



Pittwater House

Pittwater House Co-Curricular Sports Program 2021





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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 AFL Trials

Nominations Due: 19 February 2021

Date: 4 March 2021

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 Byron Bay from 4 – 6 May 2021.

CIS U15 Girls AFL Trials

Nominations Due: 23 April 2021

Date: 6 May 2021

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 on 24 May 2021.

CIS U15 Boys AFL Trials

Nominations Due: 23 April 2021

Date: 6 May 2021

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 on 25 May 2021.

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 Senior 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 through CIS Sport, 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: Wednesdays and Thursdays 3:30pm – 4:30pm
Dates: Term 1 – 10/11 February to 31 March/1 April (Week 3-10)
Term 2 – 28/29 April to 16/17 June (Week 2-9)
Term 3 – 28/29 July to 15/16 September (Week 3-10)
Term 4 – 20/21 October to 8/2 December (Week 2-9)
Note: Thursday Term 4 is a 7-week program due to Junior School closing on 8 December - \$87.50
Cost: The cost is \$100 per term (8-week program)
Or \$150 per term if attending two sessions per week (Wed and Thu)
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 two Athletics Carnivals each year:

1. Kindergarten to Year 6 Date: 3 May 2021
2. Year 7 to 12 Date: 18 June 2021

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 July 2021

Location: Sydney Olympic Park Athletics Centre, Homebush

HICES is our first Athletics pathway following the Pittwater House Junior School Athletics Carnival. Only the fastest two in ages 8-10 and four in ages 11-12 will qualify for the sprint events and the best two 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: 2 September 2021

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships is our next pathway after HICES. Only the top three athletes per event per age group per association are eligible to compete at CIS. The top three finalists at CIS will go on to compete at the NSW PSSA Championships.

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: Mid August - Date TBC

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: 1 September 2021

Location: Sydney Olympic Park Athletics Centre, Homebush

The AICES Championships is our next pathway after CDSSA. Only the top three 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 three 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: 14 September 2021

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships is our next pathway after AICES. Only the top three 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. The students who qualify will go on to compete at the NSW All Schools Athletics Carnival on 24 - 27 September 2021.



Baseball

Baseball Pathways

Senior School

CIS U17 Boys Baseball Trials

Nominations Due: 5 February 2021

Date: 16 February 2021

Nominations are straight to CIS. Only a maximum of three students from each school can nominate. Playing history to be provided upon nomination. Players who have been selected for the CIS U17 Boys Baseball team will go on to play at the NSW All Schools Open Boys Baseball Championships on 24 March 2021.





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: 11 February to 1 April 2021 (Week 3-10)
Term 2: 29 April to 17 June (Week 2-9)
Term 3: 29 July to 16 September (Week 3-10)
Term 4: 21 October to 2 December (Week 2-8)

Cost: The cost is \$150 per term (8-week Academy) excluding Term 4
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 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: 12 February to 26 March (Week 3-9)
Term 2: 30 April to 18 June (Week 2-9)
Term 3: 30 July to 17 September (Week 3-10)
Term 4: 22 October to 3 December (Week 2-8)

Cost: Term 1 and 4 \$130 (7-week Academy)
Term 2 and 3 \$150 per term (8-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 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. 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 1 to Year 12. There are two 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.

Junior School	Day	Time	Venue
Year 1-2 Mixed	Tuesdays	4:00-6:00pm	NBISC/PCYC
Year 3-4 Mixed	Tuesdays	4:00-6:00pm	NBISC/PCYC
Year 5 (depending on numbers)	Tuesdays	4:00-7:00pm	NBISC/NSHS/PCYC/PUC/GST
Year 5-6 Mixed	Wednesdays	4:00-7:00pm	NBISC/NSHS/PCYC/PUC/GST
Year 6 Mixed	Wednesdays	4:00-7:00pm	NBISC/NSHS/PCYC/PUC/GST

Competition	Day	Time	Venue
Year 7 Girls	Mondays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Year 8 Girls	Mondays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Year 9 Girls	Wednesdays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Year 10 Girls	Wednesdays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Open School Girls (Y 11-12)	Fridays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Year 7 Boys	Mondays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Year 8 Boys	Wednesdays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST
Year 9 Boys	Thursdays	4:20-7:00pm	NBISC/NSHS/PCYC/PUC/GST
Year 10 Boys	Thursdays	4:20-7:00pm	NBISC/NSHS/PCYC/PUC/GST
Open School Boys (Y 11-12)	Fridays	4:20-7:50pm	NBISC/NSHS/PCYC/PUC/GST

