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INTRODUCTION

This Sport Booklet has been developed to provide an insight into the current structure of co-curricular sport at Loreto Normanhurst. There is a constant review of the co-curricular sports program at the school. As a result of this review there may be minor changes made to our sports programs throughout the year that aren’t outlined in this booklet. All changes and updated information will be published on the online Student Sport Portal, in the weekly School Newsletter, specific Sports Booklets and on the Sports Noticeboards.

Loreto Normanhurst is a member of the Independent Primary School Heads (IPSHA) and as such competes in the IPSHA Saturday morning competition and annual championships. Loreto also takes part in district competitions for netball and tennis and also participates in a variety of invitation events hosted by local and other IPSHA member schools. Loreto Normanhurst may participate in additional sports and competitions not listed in this booklet. Information on these sports and competitions will be provided at that time.

Please note:
• Loreto Normanhurst Sport is not compulsory for Primary students however we encourage all girls to participate in sport, whether it be in the Loreto co-curricular sports program or for an outside club of their choice, for their own benefit.

For more information contact the Sports Department:

Ph: 02 9473 7422 Fax: 02 9487 7892 Email: sport@loretonh.nsw.edu.au

SPORTS STAFF:

Head of Sport: Jasmine Lalani
jlalani@loretonh.nsw.edu.au

Sports Administrators: Matthew Mulroney
mmulroney@loretonh.nsw.edu.au

Administration: Laura Bryan
lbryan@loretonh.nsw.edu.au
OVERVIEW OF SPORT & ACTIVITIES IN 2015

Term 1
Softball/Modball or Football (Soccer)

Term 2
Hockey/Minkey
Hills District Netball

Term 3
Netball or Touch Football
Hills District Netball

Term 4
Basketball or Cricket or Tennis

Special Notes:
- Students cannot play Hills Netball and a Term 2 or 3 IPSHA Saturday Sport
- All competitions are in the IPSHA Competition unless specified

Primary School Activities – all year round
Dance – Hip-Hop/Contemporary (Tuesday 3:15-4:30pm)
Taekwondo – combined with Secondary students (Wednesday 3:30-4:30pm)
Gymnastics – Artistic (Wednesday 3:15-4:15pm)
Loreto Touch Football Training (Thursday 3:15-4:15pm)
Cross Country/Long Distance – combined with Secondary students (Monday 6:30-8:00am, Wednesday 3:30-5:00pm, and Thursday 6:30-8:00am)
Sprints (200m & 400m) – combined with Secondary students (Tuesday 7:00-8:00am)
Jumps – combined with Secondary students (Tuesday and Thursday 3:30-5:00pm)
Throws – combined with Secondary students (Tuesday 3:30-5:00pm and Wednesday 12:35-1:15pm)
Sprints/Hurdles – combined with Secondary students (Thursday 3:30-5:00pm)

Carnivals/Championships

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Venue</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>IPSHA Swimming Carnival</td>
<td>SOPAC, Homebush</td>
<td>Wednesday 4th March</td>
</tr>
<tr>
<td>CIS Swimming Carnival</td>
<td>SOPAC, Homebush</td>
<td>Thursday 19th March</td>
</tr>
<tr>
<td>IPSHA Cross Country Carnival</td>
<td>Kings</td>
<td>Saturday 28th March</td>
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</table>

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Venue</th>
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<tbody>
<tr>
<td>CIS Cross Country Carnival</td>
<td>Eastern Creek</td>
<td>Thursday 11th June</td>
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</table>

<table>
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<tr>
<th>Term 3</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>IPSHA Athletics Carnival</td>
<td>SOPAC, Homebush</td>
<td>Tuesday 25th August</td>
</tr>
<tr>
<td>CIS Athletics Carnival</td>
<td>SOPAC, Homebush</td>
<td>Wednesday 9th September</td>
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<thead>
<tr>
<th>Term 4</th>
<th>Venue</th>
<th>Date</th>
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<tbody>
<tr>
<td>IPSHA Gymnastics Carnival</td>
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<td>Thursday 22nd October</td>
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**Representative Trials**

