



## Northern Beaches Secondary College Balgowlah Boys Campus

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### Sport for Term 2 & Term 3 2018

**Sport Selection:** Students will be required to sign up to their sport through School Bytes (using their student DET portal username and password). The following link will be opened up to the students at the times published online and via email to parents: <https://online.schoolbytes.education/sport/>

**There will be a staggered process for students when selecting a Sport depending on their cohort.** Year 10 students will have the first pick of Sports, followed by Year 9, then Year 8 and finally Year 7. Students may select any Sport, however, Sports may become full so students are advised to have a few options to choose from. Schoolbytes will be open on the following dates and times for Sport selection:

<b>Year 10</b>	Tuesday April 3 at 5pm
<b>Year 9</b>	Wednesday April 4 at 5pm
<b>Year 8</b>	Thursday April 5 at 5pm
<b>Year 7</b>	Friday April 6 at 5pm

**Full payment with permission is required within ONE WEEK of online selection. Failure to pay (for paid sports) within ONE WEEK of selection will void selection.** Payments can be made at the Front Office or online at <http://www.nbscbalgb-h.schools.nsw.edu.au/> and clicking on the "Make a payment" tab.

**Do not choose a sport that you cannot afford.** There are low cost and no cost options available. Please also keep in mind that you are paying for 20 weeks of sport. Most sports cost approx. \$10-12 per week with buses included.

**ALL SPORTS will conclude at 2:30PM (unless specified). Students will not be allowed to leave Sport any earlier.**

**In the case of wet weather students are dismissed from school AT STAGGERED TIMES BETWEEN 2:15PM AND 2:30PM.** No refunds can be given for wet weather or weather cancellations (eg: Oval closures)

**MISBEHAVIOUR at sport will result in the removal of a student from that sport** for either a week or longer if required (no refund will be given).

**Sport is a mandatory DET Course.** Students must satisfy all course requirements (attendance/participation and effort) to be eligible for their Year 10 certificate.

## Winter Sports 2018

Code	Sport	Total Cost	MAXIMUM number of students
161318	Golf	\$120	15
161318	7/8 Soccer	\$130	120
161318	7/8 Touch	\$130	50
161318	Skateboarding (Year 7)	\$160	40
161318	Skateboarding (Years 8,9, 10)	\$160	40
161318	Elite Surfing	\$180	30
161318	Yoga	\$190	30
161318	Brazilian Jiu Jitsu	\$200	30
161318	Tennis	\$220	25
161318	10 Pin Bowling	\$260	60
n/a	Cricket (at school)	Nil	30
n/a	Basketball (at school)	Nil	30
n/a	Walking	Nil	30
n/a	Year 7/8 GAMES	Nil	No limit
n/a	Year 9/10 GAMES	Nil	No limit

The following sports are representative teams that will compete against North Shore Zone schools in **Grade Sport**. This option will NOT be available for students to select unless they were selected by the coach at trials in Term 1.

Code	Sport	Total Cost	MAXIMUM number of students
161318	Soccer (Senior)	\$130	16
161318	Soccer (Junior)	\$130	16
161318	Touch (Senior)	\$130	12
161318	Touch (Junior)	\$130	12
161318	Basketball (Senior)	\$130	8
161318	Basketball (Senior)	\$130	8
161318	Volleyball (Senior)	\$130	11

## **Sport Descriptions – Paid Sports**

### **Representative Grade Sports**

Balgowlah Boys will field representative teams in Soccer, Touch, Basketball and Volleyball (both Senior and Junior teams) to play in a round robin format against other North Shore Zone schools namely Davidson, Killarney Heights, Cammeraygal and The Forest High School. The top two finishing teams in our zone (North Shore) play the top two schools from the Warringah Zone in Semis and a Grand Final. For home games students catch a bus from school to the venue and will be dismissed from the venue after the game. For away games students will catch a bus to and from the venue and be dismissed from school. The following grounds will be home for their respective sports: Passmore Oval – Soccer; Nolans Reserve – Touch; School Gym – Basketball; Mackellar Girls Gym – Volleyball. Please note this sport concludes at 2:15pm.

### **Year 7 and 8 Touch and Soccer Competitions**

Students have the opportunity to select either Soccer and Touch and play against other schools in the North Shore Zone. Teams are made of 10 students and will be of mixed ability where teachers will select students to play in a particular team – students do not form their own teams. All students wanting to play will be placed into a team – there are no trials. There are semi-finals and a grand final. All students are to wear running shoes, NOT any form of football boot. The following grounds will be home for their respective sports: Nolans Reserve – Soccer; Frank Gray Oval – Touch. Please note this sport concludes at 2:15pm. Students are expected to find their own way home from the ground.

