Every student must select **ONE full sport** unless given permission by the Director of Co-Curricular to do otherwise.

In addition to your full sport, Senior students are invited to lodge expressions of interest to coach Junior teams, under the supervision of an academic staff member. This is a very rewarding experience and a tremendous boost to the TAS sporting program. Please email Mr Caldwell if you are interested: dcc@as.edu.au

**Swimming:**

MIC: Mr Jim Pennington  
e: jpenning@as.edu.au

Squad training will be available Tuesday, Thursday morning 6.15 – 7.15am and Saturday mornings 7-8am. Students may also join the Alligators Swimming Club if they wish to compete at Swimming Carnivals in the district. Details available at the TAS Sports Centre. This is not a learn to swim program; you must be a competent swimmer.

**Rowing:**

MIC: Mr Will Caldwell  
E: wcaldwel@as.edu.au

All year 10 and 11 students are eligible to trial in weeks 6 and 7 of this term. Coxswains will be selected in week 9 and can be from year 7 upwards. Training involves two sessions on the water and two on land during the week. Saturday will involve either an extra training session or Regatta.

TAS will enter four Regattas during the season including the Schoolboy / Schoolgirl Heads of the River. All crews are required to attend two training camps during the Christmas Holidays: 3-7 December, 2015 and 12-17 January, 2016. Both camps incorporate a Regatta. The cost for the season of $750 includes both camps, transport, uniforms, registration and race entry fees.
**Triathlon:**

MIC: Mr Jim Pennington  
e: jpenning@as.edu.au

Triathlon incorporates swimming, cycling and running, with the occasional circuit training session to add variety. Training is on Tuesday (swim/run), Thursday (ride/run) and we compete every Sunday. Events are triathlons, fun runs, obstacle races and ocean swims across the region including Coffs Harbour, Inverell, Gunnedah, Tamworth and locally in Armidale. Triathlon can also be participated in as an extra sport where you will be required to attend the events only.

**Shooting:**

MIC: Mr Trevor Thatcher  
e: ttthatche@as.edu.au

The TAS Rifle Club shooting program involves target shooting (.22 cal) at the school's smallbore range and fullbore target shooting (.223 cal and .308 cal) at Wollomombi range and in Sydney and is offered to students in **Year 9** and above. Students learn the technique of target shooting by starting at the smallbore range. This will be conducted on two afternoons a week as training, followed by a competition shoot on Saturday mornings.

The club shooting program will involve smallbore shooting only in Term 4, however in Term 1 2016 smallbore and fullbore shooting will start again. All shooting is supervised by qualified staff and parents.

Smallbore shooting will cost approximately $60 for a term. Fullbore shooting is charged for each session or camp. A session at Wollomombi range (one afternoon) will cost approximately $35. Costs include the use of the school's target rifles and equipment, ammunition and range fees. Students that do not hold a firearms license (minors permit) will receive appropriate training (firearms safety training) at the start of the season. This allows them to apply for a junior firearms license.

The smallbore shooting program is focused on developing competent shooters, providing a positive lead into the fullbore shooting season. The highlight of this is the prestigious AAGPS Fullbore Shooting Premiership held in Sydney in July each year. A fullbore shooting camp is planned for prospective GPS shooting team members in the last few days of the summer holidays (23-26 Jan 16) and is compulsory for all wishing to compete in the 1st VIII team at the 2016 AAGPS shooting premiership. Students wishing to be considered for selection in the fullbore GPS shooting team need to select shooting as a summer sport. Enquiries about shooting should be directed to MIC Shooting Mr Trevor Thatcher Ph: 0427 765 806.
**Squash:**

Conducted at Smith House and at Sport UNE squash courts, squash focuses on fitness, skills, etiquette, scoring and tactics, singles and doubles practice and competition. Training will be on Tuesday, Wednesday, Thursday afternoons and Saturday mornings with days allocated depending upon numbers. Squash is available to students in years 9 - 12. Fees are charged on a per term basis to cover court hire.

**Kayaking:**

MIC: Mr Tim Wheaton  
E: twheaton@as.edu.au

Kayaking is offered as a full time sport this summer. The main objective of this sport is to improve the skills in whitewater kayaking. This will mean that there will be one intensive training weekend in term 1 leading into both the regional and state championships as well as other events (to be advised) throughout the season. Kayaking will encompass both whitewater events as well as canoe polo and a commitment to both will be required if you choose kayaking as your full time sport.

