2016
Senior School Sport
Handbook
CONTENTS

Welcome
Sports Calendar
2015 Report
2015 Pennant Winning Teams
Physical Education Staff
2016 School Officials
Competition Guidelines for Players, Spectators and Captains
Team Selection
Fixture Schedules
General Information
Parent Volunteers
Breakfast
Term One
  • Swimming
  • Tennis
  • Volleyball
  • Rowing
Term Two
  • Rowing
  • Netball
  • Hockey
  • Cross Country
Term Three
  • Basketball
  • Athletics
  • Soccer
Term Four
  • Swimming
  • Softball
  • Water Polo
Fitness Centre
Sports Awards
Sports Assembly
Sports Uniform
WELCOME

This Sports Directory is designed to provide key sporting information about the year ahead including the School’s expectations. It will also allow you to plan which Interschool sports your daughter wishes to participate in during the course of the academic year.

St Hilda’s Anglican School for Girls participates in a range of School sporting competitions. The School offers a wide variety of different sporting avenues from team sports through to individual pursuits.

The School is a member of IGSSA, the Independent Girls’ Schools’ Sports Association of Western Australia. Member schools compete during the year in weekly sporting fixtures, and organise and participate in Interschool sports carnivals in a large variety of sports. IGSSA was established in 1963. It aims to provide quality sporting opportunities for students to participate at different levels of competition in the pursuit of a healthy and active lifestyle. For the latest information about IGSSA Sporting competitions, including current ladders, rules and venues, please visit the IGSSA website www.igssa.org.au.

IGSSA member schools include:
Iona Presentation College
Methodist Ladies’ College
Penrhos College
Perth College
Presbyterian Ladies’ College
Santa Maria College
St Hilda’s Anglican School for Girls
St Mary’s Anglican Girls’ School

St Hilda’s participates in the following IGSSA competitions across the academic year:

**Term One**
Swimming
Tennis
Volleyball

**Term Two**
Netball
Hockey
Cross Country
Rowing (Schoolgirls’ Rowing Association)

**Term Three**
Athletics
Basketball
Soccer

**Term Four**
Softball
Water Polo (WA Water Polo Association)

Interschool sporting fixtures can be found on the School website, Studywiz, sports noticeboards and pigeon holes that are accessible outside the Physical Education Office. Team lists, fixture information, and training details are all located on the sports noticeboards; these noticeboards should be checked regularly. In addition, announcements during Assemblies and via the daily news are made regularly about school sporting activities. Students may also approach the Physical Education staff sport coordinators and coaches for further information.

We encourage all students to actively strive towards excellence in all sporting endeavours, to work as a team and enjoy the camaraderie of new and old friendships. The School is highly competitive in numerous sports. Students are expected to fully commit to School Sports Teams by attending training sessions, fixtures and being prepared with the correct equipment and sports uniform.

I hope this directory helps to inform you about the vast array of sporting opportunities that are open to your daughter and the requirements of Interschool Sports representation. I sincerely look forward to seeing your daughter successfully represent the School throughout the course of the academic year.

If you have any questions regarding the Interschool Sporting program, please feel free to contact me on 9285 4100 or via email emme.wild@sthildas.wa.edu.au

Ms Emme Wild
Head of Sport
## SPORTS CALENDAR

### Term 1
- **Swim Meet 1 at St Hilda's**: Friday 5 February
- **Senior School Interhouse Swimming Carnival**: Thursday 11 February
- **Rowing Information Evening**: Tuesday 16 February
- **Independent Schools’ and Colleges’ Relays**: Sunday 21 February
- **Swim Meet 2 at St Hilda's**: Tuesday 1 March
- **Swim Team Breakfast**: Wednesday 9 March
- **Swimming Training – Whole Squad**: Thursday 10 March
- **IGSSA Swimming Carnival**: Friday 11 March
- **Rowing Camp**: Friday 1 April-Sunday 3 April
- **Rowing Sundowner**: Sunday 3 April

### Term 2
- **Senior School Interhouse Cross Country**: Thursday 28 April
- **SSWA Cross Country**: Saturday 7 May
- **Rowing Regatta 1**: Friday 20 May
- **Rowing Regatta 2**: Saturday 21 May
- **Cross Country Meet 1**: Friday 27 May
- **Rowing Regatta 3**: Saturday 28 May
- **Cross Country Meet 2**: Friday 10 June
- **Rowing Regatta 4**: Saturday 11 June
- **Cross Country Team Lunch**: Wednesday 15 June
- **IGSSA Cross Country**: Friday 17 June
- **Rowing Breakfast**: Friday 24 June
- **Rowing Head of the River**: Saturday 25 June
- **Rowing Dinner**: Saturday 25 June
- **Senior School Interhouse Athletics**: Tuesday 28 June

### Term 3
- **Athletics Meet 1**: Friday 29 July
- **Athletics Meet 2**: Friday 26 August
- **IGSSA Athletics Team Breakfast**: Monday 12 September
- **IGSSA Athletics**: Tuesday 13 September

### Term 4
- **Sports Assembly**: Wednesday 19 October
- **Year 8 Introduction to Rowing Program**: TBC
2015 REPORT

2015 SPORTS REPORT

What an amazing 2015 we have had. In the first half of the year we achieved excellent results in winning the 51st IGSSA Swimming Carnival for the fourth year in a row. We are also proud to announce that St Hilda’s won the title of Champion Hockey School in 2015. Our girls ran tirelessly in the IGSSA Cross Country Carnival and achieved second place, the first time in over 20 years.

