



Pittwater House

Pittwater House Co-Curricular Sports Program 2023





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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

Junior School

AFL CIS U12 Boys Trials

Nominations Due: 20 March 2023

Date: 3 April 2023

The Junior Boys AFL pathway is straight to CIS so therefore your son must play high level club or rep AFL and be in Year 5 or 6 to nominate. Please include full playing history, current club and grade with your nomination. If selected for the CIS U12 Boys AFL team, players will then go on to represent CIS at NSW PSSA Championships from 17-19 May 2023.

Senior School

AFL CIS U15 Boys and Girls Trials

Nominations Due: 20 April 2023

Date: 04 May 2023

The Senior AFL pathway is straight to CIS so therefore your child must play high level club or rep AFL and be aged 14 and 15 Years in the year of the trials. If selected for the CIS U15 Boys or Girls AFL team, players will then go onto represent CIS at the NSW All Schools Championships from 29-30 May 2023.

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, NSW 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 recognized 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 or to improve their overall fitness. 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:	Wednesdays 3:30pm – 4:30pm
Dates:	Term 1 - 15 February to 5 April (Week 3-10) Term 2 – 3 May to 21 June (Week 2-9) Term 3 - 2 August to 20 September (Week 3-10) Term 4 – 25 October to 13 December (Week 2-9)
Cost:	The cost is \$160 per term (8-week program)
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: TBC 2023
2. Year 7 to 12 Date: TBC 2023

Athletics Pathways

Junior School

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

Athletics HICES Carnival

Date: 29 August 2023

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).



... Athletics continued

Athletics CIS Junior Championships

Date: 19 September 2023

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 25-26 October 2023.

Senior School

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools

Athletics CDSSA Carnival

Date: 24 August 2023

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.

Athletics AICES Championships

Date: 5 September 2023

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 their distance, place, and venue to the Sports Office.

Multi Class Events

Athletes with a disability can compete at AICES with the first three places at AICES being nominated to CIS. These places will be decided by Athletics NSW. All multi class athletes will need to have their classification number to compete.

Athletics CIS Senior Championships

Date: 19 September 2023

Location: Sydney Olympic Park Athletics Centre, Homebush

The CIS Championships is our next pathway following 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 Championships, please send their time, distance, place, and venue to the Sports Office by 30 August.



Baseball

Baseball Pathways

Senior School

Baseball CIS Open Boys Trials

Nominations Due: 30 January 2023

Date: 14 February 2023

The senior boys pathway is U18 and straight to CIS so therefore your son must play high level Club or Rep Baseball to nominate. Only a maximum of three students from each school can trial. 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.



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: 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 7 December (Week 2-8)

Cost: \$160 per term (8-week Academy) excluding Term 4

Term 4 - \$140 (7-week Academy)

Venue: Pittwater House Sports Centre and Outdoor Tennis Courts

Age Group: Kindergarten to Year 6

Senior School Basketball Academy

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

Dates: Term 1: 17 February to 31 March (Week 3-9)

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: \$160 per term (8-week Academy) excluding Terms 1 and 4

Term 1 and 4 - \$140 (7-week Academy)

Venue: Pittwater House Sports Centre



... Basketball continued

Manly Warringah Basketball Competition - Nominations Due: 24 January 2023.

Each year Pittwater House enters teams into the MWBA from Year 4 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 4-5 mixed	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.





... *Basketball continued*

Basketball Pathway

Junior School

Basketball HICES U12 Trials

Nominations Due: 5 February 2023

Date: 24 February 2023

Each school is limited to sending up to 5 boys and 5 girls to attend these trials. At these trials, HICES will select 3 boys and 3 girls within the HICES Association to attend the CIS U12 Basketball Trials on 10 March 2023. Only players who are in Year 5 or 6 that represent Pittwater House in the Manly Warringah Basketball Competition will be considered to trial.

Basketball CIS U12 Trials

Nominations Due: 27 February 2023

Date: 10 March 2023

The HICES selectors will select 3 girls and 3 boys at the HICES U12 Basketball Trials to attend the CIS U12 Basketball Trials on 10 March 2023.

If selected into the CIS team, players will then go on to represent CIS at the NSW PSSA Championships.

Basketball NSW PSSA U12 Boys Championships

Date: 30 May to 2 June May 2023

The CIS selectors will select an U12 Boys team to represent CIS at the NSW PSSA Basketball Championships from 30 May to 2 June 2023.

Basketball NSW PSSA U12 Girls Championships

Date: 30 May to 2 June May 2023

The CIS selectors will select an U12 Girls team to represent CIS at the NSW PSSA Basketball Championships from 30 May to 2 June 2023.





... *Basketball continued*

Senior School

Basketball CDSSA U15 Championships

Date: 24 October 2023

Our Basketball Coordinator will select the top 10 U15 College and Grammar players to represent Pittwater House at the CDSSA Basketball Trials. Only players who represent Pittwater House in the Manly Warringah Basketball Competition will be considered to trial. At these trials, players will have the opportunity to be selected for the CDSSA U15 Boys or Girls team to represent CDSSA at the AICES U15 Championships on 15 March 2023.

