



Saint Stephen's College

Extracurricular Handbook

Sporting

Prep to Year 12

2020

Developing character,
inspiring hope

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There are a wide range of activities organised and run by the College. Furthermore, a number of external providers also offer activities. Activities offered by these providers are run and supervised by external staff, who are covered by their own insurance and bound to their Risk Management.

Activities not directly supervised by College staff are marked as **External Providers* beside the title. Any College staff named in these activities act as a contact between students and the provider.

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APS Sports

Saint Stephen's College has a compulsory Sports Program for all students in Years 4 to 12. Saint Stephen's College is part of the Associated Private Schools (APS) which conducts regular competitions each Thursday (Years 4 to 6) and Fridays (Years 7 to 12). Most sports have no cost other than bus transport which is included in College fees each term and the College provides all playing equipment except personal protective equipment such as mouth guards and shin pads etc.

Years 4 to 6	
Winter	Summer
Hockey	AFL
Netball*	Basketball
Rugby ^	Cricket
Soccer	Softball/T-Ball*
Tennis	Touch Football
Volleyball	

Years 7 to 12	
Winter	Summer
Hockey	AFL
Netball*	Basketball
Rugby ^	Cricket
Soccer	Softball*
Tennis	Touch Football
Volleyball	Water Polo

^ Boys only *Girls only

Training for each season is as follows:

Monday 3.20 – 4.30pm	Years 4 to 6
Tuesday 3.20 – 4.30pm (Winter)	Netball, Soccer, Tennis (Junior)
Tuesday 7.00 – 8.00am (Winter)	All Open Netball
Wednesday 3.20-4.30pm (Winter)	Hockey, Rugby, Tennis (Senior), Volleyball
Wednesday 7.00 -8.00am	All Open Basketball
Tuesday 3.20 – 4.30pm (Summer)	AFL, Basketball (Years 7,8,9), Cricket (Boys), Softball, Tennis (Junior)
Wednesday 3.20 – 4.30pm (Winter)	Basketball (Years 10), Cricket (Girls), Tennis (Years 10,11,12), Touch Football

In addition to the above sports:

- Carnival Sports (Athletics, Cross Country and Swimming) offer some before school training at various times during the year.
- Individual Regional Sport Representation is also available for all of the above sports, plus Golf and Surfing, among others. Details will be available on the Sports Notice Board and College website.

Athletics Training

Athletics training is available for all students in Years 4 to 12 and will commence in Week Five of Term Two, and will run until Week three of Term Three. Training will take place on Tuesday and Thursday mornings between 7.00am and 8.00am on the College Oval.

Students will improve their fitness through these sessions which will also assist them in achieving their best in the Athletics Carnivals. Students will have the opportunity to train in all events that are offered at the College. A specialist coach will be assisting in this activity.

A full schedule of the session details is available via the College calendar.

Activity Organiser:	Mr Ryan Soars, Director of Sport
Year Levels Available to:	Years 4 to 12
Time and Length of Activity:	Terms Two and Three
Cost:	Nil
Enrolments:	Please contact the Sport's Office at the College on (07) 5573 8674 or via email rsoars@ssc.qld.edu.au .

Cross Country Training

Cross Country training is available for all students in Years 4 to 12 and will commence in Week two of Term One, and run until Week four of Term Two, from 7.00am to 8.00am.

Students will improve their fitness through these sessions which will also assist them in achieving their best in the Cross Country Carnivals. Sessions will take place on the College grounds, as well as accessing local bike paths and walk ways.

A full schedule of the session details is available via the College calendar.

Activity Organiser: Mr Ryan Soars, Director of Sport

Year Levels Available to: Years 4 to 12

Time and Length of Activity: Terms One and Two

Cost: Nil

Enrolments: Please contact Ryan Soars at the College on (07) 5573 8674 or via email rsoars@ssc.qld.edu.au.

Chess Year 1 - 6

Gardiner Chess provide a weekly one hour chess club on Tuesdays from 3.15pm – 4.15pm which include a mix of chess coaching, social chess and tournament chess. This is for students in Years 1-6, and participants normally represent the school in inter-school competition. Enrolment forms may be obtained from the school office, and registration may be done directly on the Gardiner Chess webpage www.gardinerchess.com.au.