Our team sports also had a number of pennant winning teams and saw dramatic improvements in their overall results. The PE Department is impressed with the commitment and work ethic of all athletes. The results indicate a continued strong improvement and excellence in sport at St Hilda’s.

Congratulations to St Marys who won the overall Champion School in Sport Trophy this year, with PLC finishing a close second. St Hilda’s finished THIRD overall for the third consecutive year.

Eleven St Hilda’s girls across Years 9 and 10 have been selected to attend the IGSSA Representative sporting tour to China and Malaysia in 2016. The tour is designed to provide our talented sporting students with the opportunity to tour in their chosen sport and compete at a higher level against girls from other countries.

Many of our girls continue to excel in the sports arena outside school, competing at Club, State and National Levels.

On Wednesday 21 October, we celebrated the 2015 sporting achievements of our girls at our annual Sports Assembly. The annual Sports Assembly acknowledges the contributions and achievements of sporting students at St Hilda’s and within the community. We celebrated those students who have become members of the 24s or 30s club, where students who participate in 24 or more IGSSA sports during their time at St Hilda’s are recognised for their contribution to sport. We also congratulated all girls who have been selected to represent either Western Australia in their chosen sport, or their country on a national level.

24s club award recipients

1. Alice Nixon
2. Matilda Simcock
3. Zoe Thomson
4. Catherine Fenna
5. Jessie Knox
6. Tess Sproul

30s club award recipients

1. Brittany Crawford
2. Alex Finlay – Jones
3. Georgia Sturgeon
4. Monika Blankenburgs
In total, 30 St Hilda’s girls from Years 7-12 represented Western Australia and/or Australia in 2015.

**State Representative award recipients**

**Year 7**

Sienna Eddy  
Selected to attend the National Dance Championships in Queensland

Matilde Hellier  
Represented Western Australia in Hockey

Sophie Lim  
Attended the WA State Junior Swimming Championships

Holly Mellor  
Represented Western Australia in Hockey

**Year 8**

Christine Aitken  
Represented Western Australia in Hockey

Paris Chisholm  
Represented Western Australia in Hockey

Jessica Eidne  
Represented Western Australia in Synchronised Swimming

Lucie Lodge  
Represented Western Australia in Equestrian

Sophie Skirving  
Represented Western Australia in Hockey

Mollie Pethick  
Represented Western Australia in Hockey

**Year 9**

Amy Brades  
Represented Western Australia in Athletics

Tia Eddy  
Selected to attend the National Dance Championships in Queensland

Alexandra Ho  
Qualified to attend the Australian Age Swimming Championships

Siena McQuillan  
Represented Western Australia in Cross Country

Elise Michael  
Represented Western Australia in Athletics

Evie Monro  
Represented Western Australia in Hockey

**Year 10**

Jenna Brown  
Qualified to attend the Australian Age Swimming Championships

Angela Chilwell  
Represented Western Australia in Hockey

Ailish Dey  
Represented Western Australia in Athletics

Sophie Fenna  
Qualified to attend the Australian Age Swimming Championships

Elizabeth Middleton  
Represented Western Australia in Indoor Hockey

Isabella Suleski  
Represented Western Australia in Hockey

**Year 11**

Georgia Boxley  
Represented Western Australia in Athletics

Sara Foster  
Represented Western Australia in Hockey

Emma Graham  
Represented Western Australia in Lacrosse

Olivia Lodge  
Represented Western Australia in Equestrian

**Year 12**

Alexandra Finlay-Jones  
Represented Western Australia in Diving

Matilda Simcock  
Represented Western Australia in Water Polo

Denver Young  
Represented Western Australia in Surfing

**National Representative**

Zoe Thomson  
Represented AUSTRALIA in Sailing

Zoe is currently placed 6th in the top 10 world ranking for 4.7 Lazers.
### 2015 Pennant Winning Teams

