



Pittwater House

School Pathway Sport

ATHLETICS - PATHWAYS

Athletics NSW All Schools Championships

Date: 23rd to the 25th September 2023

Location: Sydney Olympic Park Athletics Centre, Homebush

Age: All Seniors (16 to 19 years of age)

Registration: [2023 NSW All School Championships | Athletics NSW \(nswathletics.org.au\)](https://www.nswathletics.org.au/2023-NSW-All-School-Championships)

Date: 6th to the 8th October 2023

Location: Sydney Olympic Park Athletics Centre, Homebush

Age: All Schools Juniors (12 to 15 Years)

Registration: [2023 NSW All School Championships | Athletics NSW \(nswathletics.org.au\)](https://www.nswathletics.org.au/2023-NSW-All-School-Championships)

The NSW All Schools is the State Track and Field Championships for Primary and Secondary School students, incorporating students from all sectors of the education system, including Government, Catholic and Independent. There is no entry level, all athletes of any ability may compete.

TENNIS PATHWAYS

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.

ULTIMATE FRISBEE

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 Monday afternoons from 3:30 to 4:30pm on the School Oval.

School Sport Reports

ATHLETICS

On Tuesday September 5, our school had the privilege of participating in the AICES Athletics Championships, which took place at the Sydney Olympic Park Athletics Centre. We sent an impressive team of 50 students to represent Pittwater House and CDSSA, and they displayed unwavering dedication and team spirit throughout the event.

Our 50 students demonstrated outstanding sportsmanship, supporting their teammates and showcasing their exceptional skills both on the field and track. It was a day filled with enthusiasm and determination, and we couldn't be prouder of their efforts.

The collective performance of our school's team left a remarkable mark on the championships. **Out of the 72 schools that competed at AICES, our combined team score secured a remarkable 2nd place overall.** The boys' combined team scores were particularly impressive, earning them a well-deserved 1st place, while our girls secured a commendable 5th place!

We are thrilled by this remarkable achievement and the dedication our students have shown to their sports and their school. Their hard work and commitment have truly paid off.

We would like to extend special congratulations to the following 15 exceptional students who have qualified to represent AICES at the upcoming CIS Athletics Championships on September 19:

1. Max (G8) 14 Year Boys - 800m run 3rd place.
2. Leo (G10) 16 Year Boys - 400m run 1st place.
3. Ruann (G10) 16 Year Boys - Javelin 1st place, breaking the AICES Record by 10.05m with a massive throw of 60.05m!
4. Isla (C12) Para Athlete Girls 12-19 - Shot Put 1st place and new AICES record, Long Jump 1st place and new AICES record, Discus 1st place and 100m Sprint 2nd place. Well done, Isla!
5. Harvey (G7) 13 Year Boys - 400m run 3rd place, breaking the AICES Record and 12-14 Year Boys 4 x 100m relay 3rd place.
6. Ria (C7) 13 Year Girls - 200m run 3rd place.
7. Ethan (G8) 12-14 Year Boys - 4 x 100m relay 3rd place.
8. Ruby (C12) 18-19 Year Girls - 1500m run 1st place, 800m run 2nd place and 3000m run 2nd place.
9. Billy (G7) 12 Year Boys - 1500m run 2nd place and 800m run 1st place.
10. Harry (G7) 12-14 Year Boys - 4 x 100m relay 3rd place.
11. Jack (G8) 12-14 Year Boys - 4 x 100m relay 3rd place.
12. Luka (G8) 14 Year Boys - Javelin 3rd place.
13. Alexander (G10) 15 Year Boys - 200m run 2nd place.
14. Jayden (G12) 18-19 Years Boys - Shot Put 1st place.
15. Hayden (G9) 15 Year Boys - Long Jump 1st place

These students have showcased exceptional talent and dedication, and we have no doubt they will represent AICES with pride at the upcoming CIS Athletics Championships.

Once again, congratulations to all our athletes on their fantastic achievements at the AICES Athletics Championships. Let's continue to support and cheer on our talented representatives as they prepare for the CIS Championships!

