



Pittwater House

Senior School - Sport Nominations

Athletics

Running Academy

The Pittwater House Running Academy program will be for athletes who are looking to compete in the upcoming Cross Country and Athletic seasons. Our program will develop skills and all aerobic systems to provide a platform, so athletes can compete competitively at the upcoming running events.

Sessions are designed and will be taken by Jack McPhee, who is a qualified Athletics, Triathlon, and Swim coach. Jack brings outstanding technical knowledge and expertise to the coaching role. In addition, his engaged and outgoing personality and experience competing at top levels gives him a perfect platform to assist Junior runners reach their full potential and create a positive team environment in the process.

- Day/Time: Thursdays 3:30pm – 4:30pm
Dates: Term 1: 17 February to 7 April (Week 3-10)
Cost: The cost is \$150 per term (8-week program)
Uniform: Students are required to wear their full Pittwater House PE uniform.
Venue: Pittwater House Oval

If your child would like to participate in the Term 1 Running Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Athletics folder.

Senior School Athletics Carnival

- Date: 29 April 2022
Location: Sydney Academy of Sport, Narrabeen

Diving

CIS Senior School Diving Championships - Nominations Due: 25 March 2022

- Date: 3 May 2022
Location: Sydney Olympic Park Aquatic Centre

If your child would like to compete at the CIS Senior Diving Championships, please submit the permission eForm found on our Skoolbag App in the Sport > Diving folder before the nomination due date. Anyone with diving experience can enter this event.

Fitness

College and Grammar Fitness

The PDHPE Department conducts fitness training in the Fitness Centre at The Pittwater House Schools. The Fitness Centre provides some excellent facilities for boxing, fitness and cardiovascular training which can help to build fitness and strength levels for upcoming school sporting teams and activities.

- Day/Time: College – Mondays and Thursdays from 12:50pm – 1:35pm (Lunch)
Grammar – Tuesdays and Wednesdays from 12:50pm – 1:35pm (Lunch)
- Dates: Commences Week 3 of Term 1 and Week 2 of Term 2, 3 and 4
- Age Group: 15 years of age and above
- Uniforms: Students are required to wear their full Pittwater House PE uniform. Inner gloves will be required for hygiene reasons and can be purchased from all sports stores. A towel will be required when using equipment in the Fitness Centre and a water bottle is recommended to rehydrate throughout the workout.
- Cost: No cost for this activity

Football (Soccer)

Advanced Football Academy

The Pittwater House Advanced Football Academy offers a rare opportunity for students to further their football skills. This will be an 8-week program with a different focus each week covering all aspects of elite football training including speed, strength and tactical training, sprint technique, fitness principles and footwork.

- Day: Mondays 4:30pm to 5:30pm
- Dates: Term 1 - 14 February to 4 April (Week 3-10)
- Cost: \$150 per term (8-week academy)
- Age Group: Students in Years 7-12
- Uniform: Students are required to wear their full Pittwater House PE uniform.
- Venue: The Academy is run on the School Oval and moved to the Indoor Sports Centre in wet weather or extreme heat.

If your child would like to participate in the Term 1 Advanced Football Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder.

Peninsula Cup Football Competitions

The Peninsula Cup Football Competition is played against various schools on the Northern Beaches.

- Time: 4:00pm – 5:00pm
- Location: Games are played at various schools (See draw once published)
- Uniform: TPHS Football jersey (available from the Sports Office), TPHS shorts, TPHS sport socks and shin pads.
- Cost: \$50 per season

Grammar Football - **Nominations Due: 25 February 2022**

U14 Boys – Term 2 on Thursday afternoons

U16 Boys – Term 2 on Tuesday afternoons

U18 Boys – Term 2 on Wednesday afternoons

If your child would like to play in this competition, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder before the nomination due date.

CDSSA Football Trials - **Nominations Due: 5 March 2022**

Date: 6 May 2022

All students in Years 7 to 12 who currently play high grade club or rep Football can nominate to represent Pittwater House at the CDSSA Football Trials in the U15 Girls, U16 Boys, Open Girls and Open Boys Football Teams. At these trials, students can be selected to then represent CDSSA at the AICES Championships in Mid-May.

If your child would like to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder before the nomination due date.

Golf

CIS Golf Championships - **Nominations Due: 7 March 2022 (CIS paper selection)**

Date: 21 March 2022

All Students must be a member of a recognised Golf Club and their handicap at the time of nomination does not exceed 9 in the case of boys, and 32 in the case of girls. If the field is too large, players may be balloted based on handicap.