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 students 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: \$185 for a two day Camp

Basketball Pathways

Junior School

CIS U12 Girls Basketball Trials

Nominations Due: 5 February 2021

Date: 19 February 2021

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 three 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: 5 February 2021

Date: 19 February 2021

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 three 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 - Date TBC

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

NSW PSSA U12 Girls Basketball Championships

Date: Late May - Date TBC

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



... *Basketball continued*

Senior School (Individual Pathway)

CDSSA U15 Basketball Championships

Date: 14 October 2021

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

CDSSA Open Basketball Championships

Date: 8 February 2021

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

AICES U15 Basketball Championships

Date: 27 October 2021

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: 2 March 2021

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 2021

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: 6 May 2021

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 the NSW All Schools Basketball Championships on 31 May 2021.

CIS Open Boys Basketball Championship

Date: 3 May 2021

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 the NSW All Schools Basketball Championships on 31 May 2021.





Pittwater House

... *Basketball continued*

Senior School (Team Pathway)

AICES Basketball Cup

Date: 17 February 2021

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: 14 July 2021

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

CIS Boys Champions Schools Basketball Competition

Date: 14 July 2021 (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.



Canoeing

NSW All Schools Canoeing Championships (Senior School)

Nominations Due: 6 April 2021

Date: 15 - 18 May 2021

More information available February 2021. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.



Cricket

Cricket Pathways

Junior School

CIS Junior School Girls Cricket Trials

Nominations Due: 23 July 2021

Date: 11 August 2021

The girls Cricket pathway is straight to CIS so therefore you must play high level Club Cricket and be in Year 5 or 6 to nominate. Only a maximum of three 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 from 11 - 14 October 2021.

CIS Junior School Boys Cricket Trials

Nominations Due: 27 August 2021

Date: 13 - 14 September 2021

The boys Cricket pathway is straight to CIS so therefore you must play high level Club Cricket and be in Year 5 or 6 to nominate. Only a maximum of three students from each school can trial. Internal trials will be held if more than three students nominate. If selected into the CIS team, players will then go on to play for CIS at the NSWPSA Championships from 5 - 8 October 2021.

Mosman Shield Cricket

Date: Mid-November 2021 (TBC in September) 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 School 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: Early July 2021 – Date TBC

Date: Mid-August 2021 – Date TBC

The Milo T20 Blast School Cup is available for both boys and girls in Years 5 and 6.

Senior School

Milo T20 Blast School Cup

Nominations Due: Mid-June 2021 – Date TBC

Date: Early August 2021 – Date TBC

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

CIS Open Girls Cricket Trials

Nominations Due: 29 January 2021

Date: 12 February 2021

The Open Girls pathway is straight to CIS so therefore you must play high level Club Cricket and 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 on 16-17 March 2021.



... *Cricket continued*

CIS U16 Boys Cricket Trials

Nominations Due: 5 November 2021

Date: Mid-February 2022

The U16's Boys pathway is straight to CIS so therefore you must play high level Club Cricket and be aged 16 years and under to nominate. If selected into the CIS team, players will then go on to play for CIS at the NSW U16 All Schools Championships in March 2022.

CIS Open Boys Cricket Trials

Nominations Due: 5 November 2021

Date: Mid-February 2022

The Open Boys Cricket pathway is straight to CIS so therefore you must play high level club cricket and be aged 16 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 March 2022.





Cross Country

Pittwater House Cross Country Carnivals

Pittwater House run two Cross Country Events each year

1. Junior School – Date: 22 April 2021
2. Senior School – Date: Early May 2021

Cross Country Pathways

Junior School

HICES Cross Country

Date: 24 May 2021

Location: Blue Mountains Grammar

HICES is the first competitive Cross Country Pathway for the Junior School. Pittwater House will select five boys and five girls from 8 to 11 years of age and four boys and four 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 qualify to compete at the CIS Junior School Cross Country Carnival.

CIS Junior School Cross Country

Date: 10 June 2021

Location: Eastern Creek Raceway

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

Senior School

CDSSA Cross Country

Date: 10 May 2021

Location: Centennial Park

CDSSA is the first competitive Cross Country Pathway for the Senior School. Pittwater House will select six boys and six 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: 2 June 2021

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: 10 June 2021

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 on 15 July 2021.