<table>
<thead>
<tr>
<th>Competition</th>
<th>Year(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>IGSSA Swimming Competition</td>
<td>Year 7, Year 9, Year 10</td>
</tr>
<tr>
<td>IGSSA Tennis Competition</td>
<td>Senior C, Junior B, Junior C, Junior D</td>
</tr>
<tr>
<td>IGSSA Cross Country</td>
<td>Year 10</td>
</tr>
<tr>
<td>IGSSA Hockey Competition</td>
<td>Year 7/8 B, Junior A</td>
</tr>
<tr>
<td>IGSSA Netball Competition</td>
<td>Year 7/8 H</td>
</tr>
<tr>
<td>IGSSA Rowing Competition</td>
<td>Head of the River Champion – Freshman Scull A, Consistency Pennant – Year 9 Scull B, Consistency Pennant - Year 10 Scull, Consistency Pennant – Year 10 Quad C</td>
</tr>
<tr>
<td>IGSSA Basketball Competition</td>
<td>Year 7/8 D, Junior C, Junior E</td>
</tr>
<tr>
<td>IGSSA Soccer Competition</td>
<td>Year 7/8 A</td>
</tr>
<tr>
<td>IGSSA Softball</td>
<td>Junior C, Junior D</td>
</tr>
</tbody>
</table>

We continue to promote ‘being active’ through our Fitness Centre offering Strength and Conditioning training, Running Club, Pilates, Zumba, Yoga and Swim for Fitness classes. These activities are varied to allow enjoyment for all our students, complement our IGSSA program and provide valuable cross training. The Fitness Centre will continue to feature in 2016. Activities will run all year round for students who like to train in this way and assist with rehabilitation programs for our girls.

We look forward to a fantastic year ahead on the sporting field in 2016.
PHYSICAL EDUCATION STAFF

Sharon Sinclair    Head of Health and Physical Education
Emme Wild    Head of Sport
Naomi Bryant    Senior School Physical Education
Clare Hart    Senior School Physical Education
Steve Petsos    Senior School Physical Education
Jo Swain    Senior School Physical Education
Michael O’Sullivan    Senior School Physical Education
Zoe Timmers    Senior School Physical Education
Emma King    Senior School Physical Education
Wendy Rickarby    Junior School Physical Education
Lara Clarke    Junior School Physical Education
Angela Cowcher    Sport Administration Assistant

2016 SCHOOL OFFICIALS

Senior School Sports Captain: Sara Foster

Senior School House Captains:

Blackwood    Noelli Bariacto
De Grey    Annie Gooch
Fitzroy    Isabelle Honey
Gascoyne    Eleanor Shenton
COMPEITION GUIDELINES FOR PLAYERS, SPECTATORS AND CAPTAINS

Guidelines for Players

- All participants will conform to the standard of dress as required by St Hilda’s and IGSSA
- There should be no interaction with the umpire about decisions – an umpire’s decision is final
- Always respect effort and never ridicule or scorn another player
- Players should concentrate on play rather than focusing on the score
- Players must treat coaches with respect and conform to the rules
- Participation should be challenging and enjoyable
- If a student is unable to play in a match due to another commitment she must inform the Physical Education Department and her team captain at least 48 hours prior to the match and find a reserve to replace her.
- If a student is ill and unable to play in a match she must contact the Physical Education Department as early as possible
- Students must attend training
- If a student signs up for a sport she is required to play for the duration of the season
- St Hilda’s does not condone the organisation or attendance of students at social gatherings before or after authorised school functions or events

Guidelines for Spectators (Friends and Parents)

- Spectators should encourage good sporting spirit
- Spectators should show enthusiasm and encouragement for all players
- Spectators should reward the efforts of the players rather than the outcome of the game
- Spectators should show respect for the rules and those in authority by word and example
- Spectators must not engage in any verbal or physical abuse
- Spectators should encourage the students to adopt a healthy attitude towards winning and losing by demonstrating a controlled, disciplined approach towards competition
- Spectators should not verbalise their opinions of umpiring decisions
- The Head of Department will refer inappropriate behaviour by spectators to the relevant school Principal
- St Hilda’s does not condone the organisation of social gatherings before or after authorised school functions or events

Guidelines for Overall Captain

- Encourage team spirit and unity within the sport
- Liaise with the Teacher in Charge to promote your sport
- Ensure that all team members treat the coaches and umpires with respect
- Ensure that you report any problems to the Physical Education staff member on duty as soon as possible
- Attend Sports Assembly

Guidelines for Captains

- Encourage team spirit and unity within the team
- Ensure on the morning of the match that you have a full team (notify the PE Department by lunch time if your team is short so that replacements can be found)
- Ensure that all of the members of your team adhere to the guidelines herein
- Ensure that your team members treat the coaches and umpires with respect
- Ensure that you report any problems to the physical education staff member on duty as soon as possible

If these guidelines are not adhered to, the player or spectators involved may be asked to leave the centre where the game is being played. The Head of Sport and the Principal will then address the problem.
TEAM SELECTION

Selection of players for events and teams is conducted on a professional basis by experienced staff and coaches.

Attendance at training and matches is compulsory for those selected in teams. Only in exceptional circumstance will permission for absence be granted. If you are not able to attend training or a match you must inform the teacher in charge as soon as possible and find a suitable replacement for the fixture. Failure to do so may result in match suspension or omission from the team.

The selection of students is made by professional staff and coaches. Selection criteria are primarily based on performance, attendance and commitment and we ask all parents to support our decisions with regards to team selection.

Please contact the staff member in charge, not the coach of the relevant sport if you require additional information.

