



Pittwater House

# School Teams - Sport Teams and Interschool Competitions

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## ADVANCED BOARDRIDERS ACADEMY



The Advanced Board Riders Academy provides students with the opportunity to learn and improve their surfing skills. The academy collaborates with Manly Surf School which has extensive experience in surf education and elite training programs.

The Advanced Board Riders Academy offers coaching by some of the best instructors on the Northern Beaches. The focus of the academy is on various aspects of surfing, including technique, video analysis, competition training, and fitness. The goal is to help students develop their skills and reach their full potential in surfing.

To participate in the academy, students need to bring their own surfboards and wetsuits each week. The lessons take place at the beach and start promptly at 6:45 am, so students are required to meet at 6:30 am. After the lesson, all students must be ready with their boards in bags by 8:10 am to depart for school. A school bus will collect the students from the beach at that time.

Upon returning to school, the surfboards will be taken back and hung up on the hook outside the Great Hall. Students can retrieve their boards after school.

## SNOWSPORTS

### Snowsports Raceweek

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:** Years K-6 (must stay with parents) Year 7 to Year 12
- Cost:** Senior Students staying with TPHS: \$1900 which includes accommodation, transport, National Park entry, all breakfasts, dinners and TPHS snow jacket hire.
- Additional Cost:** 6-day lift pass, race fees, registration which includes public liability insurance, lunches and equipment and clothing hire.
- Email:** [sportsoffice@tphs.nsw.edu.au](mailto:sportsoffice@tphs.nsw.edu.au) for more information

# School Pathway Sport

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## PITTWATER HOUSE ATHLETICS CARNIVALS

Pittwater House run two Athletics Carnivals each year:

**K-6:** 14 June 2023

**Years 7-12:** 5 June 2023

Both carnivals are being held at Bannockburn Oval

## ATHLETICS - PATHWAYS

### Junior School

- HICES (Heds 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 25<sup>th</sup> to the 26<sup>th</sup> 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

**Location:** E.S Marks Centennial Parklands

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.

## **GOLF PATHWAYS**

### **Junior School**

Golf NSWPSA Championships

**Nominations Due:** 6 June 2023

**Date:** 12<sup>th</sup> to 14<sup>th</sup> September 2023

CIS will not be holding a Primary Golf Championship but will select a team to participate in the NSWPSA 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.

## **SOFTBALL PATHWAYS**

### **Softball CIS U12 Girls Championships – Junior School**

**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.

# School Sport Reports

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## BASKETBALL

### CIS U12 Basketball Trials

The CIS U12 Boys and Girls Basketball trials saw a considerable turnout of good players. Pittwater House was well-represented with two girls **Sofia (J5)** and **Mae (J5)** and five boys **Hugo (P6)**, **Julien (P6)**, **Charlie (P5)**, **Max (P5)** and **Frederick (P6)**. The players were split onto different courts for the drills and mini matches. The drills focused on the fundamentals of the game and were aimed at improving the player's skills.

After the half-court mini matches, the players were then given the opportunity to showcase their skills on full courts. All players showed exceptional talent, making it difficult for the selectors to make the final decision.

Despite the player's efforts, none of the Pittwater House students were selected for the CIS U12 Boys and Girls Basketball team. Nevertheless, they all showed great sportsmanship and effort throughout the day, and they should be proud of their efforts. They can use the experience to learn and improve their game, and we wish them all the best in their future endeavours.

## FOOTBALL – PATHWAY

### HICES Football U12 Boys Trials

The HICES U12 Boys Football Trials Championships were held at St Paul's Grammar, and Pittwater House took a team of 11 players to the event. The competition featured many great players from different schools, with each team playing 5 games of 10 minutes each.

The Pittwater House players were rotated in different positions to ensure that everyone had an equal opportunity to experience different roles and the same amount of time playing. The boys played exceptionally well during the entire day, demonstrating their skill, teamwork, and determination on the field.

Overall, Pittwater House won 3 games, lost 1 game, and drew 1 game. The team's performance was commendable, and their ability to work together was evident in their success. The students had a fantastic time playing, and the tournament was a great learning experience for all involved.

There were many excellent players at the championship, making the competition challenging and exciting. Pittwater House's performance was outstanding, and they proved to be worthy competitors. The boys' enthusiasm and sportsmanship were also noteworthy, and they represented their school admirably.

As a result of their excellent performance, two Pittwater House players, **Oskar (P6)** and **Otto (P6)**, were selected to represent the HICES team at the CIS U12 Boys Football. This is a significant achievement and a testament to their hard work and dedication to the sport.

