



Pittwater House

Pittwater House Co-Curricular Sports Program 2022





Pittwater House

Table of Contents

Pittwater House Core Values	3
AFL	4
Athletes with a Disability (AWD)	4
Athletics	5
Baseball	7
Basketball	8
Canoeing	12
Cricket	13
Cross Country	15
Diving	16
Fitness	16
Football	17
Golf	20
Gymnastics	20
Hockey	21
Netball	22
Rowing	25
Rugby League	25
Rugby Union	26
Sailing	28
Snowsports	28
Softball	29
Surfing	30
Swimming	31
Tennis	35
Touch Football	38
Triathlon	39
Volleyball	39
Water Polo	40
Sports Office Contact Details	41
Nominations and Enquiries	41
Players Code of Conduct	42
Concussion in Sport	44



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: 18 February 2022

Date: 3 March 2022

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 from the 25 to the 27 May 2022.

CIS U15 Girls AFL Trials

Nominations Due: 21 April 2022

Date: 5 May 2022

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 held on the 30 May 2022.

CIS U15 Boys AFL Trials

Nominations Due: 21 April 2022

Date: 5 May 2022

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 held on the 30 May 2022.

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

Running Academy

The Pittwater House Running Academy program will be for athletes who are looking to compete in 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:	Thursdays 3:30pm – 4:30pm
Dates:	Term 1 – 17 February to 7 April (Week 3-10) Term 2 – 5 May to 23 June (Week 2-9) Term 3 – 4 August to 22 September (Week 3-10) Term 4 – 27 October to 8 December (Week 2-8)
Cost:	The cost is \$150 per term (8-week program) excluding Term 4 (7-week program \$131.25)
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: 24 June 2022
2. Year 7 to 12 Date: 29 April 2022

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: 24 August 2022

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).



Pittwater House

... Athletics continued

CIS Athletics Championships

Date: 20 September 2022

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships are 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 from the 19 to the 20 October 2022.

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: 25 August 2022

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: 6 September 2022

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: 20 September 2022 (Night Carnival)

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships are 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 6 September. The students who qualify will go on to compete at the NSW All Schools Athletics Carnival in late September 2022.



Baseball

Baseball Pathways

Senior School

CIS Open Boys Baseball Trials

Nominations Due: 2 February 2022

Date: 15 February 2022

Nominations are straight to CIS (NSW Combined Independent Schools). 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 Open Boys Baseball team will go on to play at the NSW All Schools Open Boys Baseball Championships at the end of March.





Pittwater House

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: 17 February to 7 April (Week 3-10)
Term 2: 5 May to 23 June (Week 2-9)
Term 3: 4 August to 22 September (Week 3-10)
Term 4: 27 October to 8 December (Week 2-8)

Cost: The cost is \$150 per term (8-week Academy) excluding Term 4
Term 4 - \$131.25 (7-week Academy)

Venue: Pittwater House Sports Centre

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: \$45 each

Senior School Basketball Academy

Day/Time: Senior Basketball Academy – Friday 3:30pm – 4:30pm

Dates: Term 1: 18 February to 8 April (Week 3-10)
Term 2: 6 May to 24 June (Week 2-9)
Term 3: 5 August to 23 September (Week 3-10)
Term 4: 28 October to 9 December (Week 2-8)

Cost: The cost is \$150 per term (8-week Academy) excluding Term 4
Term 4 - \$131.25 (7-week Academy)

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: \$45 each





Pittwater House

... 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 workload of each athlete to help prevent burnout 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 3-4 Mixed	Tuesdays	4:00-6:00pm	NBISC/PCYC
Year 5 (depending on numbers)	Tuesdays	4:00-7:00pm	NBISC/PCYC/PUC/GST
Year 5-6 Mixed	Wednesdays	4:00-7:00pm	NBISC/PCYC/PUC/GST
Year 6 Mixed	Wednesdays	4:00-7:00pm	NBISC/PCYC/PUC/GST

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

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



Pittwater House

... Basketball continued

Basketball Pathways

Junior School

CIS U12 Girls Basketball Trials

Nominations Due: 2 February 2022

Date: 18 February 2022

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: 2 February 2022

Date: 18 February 2022

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: 31 May 2022

The CIS selectors will select a boys' team to go on and play for CIS at NSWPSA Basketball Championships from 31 May to the 3 June 2022.