Basketball CDSSA Open Championships

Date: 17 February 2023

Our Basketball Coordinator will select the top 10 Open (U18) College and Grammar players to represent Pittwater House at the CDSSA Basketball Championships. Only players who represent Pittwater House in the Manly Warringah Basketball Competition will be considered to trial. At these trials, players will have the opportunity to be selected for the CDSSA Open Boys or Girls team to represent CDSSA at the AICES Open Championships on 8 March 2023.

Basketball AICES U15 Championships

Date: 15 November 2023

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 U15 Championships.

Basketball AICES Open Girls Championships

Date: 8 March 2023

Players who have been selected to play in the girls CDSSA Basketball team will go on to play in the AICES Open Championships. There is no further pathway for Open Girls.

Basketball AICES Open Boys Championships

Date: 28 February 2023

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 represent AICES at the CIS Open Boys Championships on 8 May 2023.

Basketball CIS Open Boys Championships

Date: 8 May 2023

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 5 June 2023.



Canoeing

Canoeing NSW All Schools Championships (Senior School)

Nominations Due: 7 April 2023

Date: 22 – 23 May 2023

More information available February 2023. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

Cricket

Cricket Mosman Shield

Date: Mid-November 2023 (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.





...Cricket continued

Cricket Pathway

Junior School

Cricket CIS U12 Girls Trials

Nominations Due: 30 January 2023

Date: 10 February 2023

The girls Cricket pathway is straight to CIS so therefore your daughter must play high level club or rep Cricket and be in Year 5 or 6 to nominate. Only a maximum of three girls from each school can trial. If selected into the CIS team, players will represent CIS at the NSWPSA Championships from 27 February to 2 March 2023.

Cricket CIS U12 Boys Trials

Nominations Due: 30 January 2023

Date: 13–14 February 2023

The boys Cricket pathway is straight to CIS so therefore your son 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 represent CIS at the NSWPSA Championships from 6-9 March 2023.

Senior School

Cricket CIS Open Girls Trials

Nominations Due: 30 January 2023

Date: 14-15 February 2023

The Open Girls pathway is straight to CIS so therefore your daughter must play high level club or rep Cricket and be aged 15 years or older to nominate. If selected into the CIS team, players will then represent CIS at the NSW All Schools Opens Championships from 20-22 March 2023.

Cricket CIS Open Boys Trials

Nominations Due: 1 February 2023

Date: 7 and 8 February 2023

The Open Boys Cricket pathway is straight to CIS so therefore your son 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 represent CIS at the NSW All Schools Open Championships from 20-22 March 2023.





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

Cross Country HICES Championships

Date: 23 May 2023

Location: Blue Mountains Grammar (TBC)

HICES is the first competitive Cross Country Pathway for 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 Championships. The top 10 boys and top 10 girls from each age group will qualify to compete at the CIS Junior School Cross Country Championships.

Cross Country CIS Junior School Championships

Date: 8 June 2023

Location: Eastern Creek Raceway

The top 10 fastest competitors will go on to represent CIS at the NSWPSA Championships which are held on the 21 July 2023.

Senior School

Cross Country CDSSA Championships

Date: 18 May 2023

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 go on to represent CDSSA at the AICES Cross Country Championships.

Cross Country AICES Championships

Date: 1 June 2023

The top 10 boys and top 10 girls from the AICES Championships will then go on to represent AICES at the CIS Senior School Cross Country Championships.

Cross Country CIS Senior School Championships

Date: 8 June 2023

Location: Eastern Creek Raceway

The top 10 boys and top 10 girls from the CIS Championships will then go on to represent CIS at the NSW All Schools Cross Country on 21 July 2023.



Diving

Diving Pathways

Junior School

Diving CIS Championships

Nominations Due: 20 February 2023

Date: 22 March 2023

Location: Sydney Olympic Park Aquatic Centre

All students aged 8 years and older with diving experience can nominate to compete in this event.

Senior School

Diving CIS Championships

Nominations Due: 27 March 2023

Date: 2 May 2023

Location: Sydney Olympic Park Aquatic Centre

All Year 7-12 students with diving experience can nominate to compete in this event.

Nominations are sent to AICES who will select 5 per gender per event to attend the CIS Championships.

Diving NSW All Schools Championships

Date: 5 April 2023

Location: Sydney Olympic Park Aquatic Centre

The top 3 qualifiers from CIS will compete at the NSW All Schools Diving Championships.