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<thead>
<tr>
<th>Term</th>
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<tbody>
<tr>
<td>Term 1</td>
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<tr>
<td>IPSHA Tennis Trials</td>
<td>MLC School</td>
<td>Wednesday 11th February</td>
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<tr>
<td>IPSHA Netball Trials</td>
<td>TBA</td>
<td>Wednesday 18th February</td>
</tr>
<tr>
<td>IPSHA Basketball Trials</td>
<td>St. Pius</td>
<td>Thursday 19th February</td>
</tr>
<tr>
<td>CIS Tennis Trials</td>
<td>TBA</td>
<td>Monday 23rd February</td>
</tr>
<tr>
<td>CIS Football Trials</td>
<td>TBA</td>
<td>Monday 23rd March</td>
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<tr>
<td>IPSHA Hockey Trials</td>
<td>Kyeemagh</td>
<td>Tuesday 24th March</td>
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<tr>
<td>CIS Softball Trials</td>
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<td>Wednesday 1st April</td>
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<tr>
<td>Term 2</td>
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<tr>
<td>CIS Hockey Trials</td>
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<td>Monday 27th April</td>
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<tr>
<td>IPSHA Touch Trials</td>
<td></td>
<td>Friday 15th May</td>
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<tr>
<td>CIS Touch Trials</td>
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<td>Wednesday 27th May</td>
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**GENERAL INFORMATION**

**NOMINATION FORMS**

Each term, students will be expected to complete a Sport Nomination Form either via the Student Sports Portal or paper nomination form for the sport they wish to participate in the following term or an Activity Nomination Form for the activity they wish to participate in.

Sports Nominations close at the end of Week 3 for Saturday Sports of the term prior to competition.

Activity Nominations close at the end of term for the Activities in the following Term.

Students are only able to participate in one IPSHA Sport each term. Students participating in a district competition (e.g. HDNA Netball) are not able to participate in an IPSHA sport in the same term. Please consult the Sports staff for more information.

All students are asked to please consider their selection carefully. Team numbers are entered based on the responses received. Teams are significantly affected if people withdraw or change their preference.

**NOMINATIONS WILL NOT BE ACCEPTED AFTER THE CLOSING DATE AND THE STUDENT WILL BE UNABLE TO PLAY THEIR CHOSEN SPORT UNLESS THERE ARE VACANT POSITIONS IN A TEAM.**

**COMMITMENT**

**Players are expected to attend all training sessions and games.**

All teams are entered with a minimum number of bench players to ensure that all girls receive fair and sufficient playing time and to ensure that teams are not usually short of players. Non-attendance at training will affect your daughter’s skill development and the team in their ability to practise team work. At games, a team may incur a forfeit if the Sports Department is unaware of a student’s absence.

If a student is unable to attend training or a game for any valid reason (illness, important function) they are required to advise the Sports Department (in writing or via a parental phone call) in advance or as soon as possible. Every effort must also be made to inform the coach or team manager. If a boarder wishes to go home on a particular weekend, it is requested that parents organise to pick up their daughter after her Saturday morning Sport commitments. Players who will miss a match may be required to find a potential substitute (contact Sports Co-ordinator).
Any student who does not attend a training session or game and fails to inform the appropriate staff will be asked by email to explain their absence. Further absences will generate a request to parents to explain the absence. Continued unexcused absences from Sport may result in non-acceptance of nominations for future terms of sport.

**TEAM GRADING/SELECTION TRIALS**

All students nominating to participate in an IPSHA or District Association sport must attend the team grading trials. The purpose of these trials is to grade the girls to ensure they are placed into a team with players of similar ability. All players are placed in a team subject to attending trials. The trials also assist the Sports Staff in deciding which competition grade the team should be nominated for. Dates for trials will be placed on the Student Sports Portal, sports notice boards, and emailed to students.

Girls who fail to attend trials and do not notify the relevant Sports Co-ordinator will not be placed in a team.

**GAMES**

Saturday morning games are usually held between 8.00am and 12.00noon for all IPSHA Sports. Playing time for District competitions vary throughout the day.