Please note: Due to limited teams determined by IGSSA, not all students will be selected to represent St Hilda’s in this competition. St Hilda’s provides a fitness centre schedule and, where the numbers are too great for a particular sport, we will continue to provide the wonderful opportunity of a reserve squad for those students who would like to develop their skills further and have an opportunity to play other schools when able to be facilitated. This will be determined on a term by term basis and on the availability of teams from other IGSSA schools.

FIXTURE SCHEDULES

Fixtures will be distributed at the start of the term and will be available from the pigeon holes outside the PE office. Fixtures will also be placed on the School website and on Studywiz.

GENERAL INFORMATION

Game Times for Matches
Terms 1 and 4
Buses return from Perth College, St Mary’s and Penrhos at approximately 6.00pm. For closer venues the bus will return by 5.45pm. Home matches will commence at 4.00pm and conclude at 5.30pm.

Terms 2 and 3
Buses return from Perth College, St Mary’s and Penrhos at approximately 6.00pm. For closer venues the bus will return by 5.45pm. Home matches will commence at 4.00pm and conclude at 5.15pm for Hockey and 5.30pm for Netball.

Collecting your daughter from an ‘away’ venue
Parents are reminded that we will not delay departure from an IGSSA sporting fixture and wait for parents to collect daughters from the venue. If you wish to collect your daughter from an ‘away’ venue, you must be available to collect her at the time the match finishes. If you are not present, your daughter will return to St Hilda’s on the bus with her team. As you will appreciate, we will not leave a student by herself at a venue.
PARENT HELPERS

This year we will again be relying on the assistance and support from parent volunteers.

We will be looking for helpers to assist at the following sporting meets.

Dates:

<table>
<thead>
<tr>
<th>Sport Meet</th>
<th>Year group</th>
<th>Venue</th>
<th>Description of Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 5 February</td>
<td>7-12</td>
<td>St Hilda’s Pool</td>
<td>Swim Meet 1</td>
<td>5.30pm – 8.15pm</td>
</tr>
<tr>
<td>Tuesday 1 March</td>
<td>7-12</td>
<td>St Hilda’s Pool</td>
<td>Swim Meet 2</td>
<td>4.00pm – 6.30pm</td>
</tr>
<tr>
<td>Friday 29 July</td>
<td>7-12</td>
<td>WA Athletics Stadium</td>
<td>Athletics Meet 1</td>
<td>4.00pm – 6.00pm</td>
</tr>
<tr>
<td>Friday 26 August</td>
<td>7-12</td>
<td>WA Athletics Stadium</td>
<td>Athletics Meet 2</td>
<td>4.00pm – 6.00pm</td>
</tr>
</tbody>
</table>

Your generosity and time will be appreciated. Please email Emme Wild at emme.wild@sthildas.wa.edu.au to advise which of these events you will be able to assist with. These meets are quickly upon us so please reply as soon as possible.

BREAKFAST

It is important all students eat a nutritious breakfast after an early morning training session. Breakfast is available for all students to be purchased from the School Café using their student card only. Alternatively students can bring their own from home. The Café opens at 7.30am.
TERM ONE

SWIMMING

Terms: One and Four

Trials: Years 7 – 12 Term One – Week 1

Training
Years 7 -12

Monday 3.45pm-5.00pm
Tuesday 6.15am-7.45am
Wednesday 6.15am-7.45am
Thursday 6.15am-7.45am
Friday Please check aquatic schedule for times

Senior School Competitions
• Swim Meet 1 Friday 5 March
• Interhouse Swimming Carnival (Years 7-12) Thursday 11 February
• Independent Schools and Colleges Relays (selected students) Sunday 21 February
• Swim Meet 2 Tuesday 1 March
• Swim Team Breakfast Wednesday 9 March
• Swimming Training – Whole Squad Thursday 10 March
• IGSSA Swimming Competition Friday 11 March

Team Selection Process
The selection is based on the results from the Interhouse Carnival, attendance and performance at training and at the other meets listed above. All training is at St Hilda’s pool.

Uniform and Equipment:
• Interschool bathers
• Interschool swimming cap
• School swimming cap
• Towel
• Goggles
• Adequate recovery food

Term 4 - Pre competition Training
Training will be also held on Monday, Wednesday and Friday during Term 4 and the summer holidays on Monday, Wednesday and Friday. Times will be advised.

Additional event information and results can be found at the following websites:

IGSSA Sport: www.igssa.org.au
Swimming Association Western Australia: http://wa.swimming.org.au
Bay View Saints Swimming Club www.bayviewsaints.com.au
TENNIS

Terms: One (training and matches) and Four (private coaching sessions only)

Teams
Years 7 and 8: A, B, C and D Teams - three doubles pairs in each team
Juniors (Years 9 and 10): A Team – four singles players and two doubles pairs
B, C and D Teams – three doubles pairs in each team
Seniors (Years 11 and 12): A Team four singles players and two doubles pairs
B and C Teams – three doubles pairs in each team

Trials: TBA

Team Selection Process
The Tennis Coordinators and the coaches will select the team based on attendance and performance at trials and training.

