Senior School

CO-CURRICULAR SPORTS 2019

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INTRODUCTION

This booklet is to assist students and parents in their understanding of the co-curricular sports program by providing an overview of the activities currently on offer at the School in relation to:

- When the sport is offered during the year;
- Training and competition commitments;
- Uniform requirements;
- Representative opportunities;
- Teacher-in-charge of the sport.

It should be used as a guide when deciding in which activities students wish to participate.
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CO-CURRICULAR SPORTS PROGRAM AND POLICY

(Senior School)

The following sports are offered as part of the co-curricular sports program. Sports teams are entered into local competitions where available:

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The Co-curricular Program **Intramural** sports offer students the opportunity to participate in activities which are generally run on a short course basis with no competition, training or weekend commitment. Some of these activities are led by outside providers.

Participation in a co-curricular activity is not compulsory; however, students are strongly encouraged to undertake a sporting activity during the year.

Co-curricular sport training sessions are generally held outside school hours, once or twice a week on weekdays. Some sports hold their training session at school. Sports that have their training sessions at an off-site venue (e.g.: Rowing, Dragon Boats, Sailing and Hockey), have a school bus provided to take the students to training. Parents then collect their daughter from the venue at the completion of training. Competitions may be on weekends, or evenings during the week.
Once a student has made a commitment to participate in a particular sport, the student is expected to attend all practice sessions and one match per week, barring illness or injury. Fees will be published prior to the beginning of each season.

ATHLETICS

(Representative)

Selection Process: Students compete in the School House Athletics Carnival in Term 1. CGGS representation will be based on results from this Carnival.

Eligibility: Years 7 – 12

Competition Dates:
- School House Athletics Carnival – Term 1
- ASC Athletics Carnival – May
- ACTSSSA Athletics Carnival – September

Venue: AIS Track and Field Arena

Uniform:
- Athletics singlet (from PE Department)
- Black CGGS tights/bike shorts or black tights
- School tracksuit and cap (blue or white)

Training: Individuals are expected to conduct their own training. There will be some opportunities for athletes to practice for their event during lunchtimes and after school leading up to each carnival.

Teacher-in-Charge: Mrs Jane Hincksman

Contact Number: 02 6202 6442
BASKETBALL

Age Groups: U14, U16, U19
Based on age at 31 December of season

Competition Dates:
- Championship season: Terms 2 and 3 (Winter)
- Challenge season: Terms 4 and 1 (Summer)

Venue:
- Southern Cross Basketball Stadium – Tuggeranong
- Belconnen Basketball Stadium

Uniform:
- School basketball singlet (loaned from School)
- Basketball shorts (purchased from School Shop)
- School tracksuit

Training:
- Teams train at least once a week before or after school

Teacher-in-Charge:
- Mr James Unsworth (summer)
  Email Address: james.unsworth@cggs.act.edu.au
  Contact number: 02 6202 6455
- Mrs Jane Hincksman (winter)
  Email Address: jane.hincksman@cggs.act.edu.au
  Contact number: 02 6202 6442
CROSS COUNTRY

(Representative)

Selection Process: Students participate in the House Fun Run, on the last day of Term 1. The top 12 placegetters in each age group are given the opportunity to represent the School at the ASC Cross Country Carnival. The top 20 place getters from the ASC Carnival are then selected to represent the School at the ACTSSSA Athletics Carnival.

Eligibility: Years 7 – 12

Competition Dates: ASC Cross Country Carnival – May

ACTSSSA Cross Country Carnival – June

Venue: Stromlo Forest Park

Uniform: Athletics singlet (loaned from PE department)

Red PE shorts or CGGS black bike shorts/tights

School tracksuit and cap (blue or white)

Training: Individuals are expected to conduct their own training.

Teacher-in-Charge: Mrs Jane Hincksman

Contact Number: 02 6202 6442
DRAGON BOATING

Eligibility: Years 8 – 12

Dragon Boating commences in Term 4 each year.

Competition Dates: Teams will compete in local regattas as well as some interstate regattas. The School may also attend the National Championships at the end of the season. The season spans Term 4 and Term 1 of the following year.

