships

Date: 19 May 2020

Those who had been selected to play in the CDSSA Touch Football Team will then go on to play at the AICES Touch Football Championships. The AICES selectors will then select the top players to represent AICES in the U15 Boys and U15 Girls Teams at CIS. There is no further pathway for Opens players.

CIS U15 Boys and Girls Touch Football Championship

Date: 16 June 2020

Those who had been selected to play in the AICES Touch Football Team will then go on to play at the CIS Championships. The CIS selectors will then select the top players to represent CIS at the NSW All Schools Championships in early August.





Triathlon

Triathlon Pathways

Senior School

NSW All Schools Triathlon

Individual Events Date: 26 February 2020

Nominations Due: 12 February 2020

The NSW All Schools Individual Triathlon is available to all students in Years 7 to Years 12 who would like to compete as an Individual Athlete.

- Junior (12/13/14 Years) 400m swim, 10km Cycle, 3km Run
- Intermediate (15/16 Years) 600m swim, 15km Cycle, 4km Run
- Senior (17/18/19 Years) 750m Swim, 20km Cycle, 5km Run

Team Events Date: 27 February 2020

This event is only available to students who have qualified from the CIS Team Triathlon in 2019.

CIS Team Triathlon

Nominations Due: 12 October 2020 (Team Events for 2021)

The CIS Team Triathlon is available to all students in Years 7 to Years 12. Teams consist of 3 athletes with each one doing 1 leg of the event, either swimming, running or bike riding.

- Junior Teams (12/13/14 Years) 400m swim, 10km Cycle, 3km Run
- Intermediate Teams (15/16 Years) 600m swim, 15km Cycle, 4km Run
- Senior Teams (17/18/19 Years) 750m Swim, 20km Cycle, 5km Run

Volleyball

Volleyball Pathways

Senior School

NSW All Schools U15 Trials

Nominations Due: 2 April 2020

Date: 30 April 2020

Nominations are straight to All Schools. NSW Combined Schools Sports Association will be holding a selection trials for all 15 Years and under Volleyball players at the Netball Genea Centre Olympic Park. The purpose of these trials is to select the NSW All Schools Team. The All Schools team will compete at the School Sports Australia Volleyball Championships.

CIS Open Boys & Open Girls Trials

Nominations Due: 2 April 2020

Date: 29 April 2020 (3:30pm – 6:30pm)

Individual nominations are to be submitted online by TPHS Sports Office Staff. There is no limit to the number of students who can trial.



Water Polo

Northern Suburbs Schools Water Polo Association Competition

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

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

Opens Competition (College & Grammar Years 10-12)

Day: Friday nights
Dates: Commences Early March and continues into Term 2 (Dates to be confirmed)
Nominations: 18 February
Training: Training commences Week 4, Term 1

Intermediate Competition (College & Grammar Years 8-9)

Day: Monday nights
Dates: Commences Term 2 and continues into Term 3 (Dates to be confirmed)
Nominations: 11 March
Training: Training commences 1st week of April

Junior Competition (College & Grammar Year 7)

Day: Friday nights
Dates: Commences Mid-Term 2 and continues into Term 3 (Dates to be confirmed)
Nominations: 15 April
Training: Training commences Week 2, Term 2

Water Polo Pathways

Senior School

AICES Open's Water Polo Trials

Nominations: 14 September 2020

Date: 29 October 2020

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 17 years of age or under that year of trialing. The successful players will be selected into the an AICES Teams and Trialing for the CIS teams in February the following year.

CIS Open's Water Polo Trials

Date: Girls: 12 February 2020

Boys: 24 February 2020

You must be first selected to trial for CIS through the AICES Pathway the year prior. Once selected you will then play in the CIS Championships to trial for a position within the CIS Water Polo Team to go on and represent CIS at the NSW All Schools Championships (All public, private and catholic schools with NSW).



Sports Office Contact Details

Manager of Sport

Mrs. Sue Grigg

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

Mobile 0421 102 954

Sports Administrator

Miss Ally Barnett

Email: sportsoffice@tphs.nsw.edu.au

Head of Basketball

Mr. Nathan Kirwan

Email: nathan.kirwan@tphs.nsw.edu.au

Mobile 0425 253 383

Nominations and Enquiries

Permission notes for all Academies, Competitions and upcoming Sporting Excursions can be found on the Pittwater House Skoolbag App in the Sports folder.

All other nominations and enquiries are to be emailed to the Sports Office

Email: sportsoffice@tphs.nsw.edu.au

Pittwater House Sporting Groups Facebook Page

JOIN PITTWATER HOUSE SPORTING GROUPS FACEBOOK PAGE

Pittwater House has a sporting group's 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.