NSW PSSA U12 Girls Basketball Championships

Date: 31 May 2022

The CIS selectors will select a girls' team to go on and play for CIS at NSWPSA Basketball Championships from 31 May to the 3 June 2022.





... Basketball continued

Senior School (Individual Pathway)

CDSSA U15 Basketball Championships

Date: 26 October 2022

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: 14 February 2022

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: 2 November 2022

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

AICES Open Girls Basketball Championships

Date: 8 March 2022

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: 2 March 2022

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: 5 May 2022

Once selected for 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 the 6 June 2022.

CIS Open Boys Basketball Championship

Date: 9 May 2022

Once selected for 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 the 6 June 2022.



Pittwater House

... Basketball continued

Senior School (Team Pathway)

AICES Basketball Cup

Date: 25 February 2022

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: 20 July 2022

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: 20 July 2022

The 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 to be held on the 6 June 2022



Canoeing

NSW All Schools Canoeing Championships (Senior School)

Nominations Due: 7 April 2022

Date: 21 – 24 May 2022

More information available February 2022. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.



Pittwater House

Cricket

Cricket Pathways

Junior School

CIS Junior School Girls Cricket Trials

Nominations Due: 22 July 2022

Date: 17 August 2022

The girls Cricket pathway is straight to CIS so therefore you must play high level Club or Rep 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 24 to 27 October 2022.

CIS Junior School Boys Cricket Trials

Nominations Due: 22 August 2022

Date: 12 - 13 September 2022

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 11 to 14 October 2022.

Mosman Shield Cricket

Date: Mid-November 2022 (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 2022 – Date TBC

Date: Mid-August 2022 – 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 2022 – Date TBC

Date: Early August 2022 – 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: 2 February 2022

Date: 18 February 2022

The Open Girls pathway is straight to CIS so therefore you must play high level Club or Rep Cricket and be aged 16 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 the 22 March 2022.



Pittwater House

... Cricket continued

CIS Open Boys Cricket Trials

Nominations Due: 2 February 2022

Date: 28 February – 1 March 2022

The Open Boys Cricket pathway is straight to CIS so therefore you must play high level club or rep cricket and be aged 16 years and over to nominate. If selected for the CIS team, players will then go on to play for CIS at the NSW All Schools Opens Championships on the 22 March 2022.





Pittwater House

Cross Country

Pittwater House Cross Country Carnivals

Pittwater House runs two Cross Country Events each year

1. Junior School – Mid April - TBC
2. Senior School – Early May - TBC

Cross Country Pathways

Junior School

HICES Cross Country

Date: 23 May 2022

Location: Blue Mountains Grammar (TBC)

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: 9 June 2022

Location: Eastern Creek Raceway

The top 10 fastest competitors will go on to represent CIS at the NSWPSA Championships which are held on the 22 July 2022.

Senior School

CDSSA Cross Country

Date: 25 May 2022

Location: Centennial Park (TBC)

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: 1 June 2022

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: 9 June 2022

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 the 22 July 2022.



Diving

Junior School

CIS Diving Championships

Nominations Due: 4 March 2022

Date: 24 March 2022

Location: Sydney Olympic Park Aquatic Centre

Anyone with diving experience can enter this event.

Senior School

CIS Diving Championships

Nominations Due: 25 March 2022

Date: 3 May 2022

Location: Sydney Olympic Park Aquatic Centre

Anyone with diving experience can enter this event.

All Schools Diving Championships

Date: 3 June 2022

Location: Sydney Olympic Park Aquatic Centre

Top 3 qualifiers from CIS.

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 and Wednesdays 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



Pittwater House

Football (Soccer)

Junior Football Academy

The Pittwater House Football 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 - 14 February to 4 April (Week 3-10)
Term 2 - 2 May to 20 June (Week 2-8)
Please note: No session on 13 June - Public Holiday
Term 3 - 1 August to 19 September (Week 3-10)
Term 4 - 24 October to 5 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.