### **Elite Surfing**

New sport in 2018. This sport is a continuation on from summer surfing – so only for students who were part of summer surfing 2017/18 and hold the current Surf Survival Certificate will be considered. Conditions in the surf tend to be more volatile and waves are usually considered to be larger – so this sport is permitted for competent surfers only. If a surfer is deemed not to be up to the required level, then another sport will be found. This decision will rest with Mr Daniel O'Brien who has over 40 years surfing experience and places the safety of the students first. Buses will be provided and boards can be left in the Front Office. Students dismissed from venue at 2:30pm.

### **Brazilian Jiu Jitsu**

New sport in 2018. This sport will concentrate on discipline and focus as students are taught the basic techniques of the sport. Instructors from Wimp to Warrior Brookvale will teach students the moves required to defend themselves as well as how to maximise their flexibility. There is no fighting or combat between students. This is a safe space where instructors provide all support and equipment and is held in the school hall. Students dismissed from venue at 2:30pm.

### **Yoga**

New sport in 2018. Students experience spiritual discipline including simple meditation and the adoption of specific bodily postures to promote health and relaxation. Sport is conducted at school. Students dismissed from venue at 2:30pm.

### **Tennis**

Students catch bus from school to Manly Tennis Centre. Six courts are available each week. Students must provide their own equipment. Students are dismissed from venue at 2.30pm.

## **Golf**

Students walk across the road to Balgowlah Golf club at 12:00pm and are dismissed from the venue at 2:00pm. **These times are different to all other sports offered.** Students must have their own appropriate equipment such as balls and clubs as a minimum. No sharing of clubs.

## **10 Pin Bowling**

Students catch bus from school to AMF Bowling at Dee Why RSL. Students play one game of bowling per week. All equipment provided. Students dismissed from Dee Why RSL at 2:30pm

## **Skateboarding (Year 7 only / Years 8, 9 and 10)**

Students are divided into two groups – Year 7 only and Years 8, 9, 10 where they will rotate each week between Kierle Park and Manly Vale ramps. Students catch a bus each week one way. Students **MUST** wear a helmet to participate at any stage in skating and need their own skateboard. Boys dismissed from the relevant venue each week at 2:30pm.

## **Sport Descriptions – Free Sports**

### **Year 7 and 8 Games**

Students have their names marked off at 1.10pm in the school quadrangle. Students will walk across the bridge to Balgowlah Oval to play team sports. Students will be dismissed from this venue at 2.30pm

### **Year 9 and 10 Games**

Students have their names marked off at 1.10pm in the school quadrangle. Students walk to North Harbour Reserve to play team sports. Students will be dismissed from this venue at 2.30pm.

### **Walking**

Students have their names marked off at 1.10pm in the school quadrangle. Students will walk various routes throughout Balgowlah before ending up at North Harbour Reserve. Students will be dismissed from this venue at 2.30pm.

### **Basketball**

Students will play in a round robin format AT SCHOOL. All equipment provided. Students will be dismissed at 2.30pm.

### **Cricket**

Students will play in a round robin format AT SCHOOL. All equipment provided. Students will be dismissed at 2.30pm.

**All bus leaving times and wet weather rooms are listed outside the HSIE staffroom**

**Permission note**  
***(Please return this whole page for ALL sports)***

I have read ALL pages of this document. I am aware of all details and risks associated with the sport that my son will do during Terms 2 and 3 2018.

I understand that he may be travelling from school and may be dismissed from the venue after his sport finishes. As far as I know there is no medical reason which should preclude my son from this activity.

I understand that sport may be cancelled in the event of wet weather or other unforeseen reasons and that my son/ward may be at school for sport in this time. I understand that sport often has staggered leaving times from 2:15-2:30pm.

Please list the Sport you selected online.

**Sport choice** .....

**Name of student**.....**Year**.....

**Signature of parent/guardian**.....**Date** .....

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**Medical Insurance:** Parents please note there is no personal injury insurance cover provided by the NSW Department of Education and Training for students in relation to school sporting activities, physical education lessons or any other activity. Parents and caregivers are advised to access the level and extent of their child's involvement in the sport program offered by the school, school sport zone, area and state school sport associations when deciding whether additional insurance cover, above that provided by Medicare, is required. Personal accident insurance cover is available through normal retail insurance outlets. The NSW Supplementary Sporting Injuries Benefits Scheme, funded by the NSW government, covers any injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body.