Sports Pathway Abbreviations

Junior School

HICES Heads of Independent Co-Educational Schools

CIS Combined Independent Schools

NSW PSSA Primary Schools Sports Association

SSA School Sports Australia

Senior School

CDSSA Combined District Schools Sports Association

AICES Association of Independent Co-Educational Schools

CIS Combined Independent Schools

NSW All Schools

SSA School Sports Australia



Players Code of Conduct

Players representing Pittwater House in Sport must adhere to the following:

This document is an official set of rules and regulations for players to obey and to show their commitment to playing sport for Pittwater House. These rules cover behavioral standards, uniform standards and attitude at games and training.

The rules and regulations are:

1. Players must attend all games and trainings unless a parent/guardian has informed the Coach and Sports Office of the player's absence. Players must notify their absence at least 48hrs prior to the game/training, unless an unforeseen situation arises.
2. Players must wear the correct Pittwater House team uniform and have the correct footwear dependent on the sport you are participating in at both training and games.
3. Players must respect their opposition and their teammates with the respect that is shown by a Pittwater House sportsperson. Poor language will not be accepted on or off the field by any player.
4. Players should encourage each other on and off the field and always put the team first, we do not yell or criticise one another when we are not playing well, make a mistake or get beaten.
5. Players must respect their Coach and Manager, if behaviour is deemed inappropriate they will be warned, if behaviour continues then they will be suspended from play of game.
6. Once a training time has been set, players must arrive 10 minutes before the official training time. If late, disciplinary action will be taken.
7. Players must arrive at least 20 mins prior to the commencement of their game to ensure a sufficient warm-up is undergone plus a team chat before the game.
8. Players are not to question the Referee/Umpire's decision no matter what the circumstances are. If players have a question you must ask your Coach, and if your Coach thinks it needs to be addressed, then the Captain of the team (no one else) is responsible for talking to whom it may concern.
9. Players are not to play in any other team apart from the one you are registered in.
10. Players are to give 100% effort at both training and games, if you believe you are unable to do so for whatever reason, you must speak to your Coach at the beginning of your session.
11. Players are not to question the Coach about substitution. If you are unhappy about the substitutions you must arrange a time to speak to your Coach, but not whilst the game is taking place.
12. Congratulations and thanks or cheers appropriate to the game by the Captain and players is to take place at the end of the match. We would expect the team line up and shake the hands of the competitor one by one.



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13. At quarter-time or half-time, players are to get their drink bottles and go straight to the Coach for their team discussion. You must give your full attention to be is being said by your Coach, and teammates.
14. If players have a query about their Coach in which you would like to be addressed, you must speak to the Sports Office as soon as possible.
15. Players are to help pack up any equipment that may have been used at Home games.
16. Players are to notify your Coach and Manager of any injuries that occurred in your training session or game, even if it is minor.



Concussion in Sport



Concussion Facts

What is concussion?

Concussion refers to disturbance in brain function caused by a direct or indirect force to the head.

It results in temporary loss of brain skills such as memory and thinking.

Usually the changes are temporary and the majority of people recover completely if managed correctly.

Concussion does not involve structural damage or any permanent injury to the brain.

How common is concussion?

Concussion is a common problem in many sports especially those involving body contact, collision or high speed.

In Australia the common participation sports such as Australian Rules Football, rugby league and rugby union have high rates of concussion. Concussion is also highly associated with soccer, cricket, netball, martial arts and equestrian. and particularly high in the football codes (AFL, rugby league and rugby union).

Concussion is **most** common in children than any other age group.

What about Recovery?

The process of recovery varies from person to person and injury to injury. In most cases (80-90%), recovery occurs within 10-14 days of injury, however in a small number of cases recovery is delayed over weeks to months.

Are there any complications?

In general complications are not common.

The risk of complication is increased by allowing a player to return to play before they have recovered.

That is why it is important to recognise concussion and keep the player out of training and competition until they have fully recovered.

What are the complications following concussion?

- Higher risk of injury or repeated concussion on return to play
- Prolonged symptoms (lasting more than 14 days)
- Depression and other mental health issues
- Severe brain swelling (particularly in young players)
- Long term damage to brain function



Signs and Symptoms

Concussion results in a range of signs and symptoms depending on the area of the brain that is affected.

It is important that players, parents, coaches and support staff recognise and **report on** the signs and symptoms of concussion.

Concussion should be suspected if one or more of these signs or symptoms are observed.

Common signs of concussion (what can be observed)

- Holding or clutching the head
- Slow to get up
- Unresponsiveness
- Unsteady on feet /balance problems
- Disorientation
- Slow to respond to questions or instructions
- Slurred speech
- Loss of consciousness (seen in only 10-20% of cases)
- Upper limb muscle rigidity

Common symptoms of concussion (what the player report)

- Headache
- Dizziness
- Nausea/ vomiting
- Blurred vision
- Confusion
- Sensitive to light and/or noise
- Feeling tired or drowsy
- Memory loss
- Reduced ability to think clearly and process information
- Feeling emotional
- Not feeling quite right

Any player with a suspected concussion must be withdrawn from play immediately and require urgent assessment by a medical doctor.

