

## **Pittwater House**

# From the Manager of Sport & Co-Curricular Activities

## Sports Choices – Additional Information

The Pittwater House Schools believe that a regular programme of physical activity and co-curricular activity is an integral part of your education. Our objective is to offer an appropriate level of instruction in individual and team sports and extra-curricular programmes to all students at Pittwater House so that they may discover in themselves, and in association with their peers, in team settings, the enjoyment and challenge of athletic endeavours in fair spirit.

The Sports Department needs to confirm membership of sporting teams. Please note that training generally begins the term prior to competition. Also, not all the sports listed below are full term sports and some may last for two terms. The Sports Department highly recommends that everyone participate in activities during the school year.

| Sports Activities                        | Day                       | Time or Term<br>Indication | Location        | Cost           |
|--|---------------------------|----------------------------|-----------------|----------------|
| Advanced Board Riding                    | Wed                       | From 6.30am                | Long Reef       | Additional     |
| Athletics - Interschool Competition      | Various                   | Various                    | Various         | Transport Only |
| Basketball Academy                       | Thur & Fri                | 3.30-4.30pm                | Sports Centre   | Additional     |
| Manly Warringah Basketball Competition   | Mon to Fri                | 4-7pm                      | NBISC           | Additional     |
| Cross Country - Interschool Competition  | Various                   | Term 2                     | Various         | Transport Only |
| Fitness                                  | Tue & Thur                | Lunchtime                  | School Gym      | No Cost        |
| Fitness, Strength & Conditioning         | Mon & Wed                 | Before School              | School Gym      | Additional     |
| Futsal Academy - Qualified Coaching      | Tues                      | After School               | Sports Centre   | Additional     |
| Netball Interschool Competition          | Various                   | Term 2                     | Curl Curl       | Additional     |
| Rugby Union Interschool Competition      | Various                   | Term 2                     | Various         | Additional     |
| Soccer Interschool Competition           | Various                   | Term 2 & 3                 | Various         | Additional     |
| Soccer Academy - Qualified Coaching      | Mon                       | After School               | Sports Centre   | Additional     |
| Surf Lifesaving Carnivals                | Various                   | Term 1 & 4                 | Various         | Additional     |
| Swimming Squad Training                  | Tue & Thur                | Lunchtime                  | School Pool     | No Cost        |
| Swimming Interschool Competitions        | Various                   | Various                    | Various         | Transport Only |
| Tennis - Private Lessons                 | Various                   | Various                    | School Courts   | Additional     |
| Tennis - Interschool Competitions        | Various                   | Various                    | Various         | Additional     |
| Touch Football - Interschool Competition | Friday                    | Term 3 & 4                 | Nolan's Reserve | Additional     |
| Water Polo - Interschool Competition     | Terms 1/2/3 (day and term |                            | Warringah       | Additional     |
|  | Changes depending on age) |                            | Aquatic Centre  |                |



## **Pittwater House**

## **Sports Competition Pathways**

AICES Association of Independent Co-Educational Schools

CDSSA Combined District Schools Sports Association

CIS Combined Independent Schools

HICES Heads of Independent Co Educational Schools

PISA Peninsula Independent Schools Association

PSSA Primary Schools Sports Association

All Schools State level of all private, government & catholic schools within NSW

#### Facebook - Join us now on Facebook

Instructions to join:

www.facebook.com.au

Search for Pittwater House Sporting Groups page and request to join the group.

### Skoolbag

All forms will be loaded onto the Skoolbag App under the Sports Office Tab.

#### **Contact Details**

Mrs Sue Grigg

Manager of Sports

Ph: 9972 5798

Mobile: 0421 102 954

Email: <a href="mailto:sue.grigg@tphs.nsw.edu.au">sue.grigg@tphs.nsw.edu.au</a>