### CIS U12 Boys Football Championships

Two of our talented footballers, **Oskar (P6)** and **Otto (P6)**, were selected to represent Pittwater House and HICES at the CIS U12 Boys Football Championships on March 31, 2023. Despite facing challenges in a team that had no prior experience playing together, Oskar and Otto displayed remarkable perseverance and teamwork.

Their hard work paid off as the team showed great improvement by winning the third game! Even though none of the boys in their team were selected to advance to the next level, Oskar and Otto played with pride, representing Pittwater House and HICES with honour. Let's give a big round of applause to Oskar and Otto for their remarkable achievements! Well done, boys!

### **CIS U12 Football Girls Trials**

The CIS U12 Football Girls Trials were held at Mamre Anglican School in Kemps Creek on a drizzly rainy day. Pittwater House had three girls, **Violet (J5)**, **Eirwen (J6)** and **Sofia (J5)** in attendance who were split into teams and began with a warm-up and drills. The matches consisted of 20 minutes each, with five games for each team.

There were a lot of good players present, and all the girls had fun and enjoyed themselves despite the wet conditions. However, none of the Pittwater House girls were selected. Despite this outcome, the girls displayed great sportsmanship and showed their love for the game.

### **Football CDSSA Championships**

The CDSSA Football Trials were held at the Western Sydney Wanderers Fields, and Pittwater House sent 42 students to participate in the event. The school formed four teams, comprising U15 Girls, U16 Boys, Open Boys, and Open Girls, and competed against other schools throughout the day.

The players showed great potential, displaying excellent skills, teamwork, and sportsmanship. Pittwater House U15 Girls team, in particular, stood out and emerged as the champions in their category, showcasing their exceptional skills and determination. The other Pittwater House teams also played well, but they couldn't make it to the finals.

The selectors were impressed with the performances of the players, and eight students from Pittwater House were selected to represent CDSSA at AICES Football. These included four U15 girls, two U16 Boys, one Open Boys, and one Open Girls.

Overall, the CDSSA Football Trials was a great success, providing a platform for the students to showcase their talents, compete against other schools, and gain valuable experience. The participation of Pittwater House students was commendable, and their success at the event is a testament to their hard work and dedication.

Congratulations to the following players for being selected into the CDSSA Teams:

#### **CDSSA U15 Girls Team:**

- Lexi (C9)
- Grace (C7)
- Regina (C7)
- Zara (C8)

#### **CDSSA U16 Boys Team:**

- Jesse (G9)
- Ike (G9)

#### **CDSSA Open Boys Team:**

- Rhys (G11)

#### **CDSSA Open Girls Team:**

- Mirabelle (C10)

Congratulations players and best of luck at the AICES Football Trials.

## **FOOTBALL – PENINSULA CUP**

### **Grammar U14B**

Congratulations to the U14 Boys Division 2 soccer team from Pittwater House on their impressive victory against St Paul's. It's truly remarkable that the team managed to secure a 6-3 win, especially considering it was their first game together and they hadn't even had any training sessions as a group.

Their performance speaks volumes about their individual skills and ability to come together as a team.

A special thank you goes to Bruno from the Sports Office for stepping in and filling the role of Gary while he was away. His support and guidance undoubtedly contributed to the team's success.

The U14 Boys Division 2 soccer team should be proud of their accomplishment, but their journey doesn't stop there.

As they continue their season, they will face St Luke's in their upcoming match. Good luck to the boys as they take on this new challenge and may their teamwork and determination lead to further success on the field. Keep up the excellent work.

### **Grammar U16**

It sounds like the boys' team had a promising start to the game after most of the team had been participating in the CDSSA competition all day. They took an early lead, which was well-deserved based on their performance. However, their opponents, Covenant Christian, managed to equalise. Nonetheless, the boys regained their lead with a skilful and clever chip from Ike, which was finished off nicely by Ollie.

After halftime, the effects of the earlier games and the team's exertion started to take a toll. Covenant Christian stepped up their game and began performing at a higher level, eventually winning the match with a 4-2 scoreline. Despite the loss, it's mentioned that the boys' team put in a good effort throughout the game and might have deserved at least a draw considering their performance.

### **Grammar U16**

Despite the scoreline, Pittwater House didn't have an easy game against St Paul's. Both Denam, who was in goal in the first half, and Fin, who played in the second half, had to make some excellent saves to ensure that their team kept a clean sheet. St Paul's put up a brave performance, but Pittwater House's strength and pace ultimately proved too much for them.

Several players from Pittwater House had standout performances. Harry, playing on the wing, Ollie in defence and midfield, Jesse in midfield, and Ike up front all had particularly good games. Both of the team's goalkeepers also played well and made important contributions. Great win boys 11-0.