If your child would like to attend these Championships, please submit the permission eForm found on our Skoolbag App in the Sport > Golf folder before the nomination due date.

Hockey

AICES U16 Girls and Open Boys and Girls Hockey Trials - **Nominations Due: 7 March 2022**

Date: 24 March 2022

Nominations are open to students in Years 7-12. Students will be given the opportunity to trial and be selected to represent AICES at the CIS Championships.

If your child would like to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Golf folder before the nomination due date.

Please Note: The U16 Boys Pathway is straight to NSW All Schools. U16 Boys nominations to be sent to the Sports Office with a complete playing history.

Netball

Manly Warringah Netball Competition – Nominations Due: 11 February 2022

If your child would like to play netball for the newly formed Pittwater House Netball Club in 2022 on Saturdays at the John Fisher Netball Courts, North Curl Curl, please submit the permission eForm found on our Skoolbag App in the Sport > Netball folder before the nomination due date.

Age Group	Players aged 8 to 9 will play as part of the NetSetGo Program in a modified competition Players aged 10 upwards will play full competition Netball
Dates:	Commences Saturday 4 April 2022
Time:	To be confirmed
Cost:	\$200
Additional Cost:	Netball Dress \$85 or Netball Singlet \$45
Uniforms:	Pittwater House Netball Uniform

CDSSA Netball Gala Day - Nominations Due: 10 February 2022

Date: 23 March 2022

All Year 7 to 12 College students are welcome to trial for either the Pittwater House U15 or Open team to play at the CDSSA Netball Gala Day. The winning U15 and Open team will then go on to represent CDSSA and their school at the AICES Schools Cup Championships (Team Pathway). At the CDSSA Gala Day, the selectors will nominate 10 girls for the U15 team and 10 girls for the Open team to play at the AICES Championships (Individual Pathway).

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Netball folder before the nomination due date.

Rowing

NSW Schoolgirls Head of the River - Nominations Due: 14 February 2022

Date: 12 March 2022

Location: Sydney International Regatta Centre

More information available in February 2022. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

NSW Schoolboy Head of the River - Nominations Due: 14 February 2022

Date: 13 March 2022

Location: Sydney International Regatta Centre

More information available in February. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

Sailing

NSW All Schools Sailing Championships (Senior School) - Nominations Due: 11 March 2022

Date: 11-14 April 2022

More information available February 2022. If your child is interested in competing, please email sportsoffice@tphs.nsw.edu.au.

Snowsports Raceweek

Interschools Snowsports Championships - Nominations: 18 February 2022

Each year, Pittwater House competes at the NSW Interschools Snowsports Championships in the Term 2 School Holidays.

Camp Dates: Sunday 10 July to Sunday 17 July 2022

Competition: 11 - 15 July 2022

Location: Perisher

Age Groups: Kindergarten to Year 6 (must stay with parents)

Year 7 to Year 12 (can stay with parents OR with school accommodation)

Junior students & Senior students staying with parents:

Cost: \$200 Admin and Staff race supervision fee.

Excludes: TPHS snow jacket hire, race fees, registration, and equipment/clothing hire.

Senior students staying with Pittwater House on Camp:

Cost: \$2150 which includes accommodation, transport, six-day lift pass, two compulsory lessons, National Park entry, all breakfast and dinners.

Excludes: TPHS snow jacket hire, race fees, registration, lunches and equipment/clothing hire.

Spots are limited so get in quick!

If your child would like to compete in the 2022 Interschools Snowsports Championships, please submit the permission eForm which is now available via our Skoolbag App in the Sport > Snowsports folder.

Softball

CIS Open Boys Softball Championship - Nominations Due: 21 February 2022

Date: 7 March 2022

As there are no AICES Trials, nominations are straight to CIS (NSW Combined Independent Schools). A full playing history must be supplied to the Sports Office with a nomination. Successful nominations will play in the CIS team at the NSW All Schools Open Boys Championships on 17 May 2022.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Softball folder before the nomination due date.

Surfing

Advanced Boardriders Academy

The aim of Pittwater House Advanced Boardriders Academy is to coach and train students in the sport of surfing. This will be done through Manly Surf School at Long Reef and Collaroy Beaches. Students meet down at the beach at 6.30am ready to surf. The lesson will run from 6:45am – 7:45am and then the students will shower and change at the beach and will be taken to school by minibus. Their boards will be kept in a secured office for the day before taking them home.

The cost will be \$200 per term and paid as a full term. Students have qualified coaches that use a variety of coaching tools including video analysis. Students will need their own surfboards that are undamaged, surfboard covers and must use a leg rope.

