



Saint Stephen's College

Extracurricular Handbook

Sporting

Prep to Year 12

2023

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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Aerobics - **External Providers*

| | |
|-------------------------------------|--|
| 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 2021. 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 several 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 email admin@dare2dance.com.au www.dare2dance.com.au |

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 | |
|--------------|------------------|
| Season 1 | Season 2 |
| Hockey | AFL |
| Netball* | Basketball |
| Rugby ^ | Cricket |
| Soccer | Softball/T-Ball* |
| Tennis | Touch Football |
| Volleyball | |

| Years 7 to 12 | |
|---------------|----------------|
| Season 1 | Season 2 |
| 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 (Season 1) | Netball, Soccer, Tennis (Junior) |
| Tuesday 7.00 – 8.00am (Season 1) | All Open Netball |
| Wednesday 3.20-4.30pm (Season 1) | Hockey, Rugby, Tennis (Senior), Volleyball |
| Tuesday 3.20 – 4.30pm (Season 2) | AFL, Basketball (Years 7,8,9), Cricket (Boys), Softball, Tennis (Junior) |
| Wednesday 7.00 -8.00am (Season 2) | All Open Basketball |
| Wednesday 3.20 – 4.30pm (Season 2) | 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 Club

Year 4 to 12

Athletics training is available for all students in Years 4 to 12 and will commence in Week Three of Term Two and will run until Week Four 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 scurtis@ssc.qld.edu.au |

Prep to Year 3

Prep to Year 3 Athletics Club is available for all students in Years Prep to 3 and will commence in Week One of Term Three, and run until Week Six of Term Three, from 7.15am to 8.00am.

Students will learn about the Athletics events through these fun and engaging sessions which will also assist them in achieving their best in the Athletics Carnival. Sessions will take place on the College grounds.

| | |
|----------------------------------|--|
| Activity Organiser: | Mr Ryan Soars, Director of Sport |
| Year Levels Available to: | Years Prep to 3 |
| Cost: | Nil |
| Enrolments: | Please contact the Sport's Office at the College on (07) 5573 8674 or via email scurtis@ssc.qld.edu.au |

Basketball Club - **External Providers*

Saint Stephen's College enters basketball teams into the North Gold Coast Seahawks Competitions at Coomera Indoor Sports Centre. 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. Season 1 in Term 1 and Term 2 and Season 2 in Term 3 and Term 4.

Activity Organiser: Mr Adam Tyrus

Practice / Training: Mornings @ SSC MPH.
Teams will be notified when finalised

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 – SWOOPER HOOPERS - **External Providers*

Activity Organiser: Tibah O'Brien

Year Level: Prep – Year 2 (ages 5-9).

Practice / Training: All year round

Cost: To be Advised

Enrolments: Parents will be notified via email/app with all information on this activity as we receive it. For further information please contact Swooperhoopers@seahawksbasketball.com.au

Chess Year 1 – 6 - *External Providers

Gardiner Chess provide a weekly one-hour chess club on Tuesdays from 3.15pm – 4.15pm which includes 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 an 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: | \$114 per term, paid directly to Gardiner Chess. This includes membership to www.chesskid.com . |
| 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: | Interstate APS chess Competition three times per year (dates to be advised when decided by Gardiner Chess) |
| Cost: | \$19 - \$25 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> |

Future Stars Cricket Program - **External Providers*

A fun introductory program to cricket where you will learn the skills of cricket with fun game-based activities. Programs will include learning the basic technique of batting, bowling, throwing, and fielding and an introduction to match play.

Activity Organiser: Mr Adam Daniels

Year Levels Available to: Years 3 and 4

Time and Length of Activity: Year round

Open Hours: Tuesday Mornings 7am to 8am

Cost: Nil

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

Gym - **External Providers*

All senior students can use the Gym. A specialist coach is available for programs and supervision. Specialist classes are also offered and will be advertised to students via email.

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.

Alternatively email Liam Pedge – lpedge@ssc.qld.edu.au

Netball – Saint Stephen’s College Netball Club - **External Providers*

Welcome to the Saint Stephen’s College 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: | Ryan Soars |
| Available to: | 7-year-olds and above |
| 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 |
| Enrolments: | Enquires via email netball@ssc.qld.edu.au |

PGI Athletics - **External Providers*

INFO TO BE ENTERED

Activity Organiser: Mr Ryan Soars, Director of Sport

Year Levels Available to: Years Prep to 3

Cost: Nil

Enrolments: Please contact the Sport's Office at the College on (07) 5573 8674 or via email scurtis@ssc.qld.edu.au

Soccer – Total Football Academy - **External Providers*

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 3,4

Practice/Training: Thursday Afternoons – 3.15-4.15pm
Dates to be advised via email and school app.

Cost: Approx. \$99 per term.

Contact: For further information, contact Allison Duck at the Sports office aduck@ssc.qld.edu.au

Taekwondo - **External Providers*

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.

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|-------------------------------------|--|
| Activity Organiser: | Alan Harlick, Head Instructor 5th Dan Edge Taekwondo Academy |
| Year Levels Available to: | Years 1 to 12 |
| Time and Length of Activity: | Monday and Friday afternoons from 3.30pm – 4.30pm in SB6. |
| Practice / Training: | Taekwondo and Self Defence |
| Cost: | \$15 per group lesson |
| Enrolments: | Please contact Alan Harlick Edge Taekwondo Academy on 0421 566 447 or via email alanharlick@edgetkd.com.au |

Tennis - **External Providers*

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) | 7.50am-8.20am |
| Friday: (Prep – Year 1) | 3.00pm - 3.30pm |
| Friday: (Year 2 – Year 10) | 3.15pm - 4.15pm |

Commencing Date: February 2021

Cost: \$190-\$220

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

Woolworths Blast Cricket

Woolworths Blast Cricket is open to all students in Years Prep to Three. The program is designed to engage students in fun activities based around the sport of cricket.

The program will be instructed by QLD Cricket development officers and take place on Tuesday afternoons in Terms 1 and 3 from 3.15pm to 4.15pm.

Activity Organiser: Mr Ryan Soars, Director of Sport

Year Levels Available to: Years Prep to 3

Cost: Nil

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