### **Grammar U18**

Playing against a strong wind and with only ten players Pittwater soaked up pressure against St Luke's with Jett in goal making several fine saves. The St Luke's pressure told and they went into half time 1-0 up. With the wind now at our backs and back to full strength it looked like we were in a strong position. However, St Luke's stayed strong and so added a second goal. Pittwater managed to pull one back, but it was too little too late with St Luke's ended up winning 2-1.

### **Grammar U18**

With only 9 players it was always going to be a hard day in the office against an always strong OFGS team. OFGS opened the scoring after only two minutes, but the Pittwater boys dug deep and with solid work from Jett in goals, including spectacularly taking a cross one handed off the head of an OFGS forward, kept the score to a respectable 0-3 by half time. Spurred on by a typically fine performance by Nicky at the back the boys were unlucky not to score from one of several 'half chances' in the second half. However, a strong OFGS continued to dominate overall and ran out 6-0 winners.

## **PISA SPORT**

### **Junior School Senior Netball Team – Blue**

Round 2 was grading day which gave us an opportunity to trial different positions. With more height in the circle, we were able to convert more attempts at goal. So, congratulations to Olivia, Elle and Abby who were fantastic. Special mention also goes to Iman for her excellent defence through the Centre Court. Our first game was against Oxford Falls Grammar, and we won 2-1. Our second game against St Luke's was also a win one - nil. Our third game against another Oxford Falls Grammar team saw us be defeated by eight goals to one. We're happy with the improvement from last week.



Round 3- Pittwater House Blue played against NBCS in a fun game on Friday 12 May. Every week, we are improving on our understanding of positions and how to move around the court. Elsa did great in Centre for the whole game and Elle was tenacious in defence. Unfortunately, we were defeated 12-3.

### **Junior School Junior Netball Teams**

Round 2 - concluded our grading rounds for PISA Netball, and both teams did really well. The girls showed great skill in both shooting and defence and worked beautifully in their teams. The red team were victorious with 3 wins, while the blue team walked away with 2 wins and 1 loss.

Well done to all the girls. We look forward to getting our official draws next week and beginning the PISA competition.

Round 3 - Last week our blue team played against St Luke's, winning 13-1, while our red team played against Oxford Falls, taking a small loss 5-7.

Both teams showed that they had been working on their passing skills, with some beautiful passes down the court. Defence was also impressive with countless goals saved, and our shooters did us proud under pressure.

Player of the Match in the blue team was **Freya (J4)**, who was in the thick of the game no matter what position she was playing.

Player of the Match in the red team was **Harper (J4)**, for her flexibility in playing every position and being an all-round super star.

Well done to all the girls, you were a joy to watch!

## **NETBALL**

### **CDSSA Netball Championships**

Congratulations to both the U15 and Opens teams from Pittwater House for their outstanding performances at the CDSSA Netball Championships!

The U15 team displayed exceptional strength, skill, and determination throughout the day, remaining undefeated in the competition. Their final game against Reddam House was tightly contested, but Pittwater House emerged victorious with a 16-14 scoreline, securing the championships for the fourth consecutive year. Well done to the following students for their selection into the CDSSA U15 Team: **Amy (C9), Jocelyn (C7), Ruby (C9), Layla (C7), Talea (C10), and Charlotte (C9)**. Their dedication and efforts have paid off, and they should be proud of their achievements.

The Opens team also had an impressive run, finishing undefeated in their pool matches. In the finals, they faced a formidable opponent in SEDA College, a team comprising players with extensive experience, including those who played in the Metro League, Premier League, and NSW U17 squads. One player even earned a spot in the Australian U17s team, highlighting the exceptional level of talent on the opposing side. Despite the tough challenge, Pittwater House showed great resilience and gave a commendable performance, narrowly losing by only 5 goals. Congratulations to the following students for their selection into the CDSSA Opens Team: **Brooke (C11), Hannah (C12), Molly (C11), and Ukiesha (C10)**. They have showcased their skills and contributed significantly to the team's success.

Overall, Pittwater House should be immensely proud of both teams' achievements in the CDSSA Netball Championships. The dedication, teamwork, and sportsmanship displayed by these students reflect their commitment to excellence in Netball.

### **AICES U15 Netball Championships**

Congratulations to the six students from Pittwater House who represented the CDSSA U15 Netball Team in the AICES U15 Netball Championships!

The CDSSA team demonstrated their strength and skills throughout the competition, facing tough competition from other associations. They had an impressive performance, losing only one game by a single point. This result highlights the team's exceptional skill level and unwavering determination.