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 – Tuesdays and Thursdays from 12:50 pm – 1:35 pm (Lunch)
Grammar – Mondays and Wednesdays from 12:50 pm – 1:35 pm (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



Football (Soccer)

Peninsula Cup Football Competitions – Senior School

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: Pittwater House football jersey (borrowed from the Sports Office), PE shorts, Pittwater House sport socks and shin pads
Cost: \$60 per season

Grammar (Boys) Football Competition

Nominations Due: 26 February 2023

- Teams and game day: U14 – Thursdays, Term 2
U16 – Tuesdays, Term 2
U18 – Wednesdays, Term 2
Trials: Early March – Dates TBC (players must attend at least two trial days)
Training: One morning per week from 7:15-8:15 am on the school oval (days TBC)
Commencing Mid-March 2023

College (Girls) Football Competition

Nominations Due: 14 May 2023

- Teams and game day: U14 – Tuesdays, Term 3
Opens (U16-U18) – Wednesdays, Term 3
Trials: Mid-May – Dates TBC (players must attend at least two trial days)
Training: One morning per week from 7:15-8:15 am on the school oval (days TBC)
Commencing Late-May 2023

Football Pathways

Junior School

Football HICES U12 Boys Championships

Nominations Due: 9 February 2023

Date: 02 March 2023

Each school is limited to sending up to four boys from Year 5-6 to attend these trials. Please include full playing history, currently club and grade when nominating.

If selected for the HICES Football team, players will go on to represent HICES in the CIS U12 Boys Championships.

Football CIS U12 Boys Championships

Date: 31 March 2023

Players who have been selected to play in the HICES team will play at the CIS Championships.

At these Championships, CIS selectors will select a team to represent CIS at the NSWPSA U12 Football Championships from 15-17 August 2023.



... *Football continued*

Football CIS U12 Girls Trials

Nominations Due: 26 February 2023

Date: 13 March 2023

The girls Football pathway is straight to CIS so therefore your daughter must play high level club or rep Football to nominate. Each school is limited to sending up to 3 girls to attend these trials. Please include full playing history, current club and grade in this form.

If selected for the CIS U12 Girls Football Team, players will then go on to represent CIS at the NSWPSA Championships on 15-17 August 2023.

Senior School

Football CDSSA Gala Day and Trials

Nominations Due: 27 March 2023

Date: 2 May 2023

Pittwater House will run trials to select four teams to represent Pittwater House at the CDSSA Gala Day and Trials. All students from Year 7-12 are welcome to trial.

At this Gala Day, CDSSA will select an U16 Boys, U15 Girls, Open Boys and Open Girls team to represent CDSSA at the AICES Championships.

Football AICES U16 Boys and Open Girls Championships

Date: 11 May 2023

Players who have been selected to play in the CDSSA U16 Boys and Open Girls teams will play at the AICES Championships. The AICES selectors will select an U16 Boys and an Open Girls team to represent AICES at the CIS Championships.

Football AICES Open Boys and U15 Girls Championships

Date: 12 May 2023

Players who have been selected to play in the CDSSA U15 girls and Open boys team will play at the AICES Championships. The AICES selectors will select an Open Boys team to represent AICES at the CIS Championships.

There is no further pathway for the U15 Girls.



Football CIS U16 Boys Championship

Date: 22 and 23 May 2023

Players who have been selected to represent AICES in the U16 boys team will play at the CIS Championships. The CIS selectors will select the top players to go on and represent CIS at the NSW All Schools Championships on 19-20 June 2023.

Football CIS Open Boys and Girls Championship

Date: 22 May and 23 May 2023

Players who have been selected to represent AICES in the Open girls and Open boys 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 19-20 June 2023.



Golf

Golf Pathways

Junior School

Golf NSWPSSA Championships

Nominations Due: 6 June 2023

Date: 12-14 September 2023

CIS will not be holding a Primary Golf Championship but will select a team to participate in the NSWPSSA Championships based on the online nominations.

Primary students aged 8 to 13 years can nominate for this event. 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, or any Junior Development Program and must have a Golf Link Number.

Senior School

Golf CIS Championships

Nominations Due: 27 February 2023

Date: 20 March 2023

All Students must be a member of a recognised Golf Club, have a Golf Link Number 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.

Gymnastics

Gymnastics CSSA Primary and Secondary State Championships

Nominations Due: 1 May 2023

Date: 1 June 2023

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 competitors are required to have an accredited gymnastics coach from their club attend on the day.

All boys will do the levels based on the Men's Artistic Gymnastics 2022-2025 Australian Levels Program.

All girls will do the levels as of the current NSWGA code.

All students have to compete in National Levels and follow NSWGA code.

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, eg. They cannot compete in Level 1 Floor and Level 5 Vault.

Only students who compete on all apparatus will be included in the Over-All 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 in NDP cannot compete for state stream in that level. Checks will be made, and gymnasts will be disqualified if they compete in lower levels.



Hockey

Hockey Pathways

Junior School

Hockey CIS U12 Boys and Girls Trials

Nominations Due: 24 April 2023

Date: 8 May 2023

The junior Hockey pathway is straight to CIS so therefore your child must be in Year 5 or 6 and play high-level club or rep Hockey to nominate.