Training
Monday Seniors 6.45am – 8.00am at Bay View Tennis Courts
Monday Years 7 and 8 3.45pm - 5.00pm at Bay View Tennis Courts
Tuesday Juniors 3.45pm - 5.00pm at Bay View Tennis Courts

Matches
Years 7 and 8 Monday and Wednesday 3.45pm-5.30pm
Seniors Monday and Wednesday 3.45pm-5.30pm
Juniors Tuesday and Thursday 3.45pm-5.30pm

Uniform and Equipment:
- Blue skort
- White school shirt
- School sports hat and water bottle
- Adequate recovery food

Private Lessons – Bay View and Chidley Campuses
Impact Tennis provides a comprehensive coaching service at St Hilda’s. The Tennis Director, Brad Ladyman, is committed to fostering every student at St Hilda’s to develop to her full potential. Private, group or squad lessons are offered at a time that is convenient to students. If you have any queries about the program or tennis coaching lessons, please contact Brad Ladyman on 0419 944 711 or email bladyman@me.com you can also visit www.impacttennis.com.au

Club Contacts
Tennis West (State Tennis Centre) www.tennis.com.au/wa 6462 8300
Peppermint Grove Tennis Club www.pgtc.com.au 0421 027 466 (office)
Cottesloe Tennis Club www.cottesloetennis.com.au 9385 2789
Dalkeith Tennis Club www.dalkeithtc.com 9386 5717

Additional event information and results can be found at the following websites:

IGSSA Sport: www.igssa.org.au
Tennis Australia: www.tennis.com.au
VOLLEYBALL

Term: One

Teams
Years 7 and 8: A, B, C, D, E and F Teams
Juniors (Years 9 and 10): A, B, C, D, E and F Teams
Seniors (Years 11 and 12): A, B, C and D Teams

Trials: TBA

Team Selection Process
The Volleyball Coordinators and the coaches will select the team based on attendance and performance at trials and training.

Training
Years 7 and 8 Monday 3.45pm-5.00pm at Bay View Campus
Seniors Monday 3.45pm-5.00pm at Bay View Campus
Juniors Tuesday 3.45pm-5.00pm at Bay View Campus

Matches
Years 7 and 8 Monday and Wednesday 3.45pm-5.30pm
Seniors Monday and Wednesday 3.45pm-5.30pm
Juniors Tuesday and Thursday 3.45pm-5.30pm

Please contact the Volleyball Coordinators for additional training times.

Uniform and Equipment:
- IGSSA sports shirt
- School sports shorts
- Blue sports socks
- School sports hat and water bottle
- Adequate recovery food

Club Contacts
Volleyball WA www.volleyballwa.com.au
Balcatta Volleyball Club www.balcattavolleyball.com.au
UWA Volleyball Club www.uwavolleyballclub.com
Southern Cross Volleyball Club www.southerncrossvball.org.au

Additional event information and results can be found at the following website:

IGSSA Sport: www.igssa.org.au
**ROWING (Years 8 – 12)**

**Terms:** One and Two

**Teams**

Year 8   
Introduction to Rowing Program – Term Four only

Year 9-12   
Freshmen   
Girls who have not rowed previously in Years 10, 11, 12

**Training**

**Water & Land sessions - TBA**

**Term One**

**Seniors**

Monday & Friday 5.40-7.30am, Saturday 6:30-9:30am  
UWA Boatshed

Monday & Wednesday 3.45-5.00pm  
Bayview Fitness Centre

**Freshmen**

As per age group

**Year 10**

Monday & Thursday 5.40-7.30am, Saturday 6.30-9.30am  
UWA Boatshed

Friday 3.45-5.00pm  
Bayview Fitness Centre

**Year 9**

Tuesday & Thursday 5.40-7.30am (starting week 2)  
UWA Boatshed

Saturday 7.30-9.30am (starting week 2)  
Bayview Fitness Centre

Wednesday 3.45 – 5:00pm  
Bayview Fitness Centre

**Term Two**

**Seniors**

Mon, Wed & Fri 5.40-7.30am, Saturday 6.30-10.30am  
Cygnet Hall or Regatta

Tuesday & Thursday 3.45-5.00pm  
Bayview Fitness Centre

**Freshmen**

As per age group

**Year 10**

Mon, Wed & select Fridays 5.40-7.30am, Saturday 6.30-9.30am  
Cygnet Hall or Regatta

Monday 3.45-5.00pm  
(TBC)  
Bayview Fitness Centre

**Year 9**

Tue & Thurs 5.40-7.30am, Saturday 7.30-11.30am  
Cygnet Hall or Regatta

Wednesday 3.45-5.00pm  
Bayview Fitness Centre

**Rowing Information Evening**

The Rowing Information Evening will be taking place on Tuesday 16 February in the Joy Shepherd Performing Arts Centre from 6.30 – 7.30pm. Parents of interested rowers (Years 9-12) are invited to attend. Light refreshments will be provided.