Special congratulations go to **Ruby (C9)** and **Talea (C10)** for their selection into the AICES U15 team. This recognition is a testament to their outstanding abilities and contributions to the CDSSA team. Additionally, **Charlotte (C9)** has been selected as a shadow player, showcasing her talent and potential in netball.

Being selected for the AICES U15 Netball Team is a remarkable achievement, and it reflects the hard work and dedication these students have put into their netball skills. They should be proud of their accomplishments and the recognition they have received.

Once again, congratulations to Ruby, Talea, and Charlotte for their well-deserved selections, and to the entire CDSSA U15 Netball Team for their exceptional performance in the AICES Championships.

### **CIS U12 Netball Championships**

Congratulations to **Hallie (J5)** for her remarkable achievement in being selected for the U12 HICES Netball Team. It's a fantastic accomplishment to be chosen from among so many talented netballers from all over NSW, and Hallie should be incredibly proud of herself.

It's impressive to hear that Hallie was one of the youngest players at the CIS Netball Championships, and that she played against older and taller players with confidence and determination. It's a testament to her skill and dedication to the sport, as well as her ability to rise to a challenge.

Being part of the Manly Warringah U11 Representative Squad shows Hallie's ongoing commitment to improving her netball skills and competing at a high level. Her passion for the sport is evident and I have no doubt that she will continue to excel in the years to come.

Once again, congratulations to Hallie on this outstanding achievement. It's clear that she has a bright future ahead of her in netball.

### **NETBALL – SATURDAY MANLY WARRINGAH COMPETITION**

#### **Team 7 - NetSetGo U9**

This young team from Pittwater House, comprising girls from Years 3 and 4, is truly awe-inspiring. Their dedication, enthusiasm, and talent demonstrate their potential to become champions in the future.

It is remarkable to see these young girls show up each week for their 7:50am games, even in challenging weather conditions like rain or thunderstorms. Their commitment to the sport is evident, and they approach each game with a remarkable amount of joy, skill, and determination.

Their eagerness to learn and develop their understanding of all aspects of the game is commendable. Their thirst for knowledge shows their dedication to improving their skills and becoming well-rounded players.

Another remarkable feat is that no opposing team has managed to score a goal against them thus far. This achievement speaks volumes about their defensive capabilities, teamwork, and discipline on the field.



It is clear that this young team possesses great potential, and their passion for the game is driving them towards future success. With their current display of skill, determination, and enjoyment of the sport, there is no doubt that these girls will go on to achieve great things in their netball journey. Congratulations to this young team from Pittwater House and keep up the amazing work!

### **Team 6 – U10s**

This year marks the first time these girls have transitioned from the NetSetGo Competition to "Real" Netball, and they have shown great progress and determination. After participating in a U10 Gala Day, they were placed in the U10C competition, which provides a suitable starting point for their netball journey.

Throughout the first four rounds of the competition, the team has engaged in some highly contested matches. In Round 1, they faced Collaroy, and although they were trailing 10-11 at halftime, the second half was unfortunately washed out. It was a close game that could have gone either way.

Round 2 saw another closely contested match against NYC, with Pittwater House managing to secure a narrow victory of 13-11. Congratulations to the girls for their determination and success in that game.

Round 3 was cut short due to another washout, just as the team was finding their rhythm. Despite the game being called off early, the girls displayed resilience and fought hard, ultimately falling short with a score of 5-8 against Peninsula.

In Round 4, Pittwater House faced a formidable opponent in Wakehurst. However, the team rose to the challenge and emerged victorious with a score of 11-9. It's evident that these girls have been consistently engaged in closely contested matches over the course of four weeks.

Their performance thus far showcases their ability to compete against well-matched opponents. They have demonstrated skill, teamwork, and the ability to adapt to different game situations. Their progress in these well-graded matches is certainly commendable.

The journey is still unfolding for this team, and it's clear that they are committed to giving their best effort. Their dedication and resilience will undoubtedly contribute to their growth and success in Netball.

Well done to the girls of Pittwater House on their performances in the first four rounds, and may they continue to embrace the challenges and opportunities that lie ahead.

### **Team 5 – U13F**

It's fantastic to see a team consisting of a combination of U12 and U13 players playing as one, showcasing a diverse range of abilities. Their collective determination to face any challenge thrown their way is truly commendable.

The team's commitment to learning, development, and growth is evident. Each week, they embrace new opportunities to enhance their skills and improve as a cohesive unit. Their dedication to continuously honing their abilities is a testament to their passion for the sport and their desire to succeed.

It's exciting to think about the journey that lies ahead for this team throughout the season. As they face various opponents, they will have the chance to further test their skills, build their teamwork, and demonstrate their progress. The challenges they encounter will undoubtedly contribute to their growth as individuals and as a team.

