

Sports Teams and Interschool Competitions

TOUCH FOOTBALL

Peninsula Cup Touch Football Competition	
Competition Dates:	Term 4
Location:	Nolan's Reserve
Age Groups:	U14 and Opens (Male and Female)
Cost:	\$60
Permission Note:	Available on TAS

Term 3 Academies

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 3 - 2 August to 20 September (Weeks 3-10)
	Term 4 – 25 October to 13 December (Weeks 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

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 Basket	ball Academy – Thursday 3:30pm – 4:30pm
Dates:	Term 3:	3 August to 21 September (Weeks 3-10)
	Term 4:	26 October to 7 December (Weeks 2-8)
Cost:	1	n (8-week Academy) excluding Term 4 D (7-week Academy)
Venue:	Pittwater Hou	se 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 3: 4 August to 22 September (Weeks 3-10)
	Term 4: 27 October to 8 December (Weeks 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

Fitness - College and Grammar

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 12:50pm – 1:35pm (Lunch)
	Grammar – Mondays 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

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 3 - 2 August to 20 September (Weeks 3-10)
	Term 4 – 25 October to 13 December (Weeks 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

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 6:45am – 7:45am.

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.

Intermediate and Advanced - Senior Students

Day/Time:	Wednesdays (Term 1-4) 6:30am – 8:20am
Dates:	Term 3 – 2 August to 20 September (Weeks 3-10)
	Term 4 – 25 October to 13 December (Weeks 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.

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 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

School Pathway Sport

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 - 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 25th to the 26th of October 2023.

Senior School

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational Schools)
- 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 Years 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.

School Sport Reports

BASKETBALL (Semester 1 Season Reports)

Wizards (Years 3 and 4 Mixed – D2/3B)

Coach - Paul Brotherson Team Captain – Riven (P4) Position – 5^{th} The Wizards were an enthusiastic team that is still new to the game of basketball and competed each match regardless of the score. Although the team only had one win of the season, they continued to progress their skills, make better decisions and pass the ball. Their last match of the season was by far the best match the team had played and they're all looking forward to Semester 2! Some areas of improvement that are needed is spacing on the court, passing the ball before a double-team comes their way and better footwork (limiting travels). While the season was challenging, it was great to see everyone have fun.

Nuggets (Year 5 Mixed – D2)

Coach – Stefan ValkovicTeam Captain - Charlie (P5)Position – 4thA young group of students who all play very hard and are very keen to improve. The 3 fundamentalthings that the team need to work on are: passing, running back on defence and rebounding. TheNuggets attitude towards improvement is good to see and all the boys are very respectful and engagedduring the games.

Timberwolves (Year 5 Mixed – D3A)

Coach – Paul Brotherson Team Captain - Koen (P5) Position – 4th The Timberwolves finished 4th in their grade but battled each round and were a force when they moved the ball up the court and stayed in front of the players they were guarding. Passing strength and accuracy was one of our main weaknesses that we continued to work on as well as focusing when it's half time or a time out is called. Massive shout-out to James (P5) for his outstanding attendance (didn't miss one training session) and to Harry (P5), Mae (J5) and Julian (P5) for a 91% match attendance rate.

Warriors (Year 6 Mixed – D2A)

Coach – Paul BrothersonTeam Captain - Hugo (P6)Position -2^{nd} This team played with heart this semester and lost in the semi-final by 1 point but was then asked to
play in the grand final due to opponents' unavailability. The Warriors had a great season and each
player should be proud of their efforts on the court. At times the team struggled to implement
instructions as well as focusing and listening during timeouts need to improve. With some more work
on our passes and our shot selection the Warriors will be a championship contender next semester.

Pelicans (Year 7 Girls – D2)

Coach – Philly (C10) Team Captain - Rose (C7) Position – 3^{rd} After being regraded at the beginning of the season from Division 4, all the way to division 2, the Pelicans really showed how they can hold their own. In the second Division, the girls had some really tough games which ended up helping them to grow and get better. Overall, all the girls' skills, confidence and knowledge of the game improved over the season, and they had lots of fun. The girls ended with a tough semi-final game leaving them finishing in 3rd place. Awesome season for the Pelicans!