All students are required to be at the venue at least 30 minutes prior to the game for signing on and warm up.

**TRANSPORT**

Saturday morning games for all IPSHA Sports are played at various venues in the Sydney Metropolitan area. The specific venues for each sport are listed when draws are circulated.

**TRAINING**

For all Saturday morning IPSHA Sports and district competitions, skill training sessions are held once a week between 7.30am and 8.15am or 3.15pm and 4.15pm. In wet weather, girls participating in outdoor sports will be required to attend modified training in the gym if space permits. Notifications of training changes (movement or cancellation) will be posted on the Student Sports Portal or appropriate Sports Noticeboard and emailed to all students.

Training for individual Sport varies and is outlined under each sport later in this booklet.

**COST**

Registration costs for all IPSHA Sports are advised in the Sports Booklet and on the on-line Nomination Form. All costs will be charged to your school account.

**UNIFORM**

All students participating must wear the correct sports uniform as specified for that sport or they will not be permitted to take part in the game. They must also travel to and from games in the appropriate travelling uniform (playing uniform or school track suit).

Most items are available from the Uniform Shop.

Any loan item not returned will be charged to your account.

**Casual attire are not permitted.**
**EQUIPMENT**

Equipment will vary for each sport however each player must have and use their own water bottle (not share water bottles) and carry their own sunscreen (if appropriate). Use of mouthguards is recommended in all sports and compulsory in some. Specific equipment is found in sport specific booklets.

In order to participate fully in training and games players must come fully prepared with all necessary equipment.

**COACHES**

Loreto teams will be provided with knowledgeable and competent coaches to the extent of our ability to attract such coaches. Anyone interested in coaching should approach the Sports Department. Qualified coaches are always sought. Contact the Sports Department if you know of any interested coaches.

**PARENT OFFICIALS**

Please consider nominating for team manager, scorer or coach. Our sport cannot be run without your support. Please contact the Sports Department if interested or complete the parent assistance section of the nomination form. Managers’ duties usually revolve around assisting the coach and scoring. The Sports Staff will endeavour to appoint managers when appropriate.

All parent officials are volunteers and subject to “Working with Children” legislation.

**SATURDAY BBQ**

Loreto Normanhurst runs a very successful BBQ each Saturday. Funds raised from this go directly back into resources for your daughter’s sport. Teams may be rostered on a duty weekend and girls will be advised of when their BBQ duty is. Parents are required to donate some of their time to the running of the BBQ during the allotted duty period. The duty period is generally while your daughters’ team is playing. Besides raising funds and offering hospitality to visiting schools, helping on the BBQ is a great way for parents to meet and network with other parents.

**WET WEATHER**

To find out if play at any IPSHA venue is called off check the Sport Noticeboard, Student Sports Portal, or the school’s sport Twitter page - https://twitter.com/loretonhsport. Alternatively, you can contact the Head of Sport via mobile phone for confirmation.

Decisions are made for the whole morning. If a game has not been cancelled, all players must go to their venue where a decision will then be made concerning play.

**SPORT INCLUSION CRITERIA**

The criteria for including a sport within our program are limited by resources (staff, facilities and time). The decision as to which sports are offered is based on the Sport Inclusion Criteria and determined by IPSHA and Loreto Normanhurst Sports Staff.

**COMMUNICATION & INFORMATION DISTRIBUTION**

Due to the nature of sport there is always the possibility of late changes and a constant need to communicate information to players. It is important that students and parents are familiar with the different modes of information distribution.
STUDENT SPORT PORTAL
Updated with major information for each sport regularly, including copies of or links to draws, team lists, venues, trial dates and training schedules.

EMAIL
Emails are our most common method of communicating directly with students.

FACEBOOK/TWITTER
Photos, comments, unofficial results and training changes
Facebook link: facebook.com/loreto.normanhurst
Twitter link: twitter.com/loretontah

SPORTS NOTICEBOARD
This is located at the entrance of the gym and in the Primary School COLA area. It will display information on all sports being played in the current term and other general sports information.

