



# EXTRA-CURRICULAR Sports Program

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## CONTENTS

Mission Statement Sports Department	3
Values	5
General Information	6
Primary activities	8
Andrews Cup Sport	10

## SECONDARY ACTIVITIES 22

Extra-Curricular Sport	22
Schedules and Seasons	24
Artistic Gymnastics	25
Athletics	26
Badminton	27
Basketball	28
Cricket	29
Cross Country	30
Football (Soccer)	31
Hockey	32
Life Saving	33
Netball	34
Rhythmic Gymnastics	35
Rowing	36
Softball	37
Swimming	38
Tennis	39
Touch Football	40
Volleyball	41
Water Polo	42
Notes	43



## Mission Statement Sports Department

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St Margaret's Anglican Girls School aims to provide a comprehensive activities program, which is held in esteem by the school and broader community. Within a supportive Christian environment and through the encouragement of participation and recognition of excellence, the school provides opportunities for all students to access a wide range of sporting and cultural activities, which suit individual talents, provide challenge and foster personal development.





# Values

The school's six core values of spirit, faith, integrity, courage, respect and passion are embedded in every endeavour students undertake.

<b>Spirit</b>	We value and demonstrate an enthusiasm for the School, our heritage and our achievements. St Margaret's spirit is in all of us and it is there for life.
<b>Faith</b>	We welcome and embrace all in sharing the Christian message, example and spirit of love, compassion, hope and charity.
<b>Respect</b>	Respect for self, others and our environment is encouraged and accepted as the responsibility of each member of the school community in developing an environment that is caring, supportive and cooperative.
<b>Integrity</b>	We value honesty, trustworthiness, loyalty, truthfulness, courtesy, understanding, reliability and ethical behaviour from all.
<b>Courage</b>	We encourage strength of character and confidence in doing what is right, and in stepping beyond our comfort zone.
<b>Passion</b>	We enjoy life, learning and our experiences by being positive, committed and willing to embrace challenge and change.

## General Information

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The **Primary** Activities Office is serviced by the following staff:

- Morgan Rowe, Coordinator of Primary Activities  
P: +61 7 3862 0754 E: mrowe@stmargarets.qld.edu.au

The **Secondary** Activities Office is serviced by the following staff:

- Helen Lobegeiger, Head of Sport  
P: +61 7 3862 0737 E: hlobegeiger@stmargarets.qld.edu.au
- Delia Eastland, Assistant Extra-curricular  
P: +61 7 3862 0802 E: deastland@stmargarets.qld.edu.au
- Jared Bidwell, Head of Rowing  
P: +61 7 3862 0770 E: jbidwell@stmargarets.qld.edu.au
- Kevin Sargent, Head Swimming Coach  
P: +61 7 3862 0893 E: ksargent@stmargarets.qld.edu.au
- \* Gayle Coutts, Head of Netball  
P: +61 7 3862 0774 E: gcoutts@stmargarets.qld.edu.au
- Activities Office E: activities@stmargarets.qld.edu.au

### Secondary Sports

St Margaret's is a member of the QGSSSA, BSRA, BWPI and Downey Park Netball Association, which ensures competition in a wide range of sports. Students also have the opportunity to compete in State Secondary School competitions. Sporting activities available include artistic gymnastics, athletics, badminton, basketball, cricket, cross country, hockey, life saving, netball, rhythmic gymnastics, rowing, football (soccer), softball, swimming, tennis, touch football, volleyball and water polo.

### Primary Sports

St Margaret's is a member of Andrews Cup, Brisbane Water Polo Association, Downey Park Netball Association, which allows competition in artistic gymnastics, athletics, cross country, netball, tennis, touch football, swimming, cricket, basketball and water polo.

### Training and Practice

Transport for all boarders and day girls to and from training sessions at Windsor Park and the rowing shed, as well as competitions, is provided by the school.

Students are expected to be punctual to all training sessions and are to wear the appropriate uniform. Students who are unable to attend a training session should inform the teacher coordinator prior to the session in question. Changes to training sessions, cancellations due to inclement weather and weekly updates to competition times and venues are regularly updated on the POD.

Students must wear their sports uniform if travelling by car (from home to a training session) before 7:30am or if they plan to leave a training session or competition after 4:30pm. While in public, students must observe a high standard of personal behaviour and dress at all times. Parents are requested to ensure that their daughters are collected promptly at the end of training sessions and competitions. Any girl not collected at the specified time will return to school on the bus to await collection from the Breezeway.

## Communication

Secondary and primary sport information is accessible via the POD Secondary and Primary Sport group pages. Additional and specific information for QGSSSA (secondary), Andrews Cup (primary) and other sports played outside these associations, is available by joining each specific sport group page. The POD is accessible through the School App and notifications can be received via smart phone through changes to your settings under your parent profile. Information on how to do this can be found on the Parent POD Support page.

## Activities Code of Behaviour

The Activities Code of Behaviour must be observed for all activities. The Code of Behaviour can be found in each individual sports handbook and students, staff and parents are expected to adhere to these rules and expectations at all times.

## Parental Involvement

Parents have the opportunity to support the sports program on a number of levels, either by spectating, coaching or managing a team, or by becoming a member of a support group.

## Support Groups

The mission of the support groups at St Margaret's is to work in partnership with the school to enhance the extra-curricular experiences for students. Active support groups are seen as a vital means of fostering parental involvement within the school, which in turn encourages all students to maximise their potential through the sports program.