Jazz (Year 7 Boys – D2A)

Coach – Paul Brotherson Team Captain - Liam (G7) Position -1^{st} The Jazz were the Year 7 Boys Division 2 champions and that's exactly how they played each match, like champions. These very skilled boys continuously surprised me with how quickly they can pick up new drills, strategies and plays. This team gelled really well and was a threat inside the key with Luca, Jonty and Ben. They were also a threat on the perimeter with the rest of the boys ready to shoot midrange shots and push the ball in transition. I know the boys are up for even more of a challenge next semester as I have nominated them for Division 1. Congratulations to the Jazz on an <u>UNDEFEATED</u> season and it has been a pleasure coaching the team.

Mavericks (Year 7 Boys – D3B)

Coach – Stefan ValkovicTeam Captain - Alfie (G7)Position -2^{nd} The boys have done a really good job in improving and increased their understanding for basketballgreatly. Each player still needs to continue to work on their individual skills and those who workedthroughout the season obviously were better equipped to apply their basketball IQ to games. Thestudents who attended trainings performed better in the games and some team members struggled tobe attentive and focused during games and trainings but when there was focus the team succeededmajority of the time. Congratulations to the team for making it to the grand final and putting up astrong fight. The Mavs finished 2^{nd} in the Division and are all excited for semester 2.

Kings (Year 7 Boys – D4A)

Coach – Andre Radan Team Captain – Huey (G7) Position – 5th It was a season of development for the Kings. Starting off slowly as the boys came to terms with the demands of High School basketball. Gradually the boys found their legs learning to play as a team with many passages of quality ball movement and hunger on defence that led to some quality wins. Unfortunately, the improvements came a little too late to make the finals series this season. Looking ahead, however, if the boys continue their trajectory, a great season of winning basketball is guaranteed.

Heat (Year 8 Boys - D2A)

Coach – Andre RadanTeam Captain - Liam (G8)Position -2^{nd} The Heat played some devastating and dominant attacking basketball throughout the season to comefirst in the regular season. Unfortunately, luck wasn't on their side in the Grand Final as they came upjust short - 40-36. Nevertheless, the season must be viewed as a success, when considering theimprovements the boys made both in their individual skills and their understanding of team basketballconcepts, especially on the defensive side of the ball. With a bit more sharpness, that will surely come,a championship is in their future.

Lakers (Year 8 Boys - D3)

Team Captain - Kai (G8) Coach – Andre Radan It's always a bit of a disappointment when you lose the last game of the season, doubly so, when it is the grand-final. However, with a bit of distance from that loss, the Lakers can look back on a season where they made great strides in their basketball development. Team basketball and unselfish play was the hallmark of the Lakers play through the season and it only improved as the season went on. Good things are to come next season as the boys' chemistry can only improve off a promising semester 1 season.

Raptors (Year 8 Boys – D4A)

Position -1^{st} Coach – Josh Alexander Team Captain - Finlay (G8) The boys at start of the season started slow, unsure of trusting each other, when we had few injuries to players the boys worked harder than I've seen or coached other teams. We played a lot of the season with 4 or 5 players, sometimes we had 7 which was the full squad with 3 other players out with major injuries. Second half of the season was a success as we only lost 2 games in that time, so we climbed up the ladder quickly and the defence the boys can play was great.

Finlay was the Captain and is a great leader for the side not just with his words but his actions, he's always the first person to play hard defence stopping the ball or getting a good pass off etc.

Grizzlies (Year 8 Boys – D4B)

Position -2^{nd} Coach – Josh Alexander Team Captain - Lukas (G8) The boys played their best considering they moved up to Div 2 early. They learned quickly that this team will have to rely on the whole team to do their part on both sides of the court. Even with few forfeit games at the back end of the season we manage to find a way to beat the top team twice in the space of two weeks in high pressure games, one of which was to secure our spot in 4th. Then 2 weeks later the boys put a masterclass of 'nothing goes past us on defence', to make the grand-final. Lukas was instrumental in the team success by leading the team on court and setting a great example. Congratulations to the Grizzlies on a successful season!