Senior School

Hockey AICES U16 Girls and Open Boys and Girls Championships

Nominations Due: 27 March 2023

Date: 27 April 2023

Nominations are open to students in Years 7-12 currently playing Hockey. Students will be given the opportunity to trial and be selected to represent AICES at the CIS Championships in either the U16 Girls, Open Girls and Open Boys team.

Hockey CIS U16 Girls Championships

Date: 9 May 2023

Players who have been selected into the AICES U16 girls 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 15-16 June 2023.

Hockey CIS Open Boys and Girls Championship

Date: 18 May 2023

Players who have been selected into the AICES Open boys and Open girl 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 18 July 2023.

Note: Boys 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 NSW 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 2023.

The NSW All Schools U16 Boys Hockey Championships will be held on 15-16 June 2023.





Mountain Biking

Mountain Biking Australian MTB Interschools

Date: 5-10 March 2023

Location: Thredbo

Age Group: Year 3 to Year 12

Events: Flow-Motion Cup, All-Mountain, Cannonball Downhill, Pump Track and X-Country.

5-day action packed riding, racing and good times with classmates. Compete as an individual or as a team and pick which events you would like to compete in.

This is a parent organised activity and supported by Pittwater House.

Entries are limited and close 6:00 pm on Wednesday 1 March, unless sold out prior.

<https://www.thredbo.com.au/events/2023/australian-mtb-interschools/>

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 - 15 February to 5 April (Week 3-10) Term 2 – 3 May to 21 June (Week 2-9) Term 3 - 2 August to 20 September (Week 3-10) Term 4 – 25 October to 13 December (Week 2-9)
Cost:	The cost is \$160 per term (8-week program)
Additional Cost:	Netball dress \$85 (optional) or Netball singlet \$45 (optional)
Age Groups:	Kindergarten to Year 6
Uniform:	Students are required to wear their full Pittwater House PE uniform or netball uniform.
Venue:	Pittwater House Sports Centre

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 in Term 2 from 4:00 pm – 5:00 pm
Location:	John Fisher Netball Courts, North Curl Curl
Uniform:	Pittwater House Netball Dress (available to borrow from the Sports Office), navy or black bike pants/scungies and Pittwater House sports jacket
Nominations:	26 February 2023
Trials:	Early March during Lunch in the Sports Centre (dates TBC)
Players must attend at least two trial days.	
Training:	One session per week at school (date and time TBC)
Cost:	\$60 per season



...Netball continued

Manly Warringah Netball Winter Competition

If your child would like to play Netball in the 2023 Manly Warringah Netball Winter Competition for the newly formed Pittwater House Netball Club on Saturdays, please sign-up using the Pittwater House App.

Age Group	Players aged 7 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:	5 February 2023
Dates:	1 April to 2 September 2023
Time:	To be confirmed
Cost:	\$180 – U7 to U12 Registration \$210 – U13 to Cadets Registration
Additional Cost:	Netball Dress \$85 or Netball Singlet \$45
Uniforms:	Pittwater House Netball dress or singlet with PE shorts
Training:	One day per week at school commencing mid-Term 1 (day/time TBC)

Netball Pathways

Junior School (Individual Pathway)

Netball HICES U12 Gala Day and Trials

Nominations: 12 March 2023

Date: 30 March 2023

All students in Year 5 and 6 can trial for the Pittwater House Netball team to play at the HICES Netball Gala Day and Trials on 30 March 2023. At this Gala Day, HICES selectors will select a team to represent HICES at the CIS Championships on 5 May 2023.

Netball CIS U12 Championships

Date: 5 May 2023

Players who have been selected to represent HICES will play in the CIS U12 Championships on 5 May 2023. The CIS selectors will select the top 10 players represent CIS at the NSWPSA Netball Championships from 25-27 July 2023.

Senior School (School Teams Pathway)

Netball CDSSA Gala Day and Trials

Nominations Due: 12 February 2023

Date: 27 March 2023

All Year 7 to 12 College students can 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 select 10 girls for the U15 team and 10 girls for the Open team to play at the AICES Championships (see Individual Pathway below).



...Netball continued

Netball AICES Schools Cup

Date: 2 August 2023

The winning teams from the AICES Schools Cup will then go on to play in the CIS Netball Challenge Day.

Netball CIS Challenge Day

Date: 21 August 2023

The winning teams from the CIS Challenge Day will then go on to compete at the NSW All Schools U15 and Open Tri-Series.

Senior School (Individual Pathway)

Netball AICES U15 Championships

Date: 3 May 2023

Location: Homebush

Players who have been selected to represent CDSSA in the U15 Netball team will then go on to play in the AICES Championships. The AICES selectors will select a team of 10 players to represent AICES at the CIS U15 Netball Championships.

Netball AICES Open Championships

Date: 24 May 2023

Location: Homebush

Players who have been selected to represent CDSSA in the Open Netball team will then go on to play in the AICES Championships. The AICES selectors will select a team of 10 players to represent AICES at the CIS Open Netball Championships.

