

# Pittwater House Senior School Sports Choices 2022



**Pittwater House**

The Pittwater House Schools believe that a regular programme of physical and extra-curricular activity is an integral part of your education. 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 be trials to select teams.

The permission notes will be made available at the beginning of each Term. Instructions on how to submit these permission notes will be sent to parents at the beginning of 2022. Please refer to the Co-Curricular Sports Program for more in-depth information on each sport or contact the Sports Department 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 Boys Trials
Basketball Academy
Basketball Semester 1 Interschool Competition
Basketball CDSSA Trials
Cricket CIS U18 Girls Trials
Fitness Training 15 years +
Fitness, Strength & Conditioning
Golf CIS Trials
Hockey AICES Trials
Netball MWNA Saturday Competition Training
Netball CDSSA Gala Day & Trials
Netball Interschool Competition Training
Rowing NSW All Schools
Rugby Academy
Soccer Elite Academy
Soccer Boys Competition Training begins
Softball CIS U18 Boys Trials
Swimming Squad Training Year 7-12
Swimming Carnival
Tennis Coaching
Tennis CDSSA Gala Day - Teams
Tennis AICES U18 Tennis Championship
Triathlon NSW All Schools - Individual
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 U15 Trials
Athletics Academy
Athletics Carnival
Basketball Academy
Basketball Semester 1 MWBA Competition
Canoeing NSW All Schools
Cross Country Carnival
Diving CIS Trials
Fitness Training 15 years +
Fitness, Strength & Conditioning
Gymnastics State Championships
Netball MWNA Saturday Competition
Netball Interschool Competition
Rugby Academy
Rugby Union AICES Trials
Rugby 7's CIS U18 Girls Trials
Rugby League CIS U15 & U18 Boys Trials
Rugby U14 & U16 Boys Competition Training
Snowsports Raceweek - Term 2 Holiday Camp
Sailing NSW All Schools
Soccer Elite Academy
Soccer Boys Interschool Competition
Soccer Girls Competition Training begins
Soccer CDSSA Trials
Surfing U16 & U19 Regional Championships
Swimming Squad Training Year 7-12
Tennis Coaching
Volleyball U15 All Schools & 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 15 years +
Fitness, Strength & Conditioning
Netball MWNA Spring Competition Training
Rugby Academy
CIS Open Girls Rugby League Trials
Rugby U14 & U16 Boys Interschool Competition
Soccer Girls Interschool Competition
Soccer Elite 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
Cricket CIS U18 Boys nominations for 2023 team
Cricket CIS U15 Boys nominations for 2023 team
Fitness Training 15 years +
Fitness, Strength & Conditioning
Netball MWNA Spring Competition
Rugby Academy
Soccer Elite Academy
Softball AICES U18 Girls Trials for 2023 team
Swimming Squad Training Year 7-12
Tennis Coaching
Tennis AICES U15 Tennis Championship
Touch Football Interschool Competition
Touch Football CDSSA Trials for 2023 teams
Triathlon CIS Team Trials
Water Polo AICES U17 Trials for 2023 teams

<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