Opals (Year 8 Girls – D3)

Coach – Andre Radan Team Captain – Ellie (C8) Position -1^{st} A great season for the Opals! It's not often that a team can go unbeaten for an entire season but that's what the Opals were able to do with it all culminating in a dominant victory in the Grand Final. All year the girls combined smothering defence and speed up the floor for open lay ups to devastating effect and win after win. A move up in division beckons.

Bulls (Year 9 Boys – D3)

Team Captain – James (G9) Position – 3rd Coach – Andre Radan An up and down season for the Bulls, as injury after injury impacted the boys continually on the court. Rounding into the final series, however, the boys were showing some green shoots of quality winning basketball, as the ball was moving on offence creating great shots and defensively the boys were becoming connected and working together. Looking ahead, if the injury bug doesn't bite quite so hard in the coming season, an avalanche of wins is ready to follow.

Magic (Year 9 Boys – D4)

Position – 7th Coach – Josh Alexander Team Captain – Henry (G9) This team played a great first half of the season but the game before the Easter break broke the team cohesion and it went from 'We can do this' to more selfishness and players worried about themselves. At times they needed reminding that basketball is a team sport. While there are some lessons that the boys have learned the hard way this season, their motivation to improve and compete in Semester 2 is strong. Henry was a great Captain for that side unfortunately he was injured as he was the gel on the court for that side. The surprise package was Max (G9), who flipped the switch in the second half of the season and brought some energy the team needed.

Position -2^{nd}

Lynx (Year 9 Girls – D4)

Coach – Philly KrabbeTeam Captain – Charlotte (C9)Position – 1stThe Lynx's are a really great team, with all the girls having great skills and spirit. This meant the girls
were consistently winning throughout the season and made their way to the grand-final. Every game,
the team spirit was high, and everyone was very encouraging of each other. Through the season, many
girls became more confident in their dribbling and shooting and stopped second guessing themselves.
The Lynx's had an amazing grand-final where they utilized fast breaks to become the winners of the
competition. Amazing work Lynx's!

Spurs (Year 10 Boys - D3)

Coach – Paul Brotherson Team Captain – Leo (G10) Position – 1^{st} The Spurs had an incredible undefeated season and walked away from the semester as champions of their division. With some unexpected personnel changes within the team the boys played majority of the season with only 5 or 6 players. A big thanks to Taiaroa (G9) and James (G9) for stepping in midseason and giving the team the energy it needed in close games. The Spurs are a fast-paced team that excel in pushing the ball in transition and are also a deadly threat on the 3 point line. Their determination to play better each week was impressive and can't wait to see how they go in Division 2 next semester.

Nets (Year 10 Boys – D3B)

Coach – Andre RadanTeam Captain – Hugo (G10)Position – 4thIt was a choppy season for the Nets as player injuries forced some changes to the team as the season
continued. Nevertheless, the boys were a couple of baskets away from a Grand Final appearance,
unfortunately coming up short in a couple of crucial moments. Looking globally, there was a marked
improvement in the boys understanding of team basketball through the season that led to improve
results later in the season and is very promising for the seasons ahead.

Clippers (Year 10 Boys - D4)

Coach – Matt EldridgeTeam Captain – Lachlan (G10)Position – 5thThe Clippers did not have a lot of playing experience so this season was really more about justplaying and working through mistakes and learning. To start the season, sometimes the team couldbarely get the ball across half court without turning it over. By the end of the season the ball handlingand decision making was still a work in progress but much improved. The team improved on theirfinishing at the basket throughout the year and their transition passing. Their most impressive win wasagainst the St Luke's team, we came out very strong and held on for the win. The team did a good jobof staying positive even when things would not go our way. Overall I enjoyed working with this team,win or lose we still improved and had fun as a team. Congrats on a great season boys.

Rockets (Year 10 Girls – D2)

Coach – Paul Brotherson Team Captain – Olivia (C10) Position – 2^{nd} The Rockets are one of the most unselfish teams I've ever coached (a little too unselfish at times!) as they moved the ball up the court so quickly, majority of teams struggled defending us. The girls all learnt to play more physically as the season progressed. We need to continue to work on cutting to the right spots of the floor, especially when the opponent is playing zone defence. I am overall very pleased with the progress this team has made during the season and will be chasing the championship in Semester 2!

