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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 to the information included 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 Noticeboard in the gym.

Loreto Normanhurst is a member of the Association Heads of Independent Schools (AHIGS) - Independent Girls School Sports Association (IGSSA) and a member of the Independent Primary School Heads of Australia (IPSHA), and as such competes in the IGSSA and IPSHA Saturday morning competitions and annual championships. Loreto also takes part in district competitions for netball and tennis and participates in a variety of invitational events hosted by local and other IGSSA 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:
- Co-curricular Saturday Sport is compulsory for Boarders Year 7 – Year 10
- Loreto Normanhurst Sport is not compulsory for Day Girls Year 7 – Year 10 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:

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SPORTS STAFF:

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Administration: Mrs Laura Bryan
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OVERVIEW OF SPORT & ACTIVITIES IN 2015

**IGSSA Sports**

**Term 1**
Softball or Tennis or Loreto Badminton or Rowing or Surf Lifesaving

**Term 2**
Basketball or Football
Hills District Netball

**Term 3**
Hockey or Netball
Hills District Netball

**Term 4**
Hornsby Tennis or Water Polo or Loreto Touch Football or Rowing

**Special Notes:**
- Year 7 – Year 9 students cannot play Hills Netball and a Term 2 or 3 Saturday Sport
- All competitions are in the IGSSA Competition unless specified

**Secondary School Activities – all year round**
Boxing Class (Tuesday 6:45 -7:45am)
Pilates (Tuesday 3:30-4:30pm)
Taekwondo (Wednesday 3:30-4:30pm)
Loreto Touch Football (Friday 6:45 -7:45am)
Cheerleading (Saturday 12:00-3:00pm)
Dance – Hip-Hop/Contemporary (Monday 3:30-5:00pm)
Gymnastics – Artistic (Monday 6:30-7:45am)
Cross Country/Long Distance (Monday 6:30-8:00am, Wednesday 3:30-5:00pm, and Thursday 6:30-8:00am)
Sprints (200m & 400m) (Tuesday 7:00-8:00am)
Jumps (Tuesday and Thursday 3:30-5:00pm)
Throws (Tuesday 3:30-5:00pm and Wednesday 12:35-1:15pm)
Sprints/Hurdles (Thursday 3:30-5:00pm)

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School Regatta  SIRC, Penrith  Term 4  
School Swimming Carnival  Olympic Park Aquatic Centre  Term 4

GENERAL INFORMATION

NOMINATION FORMS
Each term, students will be expected to complete a Sport Nomination Form on the Student Sports Portal 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 IGSSA Sport each term. Students participating in a district competition (e.g. HDNA Netball) may also be able to participate in an IGSSA sport in the same term depending on playing times. 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 IGSSA 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 School Sports Portal 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 12.00pm for all IGSSA Sports. Playing time for District competitions vary throughout the day. IGSSA Athletics is a Friday night competition.

All students are required to be at the venue at least 30 minutes prior to the game for signing on and warm up. This applies to both Boarders and Day students, no excuses!

**TRANSPORT**

Saturday morning games for all IGSSA Sports are played at various venues in the Sydney Metropolitan area. The specific venues for each sport are listed when draws are circulated. Day parents are asked to assist where possible with the transport of boarders to and from venues.

Any boarder requiring transport to a venue, and unable to organise arrangements with a day student, must place their name on the sign-up sheet at Boarder Reception by the Wednesday afternoon before the game – including Frensham matches.

Players who sign up for bus transport must follow through on their commitment to travel on the bus. Boarders must organise appropriate leave through the Boarding School if they are not returning on the bus.

**TRAINING**

For all Saturday morning IGSSA Sports and district competitions, skill training sessions are held once a week between 6.30am and 8.00am or 3.30pm and 4.30pm or 5.00pm depending on the sport. 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 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.

