



TAS CELEBRATING
125 YEARS

TAS Summer Sport Choices Summer Term 4 2019 Years 5-11

Full Sports

Basketball
Cricket
Kayaking
Mountain Biking
Rowing (Years 10-11 only)

Shooting (Years 9-11 only)
Squash (Years 9-11 only)
Tennis
Triathlon

Extra Sports

Dance
Health, Fitness, Strength & Conditioning
Swimming
Touch Football (Years 6-8 only)
Volleyball (Years 9-11 only)

- Every student must select **ONE full sport**.
- Extra sports may also be selected once the training schedule for full sports is determined.
- **Please note that some sports have limited numbers.**

Student Coaches

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

Summer Full Sports

Basketball:

MIC: Ms. Harriet Symons hsymons@as.edu.au

Basketball this season will involve one training per week and three Saturday game-based training sessions throughout each term. Each team will play in 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. 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.

Registration, insurance, competition, court and umpiring fees apply and will be approx. \$130 for the season. All equipment supplied.

Cricket

MICs: Mr Mark Taylor- mtaylor@as.edu.au Ms. Rachel Harrison- rharriso@as.edu.au

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

Your commitments as a TAS cricketer include compulsory attendance to the game, and two training sessions per week. Most junior games are played on Saturday mornings, and Open cricketers play on a Saturday

afternoon. Registration for junior players is approximately \$130 & registrations for seniors \$180, inclusive of insurance and umpires' fees.

Limited equipment is supplied - with the expectation that a player supplies their own practice ball at trainings. There are a variety of opportunities which may be presented to you, including the Douglas Shield, Wiburd Shield, TOAD Cup and possible tours and visits to other schools, and your selection for those is based upon a commitment to improving your cricket, a commitment to TAS cricket and individual performance.

Kayaking

MIC: Ms. Emma Channon echannon@as.edu.au

Kayaking is offered as a full-time sport during Summer terms. The main objective of this sport is to improve the skills in both still and whitewater kayaking. This will mean that there will be regular training sessions on Croft Dam practicing gates 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). A weekend kayaking session on the Mann River will take place in term 4 in order to gain experience and confident on whitewater in preparation for the regionals held Term 1. Food and travel expenses for this weekend will be additional, however it is highly recommended to attend. If you are interested in participating, please contact Ms. Channon.

Mountain Biking

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

The TAS MTB team caters for male and female students, from beginner to experienced riders. To be eligible for mountain biking, students must be able to ride a bike confidently, supply their own mountain bike, helmet and a few other small pieces of equipment. Students must also be organised and responsible in looking after their own bikes and gear. Along with the above equipment detail, students need to come to the sport ready to work hard while having fun and being challenged. The approximate cost of mountain biking is \$180 for the season. This includes \$80 for Mountain Bike Australia (MTBA) Membership, \$60 for the TAS MTB Jersey and race entry fees.

In Term 4 2019, mountain biking will consist of a Wednesday afternoon training at the Sport UNE or Kookaburra Crest mountain bike trails and a Saturday morning ride at the Armidale pine forest or Sport UNE. TAS mountain bikers will have the opportunity to participate in the UNE 12 Hour MTB event in November and possibly other local weekend events. In term 1 competition is every Monday evening with training times TBC.

Rowing

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

Rowing trials and squad selections are conducted in Weeks 4 & 6. Rowing is only open to students currently in years 10 and 11 (coxswains from years 7-11)

TAS will enter five Regattas during the season including the AAGPS/ Schoolgirl Heads of the River. All crews are required to attend a training camp during the Christmas Holidays: 7 -12 January 2020. The cost for the season of \$800 includes camps, regattas; transport, meals, registration and race entry fees. (uniform purchased directly from the clothing shop).

Shooting

MIC: Mr. Dave Lawrence - dlawrenc@as.edu.au

The TAS Rifle Club shooting program this summer will include Clay Target Shooting (Shotgun) at the Guyra Gun Club as well as Smallbore (.22 LR) target rifle shooting conducted two afternoons per week. We will also be conducting Fullbore (.308 win and .223 rem) target rifle practice at Wollomombi and various prize shoots throughout northern NSW and southern Queensland. **Numbers will be limited in Clay Target Shooting.**

The opportunity to be a part of the TAS Rifle Club is open to students from Year 9 with younger students by application to Mr. Lawrence.

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. If you require further information, please contact Mr. Lawrence by email.

Competition cost will vary depending on location and entry fee. Other costs to be confirmed but as a guide:

Smallbore \$ 60.00 per term

Fullbore training \$40.00 per training session

Clay Target Shooting \$45.00 per session.

Students doing Clay Target shooting are required to become members of the ACTA (Australian Clay Target Association).

Squash

Contact dcc@as.edu.au

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 and Thursday afternoons and Saturday mornings. Squash is available to students in Years 9 - 11. Fees are charged on a per term basis to cover court hire.

Tennis

MIC: Mr. Christian Nexo cnexo@as.edu.au

Tennis this season will involve students participating in school-based competition one afternoon per week and alternate Saturday mornings (as per published schedule). Students from Junior School up to current Year 9 will receive a group lesson from Mr. Justin Sheriff as part of their school-based competition. All students are invited to arrange private lessons with Justin Sheriff (0423 915 850) or Dave Bunn (0412 743 967) in addition to their scheduled session times.

Triathlon

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

Triathlon incorporates swimming, cycling and running, combined with circuit/weights training to suit obstacle and adventure races. Training sessions are programmed throughout each week, with students choosing between 2 and 6 sessions per week depending upon their enthusiasm, ability and drive. Competitions are held most weekends, usually on a Sunday. Students participate in events ranging from triathlons, fun runs, adventure and obstacle races along with ocean swims across the region including Coffs Harbor, Inverell, Ballina, Tamworth and locally in Armidale. For the more competitive athletes, there is also the opportunity to compete at both NSW and QLD State Championships. Triathlon can also be participated in as an extra sport where you will be required to attend the events only.

Summer Extra Sports

Dance

Contact: dcc@as.edu.au

Dance classes will cover a variety of dance styles including modern contemporary and jazz. Students require a black t-shirt and leggings. Numbers are limited and cost is \$100/term.

Health, Fitness, Strength & Conditioning

Contact: dcc@as.edu.au

Health, Fitness, Strength & Conditioning 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.

Irrespective of which sessions they choose their access to this program will be dependent upon them committing 100% to their full sport.

Swimming

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

Squad training will be available Tuesday, Thursday morning 6.15 – 7.15am and Saturday mornings 7 - 8.00am. 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.

Touch Football

Contact: jbrauer@as.edu.au

Mixed Touch Football competition for Middle School boys and girls only (Years 6-8). Thursday afternoon/evening games in the local comp. More details to be confirmed.

Volleyball

Contact: sthompso@as.edu.au

Volleyball is open to all students in Year 9 to 11. Games will be on Monday evenings at UNE. There will be one training session, time to be confirmed.