

SUMMER 2010 – 2011 SPORTS CHOICES for Middle/Senior School Students

Available Sports:

Full Sports

- # Cricket
- # Tennis
- # Basketball
- # Squash
- # Whitewater canoeing
- # SWAC (Swimming/Weights/Athletics/Cycling/)
- # Senior School Shooting (Full-bore)

Extra Sports

- # Middle School Shooting (Small-bore). Full-bore with permission from MIC Shooting
- # Tennis

POINTS TO NOTE:

- # **Only boys in Year 8 or above may choose squash or shooting (full bore)**
- # **Boys who choose cricket will need to play on Friday evenings (16s), Saturday mornings (14s and under) or Saturday afternoons (Opens). Boys should not choose cricket if they are not prepared to meet this commitment.**
- # Most full sports involve at least two afternoons of training plus a competition during the week or on the weekend.
- # Commitments to a 'full' sport must be met before participating in an 'extra' sport.
- # Most sports involve registration fees, insurance fees, and competition fees. Additionally, if traveling outside of Armidale there may be travel and accommodation costs. All of these costs will be debited to parents' accounts.
- # Some sports have a limit on the number of boys who can participate. 1st preference is given to more senior boys.

General Information:

Cricket: Two trainings per week. Matches on Friday nights for U16s (4:00pm 7:30pm). Matches on Saturday mornings for U14s, U13s and U12s (9:00am – 12:10pm). Senior students will participate in the local Senior (men's) competition on Saturday afternoons (1:00pm to 6:00pm). Senior games will continue during parts of the Dec-Jan school holidays. The 1st XI will have a pre-season tour to Sydney on 5 to 8 October, plus attend 'The Cricket Festival' from 16 to 21 January, 2011, in Sydney (hosts SIC). Registration, insurance and umpiring fees apply. Fees range from approx \$45 to \$55 for U12s to U16s, and \$85 for Opens players. All equipment is supplied.

Tennis: Two trainings per week. Coaching provided by Sherriff's Tennis Academy. Plus a Tuesday evening competition (approx 4:00pm – 7:30pm) held at Armidale City courts, combined with NEGS and PLC. Boys and girls select their own partner, of the same sex, and are graded in an appropriate division. Pairs have the opportunity to move up or down divisions based on their performance. Boys may choose tennis as an 'extra sport' which means that they will not attend official tennis trainings but will be part of the Tuesday night competitions. Teams (1st IV, 2nd IV, 16s, 15s, 14s & 13s) consisting of 4 players, may be chosen for the Toowoomba/Brisbane trip towards the end of Term 1, 2011. You need your own racquet. A levy of \$100 for the season applies to cover court hire costs, competition fees etc. As an 'extra sport' the cost is \$42.

Basketball: One training per week plus a competition game, at night, during the week. In Term 4 boys will play in an "internal" competition, held at school. In Term 1 it is expected that the Armidale Basketball Association will run a schools' competition in which all our teams will compete. Competitions in both terms 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. A school mini bus will operate to transport players to and from the venue. Check TAS Basketball website for more information.

Swimming/Weights/Athletics/Cycling/Triathlon ('SWAC'): Mr Jim Pennington will be in-charge of SWAC. This is ideal for those boys looking to compete in Triathlon, Athletics, Cycling, Swimming or those developing an off-season strength and conditioning program. Boys may get involved in one or more of swimming, weights athletics or cycling. Boys will need to do **three** sessions (of at least one hour per session) per week of one or more of these sports. Swimming may be done at various times each week and will depend on a boy's ability. Possible times are before school on Tuesdays and Thursdays, or after-school on Mondays, Tuesdays, Wednesdays and Thursdays. Cycling may include a Saturday morning session as well as Tuesday and Thursday. Athletics is Monday and Tuesday and some Saturday mornings. Boys choosing cycling will pay a fee of \$40-00 (or \$20-00 if you provide your own bicycle). There are no fees for the other three options.

Squash: Focuses on fitness, skills, etiquette, scoring and tactics. Singles and doubles practice. Training will be on Tuesday and Thursday afternoons plus a Friday afternoon 'ladder challenge' competition and championships. Numbers are limited to 16 students and priority is given to senior students. Your own squash racquet (it is not necessary to provide your own goggles as they are available to you). Cost per term is \$5 per boy.

Whitewater Kayaking and Canoeing: Two trainings per week (maybe before or after school). Some training sessions and canoe polo will be conducted in the TAS pool on Sunday mornings from 9:30am. You will participate in at least two weekend activities, at The Nymboida Canoe Centre. This will involve one weekend in term 4 (2010) and two weekends in term 1 (2011), Additionally, the National Championships are held in early January. All travel costs, entry fees etc are debited to parents' accounts.

Shooting: Shooting is offered as full-bore (.223/.308 Cal) to boys in Year 8 and above as a 'full sport'. Small-bore (.22 Cal) is offered to all Middle School boys, who are at least 12 years of age, as an 'extra sport'. **For full-bore shooters**, there will be two, after-school, trainings per week (one of which may be a rifle maintenance session). Trainings will normally be at the TAS small bore range. Boys will attend regular full-bore competitions at Wollomombi on Sundays with The Armidale Rifle Club. Boys will also be expected to attend some Open Prize Meetings on some weekends (average cost approx \$200 all-inclusive). **For Middle School boys**, who choose small-bore as an extra sport, training will be conducted one night per week. There will be small-bore practice at the TAS range on some Saturdays or Sundays, normally every second weekend. The cost of small-bore shooting is \$55 per Term. Some Middle School boys may also be invited to do full-bore Shooting as an additional full sport. All boys must complete a Firearms Safety Training course (\$70) conducted by the Armidale Rifle Club. Once training is completed, boys need to apply for a minors permit (junior shooters licence) at a cost of \$75. For more information about TAS shooting see the webpage:

<http://www.as.edu.au/current_happenings/activities/sport/shooting.php>http://www.as.edu.au/current_happenings/activities/sport/shooting.php>