**FITNESS CENTRE & FITNESS TRAINING**

The school has a fully equipped Fitness Centre including various weight machines and aerobic equipment. The Fitness Centre is open to all students when appropriate supervision is available. You do not have to be involved in a school sport to attend fitness sessions. Opening times can be found at the Fitness Centre and on the Sports Noticeboard. All sessions are supervised by a qualified fitness trainer.

**COST**

Registration costs for all IGSSA 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. Those successful in making the Senior 1st and Junior 1st team for their sport will be expected to hire the unique 1st’s uniform (i.e. singlet, dress, shirt) from the Uniform Shop for the duration of the term.

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

Casual attire and boarder clothing (shorts, jersey) 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 will 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.

SPORTS CAPTAIN

Sports Captains are selected by the Sports Staff. They are responsible for
- preparing any required reports
- assisting Co-ordinator in organising the sport
- promote spectators for semis & finals
- bringing player issues to the notice of Sport staff
- a point of call for students issues in the sport
- presenting awards at end of term Pizza Presentation Lunch

**WET WEATHER**

To find out if play at any IGSSA venue is called off check the IGSSA Website or SMS your keyword to 199 25465. Messages cost 55c per message sent. Your keyword is the name of the sport and the first initial of the venue. For example, playing Netball at Cumberland, TEXT 'netballc'. A return SMS will be sent to your phone that gives you the status of your venue - open or closed. A message will also be recorded on the IGSSA Web page. Coaches and/or Sports Staff will not contact players. It is the responsibility of the players to check for their game.

Wet Weather SMS System: 199 25465
IGSSA Web Site: http://igssa.ahigs.nsw.edu.au/

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.

For sports participating in district competitions and invitational competitions, information concerning wet weather procedures is posted on the Sport Portal and will be included in the Individual Sport Draw distributed at the start of each season. (Hills District Netball & Loreto Touch Football)

**AWARDS & RECOGNITION**

The criteria for Sports Awards are posted on the Sport Portal each year.

**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 IGSSA and Loreto Normanhurst Sports Staff.

**PARENT SPORT COMMITTEE**

The Parent Sport Committee acts as a reference group on matters relating to sport at Loreto Normanhurst. There is usually 1 delegate per sport. Membership is based on invitation. If you would like to join the committee please contact the Sport Staff. The Committee meets once per Term.

**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.

**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/loretonh

SPORTS NOTICEBOARD
This is located at the entrance of the gym. 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.

SCHOOL WEB SITE
This highlights to the outside world what goes on in Sport @ Loreto. It contains links to relevant Sporting information. (E.g. IGSSA, Sports Booklet, etc.)
School Web Site link: http://www.loretonh.nsw.edu.au/
PLAYING PROCEDURES

TEAM CAPTAIN

Coaches and/or Sports Staff will nominate a captain for each team. This person is responsible for:

- Ensuring all players have signed on the score sheet before the match.
- Signing the score sheet as captain as soon as their match is finished and checking the score is correctly recorded.
- Ensuring that Team Kit is taken to the games.
- Checking web site for any game changes.
- Helping the coach organise players to do the duties for her team.
- Ensuring her team is in the correct uniform.
- Informing staff promptly of any problems at matches or within the team.
- Assist Coaches in warming up team, etc. if required.

SIGN ON SHEETS

- For all IGSSA Sports and HDNA Netball all 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 must umpire.
- Students qualified as umpires/referees may be able to Referee – see Sport Staff for further details (only referees/umpires over 16 are eligible for payment by IGSSA).

SUMMARY OF SPORTING CODE OF CONDUCT

Loreto Normanhurst has adopted the IGSSA 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 IGSSA 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

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

ATHLETICS

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 in Term 2, IGSSA Twilight (usually Friday) Night Competition in Term 2/3, IGSSA Carnival in Term 3 and the NSW CIS & All Schools Carnivals. 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 at Homebush 1 day in Term 2
  IGSSA Friday Night Competition 4 Friday nights in Term 3
  IGSSA Champs at Homebush 1 day in Term 3
  NSW CIS Champs at Homebush 1 day in Term 3
  NSW All Schools Team Knockout 1 day in Term 3
  NSW All Schools Championships Over 4 days in October

