



Pittwater House

# Pittwater House Co-Curricular Sports Program 2025





## Pittwater House

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# Pittwater House Core Values

**H**

## Honesty and Integrity

We challenge our community to develop and practise the qualities of kindness, honesty, moral courage and good character.

**E**

## Excellence

We aspire to excellence in effort, determination and dedication in academics and all our endeavours.

**R**

## Respect and Care

We nurture and model respect and care in self, others and our environment. We respect and care for individuals for who they are.

**O**

## Origins

We celebrate the journey of our traditions.

**I**

## Innovation

We encourage originality, enquiry, risk-taking and critical thinking where students have the courage to imagine.

**C**

## Community

We connect our students, families, staff and alumni.



## AFL

### AFL Pathways

#### Junior School

##### AFL CIS 12&U Boys Trials

Nominations Due: 2 February 2025

Trial Date: 7 April 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior boys' AFL pathway directly leads to CIS. Therefore, for your son to be eligible for nomination, he must participate in division 1 or representative AFL and be in Year 5 or 6. Only a maximum of three boys from each school can attend the trials.

If selected for the CIS team, players will represent CIS at the NSWPSA Championships held from 4-6 June 2025. Subsequently, those chosen to represent NSWPSA will compete in the School Sport Australia Championships.

##### AFL NSW School Sport Unit Girls 12&U Trials

Nominations Due: 2 February 2025

Trial Date: 2-3 June 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior girls' AFL pathway directly leads to NSW Primary All Schools. Therefore, for your daughter to be eligible for nomination, she must participate in division 1 or representative AFL and be in Year 5 or 6. Tackling is permitted and will occur at this level of competition.

Following these trials, those chosen will compete in the School Sport Australia Championships.

#### Senior School

##### AFL CIS 15&U Boys and Girls Trials

Nominations Due: 6 April 2025

Trial Date: 7 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The senior AFL pathway is 15&U and leads directly to CIS. Therefore, for your child to be eligible, they must participate in division 1 or representative AFL and be aged 14 or 15 years as of 31 December 2025.

If selected for the CIS 15&U boys' or girls' team, players will represent CIS at the NSW All Schools Championships, held from 2-3 June 2025 in Lavington. Following these championships, those chosen to represent NSW All Schools will compete in the School Sport Australia Championships, held from 26 July to 2 August 2025 in Moreton Bay, QLD.

## Athletes with a Disability (AWD)

Pittwater House is committed to promoting inclusive participation in sports for students with disabilities. Students can compete in representative school sport pathways through HICES, CIS, and NSWPSA Championships in the Junior School, and AICES, CIS, and NSW All Schools Championships in the Senior School. The representative school sport pathway, open to ages 8 to 19, includes Athletics, Cross Country Running, and Swimming. Rowing and Sailing are also options for Senior School students. Only students with 'sport-classifiable' disabilities can participate in Multi-Class events, progressing through zone, region, state, and national championships. The classification obtained through CIS Sport can also be used in community-based sports opportunities.



## Athletics

### Running Academy

The Pittwater House Running Academy program is designed for athletes who are looking to compete in the upcoming Cross Country and Athletic seasons or to improve their overall fitness. 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 all runners reach their full potential and create a positive team environment in the process.

Day/Time:	Wednesdays, 3:30pm – 4:30pm
Dates:	Term 1: 19 February to 9 April 2025 (Week 4-11) Term 2: 7 May to 25 June 2025 (Week 2-9) Term 3: 30 July to 17 September 2025 (Week 2-9) Term 4: 22 October to 3 December 2025 (Week 2-8, 7-week program)
Cost:	\$170 per term (8-week Academy) excluding Term 4 Term 4: \$148 (7-week Academy)
Age Group:	8 years of age and above
Uniform:	Students are required to wear their full Pittwater House PE uniform.
Venue:	Pittwater House Oval

### Pittwater House Athletics Carnivals

Pittwater House run three Athletics Carnivals each year:

Pre-Kindergarten to Year 2	Date: 19 September 2025
Year 3 to Year 6	Date: 16 June 2025
Year 7 to 12	Date: 25 June 2025

### Athletics Pathways

#### Junior School

- HICES (Heads of Independent Co-Educational Schools)
- CIS (Combined Independent Schools)
- PSSA (Primary Schools Sports Association)
- SSA (School Sport Australia)

#### Athletics HICES Championships

Date: 18 August 2025

Location: Blacktown International Sportspark

The HICES Championships is our first Athletics representative pathway following the Pittwater House Junior School Athletics Carnival. Qualification for sprint events is reserved for the fastest two participants in ages 8-10 and the top four in ages 11-12. Additionally, the best two participants in all field events and distance races are eligible to compete at HICES, from Years 2 to Years 6 (8 years of age to 13 years of age).

The top three athletes in each event at the HICES Championships will progress to represent HICES at the CIS Championships.





... Athletics continued

### Athletics CIS Junior Championships

Date: 5 September 2025

Location: Sydney Olympic Park Athletics Centre, Homebush

Participants placing in the top three positions at the CIS Championships will qualify to represent CIS at the NSWPSA Championships.

### Athletics NSWPSA Championships

Date: 22-23 October 2025

Location: Sydney Olympic Park Athletics Centre, Homebush

Participants securing the top three positions in ages 10, 11, and 12 at the NSWPSA Championships will represent NSW at the School Sport Australia Track and Field Championships (date and location TBC). There is no further pathway for individuals aged 8-9 years.

### **Senior School**

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools Championships

### Athletics CDSSA Championships

Date: 21 August 2025

Location: ES Marks Athletics Field, Centennial Park

The CDSSA Championships serve as the first representative pathway following the Pittwater House Senior School Athletics Carnival. In the 100m, 200m, 800m, and 1500m events, two students per age group and gender will qualify to compete. For the 400m, only one runner per age group and gender will qualify. For the 3000m, one student per gender will qualify in the Junior category (12-14 Years), Intermediate category (15-16 Years), and Senior category (17-18 Years). In the field events, two participants per age group and gender will qualify.

The top three athletes in each track event and the top two in each field event will advance to represent CDSSA at the AICES Championships.

### Athletics AICES Championships

Date: 9 September 2025

Location: Sydney Olympic Park Athletics Centre, Homebush

Athletes securing the top three positions in each track and field event, as well as the top two relay teams, will qualify to represent AICES at the CIS Championships.



### **Triple Jump Nominations Due: 3 August 2025**

For those interested in participating in the Triple Jump event at the AICES Athletics Championships, please forward your child's distance, place, and venue details to the Sports Office.

### Multi Class Events

Athletes with disabilities can compete at AICES. The top three multi-class athletes will be nominated for CIS based on results determined by Athletics NSW. All multi-class athletes must provide their classification number to participate.



... Athletics continued

### Athletics CIS Senior Championships

Date: 23 September 2025

Location: Sydney Olympic Park Athletics Centre, Homebush

Athletes who secure the top three positions in each track and field event at the CIS Championships will be selected for the CIS Athletics Merit Team. Members of the Merit Team are entitled to purchase the CIS team uniform if they wish. CIS will not be submitting a team to the NSW All Schools Championships. Students who wish to compete as an individual in the NSW All Schools Track and Field Championships will need to submit an individual entry form (see information below).



### **Hurdles Nominations Due: 3 August 2025**

For those interested in participating in the Hurdles event at the CIS Athletics Championships, please submit their time, distance, place and venue to the Sports Office by 3 August 2025.

### **Parent-Organised Athletics Pathway**

#### Athletics NSW All Schools Track and Field Championships

Dates: September-October 2025 (Dates TBC)

Eligible Age Groups: 12-19 Years (must be in Senior School)

Location: Sydney Olympic Park Athletics Centre, Homebush

Registration: This is a parent-organised activity supported by the school. Parents and guardians are responsible for registering their children and taking them to the Championships.

The NSW All Schools Championships serve as the State Track & Field Championships for Secondary School students. Open to participants from all education sectors, including Government, Catholic, and Independent schools, this competition has no entry requirements—athletes of all abilities are welcome to compete. The NSW All Schools provides a direct qualification pathway to the Australian All Schools, held in December 2025 (Date TBC).





## Pittwater House

### Baseball

#### Baseball Pathways

##### Senior School

###### Baseball CIS 18&U Boys Trials

Nominations Due: 2 February 2025

Date: 11 February 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The senior boys' baseball pathway is 18&U and leads directly to CIS. Therefore, for your son to be eligible for nomination, he must actively participate in division 1 or representative baseball.

If selected for the CIS 18&U Baseball team, players will then represent CIS at the NSW All Schools Championships, scheduled for 26 March 2025. During NSW All Schools, the NSW selectors will form a team to represent NSW All Schools at the School Sport Australia 18&U Boys Championship held on 29 April 2025 in Perth, WA.



### Basketball

#### Basketball Academy

The Pittwater House Basketball Academy offers a variety of skill development programs tailored to meet the needs of players at all levels. The Academy provides opportunities for athletes to focus on specific target areas and enhance their overall skillset. Each program is carefully designed to balance fitness, fun, and instruction, ensuring sessions are both engaging and effective. With goal-oriented training and a high level of intensity, players will continually improve and reach new levels of performance.

##### Junior School Basketball Academy

Day/Time: Thursdays from 3:30pm – 4:30pm  
Dates: Term 1: 20 February to 10 April 2025 (Week 4-11)  
Term 2: 8 May to 26 June 2025 (Week 2-9)  
Term 3: 31 July to 18 September 2025 (Week 2-9)  
Term 4: 23 October to 4 December 2025 (Week 2-8)  
Cost: Term 1, 2 and 3: \$170 per term (8-week Academies)  
Term 4: \$148 (7-week Academy)  
Venue: Pittwater House Sports Centre and Outdoor Courts  
Age Group: Kindergarten to Year 6

##### Senior School Basketball Academy

Day/Time: Fridays from 3:30pm – 4:30pm  
Dates: Term 1: 21 February to 11 April 2025 (Week 4-11)  
Term 2: 9 May to 27 June 2025 (Week 2-9)  
Term 3: 1 August to 19 September 2025 (Week 2-9)  
Term 4: 24 October to 5 December 2025 (Week 2-8)  
Cost: Term 1, 2 and 3: \$170 per term (8-week Academies)  
Term 4: \$148 (7-week Academy)  
Venue: Pittwater House Sports Centre  
Age Group: Year 7 to Year 12





... Basketball continued



### Basketball Competitions

#### Junior and Senior School

#### Manly Warringah Basketball Competition

Nominations Due: 12 January 2025

Each year, Pittwater House enters teams into the MWBA Semester 1 and 2 Competitions, which are open to students from Year 3 to Year 12.

**Semester 1 Competition:** Starts on 17 February 2025.

**Semester 2 Competition:** Begins in the first week of Term 3.

Games are played at various locations on the Northern Beaches, with venues confirmed once the draw is published. MWBA allocates venues based on the number of team entries and venue availability. Families are encouraged to remain flexible regarding the listed venues.