Diving

Junior School

CIS Diving Championships

Nominations Due: 5 March 2021

Date: 18 March 2021

Location: Sydney Olympic Park Aquatic Centre

Anyone with diving experience can enter this event.

Senior School

CIS Diving Championships

Nominations Due: 19 March 2021

Date: 27 April 2021

Location: Sydney Olympic Park Aquatic Centre

Anyone with diving experience can enter this event.

Fitness

College and 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 – Mondays and Thursdays from 12:50pm – 1:35pm (Lunch)
Grammar – Tuesdays, Wednesdays and Fridays from 12:50pm – 1:35pm (Lunch)
- Dates:** Commences Week 2 of each Term
- Age Group:** 15 years of age and above
- 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 and Conditioning (Pending Covid-19 restrictions)

Pittwater House Strength and Conditioning sessions are coordinated by Andrew Sumner, the School Physiotherapist/Exercise Physiologist. 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

Please email sportsoffice@tphs.nsw.edu.au should your child wish to participate.

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: 4 June 2021

Date: 23-25 August 2021

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: 19 February 2021 (CIS paper selection)

Date: 8 March 2021

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. The NSW All Schools Golf Championships will be held on 24 - 28 May 2021.



Gymnastics

CSSA Primary and Secondary State Gymnastics Championships

Nominations Due: 14 May 2021

Date: 3 June 2021

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 and 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: 9 April 2021

Date: 27 April 2021

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: 9 April 2021

Date: 27 April 2021

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

AICES U16 Girls and Open Boys and Girls Hockey Championships

Nominations Due: 19 February 2021

Date: 10 March 2021

Nominations are open to students in Years 7-12. Students will be given the opportunity to trial and be selected to represent AICES at the CIS Championships.

- The U16 boys pathway is straight to NSW All Schools. U16 boys nominations to be sent to the Sports Office with a complete playing history. Please see CIS Open Boys Hockey Championships for more information.



... *Hockey continued*

CIS U16 Girls Hockey Championships

Date: 23 March 2021

Players who have been selected into the AICES team will go on to play at the CIS Championships. The CIS selectors will then select a team to represent CIS at the NSW All Schools Championships on 23 April 2021.

CIS Open Girls Hockey Championship

Date: 17 May 2021

Players who have been selected into the AICES team will go on to play at the CIS Championships. The CIS selectors will then select a team to represent CIS at the NSW All Schools Championships on 19 July 2021.

CIS Open Boys Hockey Championship

Date: 20 May 2021

Players who have been selected into the AICES team will go on to play at the CIS Championships. The CIS selectors will then select a team to represent CIS at the NSW All Schools Championships on 19 July 2021.

- Players who are 16 years and under who do not make the team above who are considered to have the strength, skill and maturity to still be considered, can be included in a second Association Team i.e. A partial team entry for 16 years and under players only. Players note that the standard at the All Schools level is extremely high and CIS will only accept players who are turning 15 or 16 years in the partial team nominations. Players who are in this category must nominate to the Sports Office by 21 May 2021. The NSW All Schools U16 Boys Hockey Championships will be held on 1 - 4 June 2021.



Netball

Netball Academy

The Pittwater House Netball Academy provides a host of skill development programs according to the Netball NSW NetSetGO Program.

Day/Time:	Tuesdays 3:30pm – 4:30pm
Dates:	Term 1 - 9 February to 30 March (Week 3-10) Term 2 – 27 April to 15 June (Week 2-9) Term 3 - 27 July to 14 September (Week 3-10) Term 4 - 19 October to 7 December (Week 2-9)
Cost:	The cost is \$150 per term (8-week program)
Additional Cost:	Netball dress \$85 (optional) or Netball singlet \$45 (optional)
Age Groups:	All students aged 5-10 years
Uniform:	Students are required to wear their full Pittwater House PE uniform or netball uniform.
Venue:	Pittwater House Sports Centre

Manly Warringah Netball Competition

If your child would like to play netball for the newly formed Pittwater House Netball Club in 2021 on Saturdays at the Curl Curl Netball Courts, please register their interest on Skoolbag or email the Sports Office.