**Regatta Dates**

<table>
<thead>
<tr>
<th>Regatta</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regatta 1</td>
<td>Saturday 7 May</td>
</tr>
<tr>
<td>Regatta 2</td>
<td>Saturday 21 May</td>
</tr>
<tr>
<td>Regatta 3</td>
<td>Saturday 28 May</td>
</tr>
<tr>
<td>Regatta 4</td>
<td>Saturday 11 June</td>
</tr>
<tr>
<td>Head of the River</td>
<td>Saturday 25 June</td>
</tr>
</tbody>
</table>

**Rowing Camp**

Rowing camp will be held April 1-3 2016, leaving the school at 1.00pm on Friday and finishing with a Sundowner at Cygnet Hall from 4.00-6.00pm. Every rower in Years 9 to 12 is expected to attend.

**More Information**

Please refer to the 2016 Rowing Handbook for further details (available from the PE Department)
Club Contacts
UWA Rowing    www.uwarowing.org.au    0403 903 636
Rowing WA     www.rowingwa.asn.au    9364 3905
Fremantle Rowing Club    www.fremantlerowing.com    0413 943 029
Swan River Rowing Club    www.srrc.org.au    0417 932 246
West Australian Rowing Club    www.warowingclub.org    0412 073 599

Additional event information and results can be found at the following website:

IGSSA Sport:    www.igssa.org.au
TERM TWO

NETBALL

Term: Two

Teams
Seniors (Years 11 and 12) A, B, C and D Teams
Juniors (Years 9 and 10) A, B, C, D, E, F, G and H Teams
Years 7 and 8 A, B, C, D, E, F and G Teams

Training
Years 7 and 8 Monday 3.45pm-5.00pm
Seniors Tuesday 6.45am-8.00am
Juniors Tuesday 3.45pm-5.00pm

Matches
Years 7 and 8 Monday and Wednesday 3.45pm-5.30pm
Seniors Monday and Wednesday 3.45pm-5.30pm
Juniors Tuesday and Thursday 3.45pm-5.30pm

Trials: TBA

Team Selections Process
The Netball Coordinator and coaches will select teams based on performance and attendance at trials and training.

Uniform and Equipment:
- IGSSA sports shirt
- Blue skort
- Blue sports socks
- Water bottle
- Adequate recovery food

Club Contacts
Netball WA www.netballwa.com.au 9380 3700
Perth Netball Association www.perthnetball.com.au 9387 7011
Fremantle Netball Association www.fremantlenetball.com.au 9335 6253 / 9335 3430

Additional event information and results can be found at the following website:

IGSSA Sport: www.igssa.org.au

St Hilda’s Netball Club
The St Hilda’s Netball Club was set up in 2015 allowing girls in Years 3-6 the opportunity to develop their netball skills through well-structured training sessions, as well as to compete in the Perth Netball Association winter competition. Fixtures are played on Saturdays from May through to September. This year, the St Hilda’s Netball Club will branch into Senior School providing select Year 7 girls with the opportunity to train during Term 1 and compete in the Perth Netball Association Competition in Term 2 and 3. Due to team number restrictions, those girls who competed for St Hilda’s Netball Club in Year 6 will be given priority registration.
HOCKEY

Term: Two

Teams
Seniors (Years 11 and 12) A and B Teams
Juniors (Years 9 and 10) A and B Teams
Years 7 and 8 A and B Teams

Training
Years 7 and 8 Monday 3.45pm–5.00pm at Bay View Campus
Seniors Thursday 6.45am – 7.45am at Bay View Campus
Juniors Tuesday 3.45pm-5.00pm at Bay View Campus

Matches
Years 7 and 8 Monday and Wednesday 3.45pm-5.15pm
Seniors Monday and Wednesday 3.45pm-5.15pm
Juniors Tuesday and Thursday 3.45pm-5.15pm

Trials: TBA

Team Selections Process
The Hockey Coordinator and coaches will select teams based on performance and attendance at trials and training.

Uniform and Equipment:
- IGSSA sports shirt
- Blue skort
- School hockey socks
- School sports hat and water bottle
- Shin pads
- Mouthguard (compulsory for all trainings and games)
- Adequate recovery food

Club Contacts
WA Hockey Association www.hockeywa.org.au 9351 4300

Additional event information and results can be found at the following website:

IGSSA Sport: www.igssa.org.au
CROSS COUNTRY

Term: Two

Training
Years 7 - 12
Monday 6.30am – 8.00am at Bay View Campus and Perry Lakes
Wednesday 6.30am – 8.00am at Bay View Campus and Perry Lakes
Thursday 6.30am – 8.00am at Bay View Campus and Perry Lakes
Friday 6.30am – 8.00am at Bay View Campus and Perry Lakes

Senior School Competitions
- Interhouse Cross Country Carnival (Years 7-12) Thursday 28 April
- School Sports WA (SSWA) Cross Country Carnival (State Trials) Friday 20 May
- Cross Country Meet 1 Friday 27 May
- Cross Country Meet 2 Friday 10 June
- Cross Country Team Lunch Wednesday 15 June
- IGSSA Cross Country Competition Friday 17 June

Team Selection Process
Training places are unlimited. However, selection to race at IGSSA Cross Country is based on the results from the Interhouse Cross Country Carnival, cross country meets, attendance and performance at training. All reserves will be in the team and are eligible for Awards.

