



## TAS Summer Sport: Term 4 2020 Years 5-11

### Choices

Basketball	Mountain Biking**	Swimming**
Cricket	Rowing (Years 10-11 only) **	Tennis
Dance (years 8-11)**	Shooting**	Triathlon
Futsal (Girls only Year 6-11)	Squash (Years 9-11 only)	Volleyball (Years 9-11 only)
Kayaking	Stage Combat Fitness**	

- Every student must select **ONE** sport only.
- **\*\*These sports have limited numbers.**
- Health, Fitness, Strength & Conditioning is available for all students Years 6-11. Please check the timetable for access times to the weights room.

While our Summer sports season will go ahead with planning for full return in Term 4, TAS will be guided by the recommendation and restrictions made by NSW Health. Changes may need to be made in some activities to follow regulations.

### 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](mailto:dcc@as.edu.au)

### Basketball:

MIC: Mr. Ken Secker [ksecker@as.edu.au](mailto:ksecker@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 Secondary College 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

MIC: Mr Will Waterson [wwaters1@as.edu.au](mailto:wwaters1@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.

## **Dance**

Contact: [dcc@as.edu.au](mailto:dcc@as.edu.au)

Dance classes will cover a variety of dance styles including contemporary, commercial jazz, hip-hop and lyrical. Students will work on performance-based skills, learning different routines regularly and creating a dance performance piece together. Students require a black t-shirt and leggings. Numbers are limited and cost is TBC.

## **Futsal**

Contact: Richard Newton [rnewton@as.edu.au](mailto:rnewton@as.edu.au)

Expressions of interest- details to be confirmed once numbers are determined.

## **Kayaking**

MIC: Ms. Emma Channon [echannon@as.edu.au](mailto:echannon@as.edu.au)

The main objective of Kayaking 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 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). Depending on COVID restrictions a weekend kayaking session on the Mann River will take place in Term 4 in order to gain experience and confidence 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](mailto: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 (\$35 for under 13's), \$60 for the TAS MTB Jersey and race entry fees. Active kids vouchers can be used for membership.

In Term 4 2020 mountain biking activities will occur on Monday and Wednesday afternoons and Saturday mornings. One afternoon training will be aimed at fitness where we ride approximately 20km. The other will be aimed at skills development. Saturday mornings will be either TAS races or recreational rides. Our trainings and races are held at either Sport UNE, Doody Park MTB, The Armidale Pine forest or Kookaburra Crest mountain bike trails. There are local and regional competitions we will have the opportunity to participate in, COVID depending.

## **Rowing**

MIC: Mr. Will Caldwell - [wcaldwel@as.edu.au](mailto:wcaldwel@as.edu.au)

Rowing is only open to students currently in years 10 and 11 (plus coxswains from years 7-11) who attended Trials in Weeks 5 & 6. TAS will enter five regattas during the season including the AAGPS/ Schoolgirl Head of the River. All crews are required to attend TWO training camps during the Christmas Holidays: 3-7 December 2020 and 5 -10 January 2020. All training during term time is held at Malpas Dam or at School. The cost for the season is \$800 (\$400 in Terms 4 & 1). This includes camps, regattas, transport, meals, registration and race entry fees. (uniform purchased directly from the clothing shop).

Current COVID-19 restrictions prevent travel outside our region. The program will be modified if these restrictions extend into December.

## Shooting

MIC: Mr. Dave Lawrence - [dlawrenc@as.edu.au](mailto: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](mailto: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. Squash is available to students in Years 9 - 11. Fees are charged on a per term basis to cover court hire.

## Stage Combat Fitness

Contact: Mr. Andrew Wheatley [awheatle@as.edu.au](mailto:awheatle@as.edu.au)

Stage Combat Fitness looks at incorporating a number of the fine and exact skills required for elementary acrobatics, stunts and combat seen on both stage and film. These classes will initially involve training in both flexibility and dexterity, as well as strength and choreography. As the work progresses, so will the level of complexity, which will include aspects of clowning, commedia dell'arte and, ultimately, swordplay. Armidale Tai Chi and The UNE Fencing Association have also been approached in order to diversify the level of training available. Costs TBC.

## Swimming

MIC: Mr. Jim Pennington - [jpenning@as.edu.au](mailto:jpenning@as.edu.au)

Squad training will be available Tuesday and Thursday mornings, 6.15 – 7.15am. Students may also join the Alligators Swimming Club if they wish to compete at a higher level, including Swimming Carnivals in the district, NSW Country and NSW State Age Championships. Details available at the TAS Sports Centre. This is not a learn to swim program; you must be a competent swimmer.

## Tennis

MIC: Mr. Christian Nexo [cnexo@as.edu.au](mailto: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](mailto: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 the week, with students choosing a minimum of 2 and up to, 6 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. All events will be determined by COVID restrictions.

## **Volleyball**

Contact: [sthompso@as.edu.au](mailto:sthompso@as.edu.au)

Volleyball is open to all students in Year 9 to 11. Game times to be confirmed and dependent on any COVID restrictions. There will be one training session per week, time to be confirmed.

## **Health, Fitness, Strength & Conditioning**

Contact: [dcc@as.edu.au](mailto:dcc@as.edu.au)

Health, Fitness, Strength & Conditioning provides the opportunity for all 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.

For more information regarding each sport, please contact the MIC or contact listed above.

All sports will follow recommendations from NSW Health to minimize the risk of COVID-19 transmission in the community. We ask all spectators, coaches and players to be respectful of all rules and regulations put in place.