Advanced Football Academy

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

- Day: Mondays 4:30pm to 5:30pm
- Dates: Term 1 - 14 February to 4 April (Week 3-10)
Term 2 - 2 May to 20 June (Week 2-8)
Please note: No session on 13 June - Public Holiday
Term 3 - 1 August to 19 September (Week 3-10)
Term 4 - 24 October to 5 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 football (assessment may be required for 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.



Pittwater House

... *Football continued*

Peninsula Cup Football Competitions

The Peninsula Cup Football 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 Football jersey (available from the Sports Office), TPHS shorts, TPHS sport socks and shin pads

Cost: \$50 per season

Grammar Football

U14 Boys - Thursdays Term 2

U16 Boys – Tuesdays Term 2

U18 Boys – Wednesdays Term 2

Nominations: 25 February 2022

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 Football

U14 Girls – Tuesdays Term 3

Opens (U16/U18) – Wednesdays Term 3

Nominations: 29 April 2022

Trials: Mid May – Dates TBC

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

Football Pathways

Junior School

HICES U12 Boys Football Championships

Nominations Due: 25 February 2022

Date: Mid-March 2022

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

CIS U12 Boys Football Championships

Date: 31 March 2022

Players who have been selected to play in the HICES 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 Football Championships from the 16 to the 18 August 2022

CIS U12 Girls Football Trials

Nominations Due: 25 February 2022

Date: 14 March 2022

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 Football Championships from the 2 to 4 August 2022



Pittwater House

... Football continued

Senior School

CDSSA Football Trials

Nominations Due: 5 March 2022

Date: 6 May 2022

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 Football Championships

Date: 13 May 2022

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

AICES Open Boys and Girls Football Championships

Date: 12 May 2022

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 and Open Boys team to represent AICES at CIS.

CIS U16 Boys Football Championship

Date: 23 May (night) and 24 May (day) 2022

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 the 20 June 2022.

CIS Boys and Open Girls Football Championship

Date: 23 May (night) and 24 May (day) 2022

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 the 20 June 2022.





Golf

Golf Pathways

Junior School

NSWPSSA Golf Championships

Nominations Due: 6 June 2022

Date: 25 July 2022 (Paper selections)

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: 7 March 2022 (CIS paper selection)

Date: 21 March 2022

All Students must be a member of a recognised Golf Club and their handicap at the time of nomination does not exceed 9 in the case of boys, and 32 in the case of girls. If the field is too large players may be balloted based on handicap. The NSW All Schools Golf Championships will be held on 20 – 22 June 2022.

Gymnastics

CSSA Primary and Secondary State Gymnastics Championships

Nominations Due: 9 May 2022

Date: 2 June 2022

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 2018-2022 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 overall point score for each level. Gymnasts must compete at 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: 25 April 2022

Date: 9 May 2022

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: 25 April 2022

Date: 9 May 2022

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: 7 March 2022

Date: 24 March 2022

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.

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

CIS U16 Girls Hockey Championships

Date: 10 May 2022

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 the 16-17 June 2022.

CIS Open Girls Hockey Championship

Date: 19 May 2022

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 the 16 – 17 June 2022

CIS Open Boys Hockey Championship

Date: 19 May 2022

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 2022.

Note: 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 2022. The NSW All Schools U16 Boys Hockey Championships will be held on the 16-17 June 2022.



Pittwater House

Netball

Netball Academy

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

Day/Time:	Wednesdays 3:30pm – 4:30pm
Dates:	Term 1 - 16 February to 6 April (Week 3-10) Term 2 – 4 May to 22 June (Week 2-9) Term 3 - 3 August to 21 September (Week 3-10) Term 4 - 26 October to 8 December (Week 2-8) 7 Weeks
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 5-12 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 2022 on Saturdays at the Curl Curl Netball Courts, please the permission note 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:	7 February 2022
Dates:	Commences Saturday 2 April 2022
Time:	To be confirmed
Cost:	\$200
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 13 March 2022 (TBC)

Time: 9am

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

Date: Sunday 13 March 2022 (TBC)

Time: 2pm



Pittwater House

... 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: 11 February 2022

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: \$50 per season

Netball Pathways

Junior School (Individual Pathway)

HICES Netball Championships

Nominations: 11 February 2022

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 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 on the 6 May 2022.