SPORTS NEWSLETTER
Distributed weekly on Friday by email and posted on the Web. It includes important sport information for the upcoming week and recognition of sporting achievements.
PLAYING PROCEDURES

PARENT MANAGER

Sports Staff encourage parents to nominate themselves as Parent Managers. Where a manager is appointed this person will be responsible for:

- Checking web site for any game changes.
- Ensuring her team is in the correct uniform.
- Informing staff promptly of any problems at matches or within the team.

SIGN ON SHEETS (HDNA Netball only)

- All HDNA Netball players must sign on the official score sheets (usually with the convenor) before their game. Unsigned sheets will be considered a forfeit.
- Players must never sign for another player as all signatures are checked.
- Players must never play for another team unless approved by a staff member as the registration rules are very strict.
- Injured players are still expected to sign on each week to ensure they remain eligible to play in the semi-final and finals rounds.
- Players who fail to sign on are considered not to have played and may not be eligible for Semis and Finals.

UMPIRING/SCORING DUTIES

- Where umpires are not available at a venue, the team coach or parent may be asked to umpire.

SUMMARY OF SPORTING CODE OF CONDUCT

Loreto Normanhurst has adopted the IPSHA Code of Conduct – We ask all girls, parents and coaches to read it, and we expect all girls, spectators and coaches at sporting events to abide by it. A full copy is available from the IPSHA Web site (links from the School Sports Portal and the School Web site). All players nominating for a sport can only do so if they agree to abide by the code.

PRINCIPLES OF CODE OF CONDUCT

- Participation fosters social, emotional, personal and physical development
- Participation should be enjoyable.
- Sport must not damage or endanger a school’s reputation or the relationships between schools.
- The game’s outcome is relatively unimportant compared to how the game is played.

GIRLS/PLAYERS CODE OF CONDUCT

- Honour your commitment to participate whole-heartedly.
- Respect and treat members of your team and the opposition courteously.
- Treat everybody the way you would like to be treated.
- Be ready to begin your game or event at the scheduled time.
- Always be dressed in the correct uniform.
- Never discourage or disparage any player.
- Never argue with an umpire, referee, judge, time-keeper or other official. Your team captain or coach may politely ask an official to explain a ruling or action at an appropriate break during or after the game.
• Be prepared to applaud good play, regardless of who it is.
• Control your temper. Never abuse equipment, use offensive language, or deliberately foul or provoke an opponent.
• Always demonstrate good sporting behaviour.
• After a game thank your opponents and the officials.

PARENTS

• Girls should be allowed to enjoy their sport, make their mistakes and learn from them. Encourage their participation.
• Accept decisions of officials. Follow guidelines set out for coaches and players.
• Respect your daughter’s opponents.
• Benefits of playing sport are available to girls whether they win or lose. Winning is less important and valuable than the benefits of participating.
• There are considerable logistical problems and difficulties involved in organising these large sporting competitions. Your patience and understanding is requested.

Players are reminded that the umpire is in full control of the game at all times. Girls must respect this and are NEVER TO ARGUE with the umpire. If a query is to be made of the umpire, this must be performed in a proper polite manner. In extreme cases, coaches can ask the Convenor to observe the match.
LORETO NORMANHURST SPORTS AND ACTIVITIES

In all sports at Loreto Normanhurst, all abilities are catered for and no previous experience is necessary.

ATHLETICS (Activity)

The Athletics Club provides girls interested in Athletics with the opportunity to train and receive coaching in Term 1, 2, 3 & 4 (modified) in preparation for the School Athletics Carnival, IGSSA Carnival and the CIS Carnival. Loreto does support students having their own coaches outside the school and will even assist in locating them one if the school cannot cater all year round for their specific event. Please speak with the athletics coordinator about the students minimum required commitment for them to compete in the school team.