Support groups at St Margaret's operate under the umbrella of the St Margaret's P&F Association Inc. and are therefore covered by the school's insurance policies. Support groups are encouraged to help with the wellbeing of St Margaret's students in all areas of endeavour within the school. The secondary school currently operates support groups for the following activities:

Athletics	Cross Country	Hockey	Netball	Rowing
Swimming	Tennis	Touch Football	Water Polo	

## Sports Registration

Students will register for sport online through a link sent via email. Only students can register for a sport. Registration is open throughout the year, depending on the sporting season (Summer, Autumn or Winter).

- These periods coincide with the beginning of each sport season throughout the year.
- These registration periods are open for two weeks.
- Students select what sport/s they wish to register for during that season.



# PRIMARY ACTIVITIES





# Andrews Cup Sport

St Margaret's Primary School competes with 9 other schools in the Queensland Girls Primary Independent Schools referred to as Andrews Cup. The interschool competition includes 8 sports and sporting events are held during the school week as listed below.

## Andrews Cup Events and Dates

Activities	Venues	Dates
<b>Swimming</b>	Chandler Aquatic Centre	Tuesday 10 March
<b>Touch Football</b>	Owen Park, Southport	Tuesday 17 March
<b>Tennis</b>	Toowoomba Tennis Centre	Tuesday 17 March
<b>Cross-country</b>	Ambiwerra, Corinda	Monday 25 May
<b>Soccer</b>	Easts Football Club	Friday 12 June
<b>Netball</b>	Nellie Robinson Park, Toowoomba	Thursday 23 July
<b>Athletics</b>	QSAC, Nathan	Thursday 20 August
<b>Cricket</b>	Valley District, Ashgrove	Tuesday 20 October
<b>Artistic Gymnastics</b>	Somerville House	Thursday 5 November
<b>Basketball</b>	Coomera	Thursday 5 November

Andrews Cup is the primary interschool sports competition (all year round).

Andrews Cup Sports available for:

- Girls in Years 2 to 6 can participate in athletics, swimming, cross country and gymnastics
- Years 4 to 6 can participate in netball, tennis, touch football, Soccer, Cricket and Basketball

Some important points to note:

- All girls are eligible to try out for these sports (voluntary)
- Selection processes are in place for all Andrews Cup sports
- Once **selected** in a team or squad, girls **must** commit to attending training sessions

## St Margaret's Primary Sport POD Page

Primary sport information is accessible via the POD primary sport group pages. Additional and specific information for Andrews Cup and other sports played outside these associations, is available by joining each specific sport group page. The POD is accessible through the School App and notifications can be received via smart phone through changes to your settings under your parent profile. Information on how to do this can be found on the Parent POD Support page.

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## Selection Criteria for Andrews Cup

1. Full attendance is required for training before and after trials, unless unavoidable circumstances. Any absences must be notified to the Primary Activities Coordinator as soon as possible.
2. If an individual is unable to attend the nominated trials due to an unavoidable circumstance, she must provide written evidence, such as a medical certificate. In which case, past performance during Health and Physical Education lessons will be taken into consideration.
3. Selection is based on performance during trials and training sessions. This includes attitude, skill and fitness levels. Performance during Health and Physical Education lessons is also taken into consideration.
4. Squads/teams will be announced as soon as possible after the final trial.
5. If a student should have any queries regarding final selection, they should request to speak to the Primary Activities Coordinator or the Primary Health and Physical Education teacher.

Please note, once **selected** in a team or squad, girls **must** commit to attending training sessions.

## Metro Meets

Metro meets are interschool events which take place in the lead up to Andrews Cup competition days. The meets give students an opportunity to practise their skills and they also play a role in the selection process. Attendance at Metro Meets is compulsory for all girls who wish to be selected in an Andrews Cup team.

## Term 1 Andrews Cup Sports

If your daughter is in Year 2 to 6 and is interested in training and trialling for Cross Country or Swimming, please sign up for the Andrews Cup Swimming and Andrews Cup Cross Country POD pages. For girls in Years 4 to 6 interested in playing Tennis or Touch Football, please sign up for the Andrews Cup Touch Football and Andrews Cup Tennis POD pages.



## Swimming Years 2 to 6

### Term 1 Week 2 Trials

- A swimming **squad** will be selected based on times taken at swimming camp
- The Andrews Cup Swimming **team** will then be selected based on times taken at camp, swimming training and at Metro Meets.
- The Andrews Cup Swimming **squad** will be announced during Term 1, Week 2.
- The Andrews Cup Swimming **team** will be announced during Term 1, Week 5.

The training sessions are run in age groups, not year levels. **Andrews Cup competition events are determined by the age the girls are turning this year.** All girls must train with their age group. Please see table on next page for training times.

A limited number of students are selected for the Andrews Cup swimming squad. If your daughter is not selected, she is unable to train with the Andrews Cup squad. All students are however, welcome to train in Term 4.

More information and updates will be provided on the Andrews Cup Swimming POD page.

### Swimming Camp – (Years 2 - 6 Day Camp)

Students who wish to trial for the Andrews Cup swimming squad should attend the primary swimming camp in the holidays (date to be confirmed). More information will be posted on the Andrews Cup Swimming POD page.

## Touch Football Years 4 to 6

Touch football trials will commence in Term 1, Week 2. Trials will run for two weeks (four sessions).

Teams will be announced during Term 1, Week 4.

Touch football training will take place at Crosby Park. Afternoon training students meet the teachers in the Atrium at 3:20pm and walk down to Crosby Park. Girls should be collected directly from Crosby Park after training at 5:00pm. Morning training sessions, students will need to be dropped to Crosby Park 5 minutes before their training session commences. Following the training session, girls will walk up to school with the teachers.