Netball CIS U15 and Open Championships

Date: 11 May 2023

Players who have been selected to represent AICES in the U15 and Open Netball team will then go on to play at the CIS Championships. The CIS selectors will select a team of 10 players to represent CIS at the NSW All Schools Championships on 26 May 2023.





Rowing

Rowing NSW Schoolgirl Head of the River (Senior School)

Nominations Due: 6 March 2023

Date: 18 March 2023

Rowing NSW Schoolboy Head of the River (Senior School)

Nominations Due: 6 March 2023

Date: 19 March 2023

If your child would like to compete at the NSW Schoolboy or Schoolgirl Head of the River Championships in March, registrations close on 6 March 2023. This is a parent-organised activity.

For more information, including how to register, please click on the link below:

Schoolgirl: <https://rowingmanager.com/regattas/5917>

Schoolboy: <https://rowingmanager.com/regattas/5919>

Rugby League

Rugby Pathways

Junior School

Rugby League CIS U12 Boys Trials

Nominations Due: 24 April 2023

Date: 8 May 2023

The Junior Boys Rugby League pathway is straight to CIS so therefore your son must play A grade club or rep Rugby League and be in Year 5 or 6 to nominate. Each school is limited to sending three players only to attend these trials.

At these Championships, players can be selected to represent CIS at the NSWPSA U12 Rugby League Championships on 20-22 June 2023.

Senior School

Rugby League CIS U15 Boys Trials

Nominations Due: 03 May 2023

Date: 17 May 2023

The U15 Boys Rugby League pathway is straight to CIS so therefore your son must play high level club 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.

Rugby League CIS U18 Boys Trials

Nominations Due: 28 April 2023

Date: 10 May 2023

The U18 Boys Rugby League pathway is straight to CIS so therefore your son must play high level club 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.



...Rugby League continued

Rugby League CIS U16 Girls Trials

Nominations Due: 15 July 2023

Date: 9 August 2023

The Senior Girls Rugby League pathway is U16 and straight to CIS so therefore your daughter must play high level club or rep Rugby League and be aged 15 or 16 years of age as of 31 December to nominate. Schools are advised they should only send players of outstanding ability.

Rugby Union

Rugby Pathways

Junior School

Rugby Union CIS U12 Boys Trials

Nominations Due: 23 May 2023

Date: 14-15 Jun 2023

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 on 22 to 24 August 2023. A full playing history must be provided if you would like to trial.

Rugby 7's CIS U12 Girls Trials

Nominations Due: 17 May 2023

Date: 30 May 2023

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 04 to 05 September 2023. A full playing history must be provided if you would like to trial.

Senior School

Rugby Union CDSSA U16 and Opens Boys Trials

Nominations Due: 27 March 2023

Date: 3 May 2023

All students aged 15 years and above who currently play Rugby Union can attend these trials. The CDSSA selectors will select a team to represent CDSSA at the AICES Championships the following day.

Rugby Union AICES U16 and Opens Boys Trials

Nominations Due: 21 April 2023

Date: 4 May 2023

Students who were selected into the U16 and Open Boys CDSSA Rugby Union teams will play at the AICES Rugby Union Championships. The format will be Rugby 10's for the association v association games then if required 15's for the final trial.

There will be a compulsory camp for all boys selected into the AICES teams. This camp will be held at Sydney Academy of Sport Narrabeen commencing Saturday 20 May at 8:00 am and will finish Sunday 21 May at 3:00 pm.



...Rugby Union continued

Rugby 7's CIS Open Girls

Nominations Due: 27 March 2023

Date: 27 April 2023

The Senior Girls Rugby 7's Pathway is U18s and straight to CIS, so therefore your daughter must play high level Club or Rep Rugby 7's and be aged 16 years or older to nominate. If selected into the CIS Open Girls Rugby 7's Team, players will then go on to represent CIS at the NSW All Schools Championships from 22-23 June 2023.

Peninsula Cup Rugby 7's Gala Day

Senior School (U14s, U16s and U18s, Boys and Girls)

Nominations due: 7 February 2023

Dates: TBC – 29 March or 5 April 2023

Peninsula Cup will be running a Rugby 7's Gala Day in Term 1. If your child would like to represent Pittwater House at this Gala Day, please sign up via the Pittwater House App by 7 February. Internal trials may need to be held on campus if we receive too many nominations.

Peninsula Cup Rugby Competitions

Senior School (U14s and U16s)

The Peninsula Cup Rugby Competition is played against various schools on the Northern Beaches.

Day/Times: U14 Thursdays 4pm – 5pm
U16 Mondays 4pm – 5pm

Dates: Commencing Week 2, Term 3

Location: Held at various schools and fields on the Northern Beaches
(See draw once published)

Please note: Parents/guardians are responsible for transporting their son to and from games.