- **Competition:** School Carnival  
  IPSHA Carnival at Homebush  
  CIS Carnival at Homebush
- **Training:** 1-4 track sessions per week at Loreto are on offer, plus throws, jumps and hurdles. Girls are encouraged to attend 2 sessions per week to gain sufficient improvements
- **Uniform:** Athletics singlet or crop top, athletics bike pants or compression shorts or school sports shorts. Any type of compression shorts/pants must be navy or black in colour
- **Registration:** Complete an online or paper Activity Nomination Form at the end of the term – prior to the term of training
- **Selection:** Team to represent Loreto at IGSSA Championships is selected primarily on performances recorded at the school athletics carnival
- **Cost:** $60 for term training

BASKETBALL (IPSHA Sport)

Basketball is offered as a Term 4 Sport and Loreto participates in the IPSHA competition.

- **Competition:** Saturday morning in Term 4
- **Venues:** All over Sydney
- **Training:** 1 session per week at Loreto
- **Uniform:** School sports singlet, school sports shorts (no pockets), white socks
- **Equipment:** Mouthguard (strongly advised)
- **Registration:** Nominate in Term 3
- **Trials:** Team trials and grading will be held mid-way through Term 3
- **Cost:** $100

CROSS COUNTRY (Activity)

The Cross Country Club provides students interested in Cross Country running with the opportunity to train 1-4 times per week and receive coaching in preparation for the School Cross Country Carnival and IPSHA Championship. Cross Country training is advised for middle distance runners as a preseason build up (800/1500m runners)

- **Competition:** School Cross Country Carnival at Loreto  
  IPSHA Cross Country Carnival  
  CIS Cross Country Carnival at Eastern Creek
- **Training:** 2-4 sessions per week at Loreto, joined with Athletics training
• **Uniform:** Crop top, sports polo or athletics singlet, athletics compression pants (or school sports shorts)
• **Registration:** Complete an online or paper Activity Nomination Form at end of preceding term.
• **Selection:** Team to represent Loreto at IPSHA Carnival is selected primarily on performances recorded at the school carnival and attendance at training
• **Cost:** $60 per term

**DANCE (Activity)**

Dance is offered each term on a midweek afternoon on a Termly basis.

• **Venue:** Loreto – Gym Stage
• **Classes:** Jazz/Funk/Hip-Hop/Contemporary — Tuesday 3.15pm – 4.30pm
• **Uniform:** Sports PE uniform, black drama pants, black singlet, Jazz shoes (optional - not available from the uniform shop)
• **Registration:** Complete an online or paper Activity Nomination Form in preceding Term
• **Cost:** $100 per term

**FOOTBALL (IPSHA Sport)**

Football (Soccer) is offered as a Term 1 sport and Loreto participates in the IPSHA competition.

• **Competition:** Saturday morning in Term 1
• **Venues:** All over Sydney
• **Training:** 1 session per week at Loreto
• **Uniform:** Sports polo, school sports shorts, yellow football socks
• **Equipment:** Football boots (not compulsory – sports shoes/trainers are to worn at a minimum), shin pads, mouthguard (strongly advised)
• **Registration:** Nominate in Term 4
• **Trials:** Team trials and grading will be held mid-way through Term 4
• **Cost:** $100

**GYMNASTICS (Activity)**

The Gymnastics Club provides students with the opportunity to participate in Artistic Gymnastics up to Level 4 (Recreational Levels). Girls will be given the opportunity to participate in the IPSHA Gymnastics Championships. Students who do gymnastics outside of school are encouraged to compete at IPSHA Championships.

• **Competition:** IPSHA Championships
• **Venues:** School gym (training), State Sports Centre (Competition)
• **Training:** Wednesday 3:15pm – 4:15pm
• **Uniform:** Training: Shorts & t- shirt  
  Competition: School leotard (hire from the Uniform Shop)
• **Registration:** Complete an online or paper Activity Nomination Form in preceding Term
• **Cost:** $100 per term
**HOCKEY/MINKEY (IPSHA Sport)**

Hockey/Minkey is a Term 2 sport and Loreto participates in the IPSHA competition.