Age Group	Players aged 8 to 9 will play as part of the NetSetGo Program in a modified competition Players aged 10 upwards will play full competition Netball
Nominations Due:	10 February 2021
Dates:	Commences Saturday 17 April 2021
Time:	To be confirmed
Cost:	\$160
Additional Cost:	Netball Dress \$85 or Netball Singlet \$45
Uniforms:	Pittwater House Netball Uniform

Additional Competitions

10 Years Round Robin – Compulsory for all teams (Grading Day)

Date: Sunday 21 March 2021

Time: 9am

11 Years Round Robin – Compulsory for all teams (Grading Day)

Date: Sunday 21 March 2021

Time: 2pm



... *Netball continued*

Netball Coaching Programs

Run by Manly Warringah Netball Association

NetSetGo

If you would like to coach a NetSetGo team in 2021, you will be required to do a NetSetGo Workshop.

Nominations Due: 10 February 2021
Workshop Date: Saturday 6 March 2021
Location: Curl Curl Netball Courts
Time: To be confirmed

Junior Coaches Education Workshop

If you would like to coach a Junior Netball team in 2021, and you are under the age of 18, you will be required to do a Junior Coaches Education Workshop.

Nominations Due: 10 February 2021
Workshop Date: Saturday 6 March 2021
Location: Curl Curl Netball Courts
Time: To be confirmed

10 to 13 Years Coaches Education Workshop

If you would like to coach a 10 to 13 years Netball team in 2021, you will be required to do a Junior Coaches Education Workshop (if not already done). This workshop is designed for all coaches of age groups 10 to 13 years.

Nominations Due: 10 February 2021
Workshop Date: Saturday 13 March 2021
Location: Curl Curl Netball Courts
Time: To be confirmed

14 to Senior Coaches Education Workshop

If you would like to coach a 10 to 13 years team in 2021, you will be required to do a Junior Coaches Education Workshop (if not already done). This workshop is designed for all coaches of age groups 14, 15, Cadets and Seniors.

Nominations Due: 10 February 2021
Workshop Date: Saturday 13 March 2021
Location: Curl Curl Netball Courts
Time: To be confirmed



... *Netball continued*

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 and Open Girls
Day/Time: Tuesday Term 2 from 4:00pm – 5:00pm
Location: Curl Curl Netball Courts
Uniform: TPHS Netball Dress (available to borrow from the Sports Office), navy or black bike pants/scungies and TPHS sports jacket
Nominations: 12 February 2021
Trials: Early March during Lunch in the Sports Centre
Players must attend at least two trial days
Training: One session per week – Date and time TBC
Cost: \$40 per season

Netball Pathways

Junior School (Individual Pathway)

HICES Netball Championships

Nominations: 5 February 2021

Date: Mid-March – Date TBC

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 eForm 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: 7 May 2021

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.

Senior School (School Teams Pathway)

CDSSA Netball Gala Day

Nominations Due: 5 February 2021

Date: 23 March 2021

All Year 7 to 12 College students are welcome to nominate to trial for either the Pittwater House U15 or Open team to play at the CDSSA Netball Gala Day. The winning U15 and Open team will then go on to represent CDSSA and their school at the AICES Schools Cup Championships (Team Pathway). At the CDSSA Gala Day, the selectors will nominate 10 girls for the U15 team and 10 girls for the Open team to play at the AICES Championships (see Individual Pathway below).

AICES Netball Schools Cup

Date: 21 July 2021

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



... *Netball continued*

CIS Netball Challenge Day

Date: 9 August 2021

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.

Senior School (Individual Pathway)

AICES U15 Netball Championships

Date: 22 April 2021

Location: Homebush

Once selected into the CDSSA U15 Netball team, players will then go on to play at the AICES Championships. Selectors will select a team of 10 players to represent AICES at the CIS U15 Netball Championships.

AICES Open Netball Championships

Date: 15 June 2021

Location: Homebush

Once selected into the CDSSA Open Netball team, players will then go on to play at the AICES Championships. Selectors will select a team of 10 players to represent AICES at the CIS Open Netball Championships.

CIS U15 Netball Championship

Date: 30 April 2021

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 U15 Netball Championships on 7 May 2021.