- **Venues:** Sydney Olympic Park, 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 Activity Nomination Form at the end of the term – prior to the term of training
  Friday Night Competition – Nominate once squad is selected
- **Selection:** Team to represent Loreto at IGSSA Championships is selected primarily on performances recorded at school athletics carnival and Twilight carnivals
- **Cost:** $15 per session (max $ 50) for Twilight Carnivals (Term 3)
  $60 for Term training

BADMINTON

Badminton is offered as a Sport in Term 1. Loreto participates in the Invitational Badminton Competition.

- **Competition:** Invitational – Saturday mornings in Term 1
- **Venues:** Abbotsleigh, Pymble, MLC, PLC Sydney, Loreto Normanhurst
- **Training:** 1 session per week at Loreto 3.30pm-5.00pm
- **Uniform:** Sports polo, sports shorts or skort, white socks
- **Equipment:** Badminton racquet – limited hire racquets available from Uniform Shop
- **Registration:** Nominate on-line in term 4
- **Trials:** Team trials and grading will be held mid-way through term 4
- **Cost:** $100
**BASKETBALL**

Basketball is offered as a Term 2 Sport and Loreto participates in the IGSSA competition.

- **Competition:** Saturday morning in Term 2
- **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 on-line in Term 1
- **Trials:** Team trials and grading will be held mid-way through Term 1
- **Cost:** $100

**CHEERLEADING AND POMS**

Cheerleading is a combination of Dance, Acrobatics and Gymnastics that focuses on stunts and tumbling.

It is offered each term on a midweek evening on a Term basis for the recreational program. A Competition Team is selected at the end of the year. This team may compete at Winterfest and Nationals in the following year. There is an expectation that members of the Competition Team will commit to participating for the entire year. Members of the recreation squad may be invited into the Competition Team throughout the year.

- **Venue:** Loreto Normanhurst – Gym
- **Classes:**
  - Cheerleading – Saturday 1.00pm – 2.30pm
  - POMS – Saturday 2.30pm – 5.00pm
- **Uniform:** Check with coach
- **Registration:** Complete an Activity Nomination Form in preceding Term
- **Cost:** Cheerleading - $200 per term  
POMS - $100 per term  
Cheerleading and POMS - $200 per term

**CROSS COUNTRY**

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 in Term 1 and IGSSA Championships in Term 2. Cross Country training is advised for middle distance runners as a preseason build up (800/1500m runners)

- **Competition:** School Championship at Loreto 1 day in Term 1  
IGSSA Champs at Frensham 1 day in Term 2
- **Venues:** Loreto & Frensham
- **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 Activity Nomination Form at end of preceding term.
- **Selection:** Team to represent Loreto at IGSSA Championships is selected primarily on performances recorded at school championships and attendance at training
- **Cost:** $60 per term
DANCE

Dance is offered each term on a midweek evening on a Term basis.

- **Venue**: Loreto – Gym Stage
- **Classes**:
  - Jazz/Funk/Hip-Hop/Contemporary — Monday 3.30pm – 4.30pm
  - Competition Squad – Tuesday 3.30pm – 4.30pm
- **Uniform**: Sports PE uniform, black drama pants, black singlet, Jazz shoes (optional - not available from the uniform shop)
- **Registration**: Complete an online Activity Nomination Form in preceding Term
- **Cost**: $100 per term

EQUESTRIAN

The Equestrian Club provides students, who have their own horse and horse transport, access to enter into a range of equestrian events, carnivals and Gymkhanas. It runs the entire year. Major event is Coonabarabran Expo.

**Competition**: School Equestrian Events

- **Dates**: To be advised at start of Term 1
- **Venues**: Galston, St Ives, Coonabarabran, Berrima, Hawkesbury, etc.
- **Training**: No training provided
- **Uniform**: School saddle blanket (for hire at uniform shop), school shirt with jodhpurs.
- **Registration**: Complete registration forms for each event
- **Cost**: All entry fees for events

FOOTBALL

Football (Soccer) is offered as a Term 2 sport and Loreto participates in the IGSSA competition.

