



ST ANDREW'S  
CATHEDRAL SCHOOL

## Winter Sport Choices 2023

Dear Parents, Caregivers and Students,

We are delighted to offer a variety of sports once again in our winter program. These are a mixture of team and individual opportunities for students to consider for their 2023 winter sport choice. We have witnessed over many years the value to students' lives by those who engage in the whole school experience, rather than just the academic. There is significant research that supports this.

In sport, St Andrew's have coaches with extensive experience in their respective sports. Some have played for Australia, some for State and others have been coaches at senior levels. Less experienced coaches are mentored and trained by our development and senior coaches. A key attribute of sport at St Andrew's is that we don't just want to have quality coaches for our A teams, but we want to engage students at younger and lower ability levels to have a passion for sport and activity which they can take into adulthood. As a result, we seek to have quality coaches throughout the program. We believe this to be a key difference between St Andrew's and many other schools. Key sporting codes at St Andrew's are compete in the Independent Sporting Association (ISA), which is comprised of 19 schools across NSW. Besides these ISA sports, we have a variety of other activities from which to choose.

The winter training program starts the week beginning Monday, 13<sup>th</sup> March 2023. This will give players and coaches an opportunity to work with their sporting groups and build on their skills. You will note that we have an additional Saturday date in the school calendar (Saturday, 18<sup>th</sup> March 2023). This will be a sporting round where all sports train/trial and will also be a fun community sports day. More to come on this but it will be a compulsory school sport day. Please note that there is a minimum of one training session per week. A teams and Rugby have two training sessions per week.

Attached is further information which provides an explanation of the choices that can be made in relation to SACS Winter Sport and Activities.

**FOR NEW STUDENTS IN 2023 ONLY** - To select a sport or activity please click on the below link, prior to **Monday 28<sup>th</sup> November 2022**. **You will note we have a few sports that are capped, we encourage you to book early to avoid disappointment.** Before the end of Term 4, the sports convenors will contact you confirming your selected sport and information about that sport. Should there be any concerns or changes required, please contact Beatrice Coddington ([bcoddington@sacs.nsw.edu.au](mailto:bcoddington@sacs.nsw.edu.au)) at this time. Please ensure you look at each sport training schedule below to ensure you don't choose two activities that clash.

<https://forms.gle/DTavrYCCTn3KVoiJ9>

**FOR EXISTING STUDENTS (Years 6 – Years 11 2022)** To select a sport or activity parents are required to log into the portal using your login username and password. Please can you ensure that you have logged into the below clipboard link prior to Thursday 10 November. Please note this site will close on Monday 28<sup>th</sup> November 2022.

[Clipboard link](#)

ABN: 34 429 367 893  
CRICOS Registration: The Council of  
St Andrew's Cathedral School 02276M

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Gadigal Country  
Sydney Square  
Sydney NSW 2000, Australia  
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[www.sacs.nsw.edu.au](http://www.sacs.nsw.edu.au)

The only winter basketball provided by SACS is the 1<sup>st</sup> V Winter development program. **This program is limited to ten players and participation is by invitation only. Players who are interested in this basketball program must make a winter sports selection because selection is not guaranteed.** With regards to our other Co-Curricular activities, information will be sent out in January. This includes Athletics, Cross Country Running, Debating, Theatre Sports, Snow Sports etc.

We look forward to seeing our SACS students registering for and enjoying their sport!

Kind regards,



Tamsyn Kelson  
Head of Sport



Ric van Wachem  
Director of Sport and Cocurricular Education

## SPORT TEAM CONTACTS:

NAME	TITLE	CONTACT
Ric van Wachem	Director of Sport and Cocurricular	rvw@sacs.nsw.edu.au
Tamsyn Kelson	Head of Sport	tkelson@sacs.nsw.edu.au
Karen Brown	Cocurricular Administrator	kbrown@sacs.nsw.edu.au
Beatrice Coddington	Sports Administrator & Convenor - Netball, Tennis	bcoddington@sacs.nsw.edu.au
Richard Butler	Sports Convenor – Rugby, Football	rbutler@sacs.nsw.edu.au
Phoebe Hunter	Sports Convenor – Hockey, Fencing, Fit4Life, Squash	phunter@sacs.nsw.edu.au
Jeff Long	Sports Convenor – Waterpolo	jlong@sacs.nsw.edu.au
Rafael Briant	PDHPE S&C Integrator	rbriant@sacs.nsw.edu.au
Antonietta Del Pinto	S&C and Sports Centre Manager	adelpinto@sacs.nsw.edu.au

## WINTER SPORT ENROLMENT AND REGISTRATION LINKS:

Winter Cocurricular at SACS is compulsory for all students Years 7-11 with participation encouraged for Year 12 students. The following information is primarily with respect to compulsory winter activities within the school. Please feel free to contact the sports department for any additional information you may require. Information for other cocurricular activities on offer will be sent to the school community in Term 1, 2023.