#### Venues:

**NBISC:** Northern Beaches Indoor Sports Centre, Jacksons Road, Warriewood.

**PUC:** Pittwater Uniting Church, 10 Jubilee Ave, Warriewood.

**TPHS:** The Pittwater House School, 70 South Creek Road, Collaroy.

**FH:** The Forest High School, 135 Frenchs Forest Road W, Frenchs Forest.

#### Training:

Training will take place weekly at Pittwater House in the Sports Centre or on the outdoor courts. The exact day, time, and location will be confirmed after teams and coaches are finalised

Junior School	Division	Day	Time	Venue
Year 3-4 Mixed	1 & 2	Tuesday	4:00pm to 7:00pm	NBISC/FH/TPHS
Year 5 Mixed	1 & 2	Tuesday	4:00pm to 7:00pm	NBISC/FH/TPHS
Year 6 Mixed	1, 2 & 3	Wednesday	4:20pm to 7:30pm	NBISC/FH/TPHS

Senior School	Division	Day	Time	Venue
Year 7 Girls	1, 2, 3 & 4	Monday	4:20pm to 8pm	NBISC/PUC/TPHS
Year 8 Girls	1, 2, 3 & 4	Monday	4:20pm to 8pm	NBISC/PUC/TPHS
Year 9 Girls	1, 2, 3 & 4	Wednesday	4:20pm to 8pm	NBISC/PUC/TPHS
Year 10 Girls	1, 2 & 3	Wednesday	4:20pm to 8pm	NBISC/PUC/TPHS
Open (Year 11 & 12) Girls	1, 2 & 3	Fridays	4:20pm to 8pm	NBISC/PUC/TPHS
Year 7 Boys	1, 2, 3 & 4	Monday	4:20pm to 8pm	NBISC/PUC/TPHS
Year 8 Boys	1, 2, 3 & 4	Wednesday	4:20pm to 8pm	NBISC/PUC/TPHS
Year 9 Boys	1, 2, 3 & 4	Thursday	4:15pm to 7pm	NBISC/PUC/TPHS
Year 10 Boys	1 & 2	Thursday	4:15pm to 7pm	NBISC/PUC/TPHS
	3 & 4	Friday	4:20pm to 8pm	NBISC/PUC/TPHS
Open (Year 11 & 12) Boys	1, 2, 3 & 4	Friday	4:20pm to 8pm	NBISC/PUC/TPHS

The competition and schedule is our best estimate.  
This may change due to consequences beyond our control.

If your child would like to participate in this competition, please email [basketball@tphs.nsw.edu.au](mailto:basketball@tphs.nsw.edu.au)



... *Basketball continued*

## **Basketball Pathway**

### **Junior School**

#### Basketball HICES 12&U Trials

Nominations Due: 2 February 2025

Date: February 2025 (TBC)

Each school is limited to sending a maximum of 3 boys and 3 girls to participate in these trials. Therefore, for your child to be eligible for nomination, they must participate in high-level club or representative basketball and be in Year 5 or 6. Consideration for the trials will also be given only to players who represent Pittwater House in the Manly Warringah Basketball Competition. During these trials, HICES will select 3 boys and 3 girls from within the HICES Association to attend the CIS 12&U Basketball Trials.

#### Basketball CIS 12&U Trials

Date: 7 March 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

If selected for the CIS 12&U Girls or 12&U Boys team, players will advance to represent CIS at the NSWPSA 12&U Championships. The boys' championships will be held from 13–15 May 2025 in Minto, and the girls' championships will take place from 17–19 June 2025 in Sutherland. Following these championships, players selected to represent NSWPSA in the 12&U Girls and 12&U Boys teams will compete in the School Sport Australia 12&U Championships, scheduled for July–August 2025 (dates and location to be confirmed).

### **Senior School**

#### Basketball CDSSA 16&U Championships

Date: 7 February 2025

Our Basketball Coordinator will select the top 10 16&U College and Grammar players to represent Pittwater House at the CDSSA Basketball Championships and Trials. Only students who participate in the Manly Warringah Basketball Competition for Pittwater House will be eligible for consideration.

During these trials, players will have the opportunity to be selected for the CDSSA 16&U Boys or Girls team, which will represent CDSSA at the AICES 16&U Championships.

#### Basketball CDSSA 19&U Championships

Date: 10 February 2025

The Basketball Coordinator will select the top 10 19&U College and Grammar players to represent Pittwater House at the CDSSA Basketball Championships and Trials. Only students who participate in the Manly Warringah Basketball Competition for Pittwater House will be eligible for consideration.

During these trials, players will have the opportunity to be selected for the CDSSA 19&U Boys or Girls team, which will represent CDSSA at the AICES 19&U Championships.

#### Basketball AICES 16&U Championships

Date: Boys: 24 February 2025

Girls: 11 March 2025

During these championships, selectors will choose players for the AICES 16&U Boys and Girls teams, which will go on to represent AICES at the CIS 16&U Championships.



... *Basketball continued*

Basketball AICES 19&U Championships

Date: Boys: 25 February 2025

Girls: 12 March 2025

During these championships, selectors will choose players for the AICES 19&U Boys and Girls teams, which will go on to represent AICES at the CIS 19&U Championships.

Basketball CIS 16&U and 19&U Boys Championships

Date: 12 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

During these championships, selectors will choose a 16&U Boys team and a 19&U Boys team to represent CIS at the NSW All Schools Championships, held on June 19, 2025. Following this, players selected to represent NSW All Schools in the 16&U Boys team will compete in the School Sport Australia 16&U Championships, taking place in Moreton Bay, QLD, from July 26 to August 1, 2025.

There is no further pathway beyond NSW All Schools for 19&U Boys.

Basketball CIS 16&U and 19&U Girls Championships

Date: 19 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

During these championships, selectors will choose a 16&U Girls and a 19&U Girls team to represent CIS at the NSW All Schools Championships, held on June 19, 2025. Following this, players selected to represent NSW All Schools in the 16&U Girls team will compete in the School Sport Australia 16&U Championships, taking place in Moreton Bay, QLD, from July 26 to August 1, 2025.

There is no further pathway beyond NSW All Schools for 19&U Girls.



## Canoeing

### Canoeing Pathway

#### Senior School

Canoeing NSW All Schools Championships

Date: Around May 2025 - Date and location TBC

NSW All Schools Registrations Due: TBC

This activity is organised by parents and guardians with the support of the school. Parents and guardians are responsible for the registration process and for transporting and supervising their child during these championships.

Students in the Senior School who are members of a canoeing club and engage in external training can register to participate in the championships. If your child is interested in competing, please email [sportsoffice@tphs.nsw.edu.au](mailto:sportsoffice@tphs.nsw.edu.au) and we will send you more information once it becomes available.



## Cricket

### Cricket Competitions

#### Junior School

##### Cricket Mosman Shield

Nomination Date: 1 August 2025

Date: Mid-November 2025

Trial Date: TBC

The Mosman Shield is an annual match that has been held between Mosman Prep and Pittwater House for over 50 years. The close link that Pittwater has with Mosman Prep dates to when Mr. Rex Morgan, our School Founder, left his teaching post at Mosman Prep to establish his own Independent School for Primary-aged boys in 1962, named Pittwater House Preparatory School. When Pittwater House grew large enough (11 students) to field a cricket team, Mr. Morgan organised the first match between the two schools.

Trials will be held at school to select our team.



#### Senior School

##### Cricket 15&U Manly Shield and Open Manly Cup

Nominations Due: 1 August 2025

Date: October – November 2025 - TBC

Trial Date: Term 3 - TBC

Pittwater House enters teams into the Manly 15&U Shield and Manly Open Cup, cricket competitions for schools across the Northern Beaches.

These tournaments offer students an excellent opportunity to showcase their cricket abilities, teamwork, and sportsmanship. The competitions take place over two days at Nolan Reserve in North Manly and conclude with semi-finals and finals for qualifying teams.

Trials will be held during Term 3 to select skilled and dedicated players for the 15&U and Open teams. We encourage all students with a passion for cricket to attend trials.





*...Cricket continued*

## **Cricket Pathways**

### **Junior School**

#### Cricket CIS 12&U Girls Trials

Nominations Due: 6 April 2025

Date: To be confirmed early 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

Schools may nominate a maximum of three girls based on the following criteria. To be eligible for nomination, your daughter must:

- Be in Year 5 or 6.
- Participate in division 1 or representative cricket.

If selected for the CIS team, players will represent CIS at the NSWPSA Championships. Those chosen to represent NSWPSA will then compete in the School Sport Australia 12&U Championships. Dates and locations will be confirmed.

#### Cricket CIS 12&U Boys Trials

Nominations Due: 6 April 2025

Date: To be confirmed early 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

Schools may nominate a maximum of three boys based on the following criteria. To be eligible for nomination, your son must:

- Be in Year 5 or 6.
- Participate in division 1 or representative cricket.

If selected for the CIS team, players will represent CIS at the NSWPSA Championships. Those chosen to represent NSWPSA will then compete in the School Sport Australia 12&U Championships. Dates and locations will be confirmed.

### **Senior School**

#### Cricket CIS 15&U Girls Trials for 2026 Competition

Nominations Due: 7 September 2025

Trial Dates: 25 November 2025 (Squad Selection) 26 November 2025 (Team Selection)

Parents/guardians are responsible for transporting and supervising their child during these trials.

Schools may nominate a maximum of three girls based on the following criteria. To be eligible for nomination, your daughter must:

- Participate in division 1 or representative cricket.
- Be turning 14 or 15 as of 31 December 2026.
- Have participated in or been part of one of the following programs:
  - Under 18 Brewer Shield
  - Under 15 Peden Shield
  - Representative Country Championships (e.g., U15 Country Championships).

If selected for the CIS team, players will represent CIS at the NSW All Schools 15&U Championships, scheduled for February–March 2026 (date to be confirmed). Those chosen to represent NSW All Schools will then compete in the School Sport Australia 15&U Championships, held around March–April 2026. Dates and locations to be confirmed.



...Cricket continued

#### Cricket CIS 15&U Boys Trials for 2026 Competition

Nominations Due: 7 September 2025

Trial Dates: 26 November 2025 (Squad Selection) 27 November 2025 (Team Selection)

Parents/guardians are responsible for transporting and supervising their child during these trials.

Schools may nominate a maximum of two boys based on the following criteria. To be eligible for nomination, your son must:

- Participate in division 1 or representative cricket.
- Be turning 14 or 15 as of 31 December 2026.
- Have participated in or been part of one of the following programs:
  - Youth Championships U14s 2025/2026
  - Green Shield 2025/2026
  - State Challenge U14s 2024/2025

If selected for the CIS team, players will represent CIS at the NSW All Schools 15&U Championships, scheduled for February–March 2026 (date to be confirmed). Those chosen to represent NSW All Schools will then compete in the School Sport Australia 15&U Championships, held around March–April 2026. Dates and locations to be confirmed.