CIS U12 Netball Championship

Date: 6 May 2022

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 from 26-28 July 2022.

Senior School (School Teams Pathway)

CDSSA Netball Gala Day

Nominations Due: 10 February 2022

Date: 23 March 2022

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).



Pittwater House

... Netball continued

AICES Netball Schools Cup

Date: 15 June 2022

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.

CIS Netball Challenge Day

Date: 22 August 2022

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: 5 May 2022

Location: Homebush

Once selected for 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 on 12 May 2022.

AICES Open Netball Championships

Date: 8 June 2022

Location: Homebush

Once selected for 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 Championships

Date: 12 May 2022

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 on 20 May 2022.



Pittwater House

Rowing

NSW Schoolgirls Head of the River (Senior School)

Nominations Due: 14 February 2022

Date: 12 March 2022

Location: Sydney International Regatta Centre

More information available in February 2022. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

NSW Schoolboy Head of the River (Senior School)

Nominations Due: 14 February 2022

Date: 13 March 2022

Location: Sydney International Regatta Centre

More information available in February 2022. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

Rugby League

Rugby Pathways

Junior School

CIS U12 Boys Rugby League Trials

Nominations Due: 25 April 2022

Date: 9 May 2022

Each school is limited to sending three players only to trial at the CIS Championships, students who nominate need to be either club A grade players or Rep players and be in Year 5 or 6. At these Championships, players can be selected to represent CIS at the NSWPSA U12 Rugby Championships from 21-23 June 2022.

Senior School

CIS U15 Boys Rugby League Trials

Nominations Due: 29 April 2022

Date: 18 May 2022

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.

CIS U18 Boys Rugby League Trials

Nominations Due: 29 April 2022

Date: 11 May 2022

The U18 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.



Pittwater House

... Rugby League continued

CIS Open Girls Rugby League Trials

Nominations Due: 13 July 2022

Date: 10 August 2022

This is a new pathway starting 2022, 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.

Rugby Union

Rugby Pathways

Junior School

CIS U12 Boys Rugby Union Trials

Nominations Due: 9 May 2022

Date: 25-26 May 2022

Each school is limited to sending three players only to trial at the CIS Championships. At these Championships, players can be selected to represent CIS at the NSWPSSA U12 Rugby Championships from 23-25 August. Full playing history must be provided if you would like to trial.

CIS U12 Girls Rugby 7's Trials

Nominations Due: 9 May 2022

Date: 31 May 2022

This is a new pathway starting 2022, 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

Nominations Due: 21 April 2022

Date: 9 May 2022

If your son is interested in trialing for the CDSSA team, please email their full playing history and two preferred playing positions to the sportsoffice@tphs.nsw.edu.au.

AICES U16 and Opens Boys Rugby Union Trials

Nominations Due: 21 April 2022

Date: 10 May 2022

Players must first trial for the CDSSA Team and be selected to trial at the AICES Championships.

CIS Open Girls Rugby 7's

Nominations Due: 1 April 2022

Date: 28 April 2022

This is a new pathway starting 2022, 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 the 23 June 2022.



Pittwater House

... Rugby Union continued

Peninsula Cup Rugby Competitions

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: \$50 per season

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.





Pittwater House

Sailing

NSW All Schools Sailing Championships (Senior School)

Nominations Due: 11 March 2022

Date: 11 - 14 April 2022

More information available February 2022. If your child is interested in competing, please email sportsoffice@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 10 July to Sunday 17 July 2022

Competition: Monday 11 July to Friday 15 July 2022

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 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.

Permission Notes Due: 17 February 2022.





Softball

Softball Pathways

Junior School

CIS U12 Boys Softball Championships

Nominations Due: 23 May 2022

Date: 10 June 2022

Each school is limited to only sending three players to trial at the CIS Championships. At these Championships, players can get selected to represent CIS at the NSWPSA U12 Softball Championships from the 30 August to 1 September 2022.

CIS U12 Girls Softball Championships

Nominations Due: 22 July 2022

Date: 3 August 2022

Each school is limited to only sending three players to trial at the CIS Championships. At these Championships, players can get selected to represent CIS at the NSWPSA U12 Softball Championships from 20 to 22 of September 2022.