### **WINTER SPORT COMPULSORY UNITS: (You must select one of the following)**

- ISA Rugby
- ISA Football (Soccer)
- ISA Tennis (*Capped*)
- ISA Netball (*Female Only*)
- ISA Hockey (*Female Only*)
- Fencing - (*Capped*)
- Squash - (*Capped*)
- Fit 4 Life - (*Capped, please note for Years 8-12 only*)
- Waterpolo (**If signing up to Water Polo as a second sport please register by emailing [bcoddington@sacs.nsw.edu.au](mailto:bcoddington@sacs.nsw.edu.au) with student name, year group and gender.**)

### **WINTER SPORT COMPULSORY UNITS:**

- A selection must be made from the above-named sports.
- A student may not choose two activities in this group, with the only exception of Waterpolo and one other sport as these schedules do not clash.
- **Please note: Some sports and activities are capped as indicated below.** Once capped, you will receive a message saying ‘the sport is at capacity and no longer available for selection’ on the form.
- **Please register early to avoid disappointment.** We won’t be able to accommodate any additional sign ups once full.
- On the rare occurrence that there are not enough students to field a team or sport, you will be notified by week 2 of Term 1, 2023 and will be required to select another sport/activity.
- All students will be allocated their selection submitted through the form. We will be holding a Winter Sport preseason/trial for all activities on Saturday 18<sup>th</sup> March 2023. All students not selected into an ISA sport following trials will be asked to reselect a sport.
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### TRANSPORT:

Students are supervised by a SACS staff member on each bus. Buses are provided by the school to and from all afternoon sports training offsite. Buses leave Bathurst Street steps at 3.30pm and, generally, return to school by approx. 5.30pm.

Buses are not provided to any fixtures inside the Sydney Metro. Buses with seat belts are provided for travel outside the Sydney Metropolitan Region. This includes ISA opposition schools such as Chevalier College, Oxley College, Central Coast Grammar School, Blue Mountains Grammar School etc.

### Year 7:

In 2023 Year, 7 students start their winter sports commitment from the week beginning the 13th of February. For most students, this will involve training on Tuesday afternoons after school, but this may be different for some sports so please make sure to review the details provided below.

In addition, there will be a Saturday commitment for all year 7 students on the 4th of March 2023. All students from year 7 to year 12 will then have a Saturday sports commitment on the 18th of March. There may be other Saturday commitments during term 1 but this will depend on the sport and the convenor of the sport will provide details if that is the case. Weekly Saturday commitments begin in term 2.

## 2023 Anticipated Winter Sport Timetable

	Mon	Tue	Wed	Thu	Fri	Sat
<b>Boys Football</b>						
All Senior Boys (ages 16, 17 and 18)				PM		Games
1st XI Boys, 2nd XI, 16A*	PM			PM		
Middle School Boys (ages 12, 13, 14, 15)		PM				
12A, 13A, 14A, 15A*	PM	PM				
<b>Girls Football</b>						
All senior Girls (years 10, 11 and 12)				PM		Games
1st XI Girls*	PM			PM		
All Junior and Inter Girls		PM				
<b>Fencing</b>						
Seniors (years 10, 11, and 12)				PM		Bouts
Years 8 and 9 returning fencers			PM			
Year 7 and new Year 8 & 9 fencers	PM					
<b>Fit 4 Life</b>						
No Training						Activities
<b>Hockey</b>						
1sts	PM			PM		Games
2nds				PM		
3rds and 4ths		PM				
<b>Netball</b>						
Seniors (years 11 and 12)				PM		Games
Senior 1sts*	PM			PM		
Inters (years 9 and 10)	PM					
Inter A*	PM	AM				
Juniors (years 7 and 8)		PM				
Junior A*	AM	PM				
<b>Rugby</b>						
13s, 14s, and 15s		PM		PM		Games
16s and Opens	PM			PM		
<b>Squash</b>						
Senior school (years 10, 11, and 12)				PM		Matches
Middle school (years 7, 8, and 9)		PM				
<b>Tennis</b>						
Senior School Trials (years 10, 11, and 12)				PM		Matches
Teams 1-6*	PM			PM		
Middle School Trials (years 7, 8, and 9)		PM				
Teams 7-15*		PM				
<b>Waterpolo</b>						
Senior school (years 10, 11, and 12)			PM		Games	
Middle school (years 7, 8, and 9)	Games			PM		