Please Note: All students who wish to be chosen for this activity must compete in a 400m swim, run/swim/run paddle at the beach to show fitness and to demonstrate they can catch their own waves. This is not a beginner's lesson and not for first timers.

Day/Time: Wednesdays (Term 1-4) 6:30am – 8:20am
Dates: Term 1 - 16 February to 6 April (Week 3-10)
Term 2 – 4 May to 22 June (Week 2-9)
Term 3 – 3 August to 29 September (Week 3-10)
Term 4 – 26 October to 8 December (Week 2-9)
Cost: \$200 per term (8-week program all inclusive)
Location: Long Reef and Collaroy Beaches

Swimming

Senior School Swimming Carnivals

College Years 7 to Years 12 Date: 23 February 2022

Grammar Years 7 to Years 12 Date: 22 February 2022

Swimmers will be selected from these carnivals to then go on and represent Pittwater House at various swimming carnivals around Sydney.

CIS Additional Events Not Swum at AICES (Senior School) – **Nominations Due: 10 March 2022**

There are several swim events at CIS that are not held at AICES which are selected by AICES through a nomination process. If your child would like to enter any of the following events, please email sportoffice@tphs.nsw.edu.au with swim times, place and venue.

100m & 200m Breaststroke

100m & 200m Butterfly

100m & 200m Backstroke

NSW All Schools Additional Events Not Swum at CIS (Senior School) - **Nominations Due: 25 March 2022**

There are several swim events at NSW All Schools that are not held at CIS which are selected by CIS through a nomination process. If your child would like to enter any of the following events, please email sportoffice@tphs.nsw.edu.au with swim times, place and venue.

1500m Freestyle

800m Freestyle

400m Freestyle

400m IM

Pittwater House Swim Club

Mini-Squad to Advanced Level (Please note this is not a Learn to Swim Program)

The Pittwater House Afterschool Swim Program will be run by SwimWise Northern Beaches Pty Ltd. SwimWise has many years' experience with outstanding results. With an emphasis on good stroke technique with concentrated effort on stroke correction along with improving overall fitness and racing skills.

The Afternoon Swim Program will be externally run by Bernadette Johnson exclusively for Pittwater House students.

Sessions are available Mondays / Tuesdays / Wednesdays Commencing Week 2 of each term

Session Times:

Session 1 - 4pm to 4.30pm (Beginners who can swim up to 25m this session is suitable for students in K-2)

Session 2 - 4.30pm to 5pm (Mini Squad is suitable for students 8 to 10 years who can confidently swim 50m)

Session 3 - 4pm to 5pm (Squad Sessions suitable for students 8 to 18 years who can confidently swim 50m repeatably)

Cost: 1 x Session per week = \$60 per month , 2 x Sessions per week = \$112 per month
3 x Sessions per week = \$168 per month

Uniform: Students are required to wear their TPHS Swimming costume, swim cap and goggles

Venue: Pittwater House Swimming Pool

Booking: Book directly with Bernadette Ph: 0422 500 050 - Email: b.m.johnson@optusnet.com

Senior Swimming Squad Training

The Sports Department conduct swimming squad training sessions in The Pittwater House Schools pool. The training sessions will be used to help improve those swimmers who will be representing Pittwater House over the upcoming swimming season with a focus on fitness and swimming development.

Days/Time: Tuesdays and Thursdays during Lunch

Dates: Commences Week 3 in Term 1 and Week 2, Terms 2-4

Location: Pittwater House Pool

Age Group: Year 7 to 12

Uniform: Students are required to wear their full Pittwater House swimming uniform, goggles, and cap.

Cost: No cost for this activity

Tennis

CDSSA U15 and Open Tennis Gala Day (School Cup Pathway) - Nominations Due: 10 February 2022

Date: 9 March 2022

Pittwater House enter teams of four to play at the CDSSA Tennis Gala Day, with the top male and top female team going on to play in the AICES Tennis Schools Cup on 25 March 2022.

If your child is interested in joining a team, please submit the permission eForm found on our Skoolbag App in the Sport > Tennis folder.

Touch Football

CDSSA Touch Football Selection/Gala Day - Nominations Due: 14 February 2022

Date: 24 March 2022

The CDSSA Touch Football trials are open to all College and Grammar students in Years 7 to 12 that represent Pittwater House in a local Touch Football Competition with successful players going on to play for CDSSA at the AICES Championships.

If your child would like to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Touch Football folder before the nomination due date.

Triathlon

CIS / NSW All Schools Individual Triathlon - Nominations Due: 21 February 2022

Date: 15 March 2022

The NSW All Schools Individual Triathlon is available to all students in Years 7-12.