Rowing

NSW All Schools Rowing Championships (Senior School)

Nominations Due: 29 January 2021

Date: 19 February 2021

More information available January 2021. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

NSW Independent Schools Rowing Championships (Senior School)

Nominations Due: 14 October 2021

Date: Mid-November 2021

More information available July 2021. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

Rugby

Rugby Academy – Term 1

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 - 9 February to 30 March (Week 3-10)

Term 2 – 27 April to 15 June (Week 2-9)

Term 3 - 27 July to 14 September (Week 3-10)

Term 4 - 19 October to 7 December (Week 2-9)

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

Age Groups: Years 5 and 6 (U12s), Years 7 and 9 (U14s) and Years 10 + (U16s)

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: 7 May 2021

Date: 26 - 27 May 2021

Each school is limited to sending three 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.



... *Rugby continued*

CIS U12 Boys Rugby League Trials

Nominations Due: 30 April 2021

Date: 19 May 2021

Each school is limited to sending three 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.

CIS U12 Girls Rugby 7's Trials – TBC by CIS

Nominations Due: 14 May 2021

Date: 1 June 2021

This is a new pathway starting 2021, more information will be added once we receive it. If your daughter would like to nominate to attend this trial day, please email sportsoffice@tphs.nsw.edu.au.

Senior School

CDSSA U16 and Opens Boys Rugby Union Trials

Paper nominations due: 23 April 2021

If your son would like to nominate to play in either the CDSSA U16s or Opens team at the AICES Championships in May, please email their full playing history and playing positions to the sportsoffice@tphs.nsw.edu.au.

AICES U16 and Opens Boys Rugby Union Championships (New format in 2021 TBC)

Nominations Due: 23 April 2021

Date: 13 May 2021

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 2021

Date: 3 June 2021

This is a new pathway starting 2021, more information will be added once we receive it. Students who are selected will represent CIS at the NSW All Schools Rugby 7's Championships on 17 - 18 June 2021.

CIS U15 Boys Rugby League Trials

Nominations Due: 30 April 2021

Date: 19 May 2021

The U15 Boys Rugby League pathway is straight to CIS so therefore you must play high level or rep Rugby League to nominate. Schools are advised they should only send players of outstanding ability. Full playing history and positions must be provided if you would like to trial.



... *Rugby continued*

CIS Open Boys Rugby League Trials

Nominations Due: 30 April 2021

Date: 12 May 2021

The Open Boys Rugby League pathway is straight to CIS so therefore you must play high level or rep Rugby League to nominate. Schools are advised they should only send players of outstanding ability. Full playing history and positions must be provided if you would like to trial.

CIS Open Girls Rugby League Trials

Nominations Due: 14 July 2021

Date: 28 July 2021

This is a new pathway starting 2021, more information will be added once we receive it. If your daughter would like to nominate to attend these trials, please send their full playing history and playing positions to the sportsoffice@tphs.nsw.edu.au.

Peninsula Cup Rugby Competitions

Junior School (U10s and U12s)

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

Day/Times: Mondays 4pm – 5pm

Dates: Term 3 – Dates TBC

Location: One location on the Northern Beaches - TBC

Uniform: TPHS Ruby Jersey (available from the Sports Office), TPHS Shorts, TPHS sport socks and mouth guard

Training: Training will commence Week 3, Term 2. Day and time TBC
All players are required to attend 1 training session per week.

Cost: \$40 per season

Senior School (U14s and 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 TBC

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 and mouth guard

Nominations: 1 May

Trials: Trials will commence Mid May – Date TBC

Training: Training will commence Week 3, Term 2. Day and time TBC
All players are required to attend 1 training session per week.

Cost: \$40 per season



... *Rugby continued*

Mosman Shield Rugby

Date: End-August – Date TBC

Trial Date: July – Date TBC

The Mosman Shield is a Junior School event available to boys in Years 5 and 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 School 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.



Sailing

NSW All Schools Sailing Championships (Senior School)

Nominations Due: 6 March 2021

Date: 6 - 9 April 2021

More information available February 2021. If your child is interested in competing, please email sportoffice@tphs.nsw.edu.au.



Snowsports

Snowsports Raceweek

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

Camp Dates: Sunday 4 July to Sunday 11 July 2021

Competition: 5 - 9 July 2021

Location: Thredbo (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 and Staff race supervision fee.
Senior Students staying with TPHS: Approx. \$2150 which includes accommodation, transport, six day lift pass, two compulsory lessons, National Park entry, all breakfast and dinners.

