



Pittwater House

Junior School Sports Choices 2023

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 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 2023. 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).

Term I:	
Advanced Boardriders Academy	Years 5-6*
AFL CIS U12 Boys Trials	Years 5-6*
Basketball Academy	Years 1-6
Basketball CIS U12 Boys & Girls Trials	Years 5-6*
Basketball MWBA Competition	Years 3-6*
Diving CIS U12 Championships	Years 5-6
Football HICES U12 Boys Trials (Soccer)	Years 5-6*
Football CIS U12 Girls Trials (Soccer)	Years 5-6*
Netball HICES U12 Trials	Years 5-6*
Netball Academy	Years 1-6
PISA Boys & Girls Teeball	Years 3-4*
PISA Girls Softball	Years 5-6*
PISA Senior Boys Cricket	Years 5-6*
Running Academy	8 years and above
Swimming Carnival	Years 3-6
Swimming Carnival	K-2
Swim Club	K-6
Tennis Coaching	K-6
Tennis CIS U12 Boys & Girls Trials	Years 5-6*
Ultimate Frisbee Academy	7 years and above

Term III:	
Basketball Academy	Years 1-6
Basketball MWBA Competition	Years 3-6
Cricket CIS U12 Girls & Boys Trials	Years 5-6*
Golf NSW PSSA Championships	Years 3-6*
Netball Academy	Years 1-6
Netball MWNA Saturday Competition	8 years and above
PISA Girls Soccer	Years 3-6*
PISA Boys Mod League	Years 3-6*
PISA AFL Mixed Senior Teams	Years 5-6*
Rugby Mosman Shield	Years 5-6*
Running Academy	8 years and above
Softball CIS U12 Girls Trials	Years 5-6*
Tennis Coaching	K-6
Ultimate Frisbee Academy	7 years and above

Term II:	
Athletics Carnival ECC Games	ECC
Athletics Carnival	K-6
Basketball Academy	Years 1-6
Basketball MWBA Competition	Years 3-6*
Cross Country Carnival	K-6
Gymnastics State Championships	K-6
Hockey CIS U12 Boys & Girls Trials	Years 5-6*
Netball Academy	Years 1-6
Netball MWNA Saturday Competition	8 years and above
PISA Girls Netball	Years 3-6*
PISA Boys Soccer	Years 3-6*
Rugby 7's CIS U12 Girls Trials	Years 5-6*
Rugby Union CIS U12 Boys Trials	Years 5-6*
Rugby League CIS U12 Boys Trials	Years 5-6*
Running Academy	8 years and above
Snowsports Championships - Term 2 Holidays	K-6
Softball CIS U12 Boys Trials	Years 5-6*
Swim Club	K-6
Tennis Coaching	K-6
Touch Football CIS U12 Trials	Years 5-6*
Ultimate Frisbee Academy	7 years and above

Term IV:	
Basketball Academy	Years 1-6
Basketball MWBA Competition	Years 3-6
Cricket Mosman Shield	Years 5-6*
Netball Academy	Years 1-6
Running Academy	8 years and above
Surf Lifesaving / Surf Education	Years 2-6*
Swim Club	K-6
Tennis Coaching K-6	K-6
Tennis TPHS Family Day	Years 3-6
Tennis TPHS Singles Championship	Years 3-6
Ultimate Frisbee Academy	7 years and above

*Limited number of participants allowed