#### Cricket CIS 19&U Girls Trials

Nominations Due: 2 February 2025

Trial Date: 12 February 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

Schools may nominate a maximum of three girls based on the following criteria. To be eligible for nomination, your daughter must:

- Participate in division 1 or representative cricket.
- Be aged 16 years or older.

If selected for the CIS team, players will represent CIS at the NSW All Schools Championships, held in Sydney from March 4 to 6, 2025.

#### Cricket CIS 19&U Boys Trials

Nominations Due: 2 February 2025

Trial Dates: 18 February 2025 (Squad Selection) 19 February 2025 (Team Selection)

Parents/guardians are responsible for transporting and supervising their child during these trials.

Schools may nominate a maximum of three boys based on the following criteria. To be eligible for nomination, your son must:

- Be in Year 11 or Year 12. Year 10 students will only be considered if they are exceptional and not simply to fill the quota.
- Have participated in or been part of one of the following programs:
  - Kookaburra Cup
  - Green Shield Representative Program
  - NSW Pathways Program
  - The Bradman Cup
  - Playing 1st or 2nd Grade in Sydney Grade Cricket

If selected for the CIS team, players will represent CIS at the NSW All Schools Championships, held in Sydney from March 4 to 6, 2025.



## Cross Country

### **Pittwater House Cross Country Carnivals**

The PDHPE Department will organise two Cross Country events each year.

1. Junior School (8–12 years): 11 April 2025
2. Senior School (Year 7-12): Conducted during PDHPE classes in April 2025

### **Cross Country Pathways**

#### **Junior School**

##### Cross Country HICES Championships

Date: 20 May 2025

Location: Scotts All Saints, Bathurst

HICES is our first junior Cross Country pathway. Qualification to compete at HICES is reserved for the top 5 boys and 5 girls from the age categories 8-9 years, 10 years, and 11 years, along with 6 boys and 6 girls from 12-13 years. The top 10 boys and top 10 girls from each age group will qualify to compete at the CIS Junior Cross Country Championships.

##### Cross Country CIS Junior Championships

Date: 12 June 2025

Location: Eastern Creek Raceway

The top 10 boys and top 10 girls from each age group at the CIS Championships will then proceed to represent CIS at the NSWPSA Championships.

##### Cross Country NSWPSA Junior Championships

Date: 23 July 2025

Location: Sydney Equestrian Centre

The top 10 boys and girls from the 10 years, 11 years, and 12 years age groups at the NSWPSA Championships will proceed to represent NSWPSA at the School Sport Australia Championships held in QLD from August 19 to 22, 2025. There is no further pathway beyond NSWPSA for individuals aged 8-9 years.

#### **Senior School**

##### Cross Country CDSSA Championships

Date: 19 May 2025

Location: Wentworth Common, Sydney Olympic Park, Homebush

CDSSA is our first senior Cross Country pathway. Qualification to compete at CDSSA is reserved for the top six boys and six girls in each age group. The top 10 boys and top 10 girls from each age group at the CDSSA Championships will qualify to compete at the AICES Cross Country Championships.

##### Cross Country AICES Championships

Date: 29 May 2025

Location: Sydney Equestrian Centre

The top 10 boys and top 10 girls from each age group at the AICES Championships will then proceed to represent AICES at the CIS Senior Cross Country Championships.



*...Cross Country continued*

### Cross Country CIS Senior Championships

Date: 12 June 2025

Location: Eastern Creek Raceway

The top 10 boys and top 10 girls per age group from the CIS Championships will then represent CIS at the NSW All Schools Championships held at the Sydney Equestrian Centre on July 22, 2025. Those who qualify to represent NSW All Schools will compete in the School Sport Australia Championships held in QLD from August 19 to 22, 2025.

## Diving

### Diving Pathways

#### **Junior School**

##### Diving CIS Championships

Nominations Due: 2 February 2025

Date: 26 March 2025

Location: Sydney Olympic Park, Aquatic Centre

All students aged 8 years and older with diving experience can nominate to compete in this event. The top three individuals in each competition during the CIS Championships will be selected to represent CIS at the NSWPSA Diving Championships.

##### Diving NSWPSA Championships

Date: 10-11 April 2025

Location: Sydney Olympic Park, Aquatic Centre

Parents/guardians are responsible for transporting and supervising their child.

The top three individuals in each age category (10, 11, and 12 years) during the NSWPSA Championships will be selected to represent the NSWPSA team at the School Sport Australia 10–12 Years Championships, held in Brisbane, QLD, from 26 July to 1 August 2025.

For individuals aged 8–9 years, there is no further pathway beyond NSWPSA.

#### **Senior School**

##### Diving CIS Championships

Nominations Due: 2 February 2025

Date: 6 May 2025

Location: Sydney Olympic Park Aquatic Centre

All students in Year 7 to Year 12 with diving experience are eligible to nominate for this event. Nominations are submitted to AICES, which selects five individuals per gender and age group to compete at the CIS Championships. The top three qualifiers from the CIS Championships will advance to represent CIS at the NSW All Schools Diving Championships.

##### Diving NSW All Schools Championships

Date: 22-23 May 2025

Location: Sydney Olympic Park Aquatic Centre

Parents/guardians are responsible for transporting and supervising their child.

The top three individuals in each age category at the NSW All Schools Championships will advance to represent NSW at the School Sport Australia Championships, held in Brisbane, QLD, from 26 July to 1 August 2025.





## Pittwater House

### Fitness

#### College and Grammar Fitness

The Sports Department offers fitness training throughout the year during lunch in the Pittwater House Fitness Centre. These sessions provide access to excellent facilities for boxing, fitness, and cardiovascular training, helping students build strength and fitness for upcoming school sports teams and activities.

Day/Time:	College:	Tuesdays and Wednesday from 12:50 pm – 1:35 pm (Lunch)
	Grammar:	Mondays and Thursdays from 12:50 pm – 1:35 pm (Lunch)
Dates:	Term 1-4:	Term 1 starts in Week 3, while Terms 2-4 commence in Week 2.
Age Group:		15 years of age and above
Uniforms:		Students must wear their full Pittwater House PE uniform for all sessions. For hygiene reasons, inner gloves are required and can be purchased at any sports store. A towel and drink bottle are mandatory when using the Fitness Centre equipment.
Cost:		No cost for this activity

### Football (Soccer)

#### Football Competitions

##### Senior School

##### Peninsula Cup Football Competitions

The Peninsula Cup Football Competition offers a fantastic opportunity for students to compete against various schools on the Northern Beaches, allowing them to develop their skills, teamwork, and sportsmanship in a competitive and exciting environment.



Time:	4:00pm – 5:00pm
Location:	Matches are held at various schools and fields on the Northern Beaches, including our own school oval.
<i>Please note:</i>	Parents/guardians are responsible for transporting their child to and from games.
Uniform:	Pittwater House football jersey (provided by the Sports Office), PE shorts, Pittwater House sport socks (available at the uniform shop), and shin pads.
Cost:	\$100 per season

##### Grammar Boys (Term 2 Competition):

Nominations Due:	21 February 2025
Teams & Game Days:	14&U: Thursdays, 16&U: Tuesdays and 18&U: Wednesdays.
Trials & Training:	One morning per week, 7:15–8:15 am on the school oval (days to be confirmed), commencing in March.

##### College Girls (Term 3 Competition):

Nominations Due:	4 May 2025
Teams & Game Days:	14&U: Tuesdays and Open (16&U and 18&U): Wednesdays
Trials & Training:	One morning per week, 7:15–8:15 am on the school oval (days to be confirmed), commencing in May.



...Football continued

## Football Pathways

### Junior School

#### Football HICES 12&U Boys Gala Day and Trials

Nominations Due: 2 February 2025

Date: 21 March 2025

Location: Blue Mountains Grammar School

The HICES Gala Day provide players with the opportunity to be selected for the HICES 12&U Boys Football team to compete in the CIS Championships.

Trials will be conducted at school to select 10 boys to represent Pittwater House at this Gala Day. Only players in Year 5 and 6 will be considered for the trials.



#### Football CIS 12&U Boys Championships

Date: 24 June 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

During these championships, CIS selectors will select a team to represent CIS at the NSWPSA Championships, held in Ballina from 26 to 28 August 2025. At the NSWPSA Championships, selectors will form a team to represent NSWPSA at the School Sport Australia 12&U Football Championships, scheduled to take place in Ballarat, VIC, from October 25 to November 1, 2025.

#### Football CIS 12&U Girls Trials

Nominations Due: 27 March 2025

Date: 20 June 2025

The girls' football pathway directly leads to CIS. To be eligible for nomination, your daughter must:

- Participate in division 1 club or representative football.
- Be in Year 5 or 6.



Each school can nominate a maximum of three girls for the trials.

If selected for the CIS team, players will represent CIS at the NSWPSA Championships, held in Ballina from August 26 to 28, 2025. During the NSWPSA Championships, selectors will form a team to represent NSWPSA at the School Sport Australia 12&U Football Championships, scheduled to take place in Ballarat, VIC, from October 25 to November 1, 2025.



...Football continued

### Senior School

#### Football CDSSA Gala Day and Trials

Nominations Due: 21 February 2025

Dates: 16&U Girls and Boys: 5 May 2025

18&U Boys and Girls: 2 May 2025

Location: Valentine Sportspark

Trials will be held at school to select 16&U Girls, 16&U Boys, 18&U Boys, and 18&U Girls teams to represent Pittwater House at the CDSSA Gala Day and Trials. All students in Years 7 to 12 with playing history are welcome to trial.

The CDSSA Gala Day provides players with the opportunity to be selected to represent CDSSA at the AICES Championships.

#### Football AICES 18&U Boys and Girls Championships

Date: 13 May 2025

Location: Valentine Sportspark

During these championships, AICES will select an 18&U Girls team and an 18&U Boys team to represent AICES at the CIS Championships.

#### Football AICES 16&U Girls and Boys Championships

Date: 12 May 2025

Location: Valentine Sportspark

This is a championship day where teams compete on behalf of their association for the title of AICES 16&U Football Champions.

There is no further pathway beyond AICES for 16&U Girls and Boys.

#### Football CIS 18&U Girls and 18&U Boys Championship

Date: 27-28 May 2025

Location: Valentine Sportspark

During these championships, CIS will select an 18&U Girls team and an 18&U Boys team to represent CIS at the NSW All Schools Championships, scheduled for 17–18 June 2025 at Lake Macquarie. At the NSW All Schools Championships, NSW selectors will choose an 18&U Girls team and an 18&U Boys team to compete at the School Sport Australia Games, held from 26 July to 1 August 2025 at Moreton Bay, QLD.