More information and updates will be provided on the Andrews Cup Touch Football POD page.

**Please note:** Girls can only participate in **either** touch football or tennis as the Andrews Cup carnival for these sports is held on the same day.



## Tennis Years 4 to 6

- Tennis trials will commence in Term 1, Week 1. Trials will run for two weeks (two sessions).
- Teams will be announced during Term 1, Week 2.

Tennis training information will be available as soon as possible.

More information and updates will be provided on the Andrews Cup Tennis POD page.

**Please note:** Girls can only participate in **either** touch football or tennis as the Andrews Cup carnival for these sports is held on the same day.

## Cross Country

- Cross country trials will commence in Term 1, Week 7. Trials will run for two weeks.
- The Andrews Cup cross country team will be announced during Term 1, Week 9.

### **Cross Country Year 2 to 9 years, Morning Training Session (Junior Squad)**

Students from Year 2, and 8 and 9 year old's should be dropped at Crosby Park at 6:45am. School bags should be dropped in the Atrium prior to 6:45am. The students walk back to school at 7:45am with a cross country coach. Please ensure a teacher is present before leaving your daughter at Crosby Park.

### **Cross Country 10-year old's and over, Morning Training Sessions (Senior Squad)**

Students who are 10 years old and over will train as part of the secondary school cross country program; Mr Eric Brown and his coaches will run with the girls through the local streets and parks. Students should be dropped at St Margaret's Circular Drive at 6:30am to meet the primary staff member for roll call.

**Please note:** If your daughter does not meet the standard required, she will be asked to train with the junior squad.

### **Compulsory Cross-Country Training**

All girls in Year 2 to 6 who wish to be in the cross-country team will need to attend the compulsory training sessions on Friday afternoons, 3:00-4:00pm at Crosby Park. If you would like to run with your daughter's age group, please let Miss Morgan Rowe know.

Training in Term 2 will re commence Week 1, Term 2, unless notified on the POD.

More information and updates will be provided on the Andrews Cup Cross Country POD page.

## Term 2, 3 and 4 Andrews Cup Sports

### Soccer Years 4 to 6

Soccer trials will commence in Term 2, Week 1. (Please note this date is subject to change.) Trials will run for two weeks (two sessions).

- The Andrews Cup soccer teams will be announced during Term 2, Week 3.

Training will take place for all teams at Windsor Park. For morning sessions, students will need to be dropped to Windsor Park 5 minutes before their training session commences. Following the training session, a bus will drop the girls to school. For afternoon sessions, students meet the teachers in the Atrium at 3:20pm and catch the bus down to Windsor Park. Girls should be collected directly from Windsor Park after training.

More information and updates will be provided on the Andrews Cup Soccer POD page.

### Netball Years 4 to 6

Netball trials will commence in Term 2, Week 6. (Please note this date is subject to change.)

- The Andrews Cup netball teams will be announced during Term 2, Week 8.

Training will take place for all teams at Windsor Park. For morning sessions, students will need to be dropped to Windsor Park 5 minutes before their training session commences. Following the training session, a bus will drop the girls to school. For afternoon sessions, students meet the teachers in the Atrium at 3:20pm and catch the bus down to Windsor Park. Girls should be collected directly from Windsor Park after training.

Training in Term 3 will re commence Week 1, Term 3, unless notified on the POD.

More information will be provided with regards to netball closer to the netball season.



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## Athletics Years 2 to 6

Athletics training will commence in Term 2, Week 4. (Please note this date is subject to change.)

- Trials for the Andrews Cup athletics **squad** will commence in Term 2, Week 8.
- The Andrews Cup athletics **squad** will be announced during Term 2, Week 9.
- Trials for the Andrews Cup athletics **team** will commence in Term 3, Week 1.
- The Andrews Cup athletics **team** will be announced during Term 3, Week 3.

Athletics training will take place for all members of the squad at Windsor Park. For morning sessions, students will need to be dropped to Windsor Park 5 minutes before their training session commences. Following the training session, a bus will drop the girls to school. For afternoon sessions, students meet the teachers in the Atrium at 3:20pm and catch the bus down to Windsor Park. Girls should be collected directly from Windsor Park after training.

Training in Term 3 will re commence Week 1, Term 3, unless notified on the POD.

More information and updates will be provided on the Andrews Cup Athletics POD page.



## Cricket Years 4 to 6

Cricket trials will commence in Term 3, Week 7. (Please note this date is subject to change.) Trials will run for two weeks (four sessions).

- The Andrews Cup cricket teams will be announced during Term 3, Week 9.

Training will take place for all teams at Windsor Park. For morning sessions, students will need to be dropped to Windsor Park 5 minutes before their training session commences. Following the training session, a bus will drop the girls to school. For afternoon sessions, students meet the teachers in the Atrium at 3:20pm and catch the bus down to Windsor Park. Girls should be collected directly from Windsor Park after training.

Training in Term 4 will re commence Week 1, Term 4, unless notified on the POD

More information and updates will be provided on the Andrews Cup Cricket POD page.

## Gymnastics Years 2 to 6

Andrews Cup gymnastics is run by the Delta Gymnastics staff at Kedron.

The Andrews Cup Gymnastics trials will commence in Term 3, Week 5. (Please note this date is subject to change.)

- The Andrews Cup gymnastics **team** will be announced during Term 3, Week 6.
- The Andrews Cup gymnastics **divisions** will be announced during Term 4, Week 2.