\* Players are selected into these teams during trials/training in term 1

\*\* Some variation to the above summary may occur based on player numbers and venue availability

PM = 3:30pm to 5:00pm

AM = 6:45am to 8:00am

Saturday activities are mostly morning but can run into the afternoon depending on the sport and venue

Waterpolo games are in the evening

**WINTER SPORT KEY INFORMATION:**

<b>ISA SPORTS</b>	
<b>ISA RUGBY</b>	<p>SACS rugby teams are formed with consideration given to age, experience, size, and skill within the rules of Rugby Australia. All teams play on Saturday in the ISA competition (ISA Division 2).</p> <p><b><u>Training details:</u></b></p> <ul style="list-style-type: none"> <li>• For U13s, U14s and U15s there are two training sessions per week (Tuesday &amp; Thursday). A weekly gym session is encouraged and highly desirable for all players.</li> <li>• For U16s and the 1<sup>st</sup> XV there are two on-field sessions per week (Monday &amp; Thursday); and one required gym session per week</li> </ul>
<b>ISA FOOTBALL</b> (Soccer)	<p>SACS boys football teams are formed <u>with age as the primary consideration</u>. The year group of players may become a consideration if player distribution needs to be balanced between age groups. SACS girls football teams are formed in Junior (usually years 7 and 8), Intermediate (usually years 9 and 10) and Seniors (usually years 10 to 12) depending on player numbers. All teams play on Saturday in an ISA competition.</p> <p><b><u>Training details:</u></b></p> <p>1sts boys, 1sts girls and all 'A' teams train twice a week; all other teams train once per week</p> <ul style="list-style-type: none"> <li>• Monday afternoons: All Boys A teams, 1st XI boys, 2<sup>nd</sup> XI boys, and 1st XI girls</li> <li>• Tuesday afternoons: U13, U14 and U15 boys, Junior girls, Inter girls</li> <li>• Thursday afternoons: 1st XI girls, 2<sup>nd</sup> XI girls, 1<sup>st</sup> XI boys; 2nd XI boys, U16 boys</li> <li>• All players are encouraged to do at least one gym session per week. Both 1<sup>st</sup> XI teams will have a scheduled team gym session</li> </ul>
<b>ISA NETBALL</b> (Female Only)	<p>Netball is our biggest female participation sport in winter. Students play in the Saturday ISA competition in age divisions: Junior (Year 7 and 8), Intermediate (Year 9 and 10), Senior (Year 11 and 12). Saturday fixtures will be held between 7.30am-2pm and our home venue for the season is Sydney University Sports &amp; Aquatic Centre.</p> <p><b><u>Training details:</u></b></p> <p>Training will be one afternoon per week at Sydney University, with all 'A' teams having a second weekly training session at school. The 2023 schedule is as follows:</p> <ul style="list-style-type: none"> <li>• Monday afternoons: Intermediate teams. (Inter A second training session is Tuesday morning 7am-8am)</li> <li>• Tuesday afternoons: Junior teams. (Junior A second training session Monday morning 7am-8am)</li> <li>• Thursday afternoons: Senior teams. (Senior 1sts second session Monday afternoon at Sydney Uni)</li> </ul>
<b>ISA TENNIS</b> (Capped)	<p>The SACS tennis program continues to grow each year. Students play in the ISA competition, with teams formed based on playing ability, not age group. In order to be selected for SACS Tennis, students <u>must</u> be able to demonstrate that they can serve overhead consistently and hold a rally. Saturday fixtures are held 7.30am-12pm each week. We have two home courts for Saturday fixtures – Eastside Tennis Centre in Kingsford and Sydney Boys High School.</p> <p><b><u>Training details:</u></b></p> <p>1 x afternoon training per week at Sydney Boys High plus ISA Saturday competition. Teams 1-4 will train 2 x per week</p> <ul style="list-style-type: none"> <li>• Monday afternoons: Teams 1-4 (Generally years 10-12)</li> <li>• Tuesday afternoons: Teams 7-14 (Generally years 7-8)</li> <li>• Thursday afternoons: Teams 1-6 (Generally years 9-12)</li> </ul>