For any Chess related enquiries, please phone Gardiner Chess on 5522 7221.

For further information, please visit www.gardinerchess.com.au.

Saint Stephen's College also conducts a comprehensive chess programme, which includes participation in the Gold Coast and Queensland Primary and Secondary School Championships. These championships consist of 4 tournaments held throughout the year. Secondary and Primary students will also have the chance to compete in the APS Chess competition. This comprises of 3 rounds in a year.

The College also runs an Inter-House Chess Competition which generally takes place in Term Four.

Activity Organiser:	Mr Keiichiro Onoe kono@ssc.qld.edu.au
Time and Length of Activity:	Ongoing throughout the year.
Practice/Training:	Group (12-20 students) 1 hour per week on Tuesday afternoons from 3.15pm -4.15pm.
Cost:	\$100 per term, paid directly to Gardiner Chess. This includes membership to www.chesskid.com .
Performance/Competition:	Four tournaments per year, with State finals (extra cost).
Enrolments:	Online enrolments are through Gardiner Chess at www.gardinerchess.com.au and clicking on the Parents icon. Any questions please call Gardiner Chess on 5522 7221

Chess – Years 7 – 12

If you enjoy playing chess, then this is the club for you!

Chess Club is open to any student, in Years 7 to 12, who enjoys chess and would like to develop their skills. Students will also compete in Interhouse, APS and Interstate Chess Competitions. A Chess training session from 3.30pm to 4.45pm will be held every Wednesday afternoon.

Every lunchtime, students can also come to the downstairs Webinar room in the LOTE Centre, to enjoy a game of casual chess. Tutorials will also be offered on demand.

Numbers are limited so sign up quickly!

Activity Organiser:	Keiichiro Onoe
Year Levels Available to:	Years 7 to 12
Time and Length of Activity:	Ongoing throughout the year
Performance/Competition:	Chess Evening Session once a month; Interstate APS chess Competition three times per year (dates to be advised when decided by Gardiner Chess)
Cost:	\$19 per round for the Interstate Chess Competition
Enrolments:	Please contact Keiichiro Onoe at the College Email konoe@ssc.qld.edu.au
Nominal Pennant Points:	<i>1 Pennant Point for Chess Club (10-20 hours)</i> <i>2 Pennant Points for Club and APS Competition</i>

Cricket

Cricket training is available for all students in Years 4-12 and will commence in Week Two of Term 1 and will run throughout the entire year. Students will have the opportunity to practice all cricket skills during these sessions.

Activity Organiser:	Mr Ryan Soars
Year Levels Available:	Year 4 – Year 12
Time and Length of Activity:	Ongoing throughout the year.
Practice/Training:	Friday 7.00am – 8.00am
Cost:	Nil
Further Information:	Please contact Mr Ryan Soars at the College rsoars@ssc.qld.edu.au

Emerging Athlete Program –

The Saint Stephen's College Sports Emerging Athlete Program is a high performance program for selected students in Years 4-8. It is designed to develop the key fundamental athletic skills required for improved performance, injury prevention and long-term enjoyment of sport in athletes aged 10-14 years. Athletes will be introduced to and create foundations of overall athleticism in a fun, positive, high success environment.

Activity Organiser:	Ms Cherry Harvey – Athletic Development Coach
Year Levels Available to:	Years 4 – 8
Length of Activity:	Terms 1 – 4
Time:	Times will be communicated with successful applicants
Cost:	Nil
Enrolments:	Nomination / Selection
Contact:	For further information, contact Ms Cherry Harvey charvey@ssc.qld.edu.au or Mr Ryan Soars rsoars@ssc.qld.edu.au

Gym

All Students are able to use the Gym. A specialist coach is available for programs and supervision.

Activity Organiser: Mr Liam Pedge

Year Levels Available to: Years 7 to 12

Time and Length of Activity: Year round

Open Hours: Monday to Friday 7.00am – 8.00am
Monday to Thursday 3.30pm – 4.30pm

Cost: Nil

Enrolments: For more information please contact Shirlee Curtis at the College on (07)55738674 or via email scurtis@ssc.qld.edu.au.