Senior School

AICES Open Girls Softball 2022 Team Trials

Nominations Due: 2 February 2022

Date: 23 February 2022

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

The AICES Open Girls Softball 2023 Team Trials will be held on 9 November 2022.

CIS Open Boys Softball Championship

Nominations Due: 21 February 2022

Date: 7 March 2022

As there are no AICES Trials, nominations are straight to CIS. A 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 the 17 May 2022.

CIS Open Girls Softball Championship

Date: 8 March 2022

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 the 16 May 2022.



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 6:45am – 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 \$200 per term 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 in 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) 6:30am – 8:20am
Dates: Term 1 – 17 February to 7 April (Week 3-10)
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 - 16 February to 6 April (Week 3-10)
Term 2 – 4 May to 22 June (Week 2-9)
Term 3 – 3 August to 29 September (Week 3-10)
Term 4 – 26 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.



Pittwater House

Swimming

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: 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 – Commences Week 3
Term 2 – Commences Week 2
Term 3 – Commences Week 2
Term 4 – Commences Week 2

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





Pittwater House

... *Swimming continued*

Pittwater House Swim Club

Mini-Squad to Advanced Level **(Please note this is not a Learn to Swim Program)**

The Pittwater House Afterschool Swim Program will be run by SwimWise Northern Beaches Pty Ltd. SwimWise has many years' experience with outstanding results. With an emphasis on good stroke technique with concentrated effort on stroke correction along with improving overall fitness and racing skills.

The Afternoon Swim Program will be externally run by Bernadette Johnson exclusively for Pittwater House students.

Sessions are available Mondays / Tuesdays / Wednesdays Commencing Week 2 of each term

Session Times:

Session 1 - 4pm to 4.30pm

Beginners who can swim up to 25m this session is suitable for students in K-2

Session 2 - 4.30pm to 5pm

Mini Squad suitable to students 8 to 10 years who can confidently swim 50m

Session 3 - 4pm to 5pm

Squad Sessions suitable for students 8 to 18 years who can confidently swim 50m repeatedly

Cost: 1 x Session per week = \$60 per month

2 x Sessions per week = \$112 per month

3 x Sessions per week = \$168 per month

Uniform: Students are required to wear their TPHS Swimming costume, swim cap and goggles

Venue: Pittwater House Swimming Pool

Booking: Book directly with Bernadette

Ph: 0422 500 050 Email: b.m.johnson@optusnet.com

Pittwater House Swimming Carnivals

Pittwater House runs four Swimming Carnivals each year:

- | | |
|--------------------------------|------------------------|
| 1. Kindergarten to Year 2 | Date: TBC |
| 2. Years 3 to Years 6 | Date: 21 February 2022 |
| 3. College Years 7 to Years 12 | Date: 23 February 2022 |
| 4. Grammar Years 7 to Years 12 | Date: 22 February 2022 |

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



... Swimming continued

Swimming Pathways

Junior School

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

HICES Swimming Carnival

Date: 7 March 2022

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 swimming times at the Pittwater House Swimming Carnival.

CIS Swimming Championships

Date: 24 March 2022

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: 4-5 April 2022

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.

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: 14 March 2022

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: 28 March 2022

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 swimming time, place, and venue.



Pittwater House

... Swimming continued

Nominations Due: 10 March 2022.

- 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: 2-3 May 2022

Location: Sydney Olympic Park Aquatic Centre

The CIS Championships are 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 swimming time, place, and venue.

Nominations Due: 25 March 2022.

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

All Schools Swimming Championships

Date: 3 June 2022

Location: Sydney Olympic Park Aquatic Centre

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





Pittwater House

Tennis

Tennis Coaching

Mr. Les Hegyessy (Tennis Head 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)

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 20 November (TBC)

Entries Close: Friday 18 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 |



Pittwater House

... 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 19 and Sunday 20 November (TBC)

Entries Close: Friday 18 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 19 November (TBC)
11:00am – 1:00pm at the TPHS Courts

Year 3-6 Girls Saturday 19 November (TBC)
1:00pm – 3:00pm at the TPHS Courts

Year 7-12 (Mixed) Sunday 20 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: 10 February 2022

Date: 9 March 2022

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: 25 March 2022

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.