- **Competition:** Saturday morning in Term 2
- **Venues:** All over Sydney
- **Training:** 1 session per week at Loreto
- **Uniform:** Sports Polo, sports skort, yellow socks
- **Equipment:** Football boots (trainers/sport shoes or rubber soled boots for turf games), shin pads, hockey stick and mouthguard.
- **Registration:** Nominate in Term 1
- **Trials:** Team trials and grading will be held mid-way through Term 1
- **Cost:** $100

**NETBALL (IPSHA Sport and Hills District Association Netball)**

Netball is offered as a sport in Term 2 & 3. Loreto participates in the IPSHA and Hills District Netball Association competitions.

- **Competition:** IPSHA – Saturday mornings in Term 3
- **Venues:** All over Sydney
- **Training:** 1 session per week at Loreto
- **Uniform:** Sports singlet, sports skort, white socks
- **Registration:** Nominate in Term 2
- **Trials:** Team trials and grading will be held mid-way through Term 2
- **Cost:** $100

- **Competition:** Hills District Netball –Saturday in Term 2 & 3
- **Venues:** Pennant Hills Park
- **Training:** 1 session per week at Loreto
- **Uniform:** Sports singlet, sports skort, white socks
- **Registration:** Nominate in Term 1
- **Trials:** Team trials and grading will be held in Term 4 and Term 1
- **Cost:** $200

Girls may only participate in either IPSHA Netball or Hills District Netball.
**SOFTBALL/MODBALL (IPSHA Sport)**

Softball is offered as a Term 1 Sport and Loreto participates in the IPSHA competition.

- **Competition:** Saturday morning in Term 1
- **Venues:** Forsyth Park, Neutral Bay
- **Training:** 1 session per week at Loreto
- **Uniform:** Sports polo, Sport shorts, yellow socks, Loreto Normanhurst sports cap
- **Equipment:** Softball glove (limited hire from the uniform shop), shin pads, mouthguard (strongly advised). Students should have their glove at trials.
- **Registration:** Nominate in Term 4
- **Trials:** Team trials and grading will be held mid-way through Term 4
- **Cost:** $100

**SWIMMING**

**Competition:**
- School Swimming Carnival
- IGSSA Carnival
- CIS Carnival

**Venues:**
- Loreto Normanhurst Aquatic Centre
- Various other pools for nominated carnivals

**Training:**
From 1 session to 8 sessions per week depending on squad chosen and level of competition aimed at.

**Uniform:**
- Training swimmers available from Aquatic Centre
- School Swimmers for IPSHA Carnival (Uniform shop)
- IPSHA Swimmers for CIS Carnival

**Squads:**
Three types of Squads currently exist but are subject to change as our program grows.

- **Recreational:**
  This squad is aimed at developing overall fitness and ability

- **Fitness:**
  Aim to develop swimmers to compete in school carnival and water polo.

- **Competitive:**
  Train 7-8 sessions per week
  Aim to compete at Metropolitan and State Championships

**Swim School:**
Provides Learn-to swim classes (from age 2 through to elite coaching).

**Cost:**
Depends on Training Level (contact the Aquatic Manager for further details).

**Staff Contact:**
Mr. Craig Burns (Aquatic manager)
Email: craig@aquabliss.com.au
Phone: 9473 7466
**TAE KWON DO (Activity)**

The Tae Kwon Do club provides any interested student with the opportunity to participate in a fun activity that enhances fitness, ability to focus, safety awareness, co-ordination, self-control and self-defence skills. All classes are conducted by registered Tae Kwon Do coaches.

- **Venues:** Loreto Normanhurst
- **Training:** 1 session per week at Loreto; Wednesday 3.30pm-4.30pm
- **Uniform:** PE Uniform or Tae Kwon Do suit
- **Registration:** Complete a Term Activity Nomination Form and Tae Kwon Do enrolment form
- **Cost:** $100
- **Information:** Greg Wylie 9958 5508 or 0414 373 473

**TOUCH FOOTBALL (IPSHA Sport)**

Touch Football is offered as a Term 3 sport and Loreto participates in the IPSHA competition.