Email Liam Pedge – lpedge@ssc.qld.edu.au

Kayaking

Competitive Kayaking (Sprint and Marathon).

Kayaking is conducted initially as a learn to paddle class on Friday Afternoon Sport periods. Later, as paddlers progress, other sessions will be introduced, commensurate with the level of competitiveness desired and the proximity to competition schedule.

This program is directed to those students desiring to compete in Kayaking at school level and above.

The major goal of the programme is to introduce students to the sport of competitive flat water kayaking, in saying though, skills are transferable to surf ski, and most other paddle sports and is a great opportunity for athletes looking to improve their ski leg in iron man or dragon boating, etc.

The programme includes full instruction on boat handling, safety on and off the water and paddling skill development. Participation in the programme could result in a Basic Paddling Skills certificate, with the potential for experienced paddlers to pursue further qualifications.

All paddlers must be able to swim 100 metres in paddling clothes. Any medical issues should be advised and permission slips signed.

Year Levels Available to: Years 7 to 12

Time and Length of Activity: APS Winter and Summer seasons.
Approximately two marathons each semester optional.
Additional cost of \$50 approx.

Cost: The cost is an addition to Sports Fees levied to all students.
The total cost is dependant upon the number of students involved in the activity.

Enrolments: Please contact Shirlee Curtis at the College on (07)5573 87674 or via email scurtis@ssc.qld.edu.au.

Aerobics

EXTERNAL PROVIDER

Activity Organiser:	Leigh Elliot – Dare 2 Dance
Year Levels Available to:	Years 1 to 12
Time and Length of Activity:	On going throughout the year.
Practice/Training:	Once a week. A timetable will be released in 2020. Please contact Dare 2 Dance
Uniform:	Students in Years 1 to 6: Dare 2 Dance outfit is available for purchase from the Dance studio. Students in Years 7 to 12: Own aerobics gear
Performance/Competition:	There are a number of competitions that students can compete in throughout the year between the months of April and August.
Cost:	TBA Additional costs will apply should you wish to be a part of the Saint Stephen's College Competition team.
Enrolments:	Please contact Leigh Elliot at the College on 0419 669 773 or dare2dance.qld@gmail.com www.dare2dance.com.au

AusKick Junior AFL Football**EXTERNAL PROVIDER**

AusKick is run by AFL Gold Coast and is available to all students in Prep to Year 4.

Activity Organiser:

Tyson Kulari - AFL Gold Coast
Email: Tyson.kulari@afl.com.au

Website:

www.aflgoldcoast.com.au

Time and Start date:

Term 1 Friday 14 February
3.15-4.15pm – College Oval

Enrolments:

Information will be emailed home prior to the start of the program.

Basketball EXTERNAL PROVIDER

Saint Stephen's College enters basketball teams into the North Gold Coast Seahawks Competitions at Runaway bay. These are held on Monday night (under 16 and older) and Saturday morning / lunch time (U14 and younger).

There are two main seasons throughout the year. The Summer season runs during Term 4 and Term 1. The Winter season runs during Term 2 and Term 3. The competition is run during school time with breaks over the holidays.

Activity Organiser: Mr Adam Tyrus

Practice / Training: Wednesday 6.30am-8.00am U16 and older Club training
Friday 7.00am-8.00am U14 and under Club Training

Cost: Approximately \$400 per player per season

Enrolments: For further information please contact Adam Tyrus at the College by email atyrus@ssc.qld.edu.au

SEAHAWKS BASKETBALL PROGRAM – COMING 2020

Activity Organiser: Dwayne Vale

Year Level: Years 4 – 7.

Practice / Training: Term 2

Cost: To be Advised – approx. \$75

Enrolments: Parents will be notified via email with all information on this activity.

Gym EXTERNAL PROVIDER

Activity organiser: Liam Pedge

Available to: Students Year 7 to 12
Parents / Members of the public

Liam specialises in: Sports Specific Training
Weight Loss Management
Strength and Conditioning.

Activities available: Small Group Training \$25.00 per person
HIIT Class – circuit training \$10.00 per person
Personal Training \$70.00 per hour

Contact For more information contact Liam on 0410 040 424
Email lpedge@ssc.qld.edu.au



My Athletix EXTERNAL PROVIDER

My Athletix believe in giving young athletes a fun and friendly athletics experience but also giving them their first taste of real competition.