Training in Term 4 will re commence Week 1, Term 4, unless notified on the POD

More information and updates will be provided on the Andrews Cup Gymnastics POD page.

## Basketball Years 4 to 6

- Basketball trials will commence in Term 3, Week 6. (Please note this date is subject to change.)
- The Andrews Cup Basketball teams will be announced during Term 3, Week 8.

Training will take place for all teams at Windsor Park. For morning sessions, students will need to be dropped to Windsor Park 5 minutes before their training session commences. Following the training session, a bus will drop the girls to school. For afternoon sessions, students meet the teachers in the Atrium at 3:20pm and catch the bus down to Windsor Park. Girls should be collected directly from Windsor Park after training.

Training in Term 4 will re commence Week 1, Term 4, unless notified on the POD

More information and updates will be provided on the Andrews Cup Basketball POD page.



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## Andrews Cup Code of Behaviour

This Code of Behaviour should be brought to the attention of players, parents, coaches and spectators.

1. Winning is an important ingredient of any sporting tradition, but should not be placed more highly than the spirit and enjoyment of the game or the development of appropriate behaviour related to losing or winning.
2. Good performances from either/any team should be acknowledged. Encourage your children to clap the opposition and their own players following a good performance.
3. The basis for all sport rests with encouragement of honest effort and the development of skills.
4. Children learn best from a good example being set.
5. Children should be taught and encouraged to play by the rules as laid down and abide by the referee's/umpire's decision.
6. Positive encouragement is valuable and appreciated – ridicule and harassment is not.
7. Over-zealous and loud support is often detrimental to the performance of children.
8. **Outbursts questioning the decision of referees or umpires are unacceptable.**
9. Games are played for the fun and benefit of children, not as a demonstration of their parent's previous sporting proficiencies or inefficiencies.
10. **The needs and goals of the children should be the prime objective. If a positive, encouraging comment cannot be made – it is better to say nothing.**



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## Collection of Students

All girls need to be collected from the training venue by a parent or designated adult within 5 minutes of the finishing time. Students not collected by this time will be sent to Outside School Hours Care or the Boarding House.

## Wet Weather Notification

During the week if it is raining heavily or storms are predicted and/or looming, sport training may be cancelled. Guardians may call Morgan Rowe on **3862 0754** to check training status. An email message and school App notification will also be sent at least 30 minutes before the starting time of training.

## Selection Process for City District Sport

For all City Districts sports the school is **limited** in the number of students we are able to send.

The Primary Activities Coordinator and the Primary Health and Physical Education teacher are the two official selectors in the primary school.

Swimming, cross country and athletics are selected based on times/distances. These times/distances are taken from Andrews Cup competitions and trials, which are completed prior to the nomination due date for City Districts. City Districts do have qualifying times/distances that need to be met throughout all sports.

For all team sports, we take into consideration a student's level of participation in the sport outside of school. Performances during Andrews Cup training sessions and Health and Physical Education lessons are also a part of the selection process.

## Interhouse Swimming/Athletics Carnival Selection Criteria for Events – Primary School

1. Times and distances for each student are recorded during Health and Physical Education lessons prior to the carnival date.
2. Students trialing for selection in the Andrews Cup swimming and athletics teams will have additional times and distances recorded.
3. Within each House and age group, students are allocated events based on times and distances recorded during Health and Physical Education lessons and Andrews Cup trials. The student with the best time/distance for an event will be selected as the 'A' competitor.
4. Results from the previous year's carnivals will not be taken into account when selecting students for the current year.

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## Club Netball

Club Netball is a fantastic program available to St Margaret's students who are turning 7 years old and in grade 2 in 2019 to students at the top of the school turning 18 years old. We have over 180 girls participating in the Downey Park Netball League each year. Each team has their own coach, weekly training sessions and weekly matches to further their development.

Due to the high participation level of club netball, we need to ensure we have sufficient parental support to assist in the running of this program prior to start of the season.

We look for parents to be involved as team Managers. You will be given the opportunity to express your interest to volunteer when you complete the online form found in the St Margaret's Club Netball POD page.

Club Netball training for all 7,8,9,10 and 11 Year teams will take place once a week on Thursday at Windsor Park after school. Students meet the teacher in the Atrium at 3.20pm and catch the bus down to Windsor Park. Girls should be collected directly from Windsor Park after training at 5pm. 12 Year teams will train Thursday Mornings at Windsor Park.

For the non-competitive teams (7, 8yrs, 9yrs and 10yrs) – Friend requests will be taken into consideration – Please ensure you make these requests when signing up.

Before your daughter can attend trials, please ensure you have signed up on My Netball (further information will follow).

Pre season clinic Saturday 1 February, 7-10 yrs 10.30am-12noon, 11 yrs 12.30pm-2pm

Trials for Club Netball will be held on Saturday 15 and 22 of February at Windsor park.

Club Netball training will commence in Week 6, Term 1.

Club Season Commences Saturday 28 March

### **Selection Criteria for Club Netball**

1. Full attendance is required for training before and after trials, unless unavoidable circumstances. Any absences must be notified to the Head of Netball or Primary Activities Coordinator as soon as possible.
2. If an individual is unable to attend the nominated trials due to an unavoidable circumstance, she must provide written evidence, such as a medical certificate. In which case, past performance during Health and Physical Education lessons will be taken into consideration.
3. Selection is based on performance during trials and training sessions. This includes attitude, skill and fitness levels. Performance during Health and Physical Education lessons is also taken into consideration. St Margaret's club netball endeavours to place every child in a team.
4. Squads/teams will be announced as soon as possible after the final trial.
5. If a student should have any queries regarding final selection, they should request to speak to the Head of Netball, Primary Activities Coordinator or the Primary Health and Physical Education teacher.