IGSSA Teams
Year 7 10 competitors plus reserves
Year 8 10 competitors plus reserves
Year 9 10 competitors plus reserves
Year 10 10 competitors plus reserves
Years 11 and 12 10 competitors combined plus reserves

Uniform and Equipment for training:
- School sports shirt
- School sports shorts
- School leggings
- Navy blue pants (mid-thigh)
- Blue socks
- School sports hat and water bottle
- Adequate recovery food

Uniform and Equipment for competition:
- Interschool singlet
- Navy blue pants (mid-thigh)
- Blue socks

Club Contacts
WA Little Athletics Association www.walittleathletics.com.au 9388 2339
UWA Little Athletics Centre www.uwalac.com 0412 101 047

Additional event information and results can be found at the following website:
IGSSA Sport: www.igssa.org.au
TERM THREE

BASKETBALL

Term:  Three

Teams
Seniors (Years 11 and 12)  A and B Teams
Juniors (Years 9 and 10)   A, B, C and D Teams
Years 7 and 8             A, B, C, D and E Teams

Training
Years 7 and 8             Monday  3.45pm-5.00pm at Bay View Campus
Seniors                   Monday  6.45am- 8.00am at Bay View Campus
Juniors                   Tuesday 3.45pm-5.00pm at Bay View Campus

Matches
Years 7 and 8             Monday and Wednesday 3.45pm-5.15pm
Seniors                   Monday and Wednesday 3.45pm-5.15pm
Juniors                   Tuesday and Thursday  3.45pm-5.15pm

Trials:                   TBA

Team Selections Process
The Basketball Coordinator and coaches will select teams based on performance and attendance at trials and training.

Uniform and Equipment:
- Basketball singlet provided by PE Department
- School sports shorts
- Blue sports socks
- Water bottle
- Adequate recovery food

Club Contacts
Basketball WA  www.basketballwa.asn.au   6272 0741

Additional event information and results can be found at the following website:

IGSSA Sport:  www.igssa.org.au
ATHLETICS

Term: Three

Age Groupings Year 7, Year 8, Year 9, Year 10, Years 11 and 12 (Combined)

Events
Field Events: Discus, Javelin, Shot-Put, Long Jump, High Jump
Track Events: 100m, 200m, 400m, 800m, 1500m, Hurdles, Relays

Training
Monday 6.30am – 8.00am at Bay View Campus and/or Davis Oval
Tuesday 6.30am – 8.00pm at Bay View Campus and/or Davis Oval
Wednesday 6.30am – 8.00am at Bay View Campus and/or Davis Oval
Thursday 6.30am – 8.00am at Bay View Campus and/or Davis Oval
Friday 6.30am – 8.00am at Bay View Campus and/or Davis Oval
Friday 3.45pm – 6.30pm at WA Athletics Stadium (TBA)

Senior School Competitions
• Interhouse Athletics Carnival (Years 7-12) Tuesday 28 June
• Athletics Meet 1 Friday 29 July
• Athletics Meet 2 Friday 26 August
• IGSSA Athletics Team Breakfast Monday 12 September
• IGSSA Athletics Competition Tuesday 13 September

Team Selection Process
Training places are unlimited. However, selection is based on the results from the Interhouse Athletics Carnival, Athletics meets, attendance and performance at training.

Uniform and Equipment for training:
• School sports shirt
• School sports shorts
• Navy blue pants (mid-thigh)
• Blue Socks
• Running spikes
• School sports hat and water bottle
• Adequate recovery food

Uniform and Equipment for competition:
• Interschool singlet
• Navy blue pants (mid-thigh)
• School sports shorts (throwers only)
• Blue socks

Club Contacts
WA Little Athletics Association www.walittleathletics.com.au 9388 2339
Athletics WA www.waathletics.org.au 6272 0480

Additional event information and results can be found at the following website:

SOCCER

Term: Three

Teams
Seniors (Years 11 and 12) A Team
Juniors (Years 9 and 10) A and B Teams
Years 7 and 8 A and B Teams

Training
Years 7 and 8 Monday 3.45pm–5.00pm at Davis Oval and Bay View Campus
Seniors Monday 3.45pm-5.00pm at Davis Oval and Bay View Campus
Juniors Tuesday 3.45pm-5.00pm at Davis Oval and Bay View Campus

Matches
Years 7 and 8 Monday and Wednesday 3.45pm-5.15pm
Seniors Monday and Wednesday 3.45pm-5.15pm
Juniors Tuesday and Thursday 3.45pm-5.15pm

Trials: TBA

Team Selections Process
The Soccer Coordinators and coaches will select teams based on performance and attendance at trials and training.