Canoe polo and whitewater trips will be optional for all other students as an extra sport and can be attended on a casual basis, however, your first sport must always take precedence over an extra sport. Canoe polo will develop rolling and paddling skills and this will be conducted in the TAS pool at nights during the term (times to be advised). Trips to Penrith Whitewater Stadium will also be arranged on selected weekends with 9 hours of training over a weekend costing $220 (including equipment) plus additional costs for accommodation, transport and meals. If you are interested in participating please contact Mr. Wheaton.

**Tennis:**

MIC: Ms Jayne Heagney  
E: jheagne1@as.edu.au

Tennis this season will involve students undertaking individual coaching on a privately arranged basis with one of the two professional tennis coaches in Armidale: Mr Justin Sherriff or Mr Peter Le Surf. Each student must participate in a minimum of 1 hour/ week of coaching. These may be Group, Semi-Private or Individual lessons and can be scheduled at a time convenient to the individual at either TAS or City Courts. In addition to this, all students will participate in a Saturday morning and Wednesday afternoon school based competition. Please see ‘Tennis Lessons Term 4, 2015’ on the TAS website for further details regarding lesson timing, pricing and coaching contacts.
**Mountain Biking:**

MIC: Mrs Jo Benham  
E: jbenham@as.edu.au

The Schedule for mountain biking during term 4 at this stage will consist of: Mondays 5-6pm skills training with the Get Active Armidale program at the Rologas Fields then moving to the Pineforest after week 4 (coaching will be conducted by NEMTB coaches), Fridays 5.30pm NEMTB Twilight social races at the Pineforest, a weekend (when not racing) group ride on one of the MTB tracks around town. There will potentially be three Sunday races during the term 4 in addition to the Friday evening social races. For term 1 the plan looks like this: Monday 5-6pm: NEMTB Summer Series Races, Wednesday 3.45-5pm: Skills Training, and a weekend group ride on a MTB track around Armidale.

Mountain Biking is not exclusive to middle school students this summer. To be eligible for mountain biking, students must have their own mountain bike, a helmet that meets Australian Safety Standards, carry their own water, spare tube/patch kit and multi tool at every training and race. Students must also be highly responsible in maintaining and repairing their own equipment. Spaces are limited in mountain biking this summer so selection will be based on past commitment to the sport (for those students wanting to participate in mountain biking for a second season) and on seniority. The approximate cost of mountain biking is $200-$250 for the season. This includes $80 for Mountain Bike Australia (MTBA) Membership, $60 for the TAS MTB Jersey, race entry fees, and travel allowances for out of town races.

**Cricket:**

MIC: Mr Allan Moore  
E: amoore@as.edu.au

The Cricket program at TAS looks to support those students who are passionate cricketers and are keen to improve their cricket in a friendly and competitive environment, whilst upholding the “spirit” of Cricket.

Your commitments as a TAS Cricketer include compulsory attendance to two training sessions a week and participation in the ADCA competition run on Saturday Mornings for Into Cricket Players - U/16’s and Saturday afternoons for all Open Cricketers. Registration for junior players is approximately $100 & registrations for seniors $150, inclusive of insurance and umpires fees.

Limited equipment is supplied - with the expectation is that a player supplies there own practice ball at trainings. There are a variety of touring opportunities which may be presented to you and your selection for those is based upon a commitment to improving your cricket, a commitment to TAS cricket and to a lesser extent, individual performance.
**Basketball:**

MIC: Ms Julie Flanagan  
e: jflanaga@as.edu.au

Basketball this season will involve two trainings per week, one of these being a Saturday training session plus a competition game, at night, during the week. It is expected that the Armidale Basketball Association will run a schools’ competition in which all our teams will compete. Competitions will be divided into Seniors and Juniors.

Registration, insurance, competition, court and umpiring fees apply and will be approx $100 for the season. All equipment supplied. Competition games are held at The Den at Armidale High School and/or the TAS gym. A school mini bus will operate to transport players to and from the venue.

**Strength & Conditioning:**

MIC: Mr Jamie Moore  
e: jmoore@as.edu.au

Strength & Conditioning (S&C) is an EXTRA SPORT which provides the opportunity for all of our aspiring athletes to further develop their sport.

The program itself will endeavour to complement and supplement their existing sport as well as promote health and wellbeing. There will be activities that focus on joint stability, injury prevention, hypertrophy, strength, power, speed, agility and cardiovascular endurance.

Students will need to sign up for sessions at the beginning of term 4. Irrespective of which sessions they choose their access to this program will be dependent upon them committing 100% to their full sport.

Costs will vary depending upon the sessions undertaken and will be outlined in the full program to be published at the beginning of term 4.