

General Information About Summer Sports (available to Junior School students for Summer 2010/2011)

Junior School Policy re Participation in Sport

All students in Year 3 and above **will** participate in sport, unless special exemption for exceptional circumstances, is granted in writing, by Mrs Kirsty Brunson (JS Sports Co-ordinator) and Mrs Lou Forsythe. Students in Year 2 and below do not have to participate but are encouraged to do so. If students in Year 2 or below do participate they will commit to the sport (including training sessions) for the duration of that season. Students currently in Years 3, 4 and 5 will normally attend **two** trainings per week (usually after school on Tuesdays and Thursdays, 3:45 to 4:45pm). Students in Year 2 and below need only attend one training per week, on Tuesdays.

Description of Sports available:

Cricket: To make cricket enjoyable and fun, different age groups play according to different rules. All games are played on Saturday mornings. Registration and insurance fees apply and will be approx \$47 for the season.

The different competitions are:

Milo In 2 Cricket and 'Kanga' for U6s: 'Milo In 2 Cricket' (skills development) will be conducted up until Christmas. This will be played on TAS Cricket Oval between 9:15am and 10:15am. It will mainly be for 5 and 6 year olds with the option of 7 year olds playing if they wish. Kanga cricket may be played in the new year depending on demand. Kanga Cricket is played between two teams on two adjacent 'fields' (still on TAS Cricket Oval) so that both innings go on at the same time. Games start at 9:00am and finish around 10:30am. Teams consist of 12 players (24 over game). At any one time there should be 2 batting on Field 1, 8 fielding on Field 2 and 2 preparing to bat. Players bat in pairs for 4 overs. Children turning 7 and 8 years of age are encouraged to play U9s cricket, rather than Kanga, if they have the desire and ability. Training will be Tuesdays.

'Average Cricket' for U9s: (players must be under 9 on 1st September 2010) Teams consist of 8 players per side. Games start at 9:00am and finish by 11:10pm (2 hour games). Each team faces 16 overs. The team's score is determined by dividing the number of runs scored by the number of wickets lost, plus one. The higher average score wins the match. Each player must bowl 2 overs. Training will be Tuesdays.

'One-day matches' for U10s and U11s: (players must be under 10 or under 11 on 1st September 2010) Teams consist of 11 players per side. Games start at 9:00am and finish by 12:10pm. The first innings is limited to 25 six-ball overs per team. No more than 50 overs shall be bowled in a match. Each player must bowl a minimum of 2 overs with a maximum of 3 overs. A batsman must retire when his score reaches 20. Trainings will be Tuesdays and Thursdays.

'Two-day matches' for 12s: (players must be under 12 on 1st September 2010) Teams consist of 11 players per side. Games start at 9:00am and finish by 12:10pm. A team's innings consists of 50 overs, with each team batting and bowling for 25 overs on each of the two days. Each player must bowl a minimum of 1 over with a maximum of 4 overs. A batsman must retire when his score reaches 50. Trainings will be Tuesday and Thursdays.

Swimming: **This is not for beginners.** In choosing this sport, children should be able to competently swim at least a lap of the TAS pool (preferably in all 4 strokes). (Parents wanting 'Learn to Swim' lessons for their children are encouraged to contact the TAS Sports Centre, tel 6776 5866, to arrange lessons). Training will be in the TAS pool on Tuesdays and Thursdays from 3:45pm to 4:45pm. The instructor concentrates on stroke correction and improving fitness. Additionally, students are encouraged to join the TAS based 'Alligators Swim Club' (approx \$45pa) which holds Club nights every Friday night at the TAS pool from 6:30pm to 7:30pm. These are not only good opportunities to improve fitness and speed but are good social occasions as well.

Tennis: For children in Years 4 and 5 only. Children will receive a 40 minute group lesson from Justin Sherriff (or one of his coaches) on the TAS courts on Tuesday afternoons. Cost approx \$85 for the season. Children will also play in one of Justin's junior competitions and can choose between Fridays (5:30pm to 7:30pm) or Saturdays (12 noon to 3:00pm). These competitions normally cost \$88 per term.

General ball skills: For children in Yr 2 and below. One session per week, from 3:45pm to 4:45pm on Tuesdays. Various fun games will be included to assist in the development of children's ball skills, including tee-ball.

Basketball: It is anticipated that Armidale Basketball Association will run two competitions: one for combined Yr 5/6 teams and one for combined Yr 3/4 teams. Games will be held at The Indoor Recreation Centre at Armidale High School, most likely from 5:00pm on Thursdays. Trainings will be on Tuesdays. Registration fees are approx \$50 per season and court fees are approx \$4 per game.

Touch Football: Students currently in Yrs 4 and 5 may choose Touch Football. The Armidale Touch Association will be conducting a Primary Touch Competition on Thursday afternoons from 4:00pm to 5:00pm commencing. Training will be from 3:45pm to 4:45pm on Tuesdays. Expect to pay a registration fee of \$45.

Gymnastics: Held at the Armidale Gymnasium. There will be sessions on Tuesday and Thursday afternoon from 3:50 – 4:50pm run by a qualified Level 1 coach provided, at this stage, by Armidale Gymnastics Club. The cost involved will be dependent on the number willing to take up this option and it is open to all children from K – Yr 5. The cost is expected to be about \$14 per week. The children will travel by TAS minibus to and from the gym with a staff member supervising the sessions and travel. The cost may change depending on numbers wishing to be involved.

Note that boys who move into Year 6 at TAS in 2011 will continue to play the above sports for term 1, 2011.