As spectators, it's wonderful to witness the enthusiasm and drive this team possesses. Their determination to move forward and overcome obstacles is a valuable trait that will serve them well not only in netball but also in life. Special thank you to Bronte from the U10s team who filled in for this team last week.

#### **Team 4 – U13E**

It's impressive to see the success and progression of this team over the past three years under the watchful eye of coach **Molly (C11)**. Starting in the U11G division and going undefeated, they were promoted to U12F in 2022, where they once again remained undefeated. This year, they have moved up to U13E, and the prospect of their continued development and potential is exciting.

The first four rounds of the current season have showcased the team's formidable skills and strength. They have demonstrated to their opponents that they are not only classmates and friends but also a force to be reckoned with on the netball court.

In Round 1, they secured a convincing victory against CC Sports with a scoreline of 31-5, displaying their dominance and proficiency. Round 2 witnessed another impressive win, this time against Seaforth, with a remarkable score of 36-8. These early successes are a testament to the team's talent, teamwork, and determination.

Although Round 3 was a bye, Round 4 proved to be a closer contest against a well-prepared Collaroy team. Despite the challenge, this team showed resilience and emerged with a hard-fought win, closing the match with a score of 21-15. Their ability to handle closer games and come out on top demonstrates their adaptability and composure under pressure.

It is evident that this team has a bright future ahead. Their consistent success and ability to rise through the divisions reflect their commitment, skill development, and cohesion as a team. The upcoming years promise even more growth and development, and it will be thrilling to witness their continued progress and potential as they aim to ascend further.

Congratulations to this remarkable team on their outstanding performances thus far, and best of luck for the remainder of the season. May their dedication and teamwork lead to further victories and accomplishments.

#### **Team 3 – Cadets 6**

The team consisting of players from Years 10 to 12 has shown great dedication and commitment to their netball journey. With some players being in the team for their third season and others joining this year, there is a mix of experience and new talent, creating an exciting dynamic on the court.

Having Carissa (mum of Ukiesha (C10)), as their coach is a tremendous asset for the team. Her expertise and guidance will play a crucial role in their development and overall performance throughout the season. With her guidance, the players have the opportunity to refine their skills, improve their game sense, and strengthen their teamwork.

Round 1 proved to be an exhilarating start to the season as the team secured a hard-fought victory against Belrose. The game was tightly contested, with both teams giving their all. The players displayed resilience, determination, and skill, ultimately coming out on top with a narrow win of 13-12. This early success provided a boost of confidence and set a positive tone for the season ahead.

In Round 2, the team faced the challenge of playing with only five players on the court. However, they rose to the occasion and understood the importance of a strong start to establish a lead before fatigue could become a factor. Their efforts paid off as they secured another impressive win, this time against Queenscliff with a score of 34-14. This victory showcased their ability to adapt and work cohesively as a unit despite being short on numbers.

Round 3 provided a well-deserved bye, allowing the team to rest and recharge for the upcoming matches. It also offered an opportunity for reflection and further strategizing to maintain their momentum.

Round 4 presented a tough match against NYC, resulting in the team's first loss of the season. However, the players showed great resilience and fought back in the second half, narrowing the gap on the scoreboard. Although they fell short with a final score of 24-30, their determination and never-give-up attitude were evident.

As the season progresses, this team has the potential to achieve great things. The combination of experience and fresh talent, along with the guidance of Carissa, bodes well for their continued growth and success on the netball court. The players' commitment, skill, and teamwork will undoubtedly lead them to further victories and exciting performances throughout the remainder of the season.

### **Teams 1 and 2 – Over 35s**

It's wonderful to see Pittwater House adult teams into the Manly Competition for the first time this season. The fact that parents have been inspired by their daughters' participation and decided to give it a go themselves is truly commendable. This shows their enthusiasm for the sport and their desire to be part of the netball community.

The parents' teams consist of individuals who may not have much experience in playing netball or who haven't played in a long time. It's a mix of individuals who are new to the sport, as well as those who have some social playing experience. However, what they all have in common is their shared love for having fun and enjoying the game. They approach each match with a positive attitude, embracing the opportunity to laugh, sweat, and bond both on and off the netball court.

With Trish, (mother of Jocelyn (C7)), as their coach, the parents' teams are fortunate to have someone with years of netball coaching experience. Trish's guidance and knowledge of the sport will undoubtedly contribute to the development and improvement of the players. Her coaching expertise will help the parents navigate the game, refine their skills, and enhance their understanding of netball strategies.

The parents' teams' commitment to training and their willingness to improve demonstrate their dedication to the sport. Each week, they work hard to enhance their skills and enhance their understanding of the game. Through their collective effort and Trish's coaching, they are sure to progress and become more confident as the season unfolds.

