



Sports Handbook

January 2023





Pursue Tomorrow

Shellharbour Anglican College is situated in the beautiful Illawarra on the South Coast of New South Wales. Close to the sea and the Illawarra escarpment in an area rich in cultural heritage, stretching back thousands of years with the Wadi Wadi people living in the region. Our families come from a diverse range of backgrounds and as the Illawarra grows, we are excited to grow and change with our community.

Sport is also an important part of a holistic education. It fosters teamwork, builds relationships, boosts confidence, improves alertness and the ability to concentrate on mental tasks, as well as improving and maintaining good health. We offer a wide range of in-school and representative sport opportunities.

The selection of in-house sports and service-learning opportunities include basketball, cross-fit, dance, gymnastics, indoor sports, strength and conditioning, surfing, ten pin bowling, tennis, touch football and ultimate frisbee. Students also participate in Swimming, Cross Country and Athletics Carnivals. These Carnivals are hotly contested House events and lead to opportunities for students to represent the College.

As we seek to encourage students to use and develop their God-given gifts, we are pleased to offer a range of sports that cater for different interests and passions as well as develop a student's character through participation.

Sport Curriculum

In-School Sport is a weekly highlight enjoyed by all Senior School students. In 2022 will see a range of new initiatives including a service-learning component, whereby students volunteer their time serving the College or local community.

Year 7

Year 7 students enjoy their introduction to the Senior School Sport Program. Students complete swim training and water safety at Kiama Leisure Centre along with being involved in Jump Rope for Heart (in 2020 students raised \$2,000).

Throughout the year, Year 7 compete in their House groups, a range of sports including basketball, netball, oz tag, volleyball and lacrosse. The aim of the program encourages students to communicate in teams, make decisions and develop their fundamental skills. It also allows students to participate in different sports they may not have been exposed to before, while enhancing their skills and teamwork.

Year 8 to Year 12

Students in Years 8 to 12 have many exciting In-School Sport choices. The College has also introduced a service-learning component where students serve others in the local community. Activities include bush regeneration at Blackbutt Reserve, Junior School assistance, College maintenance, inter-house competition leadership and gardening.

Students also have a vast array of sporting options, including surfing, ten pin bowling, lawn bowls, tennis, strength training, indoor sport, cross fit, flip out, dance, beach walking, mountain biking and fishing.

Not only do students enjoy the time out of the classroom learning new skills, but staff also enjoy partaking in the activities, building positive memories and relationships.



Carnivals

The College prides itself in our Athletics, Cross Country and Swimming Carnivals held throughout the year. Students are able to compete in a competitive but encouraging environment that will lead to representing the College at SASSA, AICES and CIS Carnivals. Students who continue to excel in their chosen sport will be given the chance to compete at NSW All Schools and Nationals.

Colours

In order to recognise a student's long-term commitment and consistent performance, the College presents those students with Half Colours first before progressing to Full Colours. Students are presented with their Colours at assemblies and will proudly display their Colours on their uniforms.

