



# Pittwater House Senior 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 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 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](mailto:sportsoffice@tphs.nsw.edu.au)).

Term I:
Baseball CIS U17 Boys Trials
Basketball Academy
Basketball CDSSA Trials
Basketball Semester 1 MWBA Competition
Cricket CIS U18 Girls Trials
Fitness Training 15 years and above
Golf CIS Trials
Hockey AICES Trials
Netball CDSSA Gala Day and Trials
Rowing NSW All Schools
Running Academy
Softball CIS U18 Boys Trials
Surfing Advanced Boardriders Academy
Swim Club
Swimming Carnival
Swimming Squad Lunch Training
Tennis AICES U18 Tennis Championship
Tennis CDSSA Gala Day Team Pathway
Tennis Coaching
Triathlon NSW All Schools Individual Pathway
Ultimate Frisbee Academy
Water Polo Year 10-12 Interschool Competition

Term II:
AFL CIS U15 Trials
Athletics Carnival
Basketball Academy
Basketball Semester 1 MWBA Competition
Canoeing NSW All Schools
Cross Country Carnival
Diving CIS Trials
Fitness Training 15 years and above
Football Boys Interschool Competition (Soccer)
Football CDSSA Trials (Soccer)
Gymnastics State Championships
Netball Interschool Competition
Netball MWNA Saturday Competition
Rugby 7's CIS U18 Girls Trials
Rugby League CIS U15 & U18 Boys Trials
Rugby Union AICES Trials
Running Academy
Sailing NSW All Schools
Snowsports Raceweek - Term 2 Holiday Camp
Surfing Advanced Boardriders Academy
Surfing U16 & U19 Regional Championships
Swim Club
Swimming Squad Lunch Training
Tennis Coaching
Ultimate Frisbee Academy
Volleyball U15 All Schools & U18 CIS Trials
Water Polo Year 10-12 Interschool Competition
Water Polo Year 8-9 Interschool Competition

Term III:
Basketball Academy
Basketball Semester 2 MWBA Competition
Cross Country Carnival
Fitness Training 15 years and above
Football Girls Interschool Competition (Soccer)
Rugby League CIS U16 Girls Trials
Rugby Union U14 & U16 Boys Interschool Comp
Running Academy
Surfing Advanced Boardriders Academy
Swim Club
Swimming Squad Lunch Training
Tennis Coaching
Touch Football Interschool Competition
Ultimate Frisbee Academy
Water Polo Year 7 Interschool Competition

Term IV:
Basketball Academy
Basketball Semester 2 MWBA Competition
Cricket CIS U15 Boys nominations for 2024 team
Cricket CIS U18 Boys nominations for 2024 team
Fitness Training 15 years and above
Netball MWNA Spring Competition
Running Academy
Softball AICES U18 Girls Trials for 2024 team
Surfing Advanced Boardriders Academy
Swim Club
Swimming Squad Lunch Training
Tennis AICES U15 Tennis Individual Pathway
Tennis Coaching
Touch Football CDSSA Trials for 2024 teams
Touch Football Interschool Competition
Triathlon CIS Team Pathway
Ultimate Frisbee Academy
Ultimate Frisbee CDSSA Gala Day
Water Polo AICES U17 Trials for 2024 teams

Key: Sports Associations
<b>CDSSA</b>
Combined Districts Schools Sports Association
<b>AICES</b>
Association of Independent
Co-Educational Schools
<b>CIS</b>
Combined Independent Schools