Uniform: Pittwater House Rugby Jersey (borrowed from the Sports Office), PE Shorts, Pittwater House sport socks, mouthguard and boots. Headgear and shoulder guards are encouraged.

Nominations: 1 May

Trials: Trials will be held mid-Term 2

Training: Training will be held one morning per week on the school oval (day TBC), commencing mid-Term 2.

Cost: \$60 per season





...Rugby Union continued

Mosman Shield Rugby Junior School (Year 5 and 6)

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.



Sailing

Sailing NSW All Schools Championships (Senior School)

Nominations Due: 11 March 2023

Date: 11 - 14 April 2023

If your child would like to compete at the NSW All Schools Sailing Championships in April, please email their interest to sportsoffice@tphs.nsw.edu.au and we will email you more information once it becomes available.

Please note: this is a parent organised activity. Parents/guardians are responsible for registering and taking their child to these Championships.



Snowsports

Snowsports Race week

Each year, Pittwater House competes at the Sydney Interschools Snowsports Championships in the Term 2 School Holidays.

- Camp Dates: Sunday 9 July to Sunday 16 July 2023
Competition: Monday 10 July to Friday 14 July 2023
Location: Thredbo (alternates between Thredbo and Perisher)
Age Groups: Kindergarten to Year 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 Pittwater House: Approx. \$2150 which includes accommodation, transport, a six-day lift pass, two compulsory lessons, National Park entry, all breakfast, and dinners. (TBC February)
Additional Cost: Pittwater House snow jacket hire, race fees, registration, lunches and equipment and clothing hire.
Nominations Due: 19 February 2023.





Softball

Softball Pathways

Junior School

Softball CIS U12 Boys Championships

Nominations Due: 23 May 2023

Date: 9 June 2023

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 29-31 August 2023.

Softball CIS U12 Girls Championships

Nominations Due: 19 July 2023

Date: 2 August 2023

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 19-21 September 2023.



Senior School

Softball AICES Open Girls Team Trials

Nominations Due: 30 January 2023

Date: 15 February 2023

The girls in years 7-12 who currently play high-level Club or Rep Softball can nominate to attend these trials. Students who are selected for the AICES Open Girls Softball team will represent AICES at the CIS Championships.

Softball CIS U17 Boys Championship

Nominations Due: 07 February 2023

Date: 27 February 2023

The Senior Boys Softball Pathway is U17 and straight to CIS, so therefore your son must play high-level Club or Rep Softball and be aged 15 years or older to nominate. If selected into the CIS Open Boys Softball Team, players will then go on to represent CIS at the NSW All Schools Championships in March 2023.

Softball CIS Open Girls Championship

Date: 27 February 2023

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



Surfing

Advanced Boardriders Academy

The aim of the 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. The students will have qualified coaches that use a variety of coaching tools including video analysis.

The group will meet down at the beach at 6:30 am ready to surf. The lesson will run from 6:45 am – 7:45 am.

All students must bring their own surfboard with leg rope, board bag and wetsuit. A bus will be available to collect the students from the beach and take them to school. The boards will be hung up on the hooks outside of the Great Hall to be collected that afternoon before heading home.

All Students wanting to join the Advanced Boardriders are expected to:

1. Complete a 400m swim at school with a Pittwater House Surf Teacher. All students need to swim 16 laps in under 12 minutes.
2. Students will need to pass a run-swim-run-paddle fitness test to show that they can catch their own waves proficiently. The Pittwater House Surf Teachers and Manly Surf School will make sure they are all capable of joining the program.

Developing Squad – **Junior Students**

Day/Time: Thursdays (Term 1) 6:30am – 8:20am
Dates: Term 1 – 16 February to 6 April (Week 3-10)
Cost: \$220 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 - 15 February to 5 April (Week 3-10)
Term 2 – 3 May to 21 June (Week 2-9)
Term 3 – 2 August to 20 September (Week 3-10)
Term 4 – 25 October to 13 December (Week 2-9)
Cost: \$220 per term (8-week program all inclusive)
Location: Long Reef and Collaroy Beaches

Please note: a minimum of 10 students per group are needed for the academy to go ahead.

Surfing Pathway

Surfing Sydney Regional Championships

U16 Boys and Girls - Date: Early June – Date TBC

U19 Boys and Girls – Date: Early June – Date TBC

Location: TBC

Students compete against other schools from across Sydney.

There are four categories: U16 Boys, U16 Girls, Open Boys and Open Girls.



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





... *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.

Sessions are available Monday, Tuesday and Wednesday afternoons 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 repeatably.

Cost: \$15-20 per session depending on how many sessions they attend each week. Please contact Bernadette to verify.

Uniform: Students are required to wear their Pittwater House swimming costume, swim cap and goggles

Venue: Pittwater House Swimming Pool

**For all bookings and enquiries, please contact Bernadette Johnson on
0422 500 050 or b.m.johnson@optusnet.com.au**

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: 20 February 2023 |
| 3. College Years 7 to Years 12 | Date: 22 February 2023 |
| 4. Grammar Years 7 to Years 12 | Date: 21 February 2023 |

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)

Swimming HICES Championships

Date: 7 March 2023

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.