Pittwater House

... Tennis continued

Junior School (Individual Pathway)

CIS U12 Tennis Championships

Nominations Due: 7 February 2022

Date: 28 February 2022

HICES can only send a maximum of eight players (four boys and four girls) in order of ability to compete at CIS.

Senior School (Individual Pathway)

AICES U15 Tennis Championships

Nominations Due: 15 October 2022

Date U15 Girls: 17 November 2022

Date U15 Boys: 18 November 2022

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

AICES Opens Tennis Championships

Nominations Due: 2 February 2022

Date: Girls – 10 February 2022

Boys – 11 February 2022

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

CIS Opens Tennis Championships

Date: 2 March 2022

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: 4 March 2022

Date: 29 March 2022

Each school is limited to only sending three players to trial at the CIS Trials. At these trials, players can get selected to represent CIS at the NSWPSA U12 Touch Football Championships from the 16 to the 18 May 2022.

CIS U12 Boys Touch Football Trials

Nominations Due: 4 March 2022

Date: 29 March 2022

Each school is limited to only sending three players to trial at the CIS Trials. At these trials, players can get selected to represent CIS at the NSWPSA U12 Touch Football Championships from the 16 to the 18 May 2022.

Senior School

CDSSA Touch Football Selection/Gala Day

Nominations Due: 14 February 2022

Date: 24 March 2022

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: 5 April 2022

Those who have 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 Senior Touch Football Championship

Date: 29 April 2022

Those who have been selected to play in the AICES Touch Football Team will then go on to play in the CIS Championships. The CIS selectors will then select the top players to represent CIS at the NSW All Schools Championships on the 3 - 5 June 2022





Triathlon

Triathlon Pathways

Senior School

NSWCIS / All Schools Team and Individual Triathlons

Nominations Due: 21 February 2022

Date: 15 March 2022 – Individual Triathlon

Date: 16 March 2022 – Team Triathlon

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

Students who are interested in putting in a team or competing as an individual need to see the Sports office before the end of the first week by 21 February.

Volleyball

Volleyball Pathways

Senior School

NSW All Schools U15 Boys & Girls Volleyball Trials

Nominations Due: 25 March 2022

Date: 2 May 2022

Nominations are straight to All Schools. NSW Combined Schools Sports Association will be holding a selection trial for all 15 Years and under Volleyball players at the Netball Geneva 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 Volleyball Trials

Nominations Due: 25 March 2022

Date: 26 April 2022

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 the 10 June 2022.

CIS Open Girls Volleyball Trials

Nominations Due: 25 March 2022

Date: 29 April 2022

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 the 10 June 2022.



Pittwater House

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: \$100 per season

Opens Competition (College and Grammar Years 10-12)

Day: Friday nights
Dates: Commences Mid-March and continues into Term 2 (Dates to be confirmed)
Nominations: 14 February 2022
Training: Training commences Early-March 2022

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 2022
Training: Training commences Mid-March 2022

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: 6 March 2022
Training: Training commences Early Term 2 2022

Water Polo Pathways

CIS Open Water Polo Trials

Nominations Due: 21 February 2022

Date: Girls: 10 March 2022

Boys: 8 March 2022

A CIS Team of 13 players will be named at the conclusion of the trials. These students will be required to remain for a brief meeting with team management following the trials. It is anticipated the team will go on to compete as a CIS team in an invitational exchange with Queensland, CCC and CHS (dates and costs TBC). Expenses to compete at this level include a player's levy (covers venue hire, referees etc.) and Mandatory uniform costs of approximately \$150.

AICES Open Water Polo Trials 2023

Nominations Due: 17 October 2022

Date: 9 November 2022

Individual nominations are to be submitted online by TPHS Sports Office Staff. There is no limit to the number of students who can trial. Players will be selected to represent AICES at CIS in 2023.



Pittwater House

Sports Office Contact Details

Manager of Sport

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Sports Administrator

Miss Ally Barnett

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Head of Basketball

Mr. Nathan Kirwan

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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 training 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



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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.



Department of
Sport and Recreation

For more information visit sportconcussion.com.au