A special thanks to our Athletics Coach [Jack McPhee](#) for providing coaching on the day, conducting warm-ups, and imparting valuable advice and techniques during the Championships.

Go Pittwater House!

SWIMMING 2023

Swimming stands out as one of the most fiercely competitive and exhilarating sports activities at Pittwater House. Our aquatic events range from spirited competitions featuring students as young as 5, all the way to remarkable achievements like winning medals at this year's Commonwealth Youth Games.

Our school's exceptional advantage lies in the presence of an on-site pool and dedicated teachers who are accredited swim coaches. This unique combination allows even our Kindergarten students to begin their journey towards water safety and precise stroke techniques from a tender age. These early foundations contribute to the remarkable success of our Schools in house swim squads, solidifying our position as one of the most accomplished in school swimming programs on the Northern Beaches.

We extend our heartfelt congratulations to the outstanding students who have made waves in the pool this year. Their dedication and achievements exemplify the excellence that Pittwater House nurtures within its swimming community.

Swimming Age Champions – Junior School

8 Year Girls - Camila
8 Years Boys - Harvey
9 Years Girls - Sierra
9 Years Boys - Andrew
10 Years Girls - Ivy
10 Years Boys - Alastair
11 Years Girls - Violet
11 Years Boys - Max
12 Years Girls - Mischa
12 Years Boys - Jude

Junior Champions (8-10 Years)

Junior College – (Joint Champions) Sierra and Ivy
Preparatory – Alastair

Senior Champions (11-12 Years)

Junior College – Violet
Preparatory – Jude

Junior School Swimming Pathways

Following our Junior School swimming carnival, an impressive cohort of 31 students advanced to compete at the HICES Swimming Championships. Among them, six exceptional students showcased their talent by achieving a remarkable 3rd place overall finish, securing their spots in the upcoming CIS Swimming Championships. Our heartfelt congratulations go out to: Sierra (J3), Violet (J5), Sofia (J5), Alastair (P4), Connor (P5), and Jude (P6) for their outstanding achievements in the pool.

Swimming Age Champions – Senior School

12 Years Girls Jocelyne
12 Years Boys (Joint Champions) - George and James
13 Years Girls - Sadie
13 Years Boys - Harvey
14 Years Girls - Hana
14 Years Boys - Kai
15 Years Girls - Lillie
15 Years Boys - Noah
16 Years Girls - Ruby
16 Years Boys - Adam
17 Years Girls - Sophie
17 Years Boys - Jay
18 Years Girls - Ema
18 Years Boys - Conner

Junior Champions (12-14 Years)

College – Jocelyne
Grammar – Harvey

Intermediate Champions (15-16 Years)

College – Lillie
Grammar – Noah

Senior Champion (17 – 18 Years)

College – Sophie
Grammar – Conner

School Carnival Records Broken

This season witnessed the remarkable prowess of our swimmers as they shattered a grand total of 14 school records, with four of these records standing strong for over 26 years. We extend our congratulations to the following students who have etched their names into our school's history by setting new records this year.

College

200m Freestyle (17-18 Years) – Sophie 2:15.54
200m IM (15-16 Years) - Lillie 2:30.40
200m IM (17-18 Years) – Sophie 2:35.83
50m Freestyle – 12 Years – Jocelyn 29.00
50m Freestyle – 15 Years – Lillie 28.08
50m Butterfly – 12 Years – Jocelyn 31.95
50m Butterfly – 15 Years – Lillie 30.08
50m Butterfly – 17 Years – Sophie 30.55
100m Freestyle – 12 Years – Jocelyn 1:06.47
100m Freestyle – 15 Years – Lillie 1:01.40
100m Freestyle – 17 Years – Sophie 1:01.09
50m Breaststroke – 12 Years – Jocelyn 38.37

Grammar

100m Freestyle – 15 Years – Noah 56.51
200m Freestyle – (15-16 Years) – Noah 2:02.26