Uniform: School PE shorts or School Dragon Boat shorts

Singlet or Race top

Dragon Boat Hoodie

School Tracksuit and cap/visor

Training: Monday and Wednesday 4.00pm–5.30pm,

Saturday 6.45am–8.30am.

Additional Costs: Interstate regattas are an additional cost.

Teacher-in-Charge: Mr Jeffrey Carrick

Email address: jeffrey.carrick@cggs.act.edu.au

Contact Number: 02 6120 3356
EQUESTRIAN

Selection Process: Any student who owns their own horse and is able to compete and travel to and from events.

Eligibility: Years 7 – 12

Competition Dates: There are various school competitions held throughout the year.

Uniform: White long sleeve winter shirt
Tartan tie and bow
Years 7 – 10 green school jumper
Years 11 and 12 blue school jumper
Beige jodhpurs
Brown boots
Helmet cover
CGGS saddlecloth

Training: Individuals are expected to conduct their own training.

Additional Costs: Vary, depending on the competition. Riders must purchase their own saddlecloth (approx. $65) and a School tie ($15)

Teacher-in-Charge: Ms Nicole Mackey
Email Address: nicole.mackey@cggs.act.edu.au
Contact Number: 02 6120 3363
FOOTBALL (SOCCER)

Selection Process: Players will be selected on ability and age.
Age Groups: U13, U14, U16, U18
Competition Dates: Terms 2 and 3
Venue: Various fields around Canberra
Uniform: Soccer shirt supplied by School
Shorts from the school shop
Red long socks with white turnover (uniform shop)
School tracksuit and cap (blue or white)
Training: One training per week at School 3.30pm – 5.00pm
Teacher-in-Charge: Mrs Romina Schofield
Email address: romina.schofield@cggs.act.edu.au
Contact number 02 6202 6456
**FUTSAL**

**Selection Process:** All students form their own team of approximately 7 players of similar age. If students do not have a team, efforts will be made to place them in a suitable team.

**Age Groups:** U14, U15 or Youth Girls

**Competition Dates:** Tuesday or Wednesday evenings Term 4 and 1

**Venue:** Lake Tuggeranong College

**Uniform:**
- Shirt (supplied by school)
- Red PE shorts (team dependent)
- Red long socks with white turnover

**Training:** Nil – may be organised by team coach or manager

**Teacher-in-Charge:** Mrs Amanda Johnson

**Email Address:** amanda.johnson@cggs.act.edu.au

**Contact Number:** 02 6202 6431
**HOCKEY**

**Selection Process:**
Players will be selected on ability and age.

**Eligibility:**
U13, U15, U18

**Competition Days:**
Friday evenings and Saturday mornings, Terms 2 and 3

**Venue:**
Lyneham Hockey Centre
Tuggeranong Hockey Centre

**Uniform:**
Hockey singlet, navy skort (games)
PE Polo and red shorts (training)
Red hockey socks
School tracksuit

**Equipment:**
Students need to supply their own hockey stick, shin guards and mouth guard for both training and games.

**Training:**
Teams train after school on Thursdays 4.00 – 6.00pm at Lyneham Hockey Centre. Students are transported by CGGS mini-bus to Lyneham. Parents are expected to collect their daughter after training from Lyneham Hockey Centre.

**Teacher-in-Charge:**
Mrs Gillian Dixon

**Email Address:**
gillian.dixon@cggs.act.edu.au

**Contact Number:**
02 6202 6456
INDOOR HOCKEY

Selection Process: Players will be selected on ability and age.

Eligibility: U14, U16, U18

Competition Days: Friday evenings or Sundays, Term 4 and Term 1

Venues: Lyneham Hockey Centre, Woden Basketball Stadium, Melrose High

Uniform: Hockey singlet and navy hockey skort (games) PE Polo and red shorts (training) Red long socks with white turnover

Equipment: Students need to supply their own hockey stick, shin guards and mouth guard for both training and games.

Training: Teams train once a week at school.

Teacher-in-Charge: Mrs Gillian Dixon

Email Address: gillian.dixon@cggs.act.edu.au

Contact Number: 02 6202 6456
**MOUNTAIN BIKE GROUP**

**Information:** The CGGS Mountain Bike Group provides an opportunity for students to enjoy mountain biking and develop their skills in a fun, social environment. The emphasis is on inclusivity and enjoyment of this exciting sport.