## Futsal

### Competition

#### Senior School

##### Peninsula Cup Futsal Competition

The Peninsula Cup Futsal Competition brings energy and excitement to Term 4, with students competing against schools from across the Northern Beaches. Featuring a fast-paced format, this competition provides the perfect opportunity for players to showcase their talent, build confidence, and experience the thrill of the game in a fun and supportive environment.



- Nominations Due: 1 August 2025
- Teams: U14 and Open Boys and Girls
- Game Day: Girls: Thursdays starting Week 2 of Term 4  
Boys: Tuesdays starting Week 2 of Term 4
- Game Times: 2 time slots – 4:00 pm and 4:40 pm (TBC)
- Game Structure: 2 x 20-minute halves, plus a 4 more half time.
- Location: St Luke’s and Oxford Falls Grammar (TBC)
- Please note:* Parents/guardians are responsible for transporting their child to and from games each week.
- Uniform: Pittwater House football jersey (borrowed from the Sports Office), PE shorts, Pittwater House sport socks (purchased from the uniform shop), and shin pads
- Cost: \$100 per season
- Trials and training: One morning per week, 7:15–8:15 am on the school oval (days to be confirmed), commencing mid Term 3.

## Golf

### Golf Pathways

#### Junior School

##### Golf CIS Championships

Nomination Due: 27 March 2025

Date: 16 June 2025

Parents/guardians are responsible for transporting and supervising their child.

CIS will be hosting a Primary Golf Championship to select a team to participate in the NSWPSA Championships. Primary students aged 8 to 13 years can nominate for this event. The maximum handicap for boys is 32, and for girls, it is 44. All students must be members of a registered Golf Club (AGU, WGA), Jack Newton Golf Foundation, or a Junior Development Program and have a Golf Link Number. CIS will select 12 players, with a maximum of 8 boys and at least 1 girl, to represent CIS at the NSWPSA Championships.





*...Golf continued*

### Golf NSWPSSA Championships

Date: 23-25 September 2025

Parents/guardians are responsible for transporting and supervising their child.

CIS will select 12 players, with a maximum of 8 boys and at least 1 girl, to represent CIS at the NSWPSSA Championships. All competitors will participate in the 36-hole Stroke Competition and the 18-hole Team Ambrose competition over the three days of the championships. Students who qualify for the NSWPSSA team will represent NSWPSSA at the School Sport Australia Championships later in the year.

### **Senior School**

#### Golf CIS 18&U Championships

Nominations Due: 2 February 2025

Date: 10 March 2025

Parents/guardians are responsible for transporting and supervising their child.

Students who wish to nominate for the CIS 18&U Golf Championships must be 18 years old or younger. All students must be members of a recognised Golf Club, have a Golf Link Number, and their handicap must not exceed 9 for boys and 32 for girls. If the field is too large, players may be balloted based on handicap. The Championships consist of an 18-hole stroke event for both boys and girls. A CIS Team will be selected for the NSW All Schools Championships. Students who qualify for the NSW All Schools team will represent NSW at the School Sport Australia Championships.

## Gymnastics

### Gymnastics CSSA Primary and Secondary State Championships

Nominations Due: 27 March 2025

Date: 4 June 2025

Location: Sydney Gymnastic Centre - Rooty Hill

To participate in this competition, all students must currently be members of a Gymnastics Club, and they should be familiar with and have practiced their routines. The routines must be performed in a safe manner, and students should feel confident about executing them independently, having achieved a good standard of skill proficiency. All competitors are required to have an accredited gymnastics coach from their club present on the day.

Boys will follow the Men's Artistic Gymnastics 2022-2025 Australian Levels Program, while girls must adhere to the current NSWGA code. AGF Level Division participants must compete on at least two apparatus, sticking to one level per apparatus. Only those competing on all apparatuses will be included in the Overall Point Score for each level. Gymnasts must compete at the same or a higher level than their last competition at the club, regional, or state level. Those who previously competed in NDP cannot compete for the state stream at that level; checks will be conducted, and gymnasts will be disqualified if competing at lower levels.



## Hockey

### Hockey Pathways

#### Junior School

##### Hockey CIS 12&U Boys and Girls Trials

Nominations Due: 02 February 2025

Date: 31 March 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior hockey pathway directly leads to CIS. Therefore, for your child to be eligible for nomination, they must participate in high-level club or representative hockey and be in Year 5 or 6. Only a maximum of three boys and three girls from each school can participate in the trial. If selected for the CIS team, players will represent CIS at the NSWPSA Championships. Following this, those chosen to represent NSWPSA will compete in the School Sport Australia 12&U Championships.

#### Senior School

##### Hockey AICES 15&U and 19&U Girls and 19&U Boys Trials

Nominations Due: 27 March 2025

Date: 1 May 2025

The senior hockey pathway directly leads to AICES. Therefore, for your child to be eligible for nomination, they must participate in high-level club or representative hockey and be in Year 8 to Year 12. During these trials, AICES will select teams to represent AICES at the CIS Championships.

##### Hockey CIS 15&U and 19&U Girls Championships

Date: 15&U: 13 May 2025

19&U: 20 May 2025

At the conclusion of these championships, the CIS selectors will choose a 15&U team and a 19&U team to represent CIS at the NSW All Schools 15&U and 19&U Championships on June 05-06, 2025, in Newcastle. During these championships, the NSW selectors will then pick a 15&U team to represent NSW All Schools at the School Sport Australia 15&U Championships in Caberra, ACT, from 02 to 09 August 2025.

##### Hockey CIS 15&U and 19&U Boys Championships

Date: 15&U: 13 May 2025

19&U: 20 May 2025

At the conclusion of these championships, the CIS selectors will choose a 15&U team and a 19&U team to represent CIS at the NSW All Schools 15&U and 19&U Championships on June 05-06, 2025, in Newcastle. During these championships, the NSW selectors will then pick a 15&U team to represent NSW All Schools at the School Sport Australia 15&U Championships in Caberra, ACT, from 02 to 09 August 2025.





## Mountain Biking

### Mountain Biking Pathway

#### Junior and Senior School

#### Mountain Biking Australian MTB Interschools

Location: Thredbo

Date: Monday 3 to Friday 7 March 2025

Age Group: Year 3 to Year 12

*(All competitors must be at least 7 years of age as of 3 March 2025).*

Events: Oakley Downhill, Fox Flow, Rockshox Pump Track, and the Norco All-Mountain.

5-day action packed riding, racing and good times with classmates. Compete as an individual or as a team and pick which events you would like to compete in.

This is a parent-organised activity and supported by Pittwater House. Parents/guardians are responsible for registering and transporting their child to and from these Championships.

Entries for the Australian MTB Interschools are limited.

For all the event details and updates, visit the official Thredbo website here: Thredbo MTB Interschools.

<https://www.thredbo.com.au/mtbinterschools/>



## Netball

### Netball Academy

The Pittwater House Netball Academy provides a host of skill development programs. This netball academy offers young players the opportunity to develop their skills in a structured and supportive environment. It helps them build confidence, teamwork, and discipline while improving their technical abilities on the court. With access to expert coaching, they can focus on personal growth, fitness, and game strategy, all while having fun with their peers.

Day/Time:	Wednesdays 3:30pm – 4:30pm Term 1: 19 February to 9 April 2025 (Week 4-11) Term 2: 7 May to 25 June 2025 (Week 2-9) Term 3: 30 July to 17 September 2025 (Week 2-9) Term 4: 22 October to 3 December 2025 (Week 2-8) - 7-week Program
Cost:	\$170 per term (8-week Academy) excluding Term 4 Term 4: \$148 (7-week Academy)
Age Groups:	Year 1 to Year 6
Uniform:	Full Pittwater House PE or Netball uniform.
Venue:	Pittwater House Sports Centre



...Netball continued



## Netball Competitions

### Junior and Senior School

#### Manly Warringah Winter Competition

Pittwater House is proud to have a club in the Manly Warringah Netball Association, entering teams into the **Winter Competition** each year.

Nominations Due: 2 February 2025

Age Groups: Players aged 8 and 9 will play as part of the NetSetGo Program in a modified competition.

Players aged 10 upwards will play full competition Netball.

Dates: 5 April to 30 August 2025

Time: To be confirmed once draw has been published

Cost: U8 to U12 Mixed Registration: \$190

U13 to Cadets (16-19 years) Girls: \$220

Additional Cost: Netball Dress \$85 or Netball Singlet \$45

Uniforms: Pittwater House Netball dress or singlet

Training: One day per week at school commencing mid-Term 1 (day and time TBC)

### Senior School

#### Peninsula Cup Netball Competition

The Peninsula Cup Netball Competition is open to College girls in Years 7 to 12, offering a fantastic opportunity to compete against other schools in the region and develop their skills in a competitive and supportive environment.

Nominations Due: 21 February 2025

Teams: 14&U Girls and Open (18&U) Girls

Day/Time: Tuesday from 4:00 pm – 5:00 pm

Dates: Starting from Week 2 of Term 2 until the end of Term 2.

Location: John Fisher Netball Courts, North Curl Curl

Uniform: Pittwater House Netball Dress (provided by the Sports Office)

Trials: Early March (times and dates TBC). Players must attend at least two trial days.

Training: One session per week at school (date & time TBC once teams have been finalised)

Cost: \$120 per season, includes transport to games.

*Please note:* Parents and guardians are responsible for organising transport for their child home.

## Netball Pathways

### Junior School (Individual Pathway)

#### Netball HICES 12&U Girls Trials

Nominations Due: 27 March 2025

HICES Trial Date: 2 May 2025

Location: Pittwater House

School Team Trials: 27 March 2025 from 12.30 – 1:00 pm held in the Sports Centre

All Year 5 and 6 girls with prior netball experience are invited to trial for a chance to represent Pittwater House at the HICES Netball Trials on May 2, 2025. An in-house trial will take place on March 27 to determine the top five players who will move on to the HICES Trials. On May 2, those five students will compete for potential selection in the HICES 12&U Girls Netball Team, which will go on to represent HICES at the CIS Championships.





*...Netball continued*

Netball CIS 12&U Girls Championships

Date: 29 May 2025

Location: Netball Central, Sydney Olympic Park

Parents/guardians are responsible for transporting and supervising their child during these trials.

During these championships, the CIS selectors will choose the top 10 players to represent CIS at the NSW PSSA Netball Championships, scheduled for August 11-13, 2025. At these championships, the NSW selectors will select a team to represent NSW All Schools at the School Sport Australia 12&U Girls Championships held in Victoria from October 25 to November 01, 2025.

Netball NSW Primary All Schools 12&U Boys Selection Trial

Nominations: 25 July 2025

Date: 11-13 August 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

Boys in Year 5 and 6 with netball experience are eligible to nominate for these trials. Each school is limited to sending a maximum of three boys for the trials. If chosen for the NSW Primary All Schools Boys Netball Team, they will represent NSW at the School Sport Australia 12&U Boys Netball Championships (dates and location to be confirmed). It's important to note that the School Sport Australia Championships are likely to be held out of state.