Beyond the court, the parents' teams create a supportive and enjoyable atmosphere. They bond over their shared experiences and create lasting memories. It's not just about the game for them; it's about the camaraderie and the joy they find in participating in netball together.

Overall, the parents' teams from Pittwater House are an inspiring example of individuals coming together, supporting each other, and embracing the spirit of netball. Their determination to have fun, improve, and build connections is commendable, and it exemplifies the positive impact that sports can have on a community.

## **RUGBY LEAGUE**

### **CIS U12 Rugby League Trials**

On May 8, the CIS U12 Rugby League Trials took place at the St Marys Rugby Fields in Werrington. The event attracted more than 50 boys who were trialling for a spot on the team. Among them were two students, **Hugo (P6)** and **Frederick (P6)**, who were representing Pittwater House.

The boys were divided into five teams and started the day with warm-up exercises and drills. As the day progressed, they played games against each other, demonstrating their skills and athleticism on the field.

Both Hugo and Frederick put in strong performances during the trials, but unfortunately, they were not selected for the CIS team. Nonetheless, they should be proud of their efforts and the skills they showcased during the trials. In conclusion, the CIS U12 Rugby League Trials was a highly competitive event, with many talented young players showcasing their skills on the field.

## **SWIMMING - JUNIOR SCHOOL**

### **Junior School Age Champions – Junior College:**

8 Years Camila  
9 Years Sierra  
10 Years Ivy  
11 Years Violet  
12 Years Mischa

### **Junior School Age Champions – Preparatory:**

8 Years Harvey  
9 Years Andrew  
10 Years Alastair  
11 Years Max  
12 Years Jude

### **Junior School Champions:**

8-10 Years Girls - Sierra and Ivy (Joint)  
8-10 Years Boys - Alastair  
11-12 Years Girls - Violet  
11-12 Years Boys - Jude

### **House Points:**

1st Place Butterworth - 1040  
2nd Place Morgan - 1015  
3rd Place Orrock - 880

## **HICES Swimming Carnival**

The Pittwater House Junior School Swim Team attended HICES at Homebush Aquatic Centre on Tuesday 7 March. As usual for this event, it's an early start for our athletes with a 6.30am departure time and first race commencing at 8.30am. Our team consisted of 34 swimmers ranging from 8 years to 12 years, each swimming at least 1 race and many swimming up to 6 races on the day.

Our fabulous parent and family support were present at the pool to cheer us on and represent the family spirit of our school. Although we didn't place anywhere for the event, 6 of our swimmers will move on to the next level of swimming known as CIS.

Even better still, many of our swimmers posted personal bests for their races and returned home feeling satisfied with their performance. Ally, Bruno and Rob were impressed with the positive behaviour of our students and the supportive vibe displayed for all swimmers in the team.

Congratulations: Sofia (J5), Jude (P6), Connor (P5), Sierra (P3), Alastair (P4) and Violet (J5) for making it to CIS level.

## **CIS Swimming and Diving Junior Championships**

The CIS Swimming and Diving Junior Championships took place at Sydney Olympic Park, featuring young athletes from various schools across the region. The event was highly anticipated, and the Pittwater House had a team of six swimmers including **Violet (J5), Sofia (J5), Jude (P6), Connor (P5), Sierra (J3)** and **Alastair (P4)** and one diver **Monroe (J3)** representing their school.

Most of the Pittwater House team members were first timers at CIS, and they performed exceptionally well, despite not being able to advance to the next level. The swimmers gave their best, but unfortunately, none of them made it to the next level. Nonetheless, their effort and dedication were evident in their performances, and they should be proud of themselves.

One of the highlights of the day was Monroe (J3), who represented Pittwater House in the diving category. She put up an impressive performance, and her hard work paid off as she secured fourth place in her category. Furthermore, she made it to the next level as a shadow diver.

Overall, it was a long day for the Pittwater House team, but the students enjoyed the experience, and it was a great opportunity for them to showcase their skills and compete against other young athletes. They demonstrated great sportsmanship, teamwork, and resilience throughout the event, and they should be commended for their efforts.

## **SWIMMING – SENIOR SCHOOL**

### **CDSSA Swimming Champions**

37 Pittwater house students competed at the CDSSA Swimming Carnival competing in 128 events winning 44 1<sup>st</sup> place ribbons, 26 2<sup>nd</sup> place ribbons and 27 3<sup>rd</sup> place ribbons.

