



**Pittwater House**

## Pittwater House Senior School Sports Choices 2020

The Pittwater House Schools believe that a regular programme of physical activity and extra-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 highly recommends that everyone participate in activities during the school year. Parents please note that some teams/activities are limited to a specific number of participants and there may a trial situation to select the team.

If your child would like to sign up for any of the following activities, please submit the permission note which will be available via the Pittwater House Skoolbag App in the Sport folder. Please refer to the Co-Curricular Sports Program for more in-depth information on each sport or contact the Sports Office with any questions ([sportsoffice@tphs.nsw.edu.au](mailto:sportsoffice@tphs.nsw.edu.au))

<b>Term I:</b>
Advanced Boardriders Academy
Athletics Academy
Baseball CIS U17 Grammar Trials
Basketball Academy
Basketball Semester 1 Interschool Competition
Basketball CDSSA Trials
Cricket CIS U18 Grammar Trials
Cricket CIS U15 Grammar Trials
Cricket CIS U18 College Trials
Fitness Training Grammar Year 9-12
Fitness Training College Year 9-12
Fitness, Strength & Conditioning
Golf CIS Trials
Hockey CDSSA Trials
Netball CDSSA Gala Day & Trials
Netball College Competition Training begins
Rugby Academy
Soccer Academy
Soccer Grammar Competition Training begins
Soccer CDSSA Trials
Softball CIS U18 Grammar Trials
Swimming Squad Training Year 7-12
Swimming Carnival
Tennis Coaching
Tennis CDSSA Gala Day - Teams
Tennis AICES U18 Tennis Championship
Touch Football CDSSA Trials
Triathlon NSW All Schools - Individual
Water Polo Academy
Water Polo Year 8-9 Competition Training begins
Water Polo Year 10-12 Competition Training begins
Water Polo Year 10-12 Interschool Competition

<b>Term II:</b>
Advanced Boardriders Academy
AFL CIS U14 Trials
Athletics Academy
Athletics Carnival
Basketball Academy
Basketball Semester 1 MWBA Competition
Cross Country Carnival
Diving CIS Trials
Fitness Training Grammar Year 9-12
Fitness Training College Year 9-12
Fitness, Strength & Conditioning
Gymnastics State Championships
Netball College Interschool Competition
Rugby Academy
Rugby Union CDSSA Grammar Trials
Rugby 7's CIS U18 College Trials
Rugby League CIS Grammar Trials
Rugby U14 & U16 Grammar Competition Training
Snowsports Raceweek - Term 2 Holiday Camp
Soccer Academy
Soccer Grammar Interschool Competition
Soccer College Competition Training begins
Surfing U16 & U19 Regional Championships
Swimming Squad Training Year 7-12
Tennis Coaching
Volleyball U15 All Schools Trials
Volleyball U18 CIS Trials
Water Polo Year 7 Competition Training begins
Water Polo Year 8-9 Interschool Competition
Water Polo Year 10-12 Interschool Competition
Water Polo Year 7 Interschool Competition

<b>Term III:</b>
Advanced Boardriders Academy
Athletics Academy
Basketball Academy
Basketball Semester 2 MWBA Competition
Cricket Milo T20 Blast School Cup Year 7-8 Girls
Cross Country Carnival
Fitness Training Grammar Year 9-12
Fitness Training College Year 9-12
Fitness, Strength & Conditioning
Rugby U14 & U16 Grammar Interschool Competition
Rugby Academy
Soccer College Interschool Competition
Soccer Academy
Swimming Squad Training Year 7-12
Tennis Coaching
Touch Football Competition Training begins
Touch Football Interschool Competition
Water Polo Year 7 Interschool Competition

<b>Term IV:</b>
Advanced Boardriders Academy
Athletics Academy
Basketball Academy
Basketball Semester 2 MWBA Competition
Fitness Training Grammar Year 9-12
Fitness Training College Year 9-12
Fitness, Strength & Conditioning
Rugby Academy
Soccer Academy
Softball AICES U18 College Trials
Swimming Squad Training Year 7-12
Tennis Coaching
Tennis AICES U15 Tennis Championship
Touch Football Interschool Competition
Triathlon CIS - Team
Water Polo AICES U17 Trials

<b>Key: Sports Associations</b>
<b>CDSSA</b> Combined Districts Schools Sports Association
<b>AICES</b> Association of Independent Co-Educational Schools
<b>CIS</b> Combined Independent Schools