



Saint Stephen's College

Extracurricular Handbook

SPORTING

TERM TWO

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, several 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. Please refer to the Sports Booklet for APS each Season for any additional information.

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 (Swimming, Running Festival and Athletics).
- 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.

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, Thursday and Friday nights and Saturday morning / lunch time (younger students).

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.

(Breaking over the public-school holidays)

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 \$490 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: Jordan McKenzie Swooper Hooper Coordinator

Year Level: Prep to Year 3 (ages 5-9).

Practice / Training: Thursday afternoon, Term Two 3.15pm – 4.15pm

Location: Lagoon Courts

Cost: To be Advised

Enrolments: Parents will be notified via email/College app with all information relating to 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 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, 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:	\$126 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 4.30pm 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:	\$16 (If hosted by SSC) to \$24 per round for the Interstate Chess Competition
Enrolments:	Please contact Keiichiro Onoe at the College Email konoe@ssc.qld.edu.au

Gym

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.

If your student is new to the gym, they do need to complete an induction session and there are permission forms to be collected from our Sport Office.

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 6.30am to 8am
Monday to Tuesday 3.15pm to 4.15pm

Cost: Nil

Enrolments: For more information, please contact Allison in our Sport Office aduck@ssc.qld.edu.au

Gymnastics Program

This is a fun and exciting program in which to learn the basic gymnastics skills in a friendly environment.

This program is for Prep to Year 3 providing sufficient challenge for all gymnasts, by introducing new skills involving coordination, balance, strength, and flexibility. Students will complete activities in the MPH on a rotational basis developing a wide variety of key skills. This will be a recreational class with the philosophy of fun, fitness, friendship, and fundamentals. The program aims to give a broad introduction to gymnastics activities and allows children to progress at their own pace. Please see below for details:

Staff Member:	Ms Nicola Dennett – College PE Teacher ndennett@ssc.qld.edu.au
Year Levels Available to:	Prep to Year 3
Day:	Monday Morning Term Two
Time:	7am to 8am
Venue:	Saint Stephen's College – Multi-Purpose Hall
Uniform:	SSC Sports Uniform
Cost:	Nil
Sign Up:	https://portal.clipboard.app/saint-stephens

Netball – 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-year-olds and above
Time and Length of Activity:	February to early September
Practice/Training:	Thursday afternoons – Multipurpose Hall
Time:	3.30pm – 5.30pm
Performance/Competition:	Northern Gold Coast Netball Association, Runaway Bay, Saturday Competition.
Cost:	Ages 7 to 16 Years
Enrolments:	Enquires via email netball@ssc.qld.edu.au

Runners Club

Prep to Year 3

Prep to Year 3 Runners Club is available for all students in this year group and will commence in **Week 1 and run until Week 8 from 7.15am to 8am.**

Students will develop aerobic capacity in this fun and engaging fitness sessions which will take place on the College Oval. **Please see below for details and sign-up link:**

Activity Organiser:	Mr Ryan Soars, Director of Sport
Year Levels Available to:	Prep to Year 3
Day:	Wednesday's
Cost:	Nil
Venue:	Saint Stephen's College – College Oval Please meet in the grandstand in your year levels for roll call.
Uniform:	Saint Stephen's Sports Uniform
Sign on:	https://portal.clipboard.app/saint-stephens

Year 4 to Year 12

A great addition to students Optima program or simply to improve fitness and running style and speed. Students will engage at the level of fitness that works for them and progress as the sessions allows. Taking place on the College grounds.

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 Foyer 6.50am for rollcall. Session commences at 7am to 8am Week 1 to Week 9
Cost:	Nil
Enrolments:	Please contact Allison in the Sport's Office should you have any questions aduck@ssc.qld.edu.au

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

A soccer skills and drills sessions, held on the College Oval for students in Prep to Year 3.

Activity Organiser:	Andy Robinson, Total Football Academy
Year Levels Available to:	Prep to Year 3
When:	Term by term program – each term you are required to re-register for this program.
Practice/Training:	Thursday afternoons – 3.15pm to 4.15pm Dates to be advised via email/college app. Registration will commence at the start of each term.
Cost:	Approx. \$140 per term
Contact:	For further information, contact Allison in the Sport Office aduck@ssc.qld.edu.au

Soccer – Pre-Optima

One of our Optima programs available to Years 4 to 6 is our Optima Soccer Program.

Our program is led by former Socceroo Scott McDonald. Scott played for Australia 26 times and had a very successful club career playing in the Scottish Premier League and English Premier League. Scott finished his career in the A-League playing for the Brisbane Roar.

Scott has been working with our students since the start of 2022 and has immediately had success with both our Junior and Senior School students. Scott is looking forward to seeing what our younger students can do on the Soccer field.

We are excited to offer a Pre-Optima Soccer session to students in Years 2 and 3.

These sessions are for students who have a keen interest in soccer and would like to join our Optima program when they are in Year 4.

Activity Organiser: Scott McDonald

Year Levels: Years 2 and 3 ONLY.

When: Tuesday morning 7am – 8am

Cost: Nil

Where: Meet in the grandstand at the College Oval

Uniform: SSC PE Uniform, Soccer Boots, Shin Pads

Contact: For further information, contact Scott McDonald
smcdonald@ssc.qld.edu.au

Speed and Agility

Year 4 to Year 12

A great addition to students Optima program or simply to improve fitness and running style and speed. Students will engage at the level of fitness that works for them and progress as the sessions allows. Taking place on the College grounds.

Activity Organiser: Mr Ryan Soars, Director of Sport

Year Levels Available to: Year 4 to 12

When: Tuesday's, Thursday's - All Year

Time and Length of Activity: Meet in the MPH Foyer 6.50am for rollcall.
Session commences at 7am to 8am
Week 1 to Week 9

Cost: Nil

Enrolments: Please contact Allison in the Sport's Office should you have any questions 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 afternoons from 3.15pm to 4.15pm in C7 & C8. 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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