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





Soccer

Junior 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 3.30pm to 4.30pm
- Dates: Term 1 - 8 February to 29 March (Week 3-10)
Term 2 - 3 May to 7 June (Week 2-8)
Please note: No session on 14 June - Public Holiday
Term 3 - 26 July to 13 September (Week 3-10)
Term 4 - 18 October to 6 December (Week 2-9)
- Cost: Terms 1, 3 and 4 - \$150 per term (8-week academy)
Term 2 - \$131.25 (7-week academy)
- Age Group: Kindergarten to Year 6
- 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.

Elite Soccer Academy

The Pittwater House Elite Soccer Academy offers a rare opportunity for students to further their soccer skills. This will be an 8 week program with a different focus each week covering all aspects of elite soccer training including speed, strength and tactical training, sprint technique, fitness principals and footwork.

- Day: Mondays 4:30pm to 5:30pm
- Dates: Term 1 - 8 February to 29 March (Week 3-10)
Term 2 - 3 May to 7 June (Week 2-8)
Please note: No session on 14 June - Public Holiday
Term 3 - 26 July to 13 September (Week 3-10)
Term 4 - 18 October to 6 December (Week 2-9)
- Cost: Terms 1, 3 and 4 - \$150 per term (8-week academy)
Term 2 - \$131.25 (7-week academy)
- Age Group: Students in Year 5 to Year 12 who are currently playing soccer (assessment may be required for the Year 5-6 students)
- 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.



... Soccer continued

Peninsula Cup Soccer Competitions

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

Time: 4:00pm – 5:00pm

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 and shin pads

Cost: \$40 per season

Grammar Soccer

U14 Boys - Thursdays Term 2

U16 Boys – Tuesdays Term 2

U18 Boys – Wednesdays Term 2

Nominations: 12 February 2021

Trials: Early March – Dates TBC

Players must attend at least two trial days

Training: Mid March – One morning per week at 7.15am on oval (Days TBC)

College Soccer

U14 Girls – Tuesdays Term 3

Opens (U16/U18) – Wednesdays Term 3

Nominations: 30 April

Trials: Mid May – Dates TBC

Training: Late May – One morning per week at 7:15am on oval (Days TBC)

Soccer Pathways

Junior School

HICES U12 Boys Soccer Championships

Nominations Due: 5 February 2021

Date: Mid March – Date TBC

Each school is limited to sending up to four boys from Year 5-6 to trial for the HICES Soccer Team. Internal trials will be held if more than four 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: 23 April 2021

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 2021

Date: 15 March 2021

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



... Soccer continued

Senior School

CDSSA Soccer Trials

Nominations Due: 5 March 2021

Team Trial Date: Date TBC

Date: 28 April 2021

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: 5 May 2021

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: 6 May 2021

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.

CIS U16 Boys Championship

Date: 31 May (night) and 1 June (day) 2021

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 on 7 – 8 June 2021.

CIS Boys and Open Girls Championship

Date: 31 May (night) and 1 June (day) 2021

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 on 7 – 8 June 2021.





Softball

Softball Pathways

Junior School

CIS U12 Boys Softball Championships

Nominations Due: 21 May 2021

Date: 11 June 2021

Each school is limited to only sending three 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: 16 July 2021

Date: 4 August 2021

Each school is limited to only sending three 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 for the 2022 CIS Open Championships

Nominations Due: 22 October 2021

Date: 4 November 2021

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: 29 January 2021

Date: 12 February 2021

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 Open Boys Championships on 9 March 2021.

CIS Open Girls Softball Championship

Date: 23 February 2021

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 Open Girls Championships on 8 March 2021.



Surfing

Advanced Boardriders Academy (Pending Covid-19 restrictions on mixing of stage groups)

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 6:45am – 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 \$25 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 and 2 only) 6:30am – 8:20am
Dates: Term 1 – 11 February to 1 April (Week 3-10)
Term 2 – 29 April to 17 June (Week 2-9)
Cost: \$200 per term (8-week program all inclusive)
Location: Long Reef and Collaroy Beaches

Intermediate and Advanced – **Senior Students**

Day/Time: Wednesdays (Term 1-4) 6:30am – 8:20am
Dates: Term 1 - 10 February to 31 March (Week 3-10)
Term 2 – 28 April to 16 June (Week 2-9)
Term 3 – 28 July to 15 September (Week 3-10)
Term 4 – 20 October to 8 December (Week 2-9)
Cost: \$200 per term (8-week program all inclusive)
Location: Long Reef and Collaroy Beaches

Surfing Pathways

Sydney Regional Surfing Championships

U16 Boys and Girls - Date: Early June – Date TBC

U19 Boys and Girls – Date: Early June – Date TBC

Location: Dee Why Beach

Students compete against other schools from across Sydney.