Swimming Carnival

Date: Wednesday 15 February
Venue: Warilla Swimming Pool

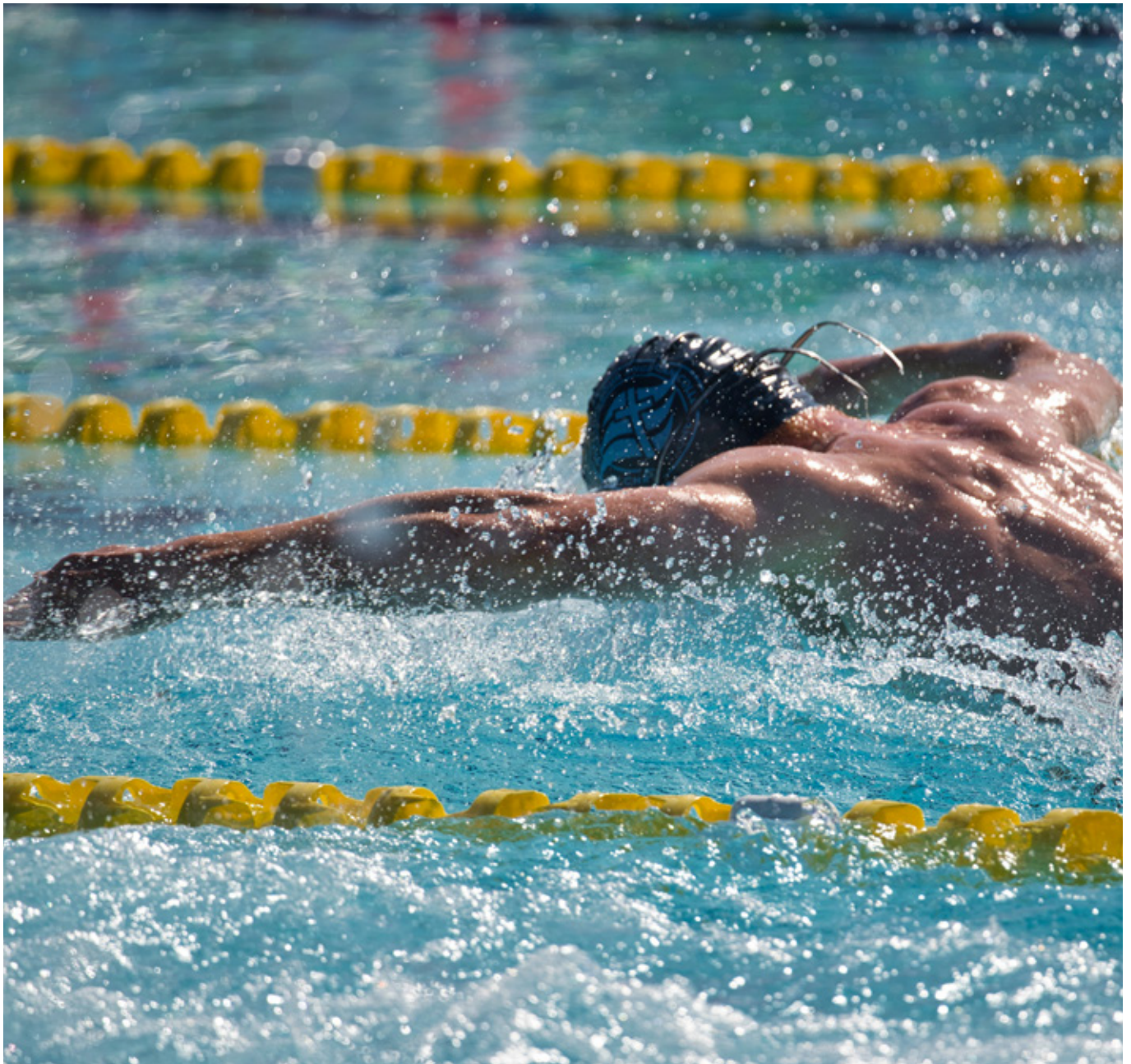
Cross Country Carnival

Date: Tuesday 21 March
Venue: TBC

Athletics Carnival

Date: Thursday 20 July
Venue: Beaton Park

Representative carnivals (SASSA, AICES and CIS) will follow each of the school carnivals.



Representative Team Sports

Students at the College have access to showcase their talents in a wide variety of sports. The College competes in the Southern Anglican Schools Sporting Association (SASSA) which incorporates Anglican schools from Shellharbour to Bega.

The following sports are offered for students to compete in the inter school competitions:

- Athletics
- Basketball
- Cricket
- Cross Country
- Football
- Mountain Biking
- Netball
- Rugby Union
- Snowsports
- Swimming
- Tennis
- Touch Football

The College has been proud of the athletes who have represented at all these levels, both individually and in team sports. We also compete in friendly fixtures against other independent schools in the Illawarra and Southern Highland areas.

Key Contacts

Representative Sport and Carnivals

Brendan Langley
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In-School Sport

Ms Grace Fitch
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Sports Administration

Ms Maeghan McCauley
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For more information regarding the 2022 sporting year, see the full Shellharbour Anglican College Senior School Sports Calendar which can be found on the Student Dashboard.



Sport	Teacher-in-Charge	Coaches	Training
Athletics	Mr Duffy		TBC
Basketball	Ms Yawan Mr Bailey		TBC
Cricket	Mr Clunasx Mr Alterator		TBC
Cross Country	Mr Duffy		TBC
Football	Mr Langley	Mr Cooper Mr Parker Mr Wong	TBC
Netball	Ms Close	Mrs Russell	TBC
Rugby Union	Mr Layland	Mr Peters Mr/Mrs Drury	TBC
Snowsports	Mrs Knight		TBC
Snowsports (Interschools)	Mrs Knight		TBC
Swimming	Mrs Harris		TBC
Tennis	Mr Irvine		TBC
Touch Football	Mr Odell Ms Fitch	Ms Mead	TBC
Volleyball	Mr Duffy		TBC

*Training times and dates will be released by week 4 of Term 1 and published on the Sports Brochure online.





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