Senior School

Netball CDSSA 15&U and 19&U Girls Gala Day and Trials

Nominations Due: 02 February 2025

Date: 10 March 2025

Location: Minto

Trials will be held at the school to determine the 15&U and 19&U teams that will represent Pittwater House at the CDSSA Gala Day and Trials. These trials provide players with the opportunity to be selected for the CDSSA 15&U girls and/or 19&U girls' teams, participating in the AICES Championships.

Netball AICES 15&U Girls Championships

Date: 30 April 2025

Location: Netball Central, Sydney Olympic Park

During these championships, the AICES selectors will choose a team of 10 players to represent AICES at the CIS Championships.

Netball AICES 19&U Girls Championships

Date: 29 April 2025

Location: Netball Central, Sydney Olympic Park

During these championships, the AICES selectors will select a team of 10 players to represent AICES at the CIS Netball Challenge Day.



...Netball continued

### Netball CIS 15&U and 19&U Championships

Date: 15 May 2025

Location: Netball Central, Sydney Olympic Park

Parents/guardians are responsible for transporting and supervising their child during these trials.

During these championships, CIS selectors will choose a team of 10 players for both the 15&U and 19&U divisions to represent CIS at the NSW All Schools 15&U and 19&U Tri-Series.

### Netball NSW All Schools 15&U and 19&U Tri-Series

Date: 16 June 2025

Location: Netball Central, Sydney Olympic Park

Parents/guardians are responsible for transporting and supervising their child during these trials.

During these championships, NSW selectors will select 10 players to represent NSW All Schools at the School Sport Australia 15&U Championships, taking place in Moreton, QLD, from July 26 to August 1, 2025. At the conclusion of the championships, a team of 10 players will also be named as part of the 2025 School Sport Australia 15&U Netball Merit Team.

For the 19&U team, there is no further pathway beyond NSW All Schools.



## Rowing

### Rowing Pathway

#### **Senior School**

#### Rowing NSW Schoolboy Head of the River

Entries Close: 17 February 2025

Date: 9 March 2025

#### Rowing NSW Schoolgirl Head of the River

Entries Close: 17 February 2025

Date: 8 March 2025

Students in the Senior School who are already members of a Rowing club and engage in external training can register to participate in these championships.

This is an activity organised by parents and guardians and is supported by the school. Parents and guardians are responsible for the registration process and taking their child to these championships.

For more information, including how to register, please click on the link below:

Schoolgirl: <https://rowingmanager.com/regattas/6620/>

Schoolboy: <https://rowingmanager.com/regattas/6623/>



## Rugby League

### Rugby Pathways

#### **Junior School**

##### Rugby League CIS 12&U Boys Trials

Nominations Due: 27 March 2025

Date: 12 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior boys' rugby league pathway directly leads to CIS. Therefore, for your son to be eligible for nomination, he must participate in division 1 club or representative rugby league and be in Year 5 or 6. Only a maximum of three boys from each school can trial. If selected for the CIS team, players will represent CIS at the NSWPSA Championships held from June 17 to 19, 2025.

Following this, those chosen to represent NSWPSA will compete in the School Sport Australia 12&U Championships later in the year.

#### **Senior School**

##### Rugby League CIS 15&U Boys Trials

Nominations Due: 27 March 2025

Date: 21 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The 15&U boys' rugby league pathway directly leads to CIS. Therefore, for your son to be eligible for nomination, he must participate in division 1 club or representative rugby league and be 14 or 15 years old in the year of the competition. Schools are advised to send only players of outstanding ability. During these trials, a squad of 32-38 players will be selected to attend the Rugby League Training Camp/Phase Two Trials. Following the training camp, a CIS Team will be chosen to participate in the Australian Schools Championships.

##### Rugby League CIS 18&U Boys and Girls Trials

Nominations Due: 27 March 2025

Date: 14 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The 18&U rugby league pathway directly leads to CIS. Therefore, for your child to be eligible for nomination, he/she must participate in division 1 club or representative rugby league and be aged 16 years or older in the year of the competition. Schools are advised to send only players of outstanding ability. During these trials, a squad of 32-38 players will be selected to attend the Rugby League Training Camp/Phase Two Trials. Following the training camp, a CIS Team will be selected to attend the Australian Schools Championships.

##### Rugby League CIS 16&U Girls Trials

Nominations Due: 27 March 2025

Date: 22 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The senior girls' rugby league pathway is 16&U and directly leads to CIS. Therefore, for your daughter to be eligible for nomination, she must participate in high-level club or representative rugby league and be aged 15 or 16 in the year of the competition. Schools are advised to send only players of outstanding ability. Following these trials, an CIS Team will be selected to attend the Australian Schools Championships.



## Pittwater House

### Rugby Union

#### Rugby Union Competitions

##### Junior School

###### Rugby Mosman Shield

Date: August – Date TBC

Trial Date: July – Date TBC

The Mosman Shield is open to boys in Years 5 and 6. It is an annual match that has been held between Mosman Prep and Pittwater House for over 50 years. The close link that Pittwater House has with Mosman Prep dates back to when Mr. Rex Morgan, our School Founder, left his teaching post at Mosman Prep to establish his own Independent School for Primary-aged boys in 1962, which was named Pittwater House Preparatory School. Once Pittwater House grew large enough (18 students) to field a Rugby team, Mr. Morgan organised the first match between the two schools.

Trials will be held on campus if we receive too many nominations.



##### Senior School

###### Peninsula Cup Boys 15 a-side Competition

The Peninsula Cup Rugby Competition provides boys with the exciting opportunity to compete against various schools on the Northern Beaches. This competition not only helps them refine their rugby skills, but also builds teamwork, discipline, and sportsmanship. It's a fantastic way for students to challenge themselves, grow as players, and represent Pittwater House with pride on the field.

Day/Times:	18&U (Term 2 Competition): Mondays, 4:00 pm – 5:00 pm 14&U (Term 3 Competition): Thursdays, 4:00 pm – 5:00 pm 16&U (Term 3 Competition): Mondays, 4:00 pm – 5:00 pm
Nominations Due:	18&U Competition: 23 February 2025 14&U and 16&U Competitions: 11 May 2025
Dates:	18&U: From Week 2, Term 2 until the end of Term 2 14&U and 16&U: From Week 2, Term 3 until the end of Term 3
Location:	Various fields and schools on the Northern Beaches
Uniform:	Pittwater House Rugby Jersey (borrowed from the Sports Office), PE Shorts, Pittwater House sport socks (purchased from the uniform shop), mouthguard and boots. Headgear and shoulder guards are encouraged.
Trials and Training:	One morning per week, 7:15–8:15 am on the school oval (days to be confirmed), commencing Mid-Term 1 for 18&U team and mid-term 2 for the 14&U & 18&U team.
Cost:	\$120 per season, includes transport to games.
<i>Please note:</i>	Parents and guardians are responsible for organising transport for their child to return home from the games.



*...Rugby Union continued*

## **Rugby Pathways**

### **Junior School**

#### Rugby Union CIS 12&U Boys Trials

Nominations Due: 27 March 2025

Date: 18-19 Jun 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior boys' rugby union pathway directly leads to CIS. Therefore, for your son to be eligible for nomination, he must actively participate in high-level club or representative rugby union. This opportunity is available to Year 5 students turning 12 and Year 6 students turning 11 or 12 in the year of competition. Only a maximum of three boys from each school can participate in the trial. If selected for the CIS team, players will represent CIS at the NSWPSA Championships held in Newcastle from August 5 to 7, 2025. Following the conclusion of these Championships, a NSWPSA Development Squad will be announced.

#### Rugby 7's CIS 12&U Girls Trials

Nominations Due: 27 March 2025

Date: 09 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior girls' rugby 7's pathway directly leads to CIS. Therefore, for your daughter to be eligible for nomination, she must actively play rugby union and be in Year 5 or 6. Only a maximum of three girls from each school can participate in the trial. If selected for the CIS team, players will represent CIS at the NSWPSA Girls 7's Championships held in MacKillop from June 5 to 6, 2025. Following the conclusion of these Championships, a NSWPSA merit team will be announced.

### **Senior School**

#### Rugby Union CDSSA 16&U and 18&U Boys Trial Training Session

Nominations Due: 27 March 2025

Date: 14 May 2025

These trials are open to Grammar students aged 15 years or older with a strong playing history. The CDSSA selectors will choose a 16&U and a 18&U Boys team to represent CDSSA at the AICES Rugby Trials.

#### Rugby Union AICES 16&U and 18&U Boys Trials

Date: 04 June 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The format of these trials will include Rugby 10's for the association v association games, and, if necessary, 15's for the final trial. During these trials, AICES selectors will choose a 16&U and 18&U Boys team. A compulsory two-day training camp will be held at Sydney Academy of Sport, Narrabeen, from June 26 to 27, 2025 (16&U) and June 24 to 25 (18&U), for all boys selected into the AICES teams. Additionally, the 18&U AICES team will participate in the NSW Schools 18&U Rugby Trial Games on June 26-27, 2025, while the 16&U team will compete in the NSW Schools 16&U Rugby Trial Games on June 28-29, 2025, with the opportunity to be selected into a NSW team for participation in the Australian Schools Rugby Championships.



*...Rugby Union continued*

Rugby 7's AICES 16&U and 18&U Girls Trials

Nominations Due: 27 March 2025

Date: 2 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

These trials are open to college students aged 15 years or older with a strong playing history. Any student turning 14 is required to submit an Age Grade Dispensation Form before participating in the trial. These trials will include a skills and drills session followed by Rugby 7's games of mixed teams. The team will be announced on the day with all players selected into the team to remain at the venue for a team training session.



Rugby 7's CIS 16&U and 18&U Girls

Date: 21 May 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The senior girls' rugby 7's pathway is 16&U and 18&U, and the girls are selected at AICES. Following this, two CIS teams will be selected to participate in the NSW All Schools Girls 7's Championships on June 25-26, 2025, with the opportunity to be selected into a NSW team for participation in the Australian Schools Rugby Championships.



## Sailing

### Sailing Pathway

#### Senior School

Sailing NSW All Schools Championships

Date: TBC (during the Term 1 School Holidays)

NSW All Schools Registrations Due: TBC

This activity is organised by parents and guardians with the support of the school. Parents and guardians are responsible for the registration process and for transporting and supervising their child during these championships.

Students in the Senior School who are already members of a Sailing club and engage in external training can register to participate in the Championships. If your child is interested in competing, please email [sportsoffice@tphs.nsw.edu.au](mailto:sportsoffice@tphs.nsw.edu.au) and we will send you more information once it becomes available.



