



**Pittwater House**

## Junior School - Sport Nominations

### **AFL**

**CIS U12 Boys AFL Trials - Nominations Due: 18 February 2022**

Date: 3 March 2022

There is no limit on the number of nominations per school. However, only talented players should be put forward. CIS selectors will select the top players to go on and play for CIS at the NSW All Schools Championships from 25-27 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 > AFL folder before the nomination due date.

### **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 (Weeks 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.

## Basketball

### Junior School Basketball Academy

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 Academy)  
Uniform: Students are required to wear their full Pittwater House PE uniform.  
Venue: Pittwater House Sports Centre  
Age Group: Year K-6

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

## Diving

### CIS Junior School Diving Championships - **Nominations Due: 4 March 2022**

Date: 24 March 2022

Location: Sydney Olympic Park Aquatic Centre

If your child would like to compete at the CIS Junior 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.

## Football (Soccer)

### Junior Football Academy

The Pittwater House Football Academy offers students a rare opportunity for elite training from a certified, highly experienced, professional footballer who was previously based in the United Kingdom.

Day: Mondays 3.30pm to 4.30pm  
Dates: Term 1 - 14 February to 4 April (Week 3-10)  
Cost: \$150 per term (8-week academy)  
Age Group: Kindergarten to Year 6  
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 Junior Football Academy, please submit the permission eForm found on our Skoolbag App in the Sport > Football folder.

### HICES U12 Boys Football Championships - **Nominations Due: 25 February 2022**

Date: Mid-March - Date TBC

Each school is limited to sending up to four boys from Year 5-6 to trial for the HICES Football Team and therefore you must play high level Club / Rep Football to nominate. Internal trials will be held if more than four students nominate. If selected for the HICES Football Team, the players will then go on to play in the CIS 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 > Football folder before the nomination due date.

### **CIS U12 Girls Football Trials - Nominations Due: 25 February 2022**

Date: 14 March 2022

Each school is limited to sending three players only to trial at the CIS Championships and therefore you must play high level Club / Rep Football to nominate. Internal trials will be held if more than three students nominate. At these Championships, players can be selected to represent CIS at the NSW PSSA U12 Football Championships from 2-4 August 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 > Football folder before the nomination due date.

## **Netball**

### **Netball Academy**

The Pittwater House Netball Academy provides a host of skill development programs according to the Netball NSW NetSetGo Program.

Day/Time:	Wednesdays 3:30pm – 4:30pm
Dates:	Term 1 - 16 February to 6 April (Week 3-10)
Cost:	The cost is \$150 per term (8-week program)
Additional Cost:	Netball dress \$85 (optional) or Netball singlet \$45 (optional)
Age Groups:	All students aged 5-12 years
Uniform:	Students are required to wear their full Pittwater House PE uniform or netball uniform.
Venue:	Pittwater House Sports Centre

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

### **HICES Netball Championships - Nominations: 11 February 2022**

Date: Mid-March – Date TBC

If your daughter is in Year 5 or 6 and would like to trial for the Pittwater House Netball team to play at the HICES Netball Trials, please submit the permission eForm found on our Skoolbag App in the Sport > Netball folder before the nomination due date.

Trials and training days will be confirmed early February. If selected into the HICES Netball Team, they will represent Pittwater House and HICES at the CIS Primary Girls Championships on 6 May 2022.

## **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.

Competition: 11 - 15 July

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.

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.

## **Surfing**

### **Year 5-6 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 secure office for the day before taking them home.

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: Thursdays Term 1 6:30am – 8:20am

Dates: 17 February to 7 April (Week 3-10)

Cost: \$200 per term (8-week program all inclusive)

Location: Long Reef and Collaroy Beaches

Minimum group size 10

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

## Swimming

### 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](mailto:b.m.johnson@optusnet.com)

#### Swimming Carnival Dates

Kindergarten to Year 2	Date: TBC
Years 3 to Years 6	Date: 21 February 2022
HICES Swimming Carnival	Date: 7 March 2022
CIS Swimming Carnival	Date: 24 March 2022

## Touch Football

**CIS U12 Boys & Girls Touch Football Trials - Nominations Due: 4 March 2022**

Date: 29 March 2022

Each school is limited to only sending three players to trial at the CIS Trials. Students who nominate need to be either club A grade player or Rep player. At these trials, players can get selected to represent CIS at the NSWPSA U12 Touch Football Championships from 16-18 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 > Touch Football folder before the nomination due date.