- **Competition**: Saturday morning in Term 2
- **Venues**: All over Sydney
- **Training**: 1 session per week at Loreto
- **Uniform**: Sports polo, school sports shorts, yellow football socks
- **Equipment**: Football boots, shin pads, mouthguard (strongly advised)
- **Registration**: Nominate online in Term 1
- **Trials**: Team trials and grading will be held mid-way through Term 1
- **Cost**: $100
GYMNASTICS

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 IGSSA Gymnastics Championships in Term 4. Students who do gymnastics outside of school are encouraged to compete at IGSSA Championships.

- **Competition:** IGSSA Championships
- **Venues:** School gym (training), State Sports Centre (Competition)
- **Training:** 2 afternoon sessions per week; Monday and Thursday 3.30pm-5.00pm
- **Uniform:** Training: Shorts & t-shirt  
  Competition: School leotard (hire from the Uniform Shop)
- **Registration:** Nomination online by end of term of the preceding term
- **Cost:** $100 per term
- **Team:** Team for IGSSA Championships selected in Term 3

HOCKEY

Hockey is a Term 3 sport and Loreto participates in the IGSSA competition.

- **Competition:** Saturday morning in Term 3
- **Venues:** All over Sydney
- **Training:** 1 session per week at Loreto
- **Uniform:** Sports Polo, sports skirt, yellow socks
- **Equipment:** Football boots (sandshoes or rubber soled boots for turf games), shin pads, hockey stick and mouthguard.
- **Registration:** Nominate on-line in Term 2
- **Trials:** Team trials and grading will be held mid-way through Term 1
- **Cost:** $100

Loreto also takes part in the Mollie Dive competition in term 2. These games are used to select our senior and junior A and B teams and are not open to all girls.
**NETBALL**

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

- **Competition:** IGSSA – 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 on-line in Term 2
- **Trials:** Team trials and grading will be held mid-way through Term 2
- **Cost:** $100

- **Competition:** Hills 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 on-line in Term 1
- **Trials:** Team trials and grading will be held in Term 4 and Term 1
- **Cost:** $200

Girls in Years 7 to Years 9 may only participate in either IGSSA Netball or Hills Netball.

Loreto also takes part in the Pymble Invitational competition in term 2. These games are used to select our senior and junior A and B teams and are not open to all girls.

**PILATES**

- **Venues:** Loreto Normanhurst – Room 30
- **Classes:** 1 session per week; Tuesday 3.30pm-4.30pm
- **Uniform:** PE uniform
- **Registration:** Complete an online Activity Nomination Form in preceding Term
- **Cost:** $100.00 per term
ROWING

Rowing is offered as a sport in Term 4 & 1. Loreto participates in Regattas regularly on weekends. Due to the intensity of the sport, 2 annual camps are an integral part of the program.

Regattas: Saturdays/Sundays in Term 4 and Term 1

Dates: Term 3 (Learn to Row/Pre-season training)
Term 4
Term 1

Venues: SIRC, Iron Cove, Mosman, Parramatta River, Nepean River, Lane Cove, Hen and Chicken Bay

Training: Water training - Sydney International Regatta Centre (SIRC), Penrith
Learn to Row program – Term 3; Sunday mornings – 8am-12pm
Pre-season training – Term 3; available to all experienced rowers
Season training – All rowers are expected to attend their 2 scheduled water sessions per week in Term 4 and Term 1. Senior water training may extend to 3 sessions per week throughout the season.