Swimming CIS Championships

Date: 22 March 2023

Location: Sydney Olympic Park Aquatic Centre

Only the top three swimmers per event per age group from the HICES Swimming Championships are eligible to compete at the CIS Swimming Championships.

Swimming NSWPSA Championships

Date: 5-6 April 2023

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 NSWPSA Swimming Championships.

Senior School

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools



Swimming CDSSA Championships

Date: 20 March 2023

The CDSSA Swimming Championships 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.



... *Swimming continued*

Swimming AICES Championships

Date: 29 March 2023

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 by 10 March.

Nominations Due: 10 March 2023.

- 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.

Swimming CIS Championships

Date: 1-2 May 2023

Location: Sydney Olympic Park Aquatic Centre

The CIS Championships is 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 2023.

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

Swimming NSW All Schools Championships

Date: 1-2 June 2023

Location: Sydney Olympic Park Aquatic Centre

The NSW 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 NSW All Schools.



Tennis

Tennis Pathways

Junior School (Individual Pathway)

Tennis CIS U12 Championships

Nominations Due: 5 February 2023

Date: 27 February 2023

HICES can only send a maximum of eight players (four boys and four girls) in the HICES Association to compete at CIS. HICES will select these students based on their current ranking. At these Championships, five boys and five girls will be selected into the CIS team which will be announced at the end of the day. These students will then go on to represent CIS at the NSWPSA U12 Championships on 1 May 2023.

Senior School (Team Pathway)

Tennis CDSSA U15 and Open Gala Day (Teams)

Nominations Due: 12 February 2023

Date: 8 March 2023

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.

Tennis AICES Schools Cup

Date: 9 March 2023

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.

Senior School (Individual Pathway)

Tennis AICES U15 Championships

Nominations Due: 7 November 2023

Date U15 Girls: 23 November 2023

Date U15 Boys: 24 November 2023

A maximum of 40 players within the AICES Association will be admitted to the draw. AICES will select the top 40 players based on their UTR.

Tennis AICES Opens Championships

Nominations Due: 30 January 2023

Date: Girls – 9 February 2023

Boys – 10 February 2023

A maximum of 40 players within the AICES Association will be admitted to the draw. AICES will select the top 40 players based on their UTR.



Tennis CIS Opens Championships

Date: 1 March 2023

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 Open Championships.



Touch Football

Touch Football Pathways

Junior School

Touch Football CIS U12 Boys and Girls Trials

Nominations Due: 28 March 2023

Date: 26 April 2023

Each school is limited to sending three boys and three girls to trial. The Junior School Touch Football pathway is straight to CIS, so therefore your child must be in Year 5 or 6 and play high level Club or Rep Touch Football to nominate. If selected for the CIS U12 Boys or Girls Touch Football Team, players will then go on to represent CIS at NSW PSSA Championships from 23-25 May 2023.

Senior School

Touch Football CDSSA Gala Day and Trials

Nominations Due: 12 February 2023

Date: 9 March 2023

Students in Year 7-12 can trial for the Pittwater House U15 and/or Open (U18) Touch Football team to play in the CDSSA Touch Football Gala Day. The CDSSA selectors will select an U15 Girls, U15 Boys, Open Girls and Open Boys team to represent CDSSA at the AICES Championships.

Touch Football AICES U15 and Open Championships

Date: 14 March 2023

The AICES selectors will select the top players to represent AICES at the CIS Championships.

Touch Football CIS Championship

Date: 28 April 2023

The CIS selectors will select the top U15 players to represent CIS at the NSW All Schools U15 Championships from 3-4 June 2023. There is no further pathway for Opens players.



Peninsula Cup Touch Football Competition

Senior School

The Peninsula Cup Touch Football Competition is played against various schools on the Northern Beaches.

Day/Times: Monday afternoons from 4:00 – 5:00 pm

Dates: Commencing Week 2, Term 4

Location: Nolan Reserve, North Manly

Please note: Parents/guardians are responsible for transporting their child to and from games.

Teams: Year 7-8 Boys, Year 9-11 Boys, Year 7-8 Girls and Year 9-11 Girls

Nominations: 6 August 2023

Trials: Trials will be held mid-Term 3 so we can grade them accordingly

Training: Training will be held one morning per week on the school oval (day TBC)

Cost: \$60 per season



Triathlon

Triathlon Pathways

Senior School

Triathlon NSW CIS / NSW All Schools Team and Individual

Nominations Due: 5 February 2023

Date: 23 February 2023 – Individual Triathlon

Date: 24 February 2023 – 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

Ultimate Frisbee

Ultimate Frisbee Academy

Ultimate Frisbee develops many fundamental motor skills such as running, leaping and vertical jumping. Ultimate Frisbee also develops hand-eye coordination and catching skills as well as the unique forehand, backhand and overhead throwing skills needed to propel a Frisbee.

