



TAS Summer Sport: Term 4 2021

Years 5-11

Choices

- Basketball
- Cricket
- Futsal - Girls Years 5-11 only
- Golf – Years 10-11 Only**
- HIIT Classes- Years 9-11 Only
- Kayaking
- Mountain Biking
- Pilates – Years 9-11 Only**
- Rowing – Year 8-11 Only**
- Shooting **
- Squash – Years 9-11 Only
- Swimming**
- Tennis
- Triathlon
- Volleyball – Years 9-11 only

- Every student must select **ONE** sport only.
- **** Indicates these sports have limited numbers**
- Students Years 6-11 can access the weights room (in addition to their sport choice, not in place of a choice) to help improve Health, Fitness, Strength & Conditioning. Please check the weights room timetable.

While the TAS 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. Barrett if you are interested.

Sporting Fees

All TAS sports will incur fees for each student. These costs are levied at the end of each term and placed onto accounts. Please note there will be additional entry fees for specific events and activities. MICs will outline these costs when event/competition information is distributed.

NSW Government Active Kids Vouchers

The Active Kids program provides two \$100 vouchers for families each year. You may apply for a voucher in January and July of each year. Not all sports are able to use your Active Kids Vouchers-please check in the information below for those sports applicable. To apply, or for more information regarding these vouchers please go to:

<https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

Summer Sports Information

Basketball:

MIC: Mr. Huon Barrett hbarrett@as.edu.au

Basketball this season will involve one training per week and playing in an evening competition 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 minibus 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 and families are able to use the Active Kids voucher during the registration process. All equipment supplied.

Cricket

MIC: Mr. Will Waterson wwaters1@as.edu.au

MIC Administration: Ms. Amanda Robins arobins@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.

The Armidale School Cricket commitments include attendance at two weekly after-school training sessions, and one game each week. Junior games will be played on Saturday mornings, between 9am and 12pm, while Senior fixtures begin after lunch and are played through the afternoon. Registration costs cover player insurance, equipment, ground, and umpire fees, and will be approximately \$130 for junior players, and \$180 for seniors (opens).

This season, TAS Cricket is looking to introduce a new ‘Parent and Student’ team, in which parents will have the option to play alongside their student in the local ADCA 3rd Grade competition. More information will follow; however, this is an exciting opportunity to introduce players into the Opens competition.

Given the current climate, equipment provision is limited. ‘Team Kits’ are provided to all teams to support those who are yet to purchase their own equipment. It is also expected that players bring their own practice ball to training where they can. TAS Cricket provides the opportunity to represent the School in the Wiburd Shield, Douglas Shield, Independent Schools Cricket Festival, and various other tours where applicable. Selection for these teams is based upon student commitment and attitude toward training and matches.

Futsal

Contact: Richard Newton rnewton@as.edu.au

Futsal this season will involve one training per week and each team will play in a mid-week competition game. It is expected that games will take place at PLC after school between 4.00pm and 6.00pm. A school minibus will operate to transport players to and from the venue. The approximate cost of Futsal for the season will be \$50. This includes hire of uniform, equipment, registration, and court hire.

Golf

Contact dcc@as.edu.au

Golf is only open to students currently in years 10 to 11. Golf this season will involve one training per week (at TAS or Doody Park) and Sunday afternoon games at the Armidale Golf Club. Students are required to have their own clubs and equipment, the focus of the sport will be on technique, skills, etiquette, scoring and the rules of golf. Numbers are limited and students will be eligible based on their ability and potential. The cost for the season is approximately \$180 which includes junior membership and green fees.

HIIT (High-Intensity Interval Classes)

Contact dcc@as.edu.au

HIIT classes are open to students in Years 9-12. Students would be expected to attend HIIT classes TWO times per week. High-Intensity Interval Classes are a great way to improve cardio-vascular endurance, anaerobic capacity, mobility, power, and strength through high intensity activity and then recovery/rest periods. HIIT classes will provide students with variety and a range of skills they can use for the rest of their life. The estimated cost for the season will be \$100.

Kayaking

MIC: Ms. Emma Channon 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 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. Fees for Kayaking will be between \$100-\$150 per term, along with additional competition costs. NSW Active Kids Vouchers may be used for some Kayaking event entry fees throughout the season.

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 \$200 for the season. This includes AusCycling Membership, TAS Mountain Biking jersey, socks (both new this season!), knicks and race entry fees. NSW Active Kids vouchers can be used for membership.

In Term 4 2021 Mountain Bike training will occur every Monday and Wednesday afternoon with some scheduled Saturday morning rides or Sunday races. Term 1 2022 will consist of Monday evening races, Wednesday training and occasional weekend events. Our trainings and races are held at either Sport UNE, Doody Park MTB, The Armidale Pine Forest, Kookaburra Crest or Robbers Run Mountain bike trails. There are local and regional competitions we will have the opportunity to participate in, COVID depending.

Pilates

Contact: dcc@as.edu.au

Pilates classes are open to students in Years 9-12. Students would be expected to attend Pilates classes TWO times per week. Pilates is a form of low-impact exercises that aim to improve postural alignment and flexibility whilst strengthening muscles. Pilates classes will be held twice a week for one hour per session. Pilates classes will provide students with variety and a range of skills they can use for the rest of their life. The approximate cost for the season will be \$100.

Rowing

MIC: Mr. Ben MacDougall - bmacdoug@as.edu.au

Rowing is only open to students currently in Years 8 to 11 (plus coxswains from years 7-11) who have attended the Rowing Trials and met the requirements. TAS will enter a range of regattas during the season including but not limited to the AAGPS/ Schoolgirl Head of the River. All crews are required to attend TWO training camps during the Christmas Holidays: 3-7 December 2021 and 4-9 January 2022. All training during term time is held at Malpas Dam or at School. The cost for the season is approximately \$1000. This includes camps, regattas, transport, meals, registration, and race entry fees. (Uniform purchased directly from the clothing shop). Active Kids vouchers may be used during the registration process with Rowing NSW.

Current COVID-19 restrictions may 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

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 directly 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

Squash is available to students in Years 8 - 11. 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. Fees (approximately \$100 per term) are charged on a per term basis to cover court hire & equipment.

Swimming

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

Squad training will be available Tuesday and Thursday mornings, 6.15 – 7.15am, with participation at Alligators Club Night (Thursday evening) compulsory for all students. For those who wish to compete at a higher level, they can join the Alligators Swimming Club. This enables students to compete at 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. Swimming fees will be set at \$50 per term for all students.

Tennis

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

Tennis this season will involve students participating TWO afternoons per week (Tuesday and Thursday) in either a school-based competition or a local inter-school competition (details to be confirmed). In addition, it is anticipated that students will have the opportunity to play tennis on alternate Saturday mornings (as per published schedule). Students from Junior School up to current Year 9 will receive a group lesson from Mr. Brandon Burey as part of their school-based competition. In addition to the scheduled sessions students are invited to arrange private lessons with Mr. Brandon Burey should you wish to do so – these lessons can be held at TAS.

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 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. Fees for Triathlon will depend on events entered during the season with an additional \$40 levy per term for each student. All events will be determined by COVID restrictions.

Volleyball

Contact: sthomps1@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. Transport will be offered for all boarders on TAS minibus, with day students meeting the team at Sport UNE for the game. There will be one training session per week, time to be confirmed. Fees for Volleyball is approximately \$50 per term.