Land training – Loreto Normanhurst Gym
All rowers are expected to attend their 2 scheduled weights/fitness sessions per week in Term 4 and 1. These sessions normally consist of one afternoon and one morning session per week

Camps: Spring Camp – Sydney International Regatta Centre (SIRC), Penrith
Spring Camp takes place over 4-5 days in the September/October school holidays

January Rowing Camp – Daramalan College Boat Shed, Canberra
January Camp takes place over 5-6 days residential training in January

Selection: Selections for specific crews are conducted every 4 weeks beginning in the initial weeks post the initial Spring Camp

Registration: Registration forms will be available in Term 3

Uniform: Loreto Normanhurst rowing suit (zootie) - available from the Uniform Shop
Loreto Normanhurst gold cap (available from the Uniform Shop)
White UV shirt (long-sleeved or short-sleeved) - available from the Uniform Shop

Cost: $1370 per annum plus camp costs (approximately $350 - $450 per residential camp)
**SOFTBALL**

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

- **Competition:** Saturday morning in Term 1
- **Venues:** All over Sydney
- **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. Size 11.5 or bigger is recommended.
- **Registration:** Nominate on-line in Term 4
- **Trials:** Team trials and grading will be held mid-way through Term 4
- **Cost:** $100

**SURF LIFE SAVING**

Surf Life Saving is offered as a Term 4 and Term 1 Sport and Loreto is affiliated with Newport Surf Life Saving Club in offering this sporting option. The purpose is for students to train towards and achieve the Open Water Bronze (Theory & Practical), We also offer an Advanced Certificate (for those who already have the Open Water Bronze Certificate) as a Term 1 Sport option. The Advanced Certificate involves participating in patrol, doing an advanced certificate and competing in Surf Carnivals in Term 1.

- **Competition:** Open Water Bronze runs Saturday mornings over 2 terms (Term 4 and Term 1), 9am-12noon.
  Advanced Certificate runs Saturday mornings over Term 1, 9am-12noon.
- **Venues:** Newport Beach
- **Training:** 1 session per week at Loreto (theory) – Wed 3.30-5.30pm
- **Camp:** Open Water Bronze training camp (overnight) at the Basin held at the end of Term 3
- **Uniform:** Sports polo, sports shorts, school swim costume, Loreto Normanhurst sports cap
- **Registration:** Nominate online in preceding term
- **Qualification:** Student must be able to demonstrate 400m Swim in 9 min, 6x50m swims on the minute and 15m underwater swim
  Open Water Bronze is limited to 30 participants – must be 15 at time of exam (approx. week 2 Term 1).
- **Trials:** Trials and grading will be held mid-way through Term 4
- **Cost:** Open Water Bronze $350 (includes 1 year membership with Newport Surf Club), Advanced Certificate $150
**SWIMMING**

**Competition:**
- School Carnival Heats 1 day in Term 4
- School Carnival at Homebush 1 day in Term 4
- IGSSA Carnival 1 day in Term 1
- NSW Swimming Events All year round

**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 IGSSA (Uniform shop)
- Club Swimmers for NSW swimming events

**Equipment:**
Depends on training level.

**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

**Club Nights:**
Held every second Friday night of the school term commencing at 6.00pm.

**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)

The Aquatic Centre is still developing. The program is constantly undergoing change. Please do not hesitate to contact the Aquatic Manager for more information

Email: aquatic@loretonh.nsw.edu.au
Phone: 9473 7466
**TAE KWON DO**

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 – Room 30
- **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**

Touch Football is offered as a Term 4 sport and Loreto participates in both the IGSSA and the Loreto competition. The Top teams in each Division play in the IGSSA Comp and the rest play in the Local Loreto Comp.

- **Competition:** Saturday morning in Term 4
- **Venues:** Loreto, Pymble, Across Sydney
- **Training:** 1 session per week at Loreto
- **Uniform:** Sport singlet, white socks, sports shorts or navy or black bike pants.
- **Registration:** Nominate on-line in Term 3
- **Trials:** Team trials and grading will be held mid-way through Term 3
- **Cost:** $100

Loreto also takes part in NSW All Schools’ State Cup qualifiers for girls in years 7-10. These competitions are a one day carnival where the winners progress through to the Schools’ State Cup finals.