Mystics (Year 10 Girls – D3)

Coach – Paul BrothersonTeam Captain – Macie (C10)Position – 2^{nd} It's safe to say that the Mystics haven't had the most luck this semester due to continuous forfeitsfrom their opponents as well as byes in the draw. The matches that were played were controlled by theMystics and their great teamwork saw them get 7 wins. A big thanks to Gracie (C9), for stepping upand joining the team mid-season. Unfortunately, during the season injuries took a toll on the teamwhich made the push for the championship title a little harder, but the girls did not give up and gave it

their all in the Grand Final which was a very close loss. It's been great seeing each player improve this semester and am definitely looking forward to Semester 2!

Aces (Open Girls - D2)

Coach – Andre RadanTeam Captain – Bridget (C12)Position – 6^{th} It was a shame to miss the finals series for the Aces, as throughout the season the girls showed flashesof basketball that warranted a chance to play for the title. When at their best, the girls moved the ballwith pace up the court and put pressure on the rim with crisp ball and player movement and providesgreat promise for next seasons chances to make it to the top 4 and play finals.

Suns (Open Girls – D3)

Coach – Andre RadanTeam Captain – Eva (C12)Position – 7thWhen looking on the season as a whole, a season that begun with the bulk of the team having never
played basketball before. The Suns should be very encouraged with the way their game developed
through the season, not only on an individual level but also on a broader conceptual level. The girls
were quick to grasp the concept of team basketball and can only do better in the coming season.

Pitbulls (Open Girls – D3)

Coach – Paul Brotherson Team Captains – Sophie (C11) and Ema (C11) Position – 8th This team was a pleasure to coach and I've never seen a team so hungry to learn and better themselves. While most of the team are new to basketball, it definitely didn't shy them away from giving their full effort or let their opponent get in their head when they played more experienced teams. We will continue to work out our man-to-man defence as the pressure really flustered a lot of teams resulting in steals and fast break points. One main thing we need to work on is our body control as we do seem to foul a little too much. While Ema and Josie were our main scorers, every girl on the team provided the team with positive attributes whether it was on the defensive end, rebounding or just simply passing the ball. Congratulations on a great semester and looking forward to Semester 2!

Pistons (Open Boys – D2)

Coach – Paul Brotherson Team Captain – Blake (G12) Position – 3^{rd} The Pistons were a dedicated team that continuously strived to become better with the urge to learn more and be pushed (as a first team should be). While we did not finish the season the way we wanted, I believe the team learnt a lot throughout the season and vastly improved. This team has potential to be great and in Semester 2 we will be fine tuning plays and step it up a notch and prove to the competition that we should have been in the grand final. The leadership from Blake and Levi has been exceptional and each player on the team is an offensive threat. The boys will need to continue to work on their 1v1 defence as well as stepping up and taking a charge. I'm very much looking forward to the Semester 2 competition!

Celtics (Open Boys – D3)

Coach – Andre RadanTeam Captain – Cadel (G11)Position – 3^{rd} In a very even competition, the Celtics inevitably found themselves in close battles at the end of
games, where a single made or missed layup, or the bounce of the ball off the rim for a rebound
usually decided the result. Outside of these situations, the Celtics worked well as a team through the
season, looking best when they shared the ball and put pressure on the rim on offense and stayed
connected on defence to shut down the paint.

Knicks (Open Boys - D4A)

Coach – Josh Alexander Team Captain – Toby (G11) Position – 2^{nd} The team that all the boys put a lot of time and energy to becoming a top side, that a lot of sides hate to play against, I'm very thankful that Charlie and Hugo asked to play up, they did take a little while to adjust to the more physical game, but the skill development from these two helped the team evolve and compete harder. The senior players on this team all held everyone accountable on this team, especially Toby as he cares a-lot of the boys and he understands the coach because he asks questions at training and applies it all in games.

Hawks (Open Boys - D4B)

Coach – Josh AlexanderTeam Captain – Jacob (G12)Position – 6^{th} This team full of seniors had a more successful season than last year and had a lot of nail-biting
winnable games. The boys improved leaps and bounds and are slowly understanding the process.
With more confidence and training they will have an even better season in Semester 2. Shout out to
Jacob and Jake (G12) for their outstanding game and training attendance record!