Age	Trial	Trial Venue	Trial Time
7, 8, 9 and 10 years	Saturday 15 February Saturday 22 February	Windsor Park	8.30am -10.00am
11 years	Saturday 15 February Saturday 22 February	Windsor Park	10.00am -11.15am
12 years	Saturday 15 February Saturday 22 February	Windsor Park	11.30am -12.45pm

### St Margaret's Primary Sport POD Page

We have a Primary Sport POD page and School App for St Margaret's Primary Sport. This will enable us to inform you of cancellation of sport, bus arrival time, sport forms, training schedule and any further information required for sport.

Please contact Miss Morgan Rowe [mrowe@stmargarets.qld.edu.au](mailto:mrowe@stmargarets.qld.edu.au) with any issues regarding the St Margaret's Primary Sport POD Page.

### Other After School Activities

Students may also participate in the following activities after school by private arrangement with the following organisations:

#### Tennis

Miss Beck Meares  
Email: [beck@rise.com.au](mailto:beck@rise.com.au)  
or call Beck on 0488 166 162  
Website: [www.rise.com.au](http://www.rise.com.au)

#### Delta Gymnastics Club

Telephone: 3262 0055  
Facsimile: 3262 1198  
[www.deltagym.com.au](http://www.deltagym.com.au)

#### French (private lessons)

Rodolphe Coudre  
Telephone: 0435 598 458  
Email: [rodcoutre@yahoo.fr](mailto:rodcoutre@yahoo.fr)

#### Yoga

John Pink  
Telephone: 0423 318 426  
Email: [info@zen-ed.com.au](mailto:info@zen-ed.com.au)

Please visit the website to arrange private lessons.



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## Chess

The Chess Club will commence in Term 1. Chess is a sport currently enjoyed by millions of people world-wide. The Gardiner Chess Centre supplies fully supervised chess coaching to students from Years 1 – 6. Throughout the year students will have the opportunity to participate in chess tournaments held at other schools.

Where	Primary Library – Dalhousie
When	Tuesday afternoons Years 1 & 2 (3:20 – 4:00pm) Years 3-6 (3:20 - 4:30pm)
Dates	Commences Week 2, Term 1
Cost	The total cost for the term will be Years 1 & 2 - \$78, Years 3-6 - \$114, afternoon tea included. Payable through Flexischools via the St Margaret's website.
Special Notes	<ul style="list-style-type: none"><li>• As numbers are strictly limited, please return your slip to the Primary Office with payment asap.</li><li>• If you have any questions regarding Chess, please direct these to Ms Morgan Rowe in the first instance on 3862 0754.</li><li>• Please be advised that if we do not receive your term fees for Chess, the amount will be added to the following terms School Fees.</li></ul>

Throughout the year students will have the opportunity to participate in chess tournaments.

## French

This course is designed to emphasise the development of communication skills in listening and speaking as well as reading and writing.

Where	Chaseley Classroom (C203)
When	Monday and Friday mornings before school – 45min , Tuesday, Wednesday, Thursday and Friday afternoons – 1 hour
Dates	Commences Week 2, Term 1
Cost	\$18.00
Special Notes	<ul style="list-style-type: none"><li>• Available from beginners to more advanced children. Prep children are welcome.</li><li>• No writing (or note taking) will take place. Teaching will be essentially based on visuals and games.</li><li>• All students will be issued with a booklet including what was taught in class and some exercises/games to practise.</li><li>• Email – rodof@protonmail.com</li></ul>

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# SECONDARY ACTIVITIES

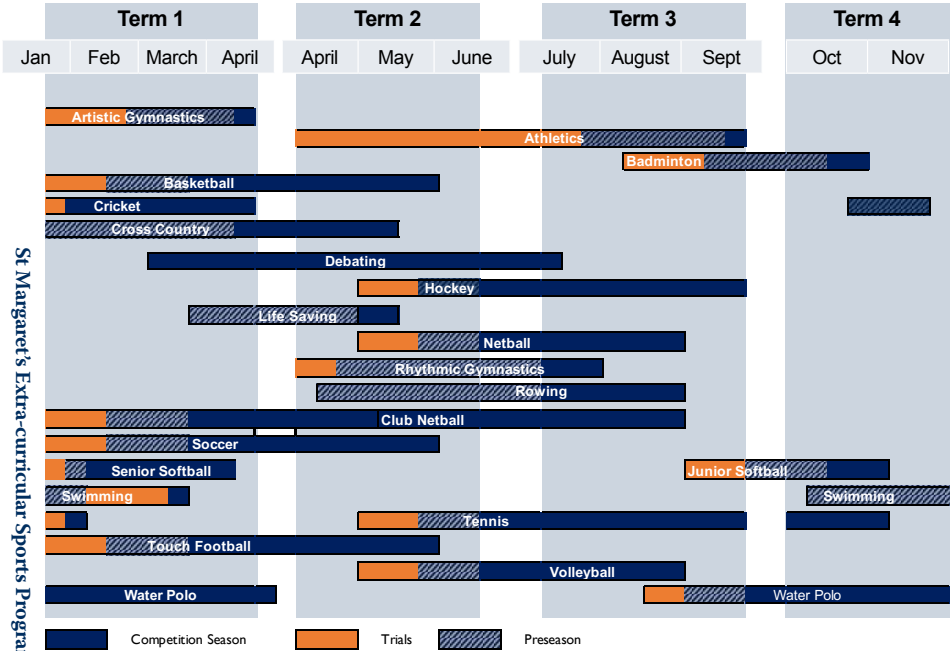




# Extra-Curricular Sport Schedules and Seasons

St Margaret's offers the following sports in the secondary school:

Term 1	Term 2	Term 3	Term 4
Artistic Gymnastics	Basketball	Athletics	Badminton
Club Netball	Club Netball	QGSSSA & Club Netball	Junior Softball
Cricket	Cross Country	Hockey	Swimming
Senior Softball	Life Saving	Rhythmic Gymnastics	Tennis
Swimming	Soccer	Rowing	Water Polo
Water Polo	Touch Football	Tennis	
		Volleyball	



# Artistic Gymnastics

St Margaret's competes in the QGSSSA artistic gymnastics competition. Delta gymnastics oversees the program and has assisted students in becoming state and national gymnastic champions. Students who compete for St Margaret's will participate in several divisions, and in apparatus including vault, bars, beam and floor.

Training	Training commences in Term 1; the competition is held at the end of Term 1. Training sessions are held on three mornings a week and members are expected to attend all training sessions.
Training Venue	Delta Gymnastics – Kedron. Boothby St, Kedron
Competition	The QGSSSA gymnastics competition is held at Clayfield College in March. There may also be various lead-up competitions conducted by other schools participating in the competition.
Uniform	Training is conducted in the school bike shorts and the navy physical education shirt. The competition uniform is the school artistic gymnastics leotard, which is made to order following selection to the team.





## Athletics

St Margaret's has a long history of success within the athletics arena. Participation and interest in this sport has resulted in St Margaret's becoming one of the most successful schools within the QGSSSA competition and in state and national competitions.

2019	First place Junior Nitro Schools Challenge
2014	Second Place Junior National Knockout Championships Third Place Junior National Knockout Championships
2002-2013	Del Mellefont Percentage Cup Winners
2010	Second Place National Knockout Championships
2009	Third Place QGSSSA
2008	Second Place QGSSSA

### Head Coach

The athletics program is run by Eric Brown who is a Level 5 Multi-events Coach. Mr Brown has a Graduate Diploma in Elite Sports Coaching from The University of Queensland, and has coached athletes at the World Championships, Commonwealth Games, and National and State Championships.

<b>Training</b>	Training sessions take place mornings and afternoons commencing part way through Term 2 and continuing in Term 3 until the QGSSSA competition. It is expected that all squad members attend three sessions a week, including the compulsory session on Wednesday morning.
<b>Training Venue</b>	Windsor Park Sporting Fields (Windsor).
<b>Competition</b>	The QGSSSA Competition is held in September at the Queensland Sports and Athletics Centre (Nathan). Students will compete in lead-up competition meets on Friday evenings from mid-August to September at The University of Queensland (St Lucia Campus) or QSAC (Nathan).
<b>Uniform</b>	Training can be conducted in the athletics uniform or the school navy physical education uniform. The uniform for competition events is the athletics uniform or the school lycra navy bike pants and athletics singlet.





# Badminton

Badminton is one of St Margaret's carnival sports. One team in each division can be entered, in each year group from Years 7 to 10, while students in Years 11 and 12 participate in Senior and Open teams. Each team consists of four to eight players.

Training	Training commences in Term Three, with two sessions a week in consultation with the Coordinator.
Training Venue	To be confirmed.
Competition	The QGSSSA badminton competition is held in October and/or November, over two Saturdays. The competition venues are Ipswich Girls' Grammar School, Centenary State High School and Brisbane State High School.
Uniform	The school navy physical education uniform is suitable for training. The navy physical education shorts and white representative shirt are to be worn on competition days.



## Basketball

Basketball is an Autumn fixture sport and is played within the QGSSSA competition. St Margaret's boasts highly experienced coaches who aim to develop basketball into a highly competitive group.

<b>Training</b>	Training commences in Term 1 and continues into Term 2. Team training occurs twice a week. It is an expectation that all team members attend both training sessions.
<b>Training Venue</b>	Windsor Park courts
<b>Competition</b>	Games are conducted every Friday afternoon at the conclusion of Term 1 and throughout Term 2. Venues vary depending on the location of the host school.
<b>Uniform</b>	The school basketball singlet is available to purchase from the School Supplies Shop and the shirt is then numbered. The navy and white striped athletics shorts are also worn. The Open team wears an alternative uniform.



# Cricket

Cricket involves girls from all year levels. Team members are selected based on their ability rather than their age or year level. The number of St Margaret's Cricket teams varies from year to year, dependent upon demand.

Training	Training commences in Term 4 and continues into Term 1. Training is held once a week.
Training Venue	Windsor Park Sporting Fields (Windsor).
Competition	Competition is held on Wednesday afternoons. Venues vary depending on the location of the host school.
Uniform	The cricket teams play in a specific navy blue and white shorts and shirt and white socks. The Open XI are allowed to wear the blue baggy cap. The school navy physical education uniform is suitable for training sessions.



## Cross Country

St Margaret's has a long history of success within cross country. Strong interest and participation in this sport has resulted in St Margaret's becoming one of the most successful schools within the QGSSSA competition and in state and national competitions.