**TOUCH FOOTBALL TRAINING**

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

- **Venues:** Loreto – Oval
- **Training:** 1 session per week at Loreto; Friday 6.45am-7.45am
- **Uniform:** PE Uniform
- **Registration:** Complete an online Activity Nomination Form in preceding Term.
- **Cost:** $100 per term
TENNIS

Tennis is offered as a Sport in Term 1 & Term 4, however students may elect to take private or group lessons all year round. Loreto participates in the IGSSA and Hornsby Ku-ring-Gai District Tennis Association competitions and the IGSSA Tildesley Shield Tournament. The School Tennis Championships are held in Term 3 on the school courts, Westleigh courts & Mills courts.

- **Competition:** IGSSA – Saturday mornings in Term 1
- **Venues:** All over Sydney
- **Training:** 1 session per week at Loreto 3.30-5pm
- **Uniform:** Sports polo, sports skort, white socks, Loreto Normanhurst sports cap
- **Equipment:** Tennis Racquet
- **Registration:** Nominate on-line in Term 4.
- **Trials:** Team trials and grading will be held mid-way through Term 4
- **Cost:** $100
- **Competition:** IGSSA – Tildesley Shield Championship – 17-19 March 2011
- **Venues:** Pennant Hills Park
- **Training:** 2 sessions per week at Mills or Loreto
- **Uniform:** Sports polo, sports skort, white socks, Loreto Normanhurst sports cap
- **Equipment:** Tennis racquet
- **Registration:** Complete a Tildesley Nomination Form in Term 3
- **Selection:** Team to represent Loreto at Tildesley Tennis Championships is selected on performances in School Championships and Term 4 selections
- **Competition:** Hornsby Tennis – Saturday morning in Term 4
- **Venues:** Courts in Hornsby Kuring-Gai District
- **Training:** 1 session per week at Loreto 3.30-5pm
- **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>Class</th>
<th>Lessons</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEN</td>
<td>¾ hour Group (4 Students)</td>
<td>$215</td>
</tr>
<tr>
<td>TE3</td>
<td>¾ hour Semi Private (2 Students)</td>
<td>$375</td>
</tr>
<tr>
<td>TE4</td>
<td>½ hour Semi Private (2 Student)</td>
<td>$285</td>
</tr>
<tr>
<td>TE5</td>
<td>¾ hour Private (1 Student)</td>
<td>$645</td>
</tr>
<tr>
<td>TE6</td>
<td>½ hour Private (1 Student)</td>
<td>$445</td>
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</tbody>
</table>

**WATER POLO**

Water polo is offered as a Term 4 Sport. Loreto participates in the IGSSA competition.

- **Competition:** Saturday morning in Term 4
- **Venues:** Pools across Sydney
- **Training:** 1 session per week at Loreto
- **Uniform:** Water polo swim suit, school swim cap
- **Equipment:** Mouthguard (strongly advised)
- **Registration:** Nominate on-line in Term 3
- **Trials:** Team trials and grading will be held mid-way through Term 3.
- **Cost:** $100
REPRESENTATIVE STRUCTURE

**IGSSA**

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

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Basketball</th>
<th>Cross Country</th>
<th>Diving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hockey</td>
<td>Gymnastics</td>
<td>Netball</td>
<td>Rowing</td>
</tr>
<tr>
<td>Football</td>
<td>Softball</td>
<td>Swimming</td>
<td>Tennis</td>
</tr>
<tr>
<td>Touch Football</td>
<td>Water polo</td>
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<td></td>
</tr>
</tbody>
</table>

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

**NSWCIS**

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

<table>
<thead>
<tr>
<th>Athletics</th>
<th>Basketball</th>
<th>Cricket</th>
<th>Diving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf</td>
<td>Gymnastics</td>
<td>Cricket</td>
<td>Diving</td>
</tr>
<tr>
<td>Football</td>
<td>Softball</td>
<td>Hockey</td>
<td>Netball</td>
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<tr>
<td>Touch Football</td>
<td>Volleyball</td>
<td>Swimming</td>
<td>Tennis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Water polo</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.