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



Swimming

Swimming Squad Training (Pending Covid-19 restrictions on mixing of stage groups)

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: Training sessions will commence after the Years 3-6 Swimming Carnival and the HICES Swimming Team is selected.
Location: Pittwater House Pool
Age Group: 8 years of age and above
Uniform: Students are required to wear their full Pittwater House swimming uniform, goggles and cap.
Cost: No cost for this activity
Note: The Junior School Swimming Squad Training is only available to those swimmers who will represent Pittwater House at the HICES and CIS Swimming Carnivals. Training sessions will commence after the Years 3-6 Swimming Carnival and the HICES Swimming Team is selected.

Senior School

- Days/Time: Tuesdays and Thursdays during Lunch
Dates: Term 1 – 9 and 11 February to 30 April and 1 April (Week 3-10)
Term 2 – 27 and 29 April to 15 and 17 June (Week 2-9)
Term 3 – 27 July and 29 July to 14 and 16 September (Week 3-10)
Term 4 – 19 and 21 October to 7 and 9 December (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 (Pending Covid-19 restrictions on mixing of stage groups)

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 four Swimming Carnivals each year:

- | | |
|--------------------------------|------------------------|
| 1. Kindergarten to Year 2 | Date: 25 March 2021 |
| 2. Years 3 to Years 6 | Date: 15 February 2021 |
| 3. College Years 7 to Years 12 | Date: 9 February 2021 |
| 4. Grammar Years 7 to Years 12 | Date: 18 February 2021 |

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: 8 March 2021

The two fastest boys and girls in ages 8-10 and the four fastest boys and girls in ages 11-12 in each event will qualify to compete at HICES. These students will be selected by their swim times at the Pittwater House Swimming Carnival.

CIS Swimming Championships

Date: 18 March 2021

Location: Sydney Olympic Park Aquatic Centre

Only the top three swimmers per event per age group from the HICES Swimming Carnival are eligible to compete at the CIS Swimming Championships.

NSWPSSA Swimming Championships

Date: 31 March - 1 April 2021

Location: Sydney Olympic Park Aquatic Centre

Only the top three swimmers per event per age group from the CIS Swimming Championships 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: 1 March 2021

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 possibility 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: 24 March 2021

The AICES Championships is our next pathway after CDSSA. Only the top three swimmers per event per age group per Association are eligible to compete at AICES.

There are several swim events at CIS that are not held at AICES which are selected by AICES through a nomination process. If your child would like to enter any of the following events, please email the Sports Office with their swim time, place and venue.

Nominations Due: 11 March 2021.

- 100m and 200m Breaststroke
- 100m and 200m Butterfly
- 100m and 200m Backstroke

Multi Class Events

Athletes with a disability can swim at AICES with only the first three 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: 26 - 27 April 2021

Location: Sydney Olympic Park Aquatic Centre

The CIS Championships is our next pathway after AICES. Only the top three swimmers per event per age group per Association are eligible to compete at CIS.

There are several swim events at NSW All Schools that are not held at CIS which are selected by CIS through a nomination process. If your child would like to enter any of the following events, please email the Sports Office with their swim time, place and venue.

Nominations Due: 26 March 2021.

- 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 from the ECC to Year 12: 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 go on Skoolbag and fill out the tennis 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 and 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 and Pittwater Road, North Manly)

Date: Sunday 21 November (TBC)

Entries Close: Friday 19 November at 3:30pm (TBC)

Time: 5:30pm to 7:00pm

Cost: \$20 per Adult, \$15 per Student (price includes court hire, balls and 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: 5:30 – 6:00pm |
| 2. Secondary Boys/Girls Doubles and Mixed Doubles | Times: 5:30 – 6:00pm |
| 3. Adults Social Mixed Doubles | Times: 5:30 – 6:00pm |
| 4. Adults Competitive Mixed Doubles | Times: 5:30 – 6:00pm |
| 5. Adults/Children Social Mixed Doubles | Times: 6:00 – 7:00pm |
| 6. Prize Giving/Social Gathering | Times: 7:00pm |



... *Tennis continued*

TPHS Tennis Singles Championship

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

Venue: Warringah Recreation Centre (Corner of Kentwell and Pittwater Road, North Manly for Years 7-12 only) and Pittwater House Campus Courts (for Years 3-6 only)