2018	Runners Up Joan Benson Percentage Shield
2016	World All Schools Champion Team
2015	Australian All Schools Champion Team Joan Benson Percentage Shield
2002-2013	Joan Benson Percentage Shield
2011	Third Place QGSSSA
2010	Third Place QGSSSA
2009	Second Place QGSSSA
2008	Second Place QGSSSA

### Head Coach

The cross country program is run by Eric Brown who is a Level 5 Multi-events Coach. Eric has a Graduate Diploma in Elite Sports Coaching from The University of Queensland and has coached athletes at the National and State Cross Country Championships.

<b>Training</b>	Training sessions take place on Monday, Wednesday and Friday mornings. All members are expected to attend two sessions a week, including the compulsory session on Wednesday.
<b>Training Venue</b>	Surrounding suburbs.
<b>Competition</b>	The QGSSSA cross country competition takes place in May at Rivermount College (Yatala). Students also compete in lead-up competition meets on various dates and venues.
<b>Uniform</b>	Training can be conducted in the athletics uniform or the school navy physical education uniform. The uniform for competition events is the athletics uniform or the school lycra navy bike pants and athletics singlet.



# Football (Soccer)

A partnership between Brisbane City FC and St Margaret's Football was formed in 2019. Football is an Autumn Fixture Sport within the QGSSSA Competition. St Margaret's Football caters to girls of all year levels and abilities by participating in the Open, Senior and Junior QGSSSA divisions.

Training	Training commences in Term 1 and continues into Term 2, taking place twice a week. All players are encouraged to complete an additional conditioning session by attending a speed and agility session.
Training Venue	Brisbane City FC, Mewmarket.
Competition	Games are conducted every Friday afternoon at the conclusion of Terms 1 and 2. Venues vary depending on the host school.
Uniform	The school navy physical education uniform is suitable for training. Football jerseys, navy shorts and long blue socks are required for competition.





## Hockey

St Margaret's has a long history of participation in the QGSSSA hockey competition. The popularity of the sport has increased over the years, which has resulted in St Margaret's becoming a very successful school within the QGSSSA competition.

<b>Training</b>	Training is held in Terms 2 and 3 twice a week.
<b>Training Venue</b>	Windsor Park Sporting Fields (Windsor).
<b>Competition</b>	The QGSSSA Competition is held every Saturday morning of Term 3. Venues vary depending on the location of the host school.
<b>Uniform</b>	Training is conducted in the school navy physical education polo shirt and skirt. The junior and senior uniforms consist of a hockey specific skirt and hockey singlet. The Open uniform consists of a hockey skirt and open hockey singlet with brown shoelace logo and white Open socks.





# Life Saving

The pool life saving competition is run by the Royal Life Saving Society. St Margaret's has enjoyed much success with life saving over the years. The competition includes a number of different events for both individuals and teams. Along with many outstanding individual results, the team has come home with the Sheena Dyason Shield for Queensland Secondary Schools Life Saving Championships – Champion School Female for the 20th year and winners of Judith Beal Shield for Overall School 2014 – 2016.

Training	Training commences in Term 1 at the conclusion of QGSSSA Swimming and takes place before and after school twice a week.
Training Venue	The 25-metre swimming pool.
Competition	The State Life Saving Championships are held early in Term 2, at Somerville House Aquatic Centre.
Uniform	The school swimsuit which is chlorine resistant, is used for training and competition.



## Netball/Club Netball

The St Margaret's netball program is one of the best school-based programs in Queensland. The program involves elite coaches including former Fijian and Firebirds Coach and Australian representative Vicki Wilson. All coaches are actively involved in the Netball Program which involves both participation in QGSSSA, Downey Park Netball Association (Club Netball), QISSN, Vicki Wilson Cup and Shield and other school tournaments.

<b>Training</b>	Club training commences in Term 1 and continues through to Term 3. Each QGSSSA team trains twice a week while club teams train once a week. QGSSSA training commences in Term 2 and continues in Term 3.
<b>Training Venue</b>	Netball courts at Windsor Park Sporting Fields and the Downey Park netball courts.
<b>Competition</b>	QGSSSA games are played on Saturday mornings in Term 3 with home games being played at Windsor Park. Club games are played weekly on Saturdays at Downey Park commencing in Term 1 through to Term 3.
<b>Uniform</b>	Training can be conducted in the navy physical education uniform. Games are played in the A-line netball dress for both club netball and QGSSSA netball. Please note the Open team has a specifically designed A-line netball dress.



# Rhythmic Gymnastics

Rhythmic gymnastics teams compete in the QGSSSA competition across a range of apparatus that may include ribbon, hoop, ball, clubs and rope. The competition is open to all ages and students are graded based on their ability or year level.

Training	Training commences in Term 2 and continues until the competition in August. Teams train three times a week.
Training Venue	To be confirmed.
Competition	The QGSSSA competition is held in August at Moreton Bay College (Manly).
Uniform	Training is conducted in the school navy physical education shirt and bike pants or leotard. For competitions, students are required to perform in the school rhythmic gymnastics leotard, which is made to order following selection to the team.



## Rowing

There are references to rowing at St Margaret's dating back to the start of the 20th century. However, it was the formation of the Brisbane Schoolgirls' Rowing Association (BSRA) in 1990 that really established rowing as a prominent sport within the framework of St Margaret's. In 2005, the St Margaret's rowing shed, located just 1.5km from the school in Yowoggera Park on Breakfast Creek in Albion, was completed. This facility has proudly been renamed the 'Tony Elliot Rowing Shed' in honour of Tony's contribution to rowing at St Margaret's. The facility allows a full fleet of world-class boats and oars, as well as coaching tinnies and rowing machines to be stored and accessed by all students throughout the year. Rowing at St Margaret's is about developing lifelong, worthwhile skills through training. Rowing requires a high level of teamwork, commitment and dedication. St Margaret's remains highly competitive within the regattas and the Head of the River competition.