Combined Years 3 – 12 House Points

College

Morgan	1031
Orrock	794
Butterworth	767

Grammar

Morgan	979
Butterworth	952
Orrock	913

Combined

Morgan	2010
Butterworth	1719
Orrock	1707

Senior School Swimming Pathways

A remarkable contingent of 37 Pittwater House students enthusiastically participated in the CDSSA Swimming Carnival, engaging in a total of 128 events. Their outstanding efforts yielded impressive results, including a tally of 44 well-deserved 1st place ribbons, 26 commendable 2nd place ribbons, and 27 3rd place ribbons. Furthermore, these talented individuals left an indelible mark on the competition by setting a total of 23 new CDSSA records demonstrating their dedication and excellence in the pool.

We extend our congratulations to the students listed below for earning the title of CDSSA Age Champions.

12 Year Girls – Jocelyn
15 Years Girls – Lillie
15 Years Boys – Noah

We applaud the following students for their exceptional achievement in setting an impressive total of 23 new swimming records in the CDSSA.

Congratulations!

Jocelyn - 12 Years Girls

1. 50m Butterfly – 31.73
2. 200m Freestyle (12-14 Years) – 2:17.22
3. 50m Backstroke – 36.41
4. 100m Freestyle – 1:06.67
5. 50m Breaststroke – 39.99
6. 50m Freestyle – 29.83
7. 200m IM (12-14 Years) – 2:40.82

Ruby - 16 Years Girls

1. 50m Butterfly – 30.71

Zara - 16 Years Girls

1. 100m Freestyle – 1:03.58
2. 50m Freestyle – 28.87

Matilda - 13 Years Girls

1. 100m Freestyle – 1:03.92
2. 50m Freestyle – 29.96

Lillie - 15 Years Girls

1. 50m Butterfly – 28.99
2. 200m Freestyle (15-16 Years) – 2:17.32
3. 50m Freestyle – 28.33

Sophie - 17 Years Girls

1. 50m Butterfly – 30.55
2. 200m Freestyle (17-19 Years) – 2:15.54
3. 100m Freestyle – 1:01.09
4. 50m Freestyle – 27.79
5. 200m IM (17-19 Years) – 2:35.83

Relay Teams

1. Girls 12-14 Years 200m Freestyle – 2:05.50
2. Girls 12-14 Years 200m IM – 2:24.29
3. Girls 12-19 Years 6 x 50m – 3:05.93

AICES Swimming Championships

Following the CDSSA Swimming carnival, a notable group of 29 students successfully secured their spots in the AICES Swimming Championships. At this prestigious event, our Pittwater House students engaged in spirited competition against 64 other schools within the AICES Sports Pathway. We are thrilled to extend our hearty congratulations to the students listed below for their outstanding and commendable results across the board. Pittwater House also took out overall girl's medal count with an amazing 25 medals, 20 Gold, 2 Silver and 3 Bronze including 4 relay teams, well done girls.

New AICES Records

1. Jocelyn – 12 years 50m Fly – 30.70
2. Lillie – 15 Years 50m Fly – 27.86

AICES Age Champions

- 12 Years Girls - Jocelyn
13 Years Girls – Matilda

CIS Swimming Championships

Ten students displayed their prowess by securing qualifications to compete in the NSW CIS Swimming Championships. These promising and exceptionally talented swimmers brought immense pride to Pittwater House, amassing an impressive collection of 13 medals, which included 5 Gold, 5 Silver, and 3 Bronze medals. Additionally, they left their mark on the competition by setting two new NSW CIS records. Congratulations. Their achievements are a testament to their dedication and skill in the pool. Congratulations to the following students who placed in the top 3 and qualified for the NSW All Schools Swimming Championships

Jocelyn - 12 Year Girls

1. 50m Freestyle – Silver Medal
2. 50m Butterfly – Silver Medal
3. 50m Breaststroke – Bronze Medal
4. 100m Freestyle – Gold Medal