## Snowsports

### Snowsports Pathway

#### Sydney Interschools Snowsports Championships

Every year, Pittwater House participates in the Sydney Interschools Snowsports Championships during the Term 2 school holidays. Open to students of all ability levels, this event is a fantastic opportunity to build skills across various Snowsports disciplines while enjoying friendly competition and fostering team spirit. The Championships bring together students who share a love for winter sports, and as they progress to the NSW State and Australian events, they'll take on new challenges and experience higher levels of competition.

The Interschools Snowsports Championships feature a series of events where students represent their school, either as part of a team or individually, in a variety of exciting disciplines.

- **Events:** Skiing (Alpine, Skier Cross, and Moguls), Snowboarding (Giant Slalom and Snowboard Cross). Slopestyle Ski, Slopestyle Snowboard, and Cross-Country Classic are also available at the State level.
- **Nominations Due:** 21 February 2025
- **Competition Dates:** Monday, 14 July to Friday, 18 July 2025
- **Camp Dates:** Sunday, 13 July to Sunday, 20 July 2025
- **Location:** Thredbo (alternating annually with Perisher)
- **Age Groups:** Kindergarten to Year 12

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### Family Stay Option

Students from Kindergarten to Year 12 can attend the Championships while staying with their families, enjoying the support of loved ones along with the excitement of competition. Pittwater House staff will be on-site during event times to supervise and assist students, providing guidance as needed. This option allows students to participate with family nearby, while receiving staff support specifically during their events.

**Cost:** \$200

**Includes:** Admin fee, staff race supervision, and Pittwater House race jacket levy.

**Care:** Students will stay with their families, while Pittwater House staff will be present solely to supervise and support students during their events.

### Senior Snowsports Camp

For students in Years 7-12 who want to experience the Championships with Pittwater House staff and friends, we offer an exciting Snowsports Camp! This fully supervised camp combines training, team bonding, and plenty of fun activities, creating a memorable adventure where students can enjoy the thrill of the slopes, build friendships, and celebrate the spirit of the Championships together.

**Cost:** \$2200

**Includes:** Accommodation, transport, one compulsory lesson, National Park entry, all breakfasts and dinners, and Pittwater House race jacket levy.

**Additional Costs:** 6-day lift pass, race fees, registration fee, lunches, equipment, and clothing hire if needed (available onsite at the Bungarra Alpine Centre hire shop).

**Care:** Students will stay with Pittwater House staff and peers in group accommodations, following a structured daily schedule. Staff will provide supervision and support throughout the Camp.



## Softball

### Softball Pathways

#### Junior School

##### Softball CIS 12&U Trials

Nominations Due: 27 March 2025

Date: girls Trials on 8 May 2025 and Boys Trials on 26 June 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior softball pathway directly leads to CIS. Therefore, for your child to be eligible for nomination, they must participate in division 1 or representative softball and be in Year 5 or 6.

Only a maximum of three girls and three boys from each school can trial. Following these trials, a CIS Boys and Girls Team will be selected to participate in the NSWPSA Championships.

##### Softball NSWPSA 12&U Boys Championships

Date: 11-13 August 2025

Location: Woollooware

Parents/guardians are responsible for transporting and supervising their child during these trials.

Following the conclusion of these championships, the NSW selectors will then choose a 12&U boys' team to represent NSWPSA at the School Sport Australia 12&U Softball Championships, scheduled for 25 October to 01 November 2025.

##### Softball NSWPSA 12&U Girls Championships

Date: 02-05 June 2025

Location: TBC

Parents/guardians are responsible for transporting and supervising their child during these trials. Following the conclusion of these championships, the NSW selectors will then choose a 12&U girls' team to represent NSWPSA at the School Sport Australia 12&U Softball Championships, scheduled for 25 October to 1 November 2025.



#### Senior School

##### Softball AICES 18&U Girls Trials

Nominations Due: 2 February 2025

Date: 12 February (If needed)

Girls in Years 7 to Year 12 who are currently playing at a high level in club or representative softball can nominate for these trials. The trials will be conducted individually to select students of the appropriate standard to participate in the CIS Softball Trials.

##### Softball CIS 18&U Girls Trials

Date: 24 February 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

At the conclusion of these trials, a CIS Team will be selected to attend the NSW All Schools Championships. Following these Championships, a NSW All Schools Team will be selected to participate in the School Sport Australia Championships.





...Softball continued

### Softball CIS 18&U Boys Trials

Nominations Due: 2 February 2025

Date: 24 February 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The senior boys' softball pathway directly leads to CIS and is 18&U. Therefore, for your child to be eligible for nomination, they must participate in Division 1 or representative softball and be in Year 8 to Year 12. At the conclusion of these trials, a CIS team will be selected to attend the NSW All Schools Championships. Following these Championships, a NSW All Schools Team will be selected to participate in the School Sport Australia Championships.

## Surfing

### **Advanced Boardriders Academy**

The Advanced Boardriders Academy aims to coach and train students in the sport of surfing. This will be facilitated through Manly Surf School at Long Reef and Collaroy Beaches, where qualified coaches will use a variety of coaching tools, including video analysis.

The group will convene at the beach at 6:30 am, prepared for the surfing session. The lesson is scheduled to run from 6:45 am to 7:45 am.

All students are required to bring their own surfboard with a leg rope, board bag, and wetsuit. A bus will be provided to collect the students from the beach and transport them back to school. The boards will securely store on hooks outside of DG5, available for collection that afternoon before heading home.

All students wishing to join the Advanced Boardriders are required to:

1. Successfully complete a 400m swim at school under the supervision of a Pittwater House Surf Teacher. Each student must complete 16 laps in under 12 minutes.
2. Pass a run-swim-run-paddle fitness test to demonstrate proficiency in catching their own waves. The Pittwater House Surf Teachers and Manly Surf School will ensure that all students are capable of joining in the program.



### Developing Squad – Years 6 to 9

Day/Time: Thursdays (Term 1) 6:30 am – 8:20 am

Dates: Term 1 only: 20 February to 10 April 2025 (Week 4-11)

Cost: \$320 per term (8-week program, all-inclusive)

Location: Long Reef and Collaroy Beaches

### Advanced Squad – Years 7 to 12

Day/Time: Wednesdays (Term 1-4) 6:30am – 8:20am

Dates: Term 1: 19 February to 9 April 2025 (Week 4-11)

Term 2: 7 May to 25 June 2025 (Week 2-9)

Term 3: 30 July to 17 September 2025 (Week 2-9)

Term 4: 22 October to 3 December 2025 (Week 2-8) - 7-week Program

Cost: \$320 Term 1, 2 and 3 (8-week programs, all-inclusive)

\$280 Term 4 (7-week program, all-inclusive)

Location: Long Reef and Collaroy Beaches

*Please note:* A minimum of 10 students per group is required for the academy to proceed.



...Surfing continued

## Surfing Pathway

### Senior School

#### Surfing Lifeline High Schools Surf Challenge

Date: May – Date TBC

Location: Sydney (Beach TBC)

Our Pittwater House Surf Teachers will select a boy and girl team to represent Pittwater House at the Lifeline High Schools Surf Challenge, typically held in May each year on a Sydney beach. Students compete against other schools from across Sydney. Each team will consist of five surfers, with a tag team format used.

## Swimming

### Swimming Squad Training

#### Senior School

The Sports Department offers swimming squad training sessions in the school pool during lunch throughout the year, open to all Year 7-12 students who are eager to improve their swimming skills and boost their overall fitness.

Days/Time: Tuesdays and Thursdays during Lunch

Dates: Term 1 starts in Week 3, while Terms 2-4 commence in Week 2.

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

### Pittwater House Swimming Carnivals

Pittwater House run four Swimming Carnivals each year:

- |   |                        |
|---|------------------------|
| 1. Kindergarten to Year 2 Carnival        | Date: 19 November 2025 |
| 2. Year 2-6 Carnival (and 8yrs in Year 2) | Date: 19 February 2025 |
| 3. Year 7-12 Grammar Carnival             | Date: 17 February 2025 |
| 4. Year 7-12 College Carnival             | Date: 18 February 2025 |

### Swimming Pathways

#### Junior School Pathways

- HICES (Heads of Independent Co-Educational Schools)
- CIS (Combined Independent Schools)
- PSSA (Primary Schools Sports Association)
- SSA (School Sport Australia)





... *Swimming continued*

### Swimming HICES Championships

Date: 13 March 2025

Location: Sydney Olympic Park Aquatic Centre, Homebush

HICES is our first Swimming representative pathway following the Pittwater House Year 3-6 Carnival. Qualification to compete at HICES is reserved for the fastest two boys and girls in ages 8-10, and the top four in ages 11-12 for each event, determined at the Pittwater House Carnival.

The top three athletes in each event at HICES will advance to represent HICES at the CIS Championships.

### Swimming CIS Championships

Date: 26 March 2025

Location: Sydney Olympic Park Aquatic Centre, Homebush

Those who then secure the top three positions in each event at the CIS Championships will then advance to represent CIS at the NSWPSA Championships.

### Swimming NSWPSA Championships

Date: 10-11 April 2025

Location: Sydney Olympic Park Aquatic Centre, Homebush

Parents/guardians are responsible for transporting and supervising their child during these championships.

Those who secure the top three positions in ages 10, 11 and 12 in each event at the NSWPSA Championships will then advance to represent NSW at the School Sport Australia 12&U Swimming Championships.

There is no further pathway beyond NSWPSA for individuals aged 8-9 years

### **Senior School Pathways**

- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co- Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools Championships
- SSA (School Sport Australia)



### Swimming CDSSA Championships

Date: 6 March 2025

The CDSSA Championships is our first Swimming representative pathway following the Pittwater House Swimming Carnivals. Each school is guaranteed one swimmer in each event. If there are spare lanes, swimmers will be allocated based on submitted times from the school carnivals.

The top three swimmers in each event at the CDSSA Championships will advance to represent CDSSA at the AICES Championships. This year's CDSSA Swimming Carnival will be held at Cranbrook School in Bellevue Hill



.... *Swimming continued*

### Swimming AICES Championships

Date: 31 March 2025

Location: Sydney Olympic Park Aquatic Centre, Homebush

The top three swimmers in each event at the AICES Championships will advance to represent AICES at the CIS Championships.

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 the Sports Office with their swimming time, place, and venue.

Nominations Due: 15 March 2025.

- 100m and 200m Breaststroke
- 100m and 200m Butterfly
- 100m and 200m Backstroke

### Multi Class Events

Athletes with disabilities can compete at AICES, where the top three positions will be nominated to CIS. The determination of these places will be made by Swimming Australia Multi Class Scoring System, and all multi-class athletes must provide their classification number to participate.

### Swimming CIS Championships

Date: 5 (Night Session) and 6 (Day Session) May 2025

Location: Sydney Olympic Park Aquatic Centre, Homebush

The top three swimmers in each event at the CIS Championships will advance to represent CIS at the NSW All Schools Championships.