<b>ISA HOCKEY</b> <i>(Female Only)</i>	<p>We enter 3 or 4 teams into the ISA Hockey competition. Our home training venue for the season is Sydney Olympic Park and our Saturday home venue is Moorebank hockey fields.</p> <p><b><u>Training details:</u></b></p> <p>1 x afternoon training per week plus ISA Saturday competition. Hockey 1sts team will train 2 times per week. Note: training sessions go to 5.30pm, with students returning to school at approx. 6pm.</p> <ul style="list-style-type: none"> <li>• Tuesday afternoons: 3rds and 4ths Teams</li> <li>• Thursday afternoons: 1sts and 2nds Teams. Second training for 1sts on a Monday afternoon</li> </ul>
<b>NON-ISA SPORTS</b>	
<b>FENCING</b> <i>(Capped)</i>	<p>The fencing program designed and run by highly qualified and talented staff at SACS has developed greatly over the past years. The program is inclusive and caters for all ability levels, from students wanting to learn a new skill, to those wanting to fence competitively.</p> <p><b>The training details are:</b></p> <p>1x afternoon training per week plus Saturday morning internal competition</p> <ul style="list-style-type: none"> <li>• Monday afternoons: Year 7</li> <li>• Wednesday afternoons: Years 8-9</li> <li>• Thursday afternoons: Years 10-12</li> </ul>
<b>SQUASH</b> <i>(Capped)</i>	<p>Training will be held at Sydney University Sports and Aquatic Centre on Tuesday, and they will be split up by year group, on Tuesday afternoons for students in Years 7-9 and Thursday afternoons for students in Years 10-12. All training sessions will run from 3.30-5.30pm. Games will be held on a Saturday morning between 8am-12pm and will likely be an interschool competition with other schools.</p>
<b>FIT 4 LIFE</b> <i>(Capped, Yrs 8-12 students only)</i>	<p>The Fit4Life program is offered to Year 8 and above students only. This program was designed with the aim of encouraging the enjoyment of physical activity, outside the boundaries of traditional sport. The activities run for 3-4 hours on a Saturday morning and include activities such as day hiking, kayaking, rock climbing and archery, led by experienced instructors. The structure of the program changes slightly each year, meaning that students get to try a variety of activities as they progress throughout the years.</p>
<b>WATERPOLO</b>	<p><b>If signing up to Water Polo as a second sport please register by emailing <a href="mailto:bcoddington@sacs.nsw.edu.au">bcoddington@sacs.nsw.edu.au</a> with student name, year group and gender.</b></p> <p><b>Junior Boys/Girls</b></p> <ul style="list-style-type: none"> <li>• Training for Intermediate boys/girls Thursday afternoons departing from Bathurst St steps at 3.30pm and returning approx. 7pm</li> <li>• Game Day: Monday evenings at Warringah Aquatic Centre – both boys and girls</li> <li>• Game times will range between 7-9pm</li> </ul> <p><b>Senior Boys/Girls</b></p> <ul style="list-style-type: none"> <li>• Training for Open boys/girls Wednesday afternoons departing from Bathurst St steps at 3.30pm and returning approx. 7pm</li> <li>• Game Day: Friday evenings at Warringah Aquatic Centre – both boys and girls</li> <li>• Game times will range between 7-9pm</li> </ul>

### **SPORT EXEMPTION REQUESTS:**

The Winter Sport exemption policy is based on Winter Cocurricular being part of the enrolment conditions at St Andrew's Cathedral School, as explained at the time of enrolment. Exemptions are rarely granted. The exemption remains in place until the end of the winter season. Any further exemption requests will be required each year. If you wish to apply for exemption, please complete the Winter Sport Exemption form on the portal, accessible via the link below.

**Please email exemption forms and all supporting documentation to Beatrice Coddington ([bcoddington@sacs.nsw.edu.au](mailto:bcoddington@sacs.nsw.edu.au)). All exemptions are due by Monday 28<sup>th</sup> of November 2023. Request for Exemptions after this date will only be exceptional circumstances e.g. new and ongoing medical issues.**

<https://parentinfo.sacs.nsw.edu.au/wp-content/uploads/2022/11/2023-Sport-and-Co-curricular-Variation-Exemption-Policy-1.pdf>