The group rides about three times a term on Sunday afternoons at various Canberra mountain bike venues (Stromlo, Majura Pines, Bruce Ridge). Parents and guardians with sound mountain biking skills are encouraged to ride with us.

**Eligibility:** Students from Years 7–12 can participate. No previous mountain bike experience is necessary, but students should be competent riders. Students must provide their own bikes and riding gear. The School has several bikes available for short-term loan for students interested in trying the sport.

**Costs:** $20 joining fee for the year.

**Time:** There are typically three rides per term and each ride is two hours long. Students may participate in as many rides as they choose. There is no commitment.

**Expectations:** Students are to inform organisers of their intention to attend upcoming rides. They need to provide their own mountain bike, with a minimum of front suspension and knobby tyres, in sound condition, an approved helmet, and suitable riding clothes. Gloves are highly recommended.

**Contact:** Mr Nick Crisp

**Email:** nicholas.crisp@cggs.act.edu.au

**Phone:** 02 6202 6360
# Netball (Winter)

**Selection Process:** All students are required to attend a trial session.

**Eligibility:**
- Intermediates Years 7 – 9
- Seniors Years 10 – 12

**Competition Dates:**
End of Term 1, Term 2 and Term 3

**Venue:**
South Canberra Netball Courts, Deakin

**Years 7–9 Uniform:**
- (Intermediate) White sports top, red netball skirt or navy dress and undergarment
- Blue bike shorts, school tracksuit
- School cap (blue or white)

**Years 10–12 Senior Uniform:**
- Navy dress and under-garment
- White sports top/polo becomes the warm-up top with school tracksuit and rugby top
- School cap (blue or white)

**Training:**
Teams train before or after school.

**Teacher-in-Charge:** Mrs Kate Durham

**Email Address:** kate.durham@cggs.act.edu.au

**Contact Number:** 02 6202 6462
NETBALL (SUMMER)

Selection Process: Students arrange a team of players in liaison with the Teacher-in-Charge. Individuals will also be placed in a team if they wish to play.

Eligibility: Intermediates Years 7 – 9

Competition Dates: Term 4, (8 weeks) Wednesday evenings 6.00pm – 7.30pm

Venue: South Canberra Netball Courts, Deakin

Uniform: White sports top and red netball skirt or navy dress and undergarment
Blue bike shorts, school tracksuit and cap (blue or white)

Training: nil

Teacher-in-Charge: TBC

Email Address: debbie.styman@cggs.act.edu.au

Contact Number: 02 6202 6496
ROWING

**Selection Process:**
During Term 3, students from all year groups can nominate to join the rowing program. Novice rowers must attend a 5 week Learn 2 Row program during Term 3. Places in the program may be limited. During Term 4, the Shed trains in semi-graded crews, some of the Intermediate Senior Shed are taught how to sweep row. Major crew selection will take place during January Boat Camp with crews being finalised during the first few weeks of Term 1. Selection consists of a combination of ergometer tests, rowing ability, some seat racing, general fitness (including running), demonstrated commitment and subjective assessment by coaches. Crews are graded and compete in these grades.

**Eligibility:**
Years 7 – 12 (Year 7 in Term 3 & 4 only)

**Competition Dates:**
There are local regattas during Terms 1 and 4 held on Lake Burley Griffin. We compete at the Sydney International Regatta Centre (SIRC) in both terms 4 and 1.
Major Sydney regattas are:
- Loreto Schools Regattas – SIRC, November
- Independent Schools Regattas – SIRC, November
- NSW Rowing Championships – SIRC February (for select athletes only)
- Kings/PLC & IGSSA Regattas – SIRC, February
- Head of the River – SIRC, March
- National Rowing Championships – SIRC March for select athletes only.