- **Competition:** Saturday morning in Term 3
- **Venues:** Various venues
- **Training:** 1 session per week at Loreto
- **Uniform:** Sport singlet, white socks, sports shorts or navy or black bike pants.
- **Registration:** Nominate in Term 2
- **Trials:** Team trials and grading will be held mid-way through Term 2
- **Cost:** $100

**TOUCH FOOTBALL TRAINING (Activity)**

Touch Football Training is offered in Terms 1, 2, 3 and 4.

- **Venues:** Loreto – Oval
- **Training:** 1 session per week at Loreto; Thursday 3:15pm – 4:15pm
- **Uniform:** PE Uniform
- **Registration:** Complete an online or paper Activity Nomination Form in preceding Term.
- **Cost:** $100 per term
**TENNIS (IPSHA Sport and Activity)**

Tennis is offered as a Sport in Term 4, however students may elect to take private or group lessons all year round. Loreto participates in the IPSHA competition.

- **Competition:** IPSHA – Saturday mornings in Term 4
- **Venues:** Various venues
- **Training:** 1 session per week at Loreto
- **Uniform:** Sports polo, sports skort, white socks, Loreto Normanhurst sports cap
- **Equipment:** Tennis Racquet
- **Registration:** Nominate on-line in Term 3
- **Trials:** Team trials and grading will be held mid-way through Term 3
- **Cost:** $100

**TENNIS – PRIVATE LESSONS**

Private Tennis Lessons are offered through Absolute Tennis (Coach Steve Thompson) year round. They are conducted over Semester 1 (Terms 1 & 2) and Semester 2 (Terms 3 & 4). They are offered as before school or during school hours lessons. **Contact:** Mr Steve Thompson on 0414 708 701.

- **Venues:** Loreto Normanhurst
- **Uniform:** PE Uniform
- **Equipment:** Tennis racquet
- **Registration:** Complete a Private Tennis Lessons Nomination Form
- **Cost:** Lessons are billed per semester (two terms – 15 lessons)

<table>
<thead>
<tr>
<th>Code</th>
<th>Duration</th>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEN</td>
<td>¾ hour Group (4 Students)</td>
<td>$215</td>
<td></td>
</tr>
<tr>
<td>TE3</td>
<td>¾ hour Semi Private (2 Students)</td>
<td>$375</td>
<td></td>
</tr>
<tr>
<td>TE4</td>
<td>½ hour Semi Private (2 Student)</td>
<td>$285</td>
<td></td>
</tr>
<tr>
<td>TE5</td>
<td>¾ hour Private (1 Student)</td>
<td>$645</td>
<td></td>
</tr>
<tr>
<td>TE6</td>
<td>½ hour Private (1 Student)</td>
<td>$445</td>
<td></td>
</tr>
</tbody>
</table>
REPRESENTATIVE STRUCTURE

**IPSHA**

IPSHA is the sporting association through which Loreto Normanhurst competes against other Independent Girls Schools. IPSHA is responsible for holding annual competitions in the following sports:

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Basketball</th>
<th>Cross Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hockey/Minkey</td>
<td>Gymnastics</td>
<td>Netball</td>
</tr>
<tr>
<td>Football</td>
<td>Softball/Modball</td>
<td>Swimming/Diving</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Cricket</td>
<td>Tennis</td>
</tr>
</tbody>
</table>

Students who represent Loreto Normanhurst in any of the above sports may trial for selection in an IPSHA representative team.

**CIS**

As a member of IPSHA, Loreto Normanhurst is affiliated with the New South Wales Combined Independent Schools Sports Council (NSWCISSC). Our students are able to trial for CIS teams in the following sports:

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Swimming/Diving</th>
<th>Cross Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hockey</td>
<td>Football</td>
<td>Softball</td>
</tr>
<tr>
<td>Tennis</td>
<td>Touch Football</td>
<td></td>
</tr>
</tbody>
</table>

These teams compete against representative teams from the Catholic and State sectors at NSW All Schools events, from which state representative teams may be chosen to participate in sporting exchanges with teams from other states and territories.

Information regarding trials will be available from the Sport Department in early 2015.

**DISTRICT**

Loreto students may trial for HDNA (Hills Netball) representative teams.