Lillie - 15 Years Girls

1. 50m Freestyle – Gold Medal
2. 200m IM – Silver Medal
3. 50m Butterfly – Gold Medal – NEW RECORD 27.99
4. 200m Freestyle – Silver Medal
5. 100m Freestyle – Gold Medal
6. 100m Butterfly – Gold Medal – NEW RECORD 1:01.32

Matilda – 13 Years Girls

1. 200m Freestyle – Silver Medal
2. 100m Freestyle – Bronze Medal

Sophie – 17 Years Girls

1. 200m Freestyle – Bronze Medal

NSW All Schools Swimming Championships

Congratulations to the four outstanding students who have earned their spots to participate in the prestigious NSW All Schools Championships. This event witnessed our talented students going head-to-head with the finest swimmers representing schools from across the entire state of NSW. Notably, these remarkable young athletes participated in a total of 15 events, achieving a remarkable haul of 6 Gold medals, 3 Silver medals, and 1 Bronze medal. Furthermore, their remarkable performance also resulted in the establishment of a new NSW All Schools Record.

NSW All Schools Results

Jocelyn - 12 Year Girls

1. 50m Freestyle – Gold Medal
2. 50m Butterfly – Gold Medal
3. 50m Breaststroke – Silver Medal
4. 100m Freestyle – Gold Medal
5. 400m Freestyle (12-14 Years) – 6th

Lillie - 15 Years Girls

1. 50m Freestyle – Gold Medal
2. 50m Butterfly – Gold Medal – NEW RECORD 28.02
3. 200m Freestyle – Silver Medal
4. 100m Freestyle – Gold Medal
5. 100m Butterfly – Silver Medal

Matilda – 13 Years Girls

1. 100m Freestyle – Bronze Medal
2. 400m (12-14 Years) – 5th
3. 200m Freestyle (12-14 Years) - 4th

Sophie – 17 Years Girls

1. 50m Freestyle – 6th
2. 200m Freestyle - 6th

School Sports Australia Swimming Championships

Held at the Sydney Olympic Park Aquatic Centre from August 22nd to August 26th, this championship drew together some of the nation's top young swimmers. Lillie's performances were nothing short of outstanding, earning her GOLD medals in six events and SILVER in two more, as well as breaking two Australian records with her teammates in the Girls 15-16 200m Freestyle Relay and Mixed 13-19 500m Freestyle Relay.

1. 50m Butterfly – Silver Medal
2. 50m Freestyle – Gold Medal
3. 200m IM – Silver Medal
4. 100m Butterfly – Gold Medal
5. 100m Freestyle – Gold Medal
6. Mixed 13-19 500m Freestyle Relay - Gold Medal with a time of 4:09.99 and new Australian Record!
7. Girls 13-19 400m Freestyle Relay – Gold Medal
8. Girls 15-16 200m Freestyle Relay - Gold Medal with a time of 1:46.60 and new Australian Record!

But that's not all. Lillie's excellence extends beyond the pool. She was appointed as an NSW All Schools Team Leader for the NSW All Schools Swim Team, a role that reflects her outstanding leadership qualities. Lillie played an integral part in guiding and mentoring the 160 swimmers selected from secondary schools across NSW. Her responsibilities included assisting with relay selection, fostering team ethos, nurturing team culture, and inspiring team spirit. Her dedication to this role not only makes her a role model for fellow swimmers but also underscores her exceptional leadership abilities. Lillie's journey, both in the pool and as a leader, is truly remarkable, and we couldn't be prouder of her accomplishments.

Commonwealth Youth Games

We are very proud to report that Lillie won herself a Silver medal at her maiden 2023 Commonwealth Youth games in Trinidad this year, by touching the wall in the women's 100m butterfly with an impressive time of 1:00.80. Lillie also competed in the 200IM final finishing a remarkable 5th with a time of 2:21.83. Lillie's last event was the 4 x 100m Freestyle relay which her team won a Commonwealth Youth Games Bronze Medal.