



Saint Stephen's College

Extracurricular Handbook

SPORTING

TERM THREE

Prep to Year 12

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:	Prep to Year 12
Time and Length of Activity:	On going throughout the year.
Practice/Training:	Once a week. 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

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

Years 4 to 12

Athletics training is available for all students in Years 4 to 12 and will commence in Week 4 of Term Two and will run until Week 4 of Term Three. Training will take place on Tuesday and Thursday mornings between 7am and 8am 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 Sports Office if you have any queries 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 1 of Term Three, and run until Week 6 of Term Three, from 7.15am to 8am.

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:	Prep to Year 3
Cost:	Nil
Enrolments:	Please contact the Sports Office if you have any queries email scurtis@ssc.qld.edu.au

Basketball Club

Saint Stephen's College enters basketball teams into the North Gold Coast Seahawks Competitions at Coomera Indoor Sports Centre. These are held on Monday and Thursday night (under 16 and older) and Saturday morning / lunch time (U13 and younger). There are two main seasons throughout the year.

Season 1 in Term One and Term Two and Season 2 in Term Three and Term Four.

Activity Organiser:	Mr Adam Tyrus, Senior College Teacher and Head of Basketball
Practice / Training:	Times will be advised. 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 to Year 2 (ages 5-8).
Practice / Training:	On going throughout the year.
Cost:	To be Advised
Enrolments:	Parents will be notified via email/College app with all information on this activity as we receive it. This will include location and time as this may change from term to term. For further information please contact swooperhoopers@seahawksbasketball.com.au

Chess Years 1 to 6 *External Providers

Gardiner Chess provide a weekly one-hour chess club on Tuesdays from 3.15pm to 4.15pm which includes a mix of chess coaching, social chess and tournament chess. This is for students in Years 1 to 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 07 5522 7221.

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

Saint Stephen's College also conducts a comprehensive chess program, which includes participation in the Gold Coast and Queensland Primary and Secondary School Championships. These championships consist of four tournaments held throughout the year. Secondary and Primary students will also have the chance to compete in the APS Chess competition. This comprises of three 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, Chess Coordinator kono@ssc.qld.edu.au
Time and Length of Activity:	Ongoing throughout the year.
Practice/Training:	Group (12 to 20 students) 1 hour per week on Tuesday afternoons from 3.15pm to 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 07 5522 7221

Chess – Years 7 to 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 Inter-House, 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:	Mr Keiichiro Onoe, Chess Coordinator
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 to \$25 per round for the Interstate Chess Competition
Enrolments:	Please contact Keiichiro Onoe at the College Email konoe@ssc.qld.edu.au

Gym *External Provider

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, Strength and Conditioning Coach lpedge@ssc.qld.edu.au
Year Levels Available to:	Years 7 to 12
Time and Length of Activity:	On going throughout the year.
Open Hours:	Monday to Friday 7am to 8am Monday to Thursday 3.30pm to 4.30pm
Cost:	Nil
Enrolments:	For more information, please contact Shirlee Curtis on 07 5573 8674 or via email scurtis@ssc.qld.edu.au

Martial Arts - Arakan **External Providers*

Learn practical and effective self-defense skills that assist in gaining confidence and empowerment. Have fun, get fit and stay active.

Activity Organiser: Mr Ryan Musgrave
0449 052 116
www.arakan.com.au

Year Levels Available to: Prep to Year 6

Time and Length of Activity: Term by term program.

Open Hours: Tuesday afternoons from 3.15pm to 4.15pm

Cost: \$22 per session.

Enrolments: For more information, view the flyer on our website.
Alternatively contact Arakan direct.

Netball – Saint Stephen’s College Netball Club

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, Director of Sports Carolyn Gentle, Club President
Available to:	Students 7 to 16 years old
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:	TBA
Enrolments:	Enquires via email netball@ssc.qld.edu.au

Runners Club

Activity Organiser:	Mr Ryan Soars, Director of Sport
Year Levels Available to:	Years 4 to 12
When:	Tuesdays and Thursdays. Ongoing throughout the year.
Time and Length of Activity:	Meet in the MPH 7am to 8am
Cost:	Nil
Enrolments:	Turn up on at 6.50pm for roll call.

Speed and Agility

Activity Organiser:	Mr Ryan Soars, Director of Sport
Year Levels Available to:	Years 4 to 12
When:	Tuesdays, Wednesdays, Thursdays. Ongoing throughout the year.
Time and Length of Activity:	Meet in the MPH 7am to 8am
Cost:	Nil
Enrolments:	Turn up at 6.50pm for roll call.

Soccer – Total Football Academy **External Providers however coordinated through Sports.*

TFA will conduct afternoon skills and drills sessions at the College for students in Years 1 to 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 by term program

Practice/Training: Thursday afternoons – 3.15pm to 4.15pm
Dates to be advised via email/college app. Registration will commence at this time for each term.

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.

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 to 4.30pm in SB6. Ongoing throughout the year.
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 to Year 10

Times:

Friday: (Prep to Year 6)	7.50am to 8.20am
Friday: (Prep to Year 1)	3pm to 3.30pm
Friday: (Year 2 to Year 10)	3.15pm to 4.15pm

Commencing Date: February - Ongoing throughout the year.

Cost: \$190 - \$220

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



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