

2019 Academies

All Academy registration forms are on Skoolbag

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.

This academy will be run by Jack McPhee, who has represented Australia in the 2018 Triathlon World Championships in both sprint and Olympic distances. Jack has coached 9 National level Athletes and is a qualified coach not only in Athletics, but also Swimming and Triathlon.

Day / Time: Session 1 - Wednesdays 7:15am – 8:15am
Session 2 - Thursdays 3:30pm – 4:30pm
Dates: Term 1 - 20 February to 10 April 2019 (Week 4-11)
Cost: The cost is \$100 per term for 1 session (8-week program)
Or \$150 if attending 2 sessions per week (Wednesdays 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

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: Thursdays 3.30pm – 4.30pm
Dates: Term 1 - 21 February to 11 April 2019 (Week 4-11)
Cost: The cost is \$150 per term (8-week program)
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 Indoor Sports Centre

Senior School Basketball Academy

Day / Time: Friday 3.30pm – 4.30pm
Dates: Term 1 - 22 February to 12 April 2019 (Week 4-11)
Cost: The cost is \$150 per term (8-week program)
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

Futsal Academy

Pittwater House runs a Futsal Academy designed for students interested in learning the ins and outs of Futsal. Students will learn more about specific Futsal positions, formations, and drills under the guidance of a fully accredited coach. The coach will perform drills to suit the student's skill levels and ages.

Day / Time: Tuesdays 3.30pm – 4.30pm
Dates: Term 1 - 19 February to 9 April 2019 (Week 4-11)
Cost: The cost is \$75 per term (8-week program)
Age Group: Year 2-7
Uniform: Students are required to wear their full Pittwater House PE uniform
Venue: Pittwater House Indoor Sports Centre

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 - 19 February to 9 April 2019 (Week 4-11)
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

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 - 18 February to 8 April 2019 (Week 4-11)
Cost: \$150 per term (8-week program) Terms 1, 3 & 4
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.

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 mini bus. 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 - 7 February to 11 April 2019 (Week 2-11)
Cost: Term 1 - \$200 (10-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 - 6 February to 10 April 2019 (Week 2-11)
Cost: Term 1 - \$200 (10-week program all inclusive)
Location: Long Reef and Collaroy Beaches