

## **SUMMER 2011 – 2012 SPORTS CHOICES for Middle/Senior School Students**

In Tutor groups, during Week 6, boys will be given the opportunity to choose their summer sport(s). **Choose carefully** as there will be very little time to change decisions, as teams have to be submitted for summer competitions. **All** students must choose at least **one full** school sport. Any other negotiations must be done with the Sportsmaster.

### **Available Sports:**

#### **Full Sports**

- # Cricket
- # Tennis
- # Basketball
- # Squash
- # Whitewater Kayaking & Canoeing
- # Triathlon
- # Strength and Conditioning (S&C) (Yr 11 and 12 Only)

#### **Extra Sports**

- # Middle School Shooting (Small-bore). Full-bore with permission from MIC Shooting
- # Senior School Shooting (Full-bore)
- # Weights
- # Swimming
- # Touch

### **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. First preference is given to more senior boys.

# Boys may wish to play two full sports. Only choose this if you can meet the commitments of two full sports. You will nominate these sports as '1A' and '1B'. In the event of a clash, sport '1A' will take priority.

### **General Information:**

#### Cricket:

MIC: Mr Bill Doherty

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 1<sup>st</sup> XI will attend 'The Cricket Festival' from 23 to 27 January, 2012, hosted by TAS. Registration, insurance and umpiring fees apply. Fees range from approx \$55 to \$65 for U12s to U16s, and \$95 for Opens players. All equipment is supplied.

#### Tennis:

MIC: TBA

Two trainings per week. Coaching provided by Sherriff's Tennis Academy. Plus a Tuesday evening competition (approx 3:30pm – 7:00pm) 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 (1<sup>st</sup> IV, 2<sup>nd</sup> IV, 16s, 15s, 14s & 13s) consisting of 4 players, may be chosen for the Toowoomba/Brisbane trip towards the end of Term 1, 2012. You need your own racquet. A levy of \$110 for the season applies to cover court hire costs, competition fees etc. As an 'extra sport' the cost is \$42.

#### Triathlon:

MIC: Mr Jim Pennington

Triathlon will be a newly introduced sport in the 2011/2012 Summer Sports Season. Triathlon includes swimming, cycling and running and hence there will be three training sessions per week encompassing these three disciplines on Tuesday and Thursday afternoons and Saturday mornings. The triathlon team will compete at various meets across the region including Coffs Harbour, Inverell, Gunnedah, Tamworth and locally in Armidale, racing twice per month on Sundays. All travel costs, entry fees etc are debited to parents' accounts. Triathlon can also be participated in as an extra sport where you will be required to attend the events only.

## Basketball:

MIC: Mr Robyn McCarthy

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 \$110 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.

## Strength and Conditioning:

Head Coach: Mr Jamie Moore

There have been some minor adjustments to the S&C program for the 2011/12 season. It will only be offered to boys entering years 11 and 12 as a full sport. It will consist of 2 tiers. Tier 1 will have a 3 afternoon commitment whereas tier 2 will have a 2 afternoon commitment. There is also an optional power session that the boys will be able to attend. The numbers are limited and will be selected on willingness to commit to a set program. Those wishing to complete their own work will have the opportunity to do so at other times supervised by Chris Doherty. There will be a fee of \$80 attached to this sport.

## Whitewater Kayaking and Canoeing:

MIC: Mr Christian Nexo

Two trainings per week on croft dam (maybe before or after school) and a training 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 (2011) and two weekends in term 1 (2012), Additionally, the National Championships are held in early January. All travel costs, entry fees etc are debited to parents' accounts.

## Touch Football

MIC: Mr Andrew O'Connell

Played on Wednesday afternoon at Rologas Fields in a mixed competition merging with PLC and NEGS for Yr 7-12.

## Weights

The Weights room will be open two afternoons and two mornings per week offering both Circuit training and free weights under the supervision of Chris Doherty.

## Shooting:

MIC: Mr Trevor Thatcher

Shooting is offered as full-bore (.223/.308 Cal) to boys in Year 8 and above. Small-bore (.22 Cal) is offered to all Middle School boys, who are at least 12 years of age. Shooting is offered as an 'extra sport' only. **For full-bore shooters**, there will be one after-school training per week (this 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 \$65 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)>[http://www.as.edu.au/current\\_happenings/activities/sport/shooting.php](http://www.as.edu.au/current_happenings/activities/sport/shooting.php)

### Swimming

Will be available two mornings during the week via. The Squad focus. All students keen to pursue this path need to liaise with Mr Michael Hault, TAS Swimming School Manager.