Junior (12/13/14 Years): 400m swim, 10km cycle, 3km run

Intermediate (15/16 Years): 600m swim, 15km cycle, 4km run

Senior (17/18/19 Years): 750m swim, 20km cycle, 5km run.

If your child would like to compete at the NSW All Schools Individual Triathlon, please submit the permission eForm found on our Skoolbag App in the Sport > Triathlon folder before the nomination due date.

CIS / NSW All Schools Team Triathlon - Nominations Due: 21 February 2022

Date: 16 March 2022

The NSW All Schools Team Triathlon is available to all students in Years 7-12. Teams consist of 3 athletes with each one doing 1 leg of the event, either swimming, running or bike riding.

Junior (12/13/14 Years): 400m swim, 10km cycle, 3km run

Intermediate (15/16 Years): 600m swim, 15km cycle, 4km run

Senior (17/18/19 Years): 750m swim, 20km cycle, 5km run.

If your child would like to join a Team to compete at the NSW All Schools Team Triathlon, please submit the permission eForm found on our Skoolbag App in the Sport > Triathlon folder before the nomination due date.

Volleyball

NSW All Schools U15 Boys & Girls Volleyball Trials - Nominations Due: 25 March 2022

Date: 2 May 2022

Nominations are straight to All Schools. NSW Combined Schools Sports Association will be holding a selection trial for all 15 Years and under Volleyball players at the Netball Genea Centre Olympic Park. The purpose of these trials is to select the NSW All Schools Team. The All-Schools team will compete at the School Sports Australia Volleyball Championships.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Volleyball folder before the nomination due date. The nomination should come with their full playing history, current club and first and second preferred playing positions.

CIS Open Boys Volleyball Trials - Nominations Due: 25 March 2022

Date: 26 April 2022

There is currently no limit to the number of students who can trial, however, only talented students should nominate. The team that has been selected to represent CIS will go on to play at the NSW All Schools Open Volleyball Championships on the 17 June 2022.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Volleyball folder before the nomination due date. The nomination should come with their full playing history, current club and first and second preferred playing positions.

CIS Open Girls Volleyball Trials - Nominations Due: 25 March 2022

Date: 29 April 2022

There is currently no limit to the number of students who can trial, however, only talented students should nominate. The team that has been selected to represent CIS will go on to play at the NSW All Schools Open Volleyball Championships on the 17 June 2022.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Volleyball folder before the nomination due date. The nomination should come with their full playing history, current club and first and second preferred playing positions.

Water Polo

CIS Open Water Polo Trials – Nominations 21 February 2022

Dates: Girls - 10 March 2022 and Boys - 8 March 2022

A CIS Team of 13 players will be named at the conclusion of the trials. These students will be required to remain for a brief meeting with team management following the trials. It is anticipated the team will go on to compete as a CIS team in an invitational exchange with Queensland, CCC and CHS (dates and costs

TBC). Expenses to compete at this level include a player's levy (covers venue hire, referees etc.) and Mandatory uniform costs of approximately \$150.

If your child would like to nominate to attend these trials, please submit the permission eForm found on our Skoolbag App in the Sport > Water Polo folder before the nomination due date. The nomination should come with their full playing history, current club and first and second preferred playing positions.

2022 Water Polo Competitions

Pittwater House will be entering Open (Year 10-12), Intermediate (Year 8-9) and Year 7 Water Polo Teams into the Northern Suburbs Schools Water Polo Association Competition.

Time: Varies between 7:00pm – 9:20pm
Location: Warringah Aquatic Centre, Frenchs Forest
Uniform: Pittwater House Swimming Costume and Cap
Training: All players are required to attend 1 training session per week
Cost: \$100 per season

Opens Competition (College and Grammar Years 10-12)

Day: Friday nights
Dates: Commences Mid-March and continues into Term 2 (Dates to be confirmed)
Nominations Due: 14 February 2022
Training: Training commences Early-March 2022

Intermediate Competition (College and Grammar Years 8-9)

Day: Monday nights
Dates: Commences Term 2 and continues into Term 3 (Dates to be confirmed)
Nominations Due: 5 March 2022
Training: Training commences Mid-March 2022

Junior Competition (College and Grammar Year 7)

Day: Friday nights
Dates: Commences Mid-Term 2 and continues into Term 3 (Dates to be confirmed)
Nominations Due: 6 March 2022
Training: Training commences Early Term 2 2022

If your child would like to join a team, please submit the permission form found on Skoolbag in the Sport > Water Polo folder.