Congratulations to the following students on becoming the CDSSA Age Champions:

12 Year Girls – 1<sup>st</sup> Place – Jocelyne (C7)  
14 Years Girls – 3<sup>rd</sup> Place – Hana (C8)  
14 Years Boys – 3<sup>rd</sup> Place - Kai (G8)  
15 Years Girls – 1<sup>st</sup> Place – Lillie (C9)  
15 Years Boys – 1<sup>st</sup> Place – Noah (G10)  
16 Years Girls – 3<sup>rd</sup> Place – Zara (C10)  
18 Years Girls – 2<sup>nd</sup> Place – Ema (CG11)  
18 Years Boys – 2<sup>nd</sup> Place – Ryan (CG12)

Unfortunately, CDSSA haven't been keeping the records up to date, however we are sure our students would have broken many on the day. 29 students qualified to represent CDSSA and Pittwater House at the AICES Swimming Championships

### **AICES Swimming Championships**

The AICES swimming championships saw Pittwater House students compete against 64 other schools in the AICES Sports Pathway. Congratulations to the below students on their amazing results

At this event two Pittwater House students broke records:

- Jocelyn (C7) – 12 years 50m Fly
- Lillie (C9) – 15 Years 50m Fly

AICES Age Champions:

12 Years Girls – 1<sup>st</sup> Place - Jocelyn (C7)  
13 Years Girls – 1<sup>st</sup> Place – Matilda (C7)  
15 Years Girls – 4<sup>th</sup> Place – Lillie (C9)  
16 Years Girls – 2<sup>nd</sup> Place – Zara (C10)  
17 Years Girls – 4<sup>th</sup> Place – Sophie (CG11)

Pittwater House all took out overall girls medal count with an amazing 25 medals, 20 Gold, 2 Silver and 3 Bronze. Well done girls.

One hundred and ninety-five girls competed at this event, Jocelyn on individual points placed 2<sup>nd</sup> overall with Matilda placing 4<sup>th</sup> and Lillie placing 9<sup>th</sup>.

Well done Pittwater House!

## TENNIS

### CDSSA Tennis U15's and Opens Championships

On a scorching hot day with the temperature reaching 30 degrees, **Orlando (G8), Charlie (G7), Aiden (G8), Charles (G9) and Niall (G9)** represented Pittwater House in two teams at Tennis World North Ryde. Despite the heat, both teams played exceptionally well, displaying impressive skills and sportsmanship on the court. However, only one team emerged victorious and made it to the finals. Despite the competition, both teams enjoyed the game and had fun in the process. The hot weather did not dampen their spirits, and they continued to give it their all. It was a great display of determination and teamwork from both sides. The students played with enthusiasm and a positive attitude, which made the game even more enjoyable for everyone involved.

### CIS Open Girls Tennis Championships

It was a fantastic day full of very skilled and talented tennis players all fighting for a spot in the CIS tennis team that will compete in the Pizzey Cup in Bathurst at the end of the month.

Four pools were created with the top two players from each pool to be selected into the CIS team with the competition format being best of 9 games.

**Amy (C8)** started the day off well with a 7-2 win against an opposing AICES representative. Amy's second match was an intense one that saw her win 5-4. Her opponent had an extremely fast serve, but Amy kept her cool and returned the ball with precision, leading in points going her way. The match was described by a number of players and parents as the upset of the day with Amy beating the talented opponent from PLC Sydney.

Game three and four were both hard fought battles in which Amy prevailed victorious winning 9-0 and 8-1. The sun was now overhead and the peak heat of the day at 28 degrees with little wind to assist in cooling down, Amy persevered as she had two more matches to play. Game 5 was a game where if you didn't know the score, you would think both players were evenly scored. Amy's persistence and consistency saw her win the match 6-3. The last game of the day for Amy was the toughest after only coming off the court after game 5 and been given a couple of minutes before jumping on again, against a very skilled opponent from Meriden College. Unfortunately, Amy's opponent was too strong and matched Amy's great shots with her own, defeating Amy 7-2.

Amy finished third in her pool and should be very proud of her effort throughout the day and I must also commend Amy on her mental toughness by being calm when points or shots weren't going her way. Congratulations to Amy on a great performance, we look forward to seeing her continue to compete and reach the next level in the near future.

## TOUCH FOOTBALL

### CDSSA Touch Football Championships

The CDSSA Touch Football tournament at Centennial Park saw over 30 students representing Pittwater House. Both U15s and Opens, boys and girls, were involved in the competition. It was noteworthy that the Pittwater House Opens Team consisted of some U15 students.

The girls' U15 team from Pittwater House was victorious, emerging as champions in their category. The girls' Opens team played an outstanding game, securing the second position in their category. The boys' U15 and Open teams also played exceptionally well, earning second place in their respective categories.