Term 1 commences in week 2.

Activity Organiser: Helen Thompson-Coleman

Year Levels available to: Prep to Year 3

Time and length of Activity:	Term 1	Friday afternoons	3.30-4.30pm
	Term 2	Friday afternoons	3.30-4.30pm
	Term 3	Friday afternoons	3.30-4.30pm
	Term 4	Friday afternoons	3.30-4.30pm

Enrolments: Contact Helen via email info@myathletix.com.au

Netball – Saint Stephen’s College Strikers Club

EXTERNAL PROVIDER

Welcome to the Saint Stephen’s College Strikers Netball Club.

The aim of this Club is to promote and enjoy the Sport of Netball in an external Competition, with the expectation that Netball will become a force to be reckoned with in the College APS Competition.

College Activity Organiser:	Sonia Teague
Available to:	7 year olds upwards
Time and Length of Activity:	February to early September
Practice/Training:	Thursday afternoons at the College
Performance/Competition:	Northern Gold Coast Netball Association, Runaway Bay, Saturday Competition.
Cost:	Ages 7-16 Years
Returning Players:	Registrations open Wednesday 15 January 2020 in MyNetball. Please check your email for the link.
New Players:	Friday 24 January – 8.30am-10.30am Registration outside MPH A copy of your daughters birth certificate is required.
Enrolments:	Enquires via email netball@ssc.qld.edu.au

Rugby – Rookies to Reds**EXTERNAL PROVIDER****Activity Organiser:**

Mr Kris Burton
Kris.burton@redsrugby.com.au
Mobile 0410 488 992

Available to:

Age 5-7 Little Legends
Age 8-9 Junior Champs
Age 10-11 Future Stars

Time and length of Activity:

Term 2 – Friday 1 May to Friday 5 June 2020
Term 4 – Friday 16 October to 20 November 2020

Cost:

\$ 80.00 Approximately

Enrolments:

Will be advertised in the Acti Ludi and emailed to parents prior to commencement.

Soccer – Total Football Academy EXTERNAL PROVIDER

TFA will conduct afternoon skills and drills sessions at the College for students in Years 1-6.
For further information, please visit www.totalfootballacademy.com.au

Activity Organiser: Andy Robinson, Total Football Academy

Year Levels Available to: Prep to Year 4

When: Term 1,2 3

Practice/Training: Thursday Afternoons – 3.15-4.15pm
Dates to be advised via Acti Ludi and Email.

Cost: On application

Contact: For further information, contact Shirlee Curtis at the
Sports office, scurtis@ssc.qld.edu.au – Phone
55738674

Taekwondo EXTERNAL PROVIDER

Taekwondo is available at the College as an after school activity. The belief that taekwondo should be fun (in a disciplined setting), aiding coordination, confidence, fitness and flexibility, is encouraged by the tutor and supported by the College.

Participation, rather than sparring and competition is the main aim of the activity; however, the opportunity for students to compete is available.

Activity Organiser:	Stephen Brown, Head Instructor 6th Dan David Boyd, 4 th Dan Dynamic Taekwondo Academy
Year Levels Available to:	Years 1 to 12
Time and Length of Activity:	Tuesday, Wednesday and Thursday afternoons from 3.30pm – 4.30pm in C6.
Practice / Training:	Taekwondo and Self Defence
Cost:	\$14 per group lesson
Enrolments:	Please contact Stephen Brown at Dynamic Taekwondo Academy on 0403 052 973 or via email stephenjbrown20@gmail.com

Tennis EXTERNAL PROVIDER

Danielle Thomas is now giving lessons at the College. Danielle is a former Wimbledon and Australian Open player.

Activity Organiser: Danielle Thomas

Year Levels Available to: Prep – Year 10

Times : Friday: (Prep – Year 6) 8.00am - 8.30am
Friday: (Prep – Year 2) 3.10pm - 3.40pm
Friday: (Year 2 – Year 10) 3.30pm - 4.30pm

Commencing Date: February 2020

Cost: \$150 - \$180

Enrolments: Please contact Danielle Thomas
T: 0488 230 440
E: daniellethomastennis@gmail.com