**Uniform:**
- CGGS rowing zoot suits (training and racing), long sleeve rowing sunshirt
- Navy bike shorts and red top (Year 8 & 9 Squads)
- Regatta polo shirt with red shorts, school cap (white)
**Training:**

- **Seniors – Year 11 and 12:** Monday / Wednesday / Friday mornings 6.00am – 8.00am
- **Year 10:** Tuesday/Thursday mornings 6:00am – 7:45am
- **Year 9:** Tuesday/Thursday afternoons 3:45pm – 5:45pm
- **Year 8:** Monday/Wednesday afternoons 3:45pm – 5:45pm

Land training sessions will also be conducted.

**Saturdays:** All year groups train or compete.

**Boat Camp:**

- There is a compulsory training camp held during the final two weeks of the January holidays which is held in Canberra. For Juniors (Yr 8 & 9) & Intermediates (Yr 10), it is a 4–5 day camp. For the Senior Shed the camp runs for 11–12 days training 3 times a day. There are mini-camps also held in the October holidays and early December for the Senior squad.

**Additional Costs:**

Additional cost for Sydney Regattas – approx. $200 per night.

**Expectations:**

Students are expected to compete at all Regattas, attend all training sessions. Students are only allowed to compete for one club.

**Teacher-in-Charge:** Miss Caroline Pijpers

**Email Address:** caroline.pijpers@cggs.act.edu.au

**Contact Number:** 02 6202 6400
SAILING

Selection: Any student is eligible to participate. Beginners will complete the 8 week Yachting Australia Start Sailing training course, through the Canberra Yacht Club.

Eligibility: Years 7 – 12
(Beginners and experienced sailors welcome)

Dates: 8 week course Term 4 – Tuesday/Thursday 4.00pm–6.00pm

Experienced Sailors’ program

Team Sailing: Experienced sailors may compete in Team Sailing events in Term 4 and Term 1. Local and Interstate regattas are attended.

Venue: Canberra Yacht Club

Uniform: CGGS PE uniform
Swimmers underneath uniform and towel

Training: Students will attend two sailing sessions per week.

Additional Costs: Costs for transport, accommodation, regatta entry, extra training are calculated for events.

Teacher-in-Charge: Course Sailing: Mr Amer Salman
Email Address: amer.salman@cggs.act.edu.au

Competitive Sailing: Sam Papasidero
Email Address: sam.papasidero.cggs.act.edu.au

Contact Number: 02 6202 6400
SNOWSPORTS

Selection Process: Any student who is a competent skier is able to compete. It is advisable that student have their own skis. Teams will be selected upon previous performances. Experience in racing is advisable.

Eligibility: Years 7 – 12

Competition Dates: ACT Southern NSW – July/August
ACT Schools Cup – September
Nationals – September

Venue: ACT – Perisher Blue Ski Resort NSW
Nationals – NSW or VIC

Uniform: School snowsports jacket

Training: Individuals are expected to conduct their own training.

Approximate Costs: Dependent on accommodation, transport and lift ticket requirements

Teacher-in-Charge: Ms Nancy Lee

Email Address: nancy.lee@cggs.act.edu.au

Contact Number: 02 6202 6443
SWIMFIT GROUP

Process: SwimFit is a swimming fitness program which focuses on participation, physical fitness and well-being using a variety of swimming and stroke activities. Students must be able to swim 50 metres.

Eligibility: Open to all Years 7–12

Dates: Monday and Thursday mornings 7.15am – 7.45am
All year during Term time only

Venue: CGGS Swimming Pool

Uniform: One piece swimmers
School tracksuit/PE gear
House or personal swimming cap

Expectations: Our Breakfast Club operates on Mondays and Thursdays from 7.45am to 8.15am after SwimFit. Cereal, milk, toast, juice and water will be available for students.

Teacher-in-Charge: Mr Ben Gathercole and Mrs Carol Gathercole
(Pool managers and qualified swimming coaches)

Email: carol.gathercole@cggs.act.edu.au

Contact: 02 6202 6461
SWIMMING (Representative)

Selection Process: Students compete in the School House Swimming Carnival. Students must submit application form with swim times. The top two fastest times in each event and top four fastest 50m freestyle will represent the School at the ASC Swimming Carnival. The top five place getters in each event from the ASC carnival are then selected to represent the School at the ACTSSSA Swimming Carnival.