Despite the competition, all players had a fantastic time and enjoyed themselves thoroughly. The hard work and dedication of the players paid off when 13 of them were selected to compete at AICES Touch Football as part of the CDSSA team.



Overall, it was a successful day for Pittwater House with excellent results in all categories. The players can be proud of their performance and teamwork, and they can look forward to further success in the upcoming competitions. Congratulations to the following players:

CDSSA U15 Girls Team:

- Ellaline (C8)
- Layla (C7)
- Zara (C8)
- Madeline (C8)
- Talea (C9)

CDSSA U15 Boys Team:

- Kaia (G8)
- Reid (G8)
- Taiaroa (G9)
- William (G7)
- James (G9)

CDSSA Open Girls Team:

- Hannah (C12)
- Ukiesha (C10)
- Charlotte (C9)

Congratulations to all players on a very successful day.

### **AICES Touch Football Trials**

On a rainy day at Parramatta, the AICES Touch Football tournament was held, featuring both U15 and Open categories for both boys and girls. Thirteen players from Pittwater House represented the CDSSA, and they put in an impressive performance throughout the day. The games were highly competitive, and there were great players on display from all teams.

CDSSA performed exceptionally well, coming second in U15 boys, Open boys and girls categories, and sharing first place in U15 girls. The players from Pittwater House represented their school and CDSSA with great enthusiasm and dedication. Despite the weather, the students had fun and put in a great effort throughout the long day.

The tournament was a great success for Pittwater House, with four of their players selected to represent AICES at the upcoming CIS Touch Football tournament, while one player was selected as a shadow. This is a testament to the hard work and dedication of the Pittwater House players.

Congratulations to **Hannah (C12)** for being selected into the AICES Open Girls Team, **Layla (C7)** and her sister **Talea (C10)** for being selected into the AICES U15 Team and **Taiaroa (G9)** for being selected into the AICES U15 Team.

In conclusion, the AICES Touch Football tournament was a great event, with outstanding performances from all teams. The Pittwater House players showed their talent and sportsmanship, making their school and CDSSA proud. They were able to have fun and enjoy the competition despite the rainy weather, and their selection for AICES is a great achievement.

### **Touch Football CIS**

On May 5th, the Touch Fields in Werrington hosted the CIS Touch Football competition. The event saw the participation of several schools from the region, with four students representing Pittwater House and AICES in the U15 categories. Talea and Layla represented the U15 girls' team, Taiaroa U15 Boys and Hannah played for the Open Girls Team.

The games were tough, with each team showing off their skills and putting in a great effort. Ultimately, AICES emerged as the champions in the U15 Girls, U15 Boys, and Open Girls categories, showcasing their dominance in touch football.

Of the four students from Pittwater House and AICES, Taiaroa, Talea and Layla were selected for the CIS team, demonstrating their talent and commitment to the sport. Unfortunately, Hannah did not make the cut this time around, but her hard work and dedication to the game are to be commended.

Overall, it was a great day of touch football, with each team putting in their best effort and showcasing their skills. Congratulations to AICES for their excellent performance, and well done to all the students who participated in the event.

## **TRIATHLON**

### **NSW All Schools Triathlon**

The NSW All Schools Triathlons Team events was held at the Sydney International Regatta and saw teams from private, catholic and public schools from across NSW compete. The Pittwater House team was represented by **Ria (C7)** as the cyclist, **Grace (C7)** as the runner, and **Carly (C7)** as the swimmer. Despite being first timers in triathlon and competing the 12-14 years category, the girls did remarkably well, and the team as a whole performed admirably in their first outing together. Unfortunately, they did not qualify for the next level of competition.

The event was a resounding success, with hundreds of students participating and enjoying a fun day out. Despite not advancing to the next round, the girls expressed their enjoyment and satisfaction with the event, and they hope to return next year to compete again.

Overall, the event was a great opportunity for young athletes to showcase their skills and sportsmanship. It was a well-organized and enjoyable event that brought together athletes from different schools and backgrounds to compete in a friendly and supportive environment.

### **Volleyball NSW All Schools U15**

The NSW All Schools Volleyball U15 Trials were held at Olympic Park. Among the participants was **Stella (C9)**, the only girl representing Pittwater House. As a beach volleyball player, it was Stella's first-time trialling for indoor volleyball.

The day was long, with players taking part in drills and game simulations before playing a few games. Despite being new to indoor volleyball, Stella performed very well and came very close to making the team. Although she didn't ultimately make the cut, she was happy with her performance overall.

It was a great experience for Stella to compete at the NSW All Schools Volleyball U15 Trials and to try out a new sport. It's clear that she has a lot of potential, and it will be exciting to see how she develops as a player in the future.