It is essential when entering teams into a competition that all team members are committed for the duration of the competition.

Our Zone affiliation is the Hills Zone Sports Association and this is our avenue to higher levels of representation. However, we do participate in a number of other local competitions.

Teams are taken by mini-bus to and from matches. Most competitions start a 4.00pm which means we have to leave school at 3.00pm. Teams usually are back at school around 6.00pm

Most team shirts are supplied by the school, however students are expected to wear the school shorts, socks and tracksuit which they purchase themselves.

Representative Summer Sports
(Terms 4 and 1)

☐ Indoor Cricket (Year 7 Boys)
☐ Cricket (Boys)
☐ Touch Football (Boys and Girls)
☐ Futsal (Boys and Girls)
☐ Basketball Terms 1 and 2 (Boys and Girls)
☐ Tennis (Term 1 Seniors only)
☐ Tennis (Term 4 Juniors only)
☐ Oz Tag (Term 4 only Boys and Girls)

Zone Carnivals
HZSA->AICES->CIS

☐ Swimming (Term 1)
☐ Cross Country (Term 2)
☐ Athletics (Term 3)
☐ Triathlon (Term 4)

Other suggestions:

Representative Winter Sports
(Terms 2 and 3)

☐ Netball (Girls only)
☐ Rugby (Boys Only)
☐ Football (Boys)
☐ Futsal (Boys and Girls)
☐ Basketball Terms 3 and 4 (Boys and Girls)
☐ AFL (Years 8 and 9)
☐ (Volleyball (Boys and Girls)
☐ Snow Sports (NSW Interschools)

Non-Competition Physical Activities
Available in response to need

☐ Dance
☐ Zumba
☐ Fitness and Conditioning (Boot camp)
☐ Table Tennis
☐ Squash
☐ Tennis Coaching

Remember to discuss with your parents before making commitment
THE PERFORMING ARTS

- Don’t waste talent! Utilize your talent and express yourself in ensembles and bands or sing and dance at our school concerts
- Private tuition is available
- We highly recommend visiting our music information night to find out more details
- If being on stage isn’t your thing, work behind the scenes

Concerts for 2013
☐ Rock the Fortress - Term 1
☐ Cabaret - Term 2
☐ Gala - Term 3
☐ Twilight Concert - Week 4 - Every Term

Ensembles
☐ Orchestra - Monday 6:30 - 7:30
☐ Glee club NEW
☐ Jazz
☐ Rock/pop bands
☐ String ensemble - Wednesday Mornings

Learn an instrument: lessons in...
☐ Drums
☐ Vocal
☐ Saxophone
☐ Bass (Electric & Classical)
☐ Violin
☐ Viola
☐ Cello
☐ Guitar
☐ Trumpet
☐ Clarinet
☐ Flute

Behind the scenes...
☐ Tech Crew
☐ Video Club

Scholastic

- Challenge yourself further than school

☐ Science Club
☐ Mock Trial (Year 10-11)
☐ Debating

☐ Chess Club
☐ Public Speaking
☐ Da Vinci Decathlon
SOCIAL ACTION

- Make a difference in the world - Leave your footprints behind, for all the right reasons
- Change someone’s life
- Learn and be aware of the wider world

☐ Duke of Edinburgh
☐ Environmental Committee
☐ Charity Committee

☐ North Shore Chesed
☐ Re-Bow (Re-Build Our World)
Day One 2013 Reflection Sheet

Name:

My Feelings and goals as I start the School year...

Have I been involved in extra curricular activities in the past? If so which ones- either in or out of school.

How would involving myself in the extra curricular programs benefit me?

What extra curricular programs will I support this year by being a member of the audience?

Which activities have I ticked (committed to) for this year?