There are several swimming 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 the Sports Office with their swimming time, place, and venue.

Nominations Due: 15 March 2025.

- 400m, 800m and 1500m Freestyle
- 400m Individual Medley



### Swimming NSW All Schools Championships

Date: 22-23 May 2025

Location: Sydney Olympic Park Aquatic Centre

Parents/guardians are responsible for transporting and supervising their child during these championships.

The top three swimmers in each event at the NSW All Schools Championships will advance to represent NSW at the School Sport Australia Championships. The event is scheduled to be held in Brisbane from 26-31 August 2025.

There is no further pathway beyond NSW All Schools for individuals aged 12 years.



## Pittwater House Afterschool Swim Club

### Mini-Squad to Advanced Level

The Pittwater House Afterschool Swim Club will be run by Swimwise Northern Beaches Pty Ltd. It caters to a broad range of swimming abilities, with an emphasis on stroke development, correction, improving overall fitness and acquiring racing skills.

**(Please note this is not a Learn to Swim Program)**

#### Session Days and Times:

**Session 1** – 3:30 pm to 4:00 pm on Mondays, Tuesdays, and Wednesdays

Beginners Mini Squad is available to students who are ready to progress from Learn to Swim, can swim 25 meters of Freestyle, and can float unassisted on their back. Multiple sessions per week are advised to aid progress. Age range: 6-8 years approximately. **Cost:** \$20 per session, paid by the term in advance.

**Session 2** – 4:00 pm to 4:30 pm on Mondays, Tuesdays, and Wednesdays

Mini Squad is suitable for students who can confidently swim 50 meters in the main competitive strokes.

There is some flexibility to extend the session time by 10-15 minutes if needed to aid the transition into the Intermediate Session. Multiple sessions per week are advised to aid progress.

Age range: 8-10 years approximately. **Cost:** \$20 per session, paid by the term in advance.

**Session 3** – 4:00 pm to 5:00 pm Mondays, Tuesdays, Wednesdays, and Thursdays

The Intermediate and Advanced Squad is suitable for students who can correctly swim 50/100 meters repeats

of the main competitive strokes. Multiple sessions per week are advised to aid progress.

Age range: 8-18 years approximately. **Cost:** \$20 per session, paid by the term in advance.

**Uniform:** Students are required to wear their Pittwater House Swimming costume, swim cap, and goggles.

All students are required to get changed for swimming in the pool changerooms. Junior School students will not be allowed to get change in general changerooms and must use the changerooms within the pool facility.

**Venue:** Pittwater House Swimming Pool.

**For bookings and enquiries:** Please contact Bernadette Johnson (Head Coach) via text or phone call on **0422 500 050**.

For new bookings/students, if necessary, please leave a message stating your name and advising the best time to return your call and discuss your child's swimming ability and needs.



## Tennis

### Tennis Pathways

#### **Junior School (Individual Pathway)**

##### Tennis HICES 12&U Trials

Nominations Due: 2 February 2025

Date: 13 February 2025

Each association under the CIS Association is limited to sending only eight players (four boys and four girls) to compete at the CIS Championships. In the past, HICES has selected its team of 8 based on the students' current ranking; however, this year, they hope to hold a trial day to select the team. When nominating your child, please include their current ranking so that we have it if the HICES trials are unable to go ahead.

##### Tennis CIS 12&U Championships

Date: 24 February 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

At the conclusion of these Championships, a team of five boys and five girls will be announced to represent CIS at the NSWPSA 12&U Championships held from May 06-09, 2025. Subsequently, students who then qualify for the NSWPSA team will compete at the School Sport Australia 12&U Championships (TBC date and location).

#### **Senior School (Team Pathway)**

##### Tennis CDSSA 15&U and 18&U Championships

Nominations Due: 2 February 2025

Date and Location: 24 March 2025, held at Tennis World, Ryde

Pittwater House enters teams of four to participate in the CDSSA Tennis Championships, with the top male and top female team advancing to compete in the AICES Tennis Schools Cup.

##### Tennis AICES Schools Cup

Date: 10 April 2025

Following the CDSSA Championships, the top male and top female team will represent CDSSA and their school at the AICES Schools Cup. This competition is a "Davis Cup" style teams competition involving Fast Tennis. The teams of four players will participate in singles, reverse singles, doubles, and reverse doubles against other schools in the draw. At the conclusion of the Cup, a top male and female team will be announced as the AICES Champions.

#### **Senior School (Individual Pathway)**

##### Tennis AICES 15&U Championships

Nominations Due: 25 July 2025

Date: Boys: 7 November 2025 and Girls: 6 November 2025

A maximum of 40 boys and 40 girls within the AICES Association will be admitted to each draw. AICES will select these players based on their current UTR. All players with a current UTR of 7.0 or more will be admitted to the draw first, followed by one player from each school. This process continues until each school has exhausted its players or all places are filled. At the conclusion of the Championships, the top male and female teams will be announced as the AICES Champions. There is no further pathway for 15&Us.



... *Tennis continued*

Tennis AICES 18&U Championships

Nominations Due: 2 February 2025

Date: Girls: 13 February 2025 and Boys: 14 February 2025

A maximum of 35 boys and 35 girls from the AICES Association will be admitted to each draw. Selection is based on current UTR, starting with all players who have a UTR of 7.0 or higher—up to six players per school. Then, if spots remain, each school may enter one player with a UTR of at least 6. This process continues, reducing the UTR threshold by one point at each step, until either every school has no more players, or all places are filled.

At the end of the Championships, the top eight boys and top eight girls will qualify to represent AICES at the CIS Open Championships.

Tennis CIS 18&U Championships

Date: 25 February 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

At the conclusion of these Championships, a team of eight girls and eight boys will qualify to represent CIS at the NSW All Schools Championships.

Tennis NSW All Schools 18&U Championships

Date: 24-25 March 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

At the conclusion of these Championships, a team of eight girls and eight boys will qualify to represent NSW All Schools at the School Sport Australia Championships in Bendigo, VIC, from May 3-10, 2025.



**Tennis Lessons at Pittwater House**

Voyager Tennis is one of Australia's leading tennis providers and has a fantastic track record of providing high quality inclusive coaching programs for beginners, intermediate and advanced level players.

Group Coaching Sessions All levels and ages are welcome. If you would like to enroll your child, please complete the online registration form below to book a free trial session. **BOOK A FREE TRIAL HERE**

[classhub.com.au/secure/registration?providerAlias=voyager-tennis&classId=B488AB17-37D7-4E0E-996B-A1399E09E7F3](https://classhub.com.au/secure/registration?providerAlias=voyager-tennis&classId=B488AB17-37D7-4E0E-996B-A1399E09E7F3)

If you have any questions, please contact [pittwaterhouse@voyagertennis.com](mailto:pittwaterhouse@voyagertennis.com). Following the free class trial, the coaching team will recommend classes, competitions and lessons based on the level of the player



## Touch Football

### Touch Football Pathways

#### **Junior School**

##### Touch Football CIS 12&U Trials

Nominations Due: 2 February 2025

Date: 30 April 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The junior touch football pathway directly leads to CIS. Therefore, for your child to be eligible for nomination, they must participate in high-level club or representative touch football and be in Year 5 or 6. Only a maximum of three girls and three boys from each school can trial.

At the conclusion of these trials, a CIS 12&U Girls and Boys team will be selected to represent CIS at the NSWPSA Championships. Following this, those chosen to represent NSWPSA will compete in the School Sport Australia 12&U Championships.

#### **Senior School**

##### Touch Football CDSSA Championships

Nominations Due: 2 February 2025

Date: 18 March 2025

Trials will be held at school to select 15&U boys, 15&U girls, 18&Under boys, and 18&Under girls' teams to represent Pittwater House at the CDSSA Touch Football Championships. All college students in Years 7 to 12 with playing experience are welcome to participate in the trials. The teams chosen to compete in these championships will have the chance to be selected for the CDSSA 15&U and 18&U boys' and girls' teams, to compete at the AICES Championships.

##### Touch Football AICES 15&U and 18&U Championships

Date: 2 April 2025

Location: Kingsway, Penrith

During these championships, the AICES selectors will choose the top players to represent AICES at the CIS Championships.

##### Touch Football CIS 15&U and 18&U Championship

Date: 09 May 2025

During these championships, the CIS selectors will choose the top 15&U players to represent CIS at the NSW All Schools 15&U Championships, scheduled for August 26-27, 2025. Following this, those selected to represent NSW All Schools will compete in the School Sport Australia 15&U Championships, scheduled for October 25 to 31 in Queensland.

There is no further pathway beyond CIS for 18&U players.





... *Touch Football continued*

## **Touch Football Competition**

### **Senior School**

#### Peninsula Cup Touch Football Competition

The Peninsula Cup Touch Football Competition in Term 1 offers a great chance for students to compete against schools on the Northern Beaches. It's an excellent opportunity for new students to make friends, be part of a team, and develop their touch football skills in a fun, supportive environment.

Nominations Due: 2 February 2025

Day/Times: Mondays from 4:00 – 5:00 pm

Dates: Starts Monday 12 February, to end of Term 1.

Location: Nolan Reserve, North Manly

Teams: Girls: Year 7, Year 8-9, and Year 10-12

Boys: Year 7, Year 8-9, and Year 10-12

Uniform: Pittwater House Touch Football jersey (borrowed from the Sports Office), with PE, plain black, or navy shorts.

Trials: Trials will be held early in Term 1 (dates and times TBC)

Training: One morning per week on the school oval (day TBC)

Cost: \$120 per season, includes transport to games.

*Please note:* Parents and guardians are responsible for organising transport for their child home.

## **Triathlon**

### **Triathlon Pathways**

#### **Senior School**

#### Triathlon NSW All Schools Team and Individual

Nominations Due: 2 February 2025

Date: 26 February 2025– Individual Triathlon

Date: 27 February 2025 – Team Triathlon

Parents/guardians are responsible for transporting their child to and from these trials.

This competition provides an opportunity for students across various age groups to engage in triathlon activities, promoting teamwork and individual athletic skills. Participants can choose between competing as part of a team or as individual athletes, fostering a sense of camaraderie and sportsmanship.

Teams are comprised of three athletes, each responsible for completing one leg of the event, which includes swimming, running, or bike riding.

The event features different categories for teams:

- Junior Teams (12/13/14 Years) with a 400m swim, 10km cycle, and 3km run.
- Intermediate Teams (15/16 Years) with a 400m swim, 15km cycle, and 3km run.
- Senior Teams (17/18/19 Years) with a 400m swim, 15km cycle, and 3km run.

Following the Individual event, a NSW All Schools Team will be selected to attend the School Sport Australia Championships.

For Team athletes, there is no further pathway beyond NSW All Schools.