Date: Saturday 20 and Sunday 21 November (TBC)

Entries Close: Friday 19 November at 3:30pm (TBC)

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 20 November (TBC)
11:00am – 1:00pm at the TPHS Courts

Year 3-6 Girls Saturday 20 November (TBC)
1:00pm – 3:00pm at the TPHS Courts

Year 7-12 (Mixed) Sunday 21 November (TBC)
4:00pm – 5:30pm at the WRC

Tennis Pathways

Senior School (Team Pathway)

CDSSA U15 and Open Tennis Gala Day (School Cup Pathway)

Nominations Due: 19 January 2021

Date: 10 March 2021

Pittwater House enter teams of four 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.

AICES Tennis Cup (School Cup Pathway)

Date: 17 March 2021

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: 5 February 2021

Date: 22 February 2021

HICES can only send a maximum of eight players (four boys and four 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 2021

Date U15 Girls: 3 November 2021

Date U15 Boys: 5 November 2021

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

AICES Opens Tennis Championships

Nominations Due: 22 January 2021

Date: Girls – 3 February 2021

Boys – 5 February 2021

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

CIS Opens Tennis Championships

Date: 17 February 2021

Players must compete in the AICES Opens Tennis Championships and be placed in the top six 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: 14 May 2021

Date: 4 June 2021

Each school is limited to only sending three 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: 14 May 2021

Date: 4 June 2021

Each school is limited to only sending three 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 Selection/Gala Day for 2022 AICES Championships

Nominations Due: 15 October 2021

Date: 12 November 2021

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: 26 May 2021

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 2021

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 on 24 - 25 July 2021.





Triathlon

Triathlon Pathways

Senior School

NSW All Schools Triathlon

Individual Events Date: 30 March 2021

Nominations Due: 5 February 2021

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: 31 March 2021 (TBC by NSW All Schools)

Nominations Due: 5 February 2021

Please contact the Sports Office for more information.

CIS Team Triathlon

Nominations Due: 1 October 2021 (Team Events for 2022)

Date: 25 October 2021

The CIS Team Triathlon is available to all students in Years 7 to Years 12. Teams consist of three athletes with each one doing one 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 Volleyball Trials

Nominations Due: 26 March 2021

Date: 22 April 2021

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 and Open Girls Volleyball Trials

Nominations Due: 16 April 2021

Date: 28 April 2021

Individual nominations are to be submitted online by TPHS Sports Office Staff. There is no limit to the number of students who can trial. The team that has been selected to represent CIS will go on to play at the NSW All Schools Open Volleyball Championships on 11 June 2021.



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 7:00pm – 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 and Grammar Years 10-12)

Day: Friday nights
Dates: Commences Early March and continues into Term 2 (Dates to be confirmed)
Nominations: 29 January 2021
Training: Training commences Week 4, Term 1 2021

Intermediate Competition (College and Grammar Years 8-9)

Day: Monday nights
Dates: Commences Term 2 and continues into Term 3 (Dates to be confirmed)
Nominations: 5 March 2021
Training: Training commences Mid March 2021

Junior Competition (College and Grammar Year 7)

Day: Friday nights
Dates: Commences Mid-Term 2 and continues into Term 3 (Dates to be confirmed)
Nominations: 26 March 2021
Training: Training commences Week 2, Term 2 2021

Water Polo Pathways

Senior School

AICES Open Water Polo Trials

Nominations: 10 September 2021

Date: 28 October 2021

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. Successful players will be selected into the Open AICES team and will compete at the CIS Open Water Polo Trials in February 2022.

CIS Open Water Polo Trials

Date: Girls: Early February 2022

Boys: Early February 2022

Players who have been selected into the AICES team will go on to play at the CIS Open Water Polo Championships in February. Players who have been selected to play in the CIS Water Polo team will represent CIS at the NSW All Schools Championships in March 2022.



Sports Office Contact Details

Manager of Sport

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Sports Administrator

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Head of Basketball

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Mobile 0425 253 383

Nominations and Enquiries

Permission notes for all Academies, Competitions and upcoming Sporting Excursions will be uploaded on the Pittwater House Skoolbag App and can be found 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 players 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 undertaken plus a team chat before the game.
8. Players are not to question the Referee/Umpires 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.



Pittwater House

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 what is being said by your Coach, and teammates.
14. If players have a query about their Coach 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.