Uniform and Equipment:
- IGSSA sports shirt
- School sports shorts
- School hockey socks
- School sports hat
- Shin pads - compulsory
- School sports hat and water bottle
- Adequate recovery food

Club Contacts
Football West www.footballwest.com.au 9422 6900
UWANFC (Nedlands) www.uwanfc.com.au 9389 1880

Additional event information and results can be found at the following website:

TERM FOUR

SOFTBALL

Term: Four

Teams
Seniors (Years 10 and 11)  A, B, C and D Teams
Juniors (Years 7, 8 and 9)  A, B, C, D, E, F, G and H Teams

Training and Matches
Juniors (Years 7, 8 and 9)  Tuesday, Wednesday and Thursday  3.45pm-5.00pm (matches 5.30pm)
Seniors (Years 10, 11)  Monday, Wednesday and Thursday  3.45pm-5.00pm (matches 5.30pm)

Trials: TBA

Team Selections Process
The Softball Coordinators and coaches will select teams based on performance and attendance at trials and training.

Uniform and Equipment:
• IGSSA sports shirt
• School softball pants
• School hockey socks
• School sports hat and water bottle
• Adequate recovery food

Club Contacts
Softball WA  www.wa.softball.org.au  9349 9911
Rookies Softball Club  9271 2421 / 0409 290 808
UWA Softball Club (McGillivray Oval)  www.uwabaseball.com.au  0400 783 350

Additional event information and results can be found at the following website:

WATER POLO

Term: Four

Teams:
Seniors (Years 10 and 11) A and B Teams
Juniors (Years 7, 8 and 9) A and B Teams

Training
Seniors TBA 6.45am-7.45am at St Hilda’s Pool
Juniors TBA 6.45am-7.45am at St Hilda’s Pool

Matches
Competition structure TBA.

Trials: TBA

Team Selections Process
The Water Polo Coordinators and coaches will select teams based on performance and attendance at trials and training.

Uniform and Equipment:
- School bathers
- School swimming cap

Club Contacts
West Australian Water Polo Association www.waterpolowa.asn.au 9387 7555
City Beach Water Polo Club – HBF Stadium Pool Email: dkelly@apilgroup.com
www.citybeachwpclub.com.au
Dolphins Water Polo Club – Claremont Pool Email: admin@dolphinswpc.com.au
www.dolphinswpc.com.au

Additional event information and results can be found at the following website:

BAY VIEW FITNESS

Bay View Running Club

Terms: One, Two, Three and Four
Training: Years 7 – 12

Bay View Fitness Activities

Terms: One, Two, Three and Four
Activities: Strength and Conditioning
            Swim For Fit
            Zumba / Yoga / Pilates / Fitbox
Training: Years 7 – 12

Please refer to the Fitness Centre schedule at the start of each term for activities, days and schedule.
SPORTS AWARDS

Students who represent the School in a number of sports and attend 90% of trainings and matches/competitions for the season may be eligible for a Sports Award.

The following criteria for the Sports Awards are outlined below:

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<tr>
<th>Year</th>
<th>Cream Bar</th>
<th>Blue Bar</th>
<th>Gold Bar</th>
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<th>2 Bands</th>
<th>Colours</th>
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<td>Outstanding</td>
<td>Exceptional</td>
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</tbody>
</table>

**Membership:** The student has been a member of an Interschool team and has attended matches and training regularly

**Outstanding:** The student has been a member of the A team or a member of a pennant winning team in any team.

**Exceptional:** The student has been an exceptional player in school teams over a number of years or has been a State representative who has made a major contribution to the School.

**24s Club and 30s Club**
Students who participate in 24 or more IGSSA Sports during their time at St Hilda’s are eligible to apply for recognition in either the 24s Club or 30s Club. Forms are available on Studywiz and must be emailed by the due date to 24club.club@sthildas.wa.edu.au. Only electronic forms will be accepted.

**State and National Representatives**
Forms are available on Studywiz and must be emailed to statenational.rep@sthildas.wa.edu.au by the due date. A stamped letter from the governing sporting body verifying the student’s inclusion in a team and a photograph must accompany the form. Only electronic forms will be accepted.

SPORTS ASSEMBLY

The annual Sports Assembly acknowledges the contribution and achievements of sporting students at St Hilda’s, and at State and National levels. To be invited to the Sports Assembly, students must be:

- a School Sports Captain or Vice Captain
- a State or National representative in a particular sport
- inducted as a 24s or 30s Club member

This year’s annual Sports Assembly will be taking place on Wednesday 19 October 2016.
SPORTS UNIFORM

Hockey

Soccer

Volleyball

Basketball
(singlet to be provided)

Tennis

Tennis Full Whites

Rowing (Training)
(with white hugger)

Swimming Classes and Water Polo
(School bathers)

Competition Swimming

New rowing zoot to be finalised in 2016.
SPORTS UNIFORM

Winter Sports Jacket
(Optional)