## Volleyball

### Volleyball Pathways

#### **Senior School**

##### Volleyball CIS 15&U Boys & Girls Trials

Nominations Due: 2 February 2025

Date: 21 March 2025

Location: Netball Central, Sydney Olympic Park, Homebush

Parents/guardians are responsible for transporting and supervising their child during these trials.

CIS has announced the introduction of a 15&U Trial beginning this year. To qualify for nomination, your child must participate in high-level club or representative Volleyball. CIS will select a team at these trials to participate in the NSW All Schools Trials. Subsequently, during these trials, the NSW selectors will choose a team to represent NSW All Schools at the School Sports Australia 15&U Volleyball Championships.

##### Volleyball CIS 19&U Girls Trials

Nominations Due: 2 February 2025

Date: 10 April 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The Open Girls Volleyball pathway leads directly to CIS. Therefore, your daughter must participate in high-level club or representative Volleyball to be eligible for nomination.

During these trials, the CIS selectors will choose a team to represent CIS at the NSW All Schools Volleyball Tri-Series. Following the conclusion of the Tri-Series, a presentation will be conducted to announce the selected All Stars.

##### Volleyball CIS 19&U Boys Trials

Nominations Due: 2 February 2025

Date: 4 April 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The Open Boys Volleyball pathway leads directly to CIS. Therefore, your son must participate in high-level club or representative Volleyball to be eligible for nomination.

During these trials, the CIS selectors will choose a team to represent CIS at the NSW All Schools Volleyball Tri-Series. Following the conclusion of the Tri-Series, a presentation will be conducted to announce the selected All Stars.



## Water Polo

### Water Polo Competitions

#### Senior School

##### Northern Suburbs Schools Water Polo Association Competition

Pittwater House enters teams into the **Northern Suburbs Schools Water Polo Competition** throughout the year, welcoming students of all ability levels, from complete beginners to experienced players. This competition provides an excellent opportunity for students to develop their water polo skills, build teamwork, and represent Pittwater House in a supportive and competitive environment.

Time:	Varies between 7:00pm – 9:20pm
Location:	Warringah Aquatic Centre, Frenchs Forest
Uniform:	Pittwater House Water Polo Costume and Cap
Training:	All players are required to attend 1 training session per week
Cost:	\$220 per season, which includes pool entry for players and coaching staff

##### Opens Competition (College and Grammar Years 10-12)

Nominations Due: 21 February 2025

Day:	Friday nights
Dates:	2 May to 27 June 2025 (9-week competition)
Training:	Training commences Mid Term 1 2025

##### Intermediate Competition (College and Grammar Years 8-9)

Nominations Due: 21 February 2025

Day:	Monday nights
Dates:	5 May to 25 August 2025 (12-week competition)
Training:	Training commences Mid Term 1 2025

##### Junior Competition (College and Grammar Year 7)

Nominations Due: 04 May 2025

Day:	Friday nights
Dates:	01 August to 19 September 2025 (8-week competition)
Training:	Training commences mid-Term 2 2025

### Water Polo Pathways

#### Water Polo CIS 18&U Boys and Girls Trials

Nominations Due: 2 February 2025

Date: Boys: 19 March 2025

Girls: 6 March 2025

Parents/guardians are responsible for transporting and supervising their child during these trials.

The 18&Under Water Polo pathway leads directly to CIS. Therefore, your child must participate in high-level club or representative Water Polo to be eligible for nomination. Nominations are submitted to AICES, who then select individuals by paper selection (in conjunction with NSW Water Polo) to attend the CIS Trials. Following the trials, a CIS Team of 13 players will be named to represent CIS at the Australian Schools Invitational Water Polo exchange with Queensland, CCC, and CHS. The date and location are yet to be confirmed.



## Elite Athlete and Performer Advisor Program

### **Balancing Success in Sport and Study**

The Elite Athlete Program supports students in achieving their sporting and academic goals while maintaining a well-rounded lifestyle.

This program is tailored to help student-athletes balance the demands of their studies with the challenges of competing at an elite level in their chosen sport.

If you are a student striving for excellence both on and off the field, this program could be the key to your success!

Contact:

Sue Grigg

Director of Sport

Email: [Sue.grigg@tphs.nsw.edu.au](mailto:Sue.grigg@tphs.nsw.edu.au)

Discover if you qualify for the program with the Pittwater House Elite Athlete and Performer Advisor and take the next step towards achieving your goals!





## Sports Office Contact Details

### Director of Sport

Mrs. Sue Grigg

Email: [sue.grigg@tphs.nsw.edu.au](mailto:sue.grigg@tphs.nsw.edu.au)

Mobile 0421 102 954

### Sports Administrator

Mr. Bruno Loureiro

Email: [sportoffice@tphs.nsw.edu.au](mailto:sportoffice@tphs.nsw.edu.au)

### Basketball Coordinator

Mr. Andre Radan

Email: [basketball@tphs.nsw.edu.au](mailto:basketball@tphs.nsw.edu.au)

## Sign-ups and Enquiries

Sign-up forms for all Academies, Competitions and Representative Pathway Excursions will be available on our Pittwater House App.

All other nominations and enquiries are to be emailed to the Sports Office

Email: [sportoffice@tphs.nsw.edu.au](mailto:sportoffice@tphs.nsw.edu.au)

## Pittwater House Sporting Groups Facebook Page

### JOIN PITTWATER HOUSE SPORTING GROUPS FACEBOOK PAGE

Pittwater House manages a dedicated Facebook page for its sports community, exclusively for current students and their families. The Pittwater House Sports Office uses this platform to share up-to-date news and celebrate student success stories related to Pittwater House sports. Please note that this is a closed group, and access to content is restricted to members only. If you'd like to join, ensure you have a Facebook profile, then search for the **Pittwater House Sporting Groups** page, and submit a request to become a member.

## Sports Pathway Abbreviations

### Junior School

HICES Heads of Independent Co-Educational Schools

CIS Combined Independent Schools

NSW PSSA Primary Schools Sports Association

SSA School Sport Australia

### Senior School

CDSSA Combined District Schools Sports Association

AICES Association of Independent Co-Educational Schools

CIS Combined Independent Schools

NSW All Schools

SSA School Sport Australia



# Players Code of Conduct

Players representing Pittwater House in Sport must adhere to the following:

This document is an official set of rules and regulations for players to obey and to show their commitment to playing sport for Pittwater House. These rules cover behavioral standards, uniform standards and attitude at games and training.

## **The rules and regulations are:**

1. Players must attend all games and training unless a parent/guardian has informed the Coach and Sports Office of the players' absence. Players must notify their absence at least 48hrs prior to the game/training unless an unforeseen situation arises.
2. Players must wear the correct Pittwater House team uniform and have the correct footwear dependent on the sport you are participating in at both training and games.
3. Players must respect their opposition and their teammates with the respect that is shown by a Pittwater House sportsperson. Poor language will not be accepted on or off the field by any player.
4. Players should encourage each other on and off the field and always put the team first, we do not yell or criticise one another when we are not playing well, make a mistake or get beaten.
5. Players must respect their Coach and Manager. If behavior is deemed inappropriate, they will be warned, if behavior continues then they will be suspended from play of game.
6. Once a training time has been set, players must arrive 10 minutes before the official training time. If late, disciplinary action will be taken.
7. Players must arrive at least 20 mins prior to the commencement of their game to ensure a sufficient warm-up is undertaken plus a team chat before the game.
8. Players are not to question the Referee/Umpires decision no matter what the circumstances are. If players have a question, you must ask your Coach, and if your Coach thinks it needs to be addressed, then the captain of the team (no one else) is responsible for talking to whom it may concern.
9. Players are not to play in any other team apart from the one you are registered in.
10. Players are to give 100% effort at both training and games, if you believe you are unable to do so for whatever reason, you must speak to your Coach at the beginning of your session.
11. Players are not to question the Coach about substitution. If you are unhappy about the substitutions, you must arrange a time to speak to your Coach, but not whilst the game is taking place.
12. Congratulations and thanks or cheers appropriate to the game by the captain and players is to take place at the end of the match. We would expect the team line up and shake the hands of the competitor one by one.
13. At quarter-time or half-time, players are to get their drink bottles and go straight to the Coach for their team discussion. You must give your full attention to what is being said by your Coach, and teammates.
14. If players have a query about their Coach which you would like to be addressed, you must speak to the Sports Office as soon as possible.
15. Players are to help pack up any equipment that may have been used at home games.
16. Players are to notify your Coach and Manager of any injuries that occurred in your training session or game, even if it is minor.



# Concussion in Sport



## Concussion Facts

### What is concussion?

Concussion refers to disturbance in brain function caused by a direct or indirect force to the head.

It results in temporary loss of brain skills such as memory and thinking.

Usually the changes are temporary and the majority of people recover completely if managed correctly.

Concussion does not involve structural damage or any permanent injury to the brain.

### How common is concussion?

Concussion is a common problem in many sports especially those involving body contact, collision or high speed.

In Australia the common participation sports such as Australian Rules Football, rugby league and rugby union have high rates of concussion. Concussion is also highly associated with soccer, cricket, netball, martial arts and equestrian. and particularly high in the football codes (AFL, rugby league and rugby union).

Concussion is **most** common in children than any other age group.

### What about Recovery?

The process of recovery varies from person to person and injury to injury. In most cases (80-90%), recovery occurs within 10-14 days of injury, however in a small number of cases recovery is delayed over weeks to months.

### Are there any complications?

In general complications are not common.

The risk of complication is increased by allowing a player to return to play before they have recovered.

That is why it is important to recognise concussion and keep the player out of training and competition until they have fully recovered.

### What are the complications following concussion?

- Higher risk of injury or repeated concussion on return to play
- Prolonged symptoms (lasting more than 14 days)
- Depression and other mental health issues
- Severe brain swelling (particularly in young players)
- Long term damage to brain function



## Signs and Symptoms

Concussion results in a range of signs and symptoms depending on the area of the brain that is affected.

It is important that players, parents, coaches and support staff recognise and **report on** the signs and symptoms of concussion.

Concussion should be suspected if one or more of these signs or symptoms are observed.

### Common signs of concussion (what can be observed)

- Holding or clutching the head
- Slow to get up
- Unresponsiveness
- Unsteady on feet /balance problems
- Disorientation
- Slow to respond to questions or instructions
- Slurred speech
- Loss of consciousness (seen in only 10-20% of cases)
- Upper limb muscle rigidity

### Common symptoms of concussion (what the player report)

- Headache
- Dizziness
- Nausea/ vomiting
- Blurred vision
- Confusion
- Sensitive to light and/or noise
- Feeling tired or drowsy
- Memory loss
- Reduced ability to think clearly and process information
- Feeling emotional
- Not feeling quite right

**Any player with a suspected concussion must be withdrawn from play immediately and require urgent assessment by a medical doctor.**