The academy will be run by qualified coaches from MUC and will give all students the opportunity to either learn a new sport or increase the skill level of those who already play.

Ultimate Frisbee has the following benefits for athlete development:

- Non-contact – it's a great, safe sport for children of all ages, sizes and abilities, and can be played as a mixed-gender competition.
- Self-refereed - which encourages a mature response to competitive situations.
- Great for the development of hand-eye co-ordination.
- Fun - throwing a frisbee is simply FUN! Kids pick up on that straight away and love

that it is a different skillset to ball sports. At the same time though, the general field sense is transferable to and from so many other team sports. The emphasis each week is fun and participation for all.

All students will learn all aspects of how to play Ultimate Frisbee and will participate in match play each week.

Age Group: All students aged 7 years and above

Day / Time: Mondays from 3:30pm – 4:30pm

Dates: Term 1 – 13 February to 3 April (Week 3-10)

Term 2 – 1 May to 19 June (Week 2-9) (12/06 Public Holiday)

Term 3 – 31 July to 18 September (Week 3-10)

Term 4 – 23 October to 11 December (Week 2-9)

Cost: \$160 per term (8-week academy)

Term 2 \$140 (7-week academy)

Uniform: Students are required to wear their full TPHS Sports Uniforms and Trainers

Venue: Pittwater House Oval or in the Sports Centre if it's raining



... *Ultimate Frisbee continued*

Ultimate Frisbee CDSSA Gala Day

Nominations Due: 24 September 2023

Date: 31 October 2023

Students in Years 7-12 that would like to attend the CDSSA Ultimate Frisbee Gala Day on 31 October 2023 can nominate to trial for the U15s or Opens team. Basic playing experience is required.

If your child would like to learn how to play Ultimate Frisbee, we are running an Ultimate Frisbee Academy on Mondays afternoons from 3:30 - 4:30 pm on the school oval.



Volleyball

Volleyball Pathways

Senior School

Volleyball NSW All Schools U15 Boys & Girls Trials

Nominations Due: 27 March 2023

Date: 1 May 2023

The U15 Volleyball pathway is straight to NSW All Schools, so therefore, your child must play high level club or rep Volleyball to nominate.

NSW Combined Schools Sports Association will be holding a selection trial for all 15 Years and under Volleyball players at the Netball Genea Centre Olympic Park. The purpose of these trials is to select the NSW All Schools Team. The NSW All Schools team will compete at the School Sports Australia Volleyball Championships.

Volleyball CIS Open Boys Trials

Nominations Due: 27 March 2023

Date: 26 April 2023

The Open Boys Volleyball pathway is straight to CIS, so therefore, your son must play high level club or rep Volleyball to nominate.

The CIS selectors will select a team to represent CIS at the NSW All Schools Open Volleyball Championships on 9 June 2023.

Volleyball CIS Open Girls Trials

Nominations Due: 27 March 2023

Date: 28 April 2023

The Open Girls Volleyball pathway is straight to CIS, so therefore, your daughter must play high level club or rep Volleyball to nominate.

The CIS selectors will select a team to represent CIS at the NSW All Schools Open Volleyball Championships on 9 June 2023.



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: \$160 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: 26 February 2023
Training: Training commences Early-March 2023

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 2023
Training: Training commences Mid-March 2023

Junior Competition (College and Grammar Year 7)

Day: Friday nights
Dates: Commences Week 1 Term 3 and concludes end of Term 3 (Dates to be confirmed)
Nominations: 14 March 2023
Training: Training commences mid Term 2 2023

Water Polo Pathways

Water Polo CIS U17 Championships

Nominations Due: 12 February 2023

Date: Girls: 10 March 2023

Boys: 7 March 2023

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 from 26 to 28 July 2023. Expenses to compete at this level include a player's levy (covers venue hire, referees etc.) and Mandatory uniform costs of approximately \$150.

Water Polo AICES U17 Trials

Nominations Due: 29 October 2023

Date: 14 November 2023

Students who currently play high level club or rep Water Polo and aged 15 years or older can nominate to attend these trials. Players will be selected to represent AICES at CIS in 2024.



Sports Office Contact Details

Manager of Sport

Mrs. Sue Grigg

Email: sue.grigg@tphs.nsw.edu.au

Mobile 0421 102 954

Sports Administrators

Ms Ally Barnett and Mr Bruno Loureiro

Email: sportsoffice@tphs.nsw.edu.au

Basketball Coordinator

Mr. Paul Brotherson

Email: paul.brotherson@tphs.nsw.edu.au

Nominations and Enquiries

Permission notes for all Academies, Competitions and upcoming Sporting Excursions will be uploaded on the Pittwater House App and can be found at the Extra Curricular section.

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.



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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



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.