Eligibility: Years 7 – 12

Selection Dates:
- School House Swimming Carnival
- ASC Swimming Carnival – April
- ACTSSSA Swimming Carnival – May

Venue: AIS Swimming Pool

Uniform:
- School swimming costume
- School tracksuit
- School representative swimming cap (red)

Teacher-in-Charge: Mrs Jane Hincksman

Contact Number: 02 6202 6442
TOUCH FOOTBALL

Eligibility: Years 7 – 12

Competition Dates: Touch Football is offered during Term 2 and 3. Expressions of interest and trial sessions for team selection are conducted late in Term 1. Teams compete in the ACT Touch Football Association winter competition which is held on a Thursday evening at the Deakin touch football fields.

Uniform: Shirt supplied by school
Black leggings

Training: Training sessions are conducted after school, once a week, on the School oval.

Teacher-in-Charge: Mrs Jenny Lancaster
Email Address: jenny.lancaster@cggs.act.edu.au
Contact Number: 02 6202 6431
INTRAMURAL CO-CURRICULAR ACTIVITIES

In line with the philosophy for co-curricular activities at CGGS, a range of non-competitive physical activities are also offered for students who prefer not to be involved in competitive sports but yet enjoy the opportunity to be involved in a range of different physical activities.

There is no weekend commitment with intramural co-curricular activities. The focus is on the health and fitness benefit derived from doing the activity in a non-competitive social setting.

The intramural program is a flexible program with activities being offered on a term by term basis, on a short course option or on demand.

Activities offered:

• Belly Dancing
• Badminton
• Individual Fitness
• Swim Fit

Other Activities:

These activities are run as short courses but may also include the opportunity to compete in appropriate competitions or events.

• Running Club
• Mountain Biking
SPORTING CODES OF CONDUCT

Players:

- Participate for your own enjoyment
- Abide by the rules of the sport
- Don’t argue with coaches, referees or officials. You may ask your coach to approach the referee/umpire or official during a break or after the competition
- Be a good sport and be gracious in victory and defeat
- Be a positive team member
- Treat all players, coaches, managers, parents, referees/umpires and officials with respect – intolerance, rudeness, poor language and bullying are not acceptable
- Focus and work hard at training and games
- Training sessions and games are compulsory in accordance with the CGGS commitment contract, advise coach, manager or TIC of any foreseen absence
- Look after any item of uniform that the school provides
- Abide by the relevant association/district or ACT Code of Conduct

Parents/Guardians/Spectators:

- Remember that children participate in sport for their own enjoyment, not yours
- Encourage children to participate – do not force them
- Acknowledge a good effort by your own child or any other player
- Encourage your child to play by the rules
- Never ridicule, criticise or yell at your own child any other player
- Set an example for your child of good spectator conduct
- Respect the decisions of referees/umpires and officials and teach children to do likewise
- Support your volunteer coaches, managers and school administrators
• Respect the authority of the coach. CGGS discourages parental sideline coaching because:
  • a parent can send mixed messages to a student, and they don’t know who to believe. The student will be a better player with only one coach.
  • a parent may only have the interests of one student in mind, whereas the coach has the interests of the whole team.
  • a parent may not know what the coach has discussed with a student/s, or the reasons why the team are doing something in a certain way.
  • a parent can cause friction between themselves and a strong-minded student.
  • a parent may inadvertently frustrate the officials and possibly some of the other team members and parents.
• Respect the opposition and respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion
• Never use verbal or physical abuse
• Abide by the relevant association/district or ACT Code of Conduct
• Exercise duty of care when leaving players at training or matches

**STUDENT COMMITMENT CONTRACT**

• I am prepared to be available to play every game and attend all training sessions during the season.
• I am prepared to display good sportsmanship and appropriate behaviour both on and off the field, towards players, coaches, officials and spectators.
• I am prepared to undertake duty, as required, either before or after a game.
• I am prepared to wear the sporting uniform as prescribed by the School or Teacher-in-Charge; I will wear the School tracksuit as the outer garment when representing the School.
• I am prepared to accept the consequences of an after school detention should I miss a training session/s and game/s without giving the Coach and Teacher-in-Charge advance notification by email or a written note from my parents.