Year Groups – Years 8-12 only

<b>Training</b>	Training is held in Terms 2 and 3.
<b>Training Venue</b>	The Tony Elliot Boatshed, Sandgate Road, Albion.
<b>Competition</b>	The BSRA Regatta Season is held on Saturdays in Term 3 at Wyaralong Dam, north-west of Beaudesert.
<b>Uniform</b>	Training is conducted in the physical education polo shirt and bike pants or the rowing suit (zootie). The competition uniform is the zootie for all crews other.



# Softball

St Margaret's offers softball to all year levels. The QGSSSA Competition season is conducted at different times of the year for the Junior and Senior divisions including Opens.

Training	Teams from Years 7, 8 and 9 train and compete in Term 4. Senior and Open teams train and compete in Term 1.
Training Venue	Windsor Park Sporting Fields (Windsor).
Competition	All games are played at Downey Park, Windsor. Open and Senior games are usually played on Saturday mornings. Teams from Years 7, 8 and 9 play on various weekdays throughout October and November.
Uniform	The uniforms consist of softball-specific navy blue and white shorts and shirt and long blue socks. All uniform items are available to purchase from the School Supplies Shop.





## Swimming

St Margaret's has a long history of success in swimming. High participation and interest in this sport has resulted in St Margaret's becoming one of the most successful schools within the QGSSSA competition.

2019	Third place QGSSSA
2018	Runners Up Sheena Dyason Percentage Cup
2006-2011, 2013	Sheena Dyason Percentage Cup Winners
2011	Fourth Place QGSSSA
2010	Second Place QGSSSA
2009	Third Place QGSSSA
2008	Third Place QGSSSA

### Head Coach

The swimming program is run by Kevin Sargent. Kevin is a highly experienced coach who was the Director of Australian Swim Camps from 2000 until 2012. He was invited to coach in China in 2013 – 2016 and was also the Head Age Group Coach at Nudgee College.

<b>Training</b>	Training sessions take place most mornings and afternoons of Terms 1 and 4 until the QGSSSA competition. It is expected that all squad members attend three sessions a week, and all scheduled swim meets leading up to the QGSSSA Championship.
<b>Training Venue</b>	Valley swimming pool and the 25-metre swimming pool.
<b>Competition</b>	The QGSSSA competition is held in March at the Brisbane Aquatic Centre at Chandler. Students compete in lead-up competition meets on Friday evenings in Term 1.
<b>Uniform</b>	Training is to be conducted in the School swimsuit. The competition swimsuit is required for the QGSSSA competition. Swimming caps are provided.





# Tennis

St Margaret's tennis program is coordinated through Beck Meares and Rise Tennis. Beck Meares offers excellence in development, training and coaching with decades of the highest levels of experience in tennis. Having coached Pre-Preps all the way to world champion junior players and elite touring professionals, the program is sure to deliver for our school community. Beck is passionate about developing young players for life long enjoyment, participation, competition and high performance. Students can participate in the school tennis program by entering in the QGSSSA competition and other school-based competitions or by taking private lessons.

Training	Training commences in Term 2 and continues into Term 3 for QGSSSA. Two training sessions are scheduled throughout the week and times vary depending on coach availability.
Training Venue	Northshore Tennis centre and St Margaret's courts.
Competition	QGSSSA games are held every Saturday morning of Term 3. Venues vary depending upon the location of the host school.
Uniform	Competition uniform is a tennis specific shirt and tennis skirt; the school navy physical education uniform is acceptable for training.



## Touch Football

Touch football is one of the most popular sports at St Margaret's and is a part of the Autumn fixture competition within the QGSSSA competition. With high participation levels, St Margaret's touch football has had success over the last few years, with several teams winning premierships. Other school-based competitions are also offered during the year.

<b>Training</b>	Training commences in Term 1 and continues into Term 2, taking place on Tuesday and Thursday afternoons.
<b>Training Venue</b>	Windsor Park Sporting Fields (Windsor).
<b>Competition</b>	Games take place on Friday afternoon and St Margaret's home games are played at Windsor Park Sporting Fields (Windsor). Other venues vary depending upon the location of the host school. The QGSSSA competition concludes in June.
<b>Uniform</b>	Training can be conducted in the navy physical education uniform. Competition uniform is the school navy lycra physical education bike pants and the touch football singlet.



# Volleyball

Volleyball is part of the Winter fixture competition within the QGSSSA. It has seen a steady increase in participation and competitive results in recent years.

Season	Training commences in Term 2 and continues into Term 3 with two training sessions a week.
Training Venue	Mary Mackillop College and St Margaret's Phillip Harris Sports Centre.
Competition	Games are played each Saturday morning in Term 3. St Margaret's home games are played in the Phillip Harris Sports Centre.
Uniform	The school navy physical education uniform is suitable for training sessions. Competition uniform consists of the school volleyball shirt and the navy physical education shorts.



## Water Polo

Water polo is a popular and competitive sport. Participation is open to students in Years 5 to 12 and is conducted within the Brisbane Water Polo Association Inc. (BWPI) through Water Polo Queensland. Players are required to pay registration fees that cover membership and insurance.

<b>Training</b>	Training is conducted in Term 1 and Term 4 on Monday, Wednesdays and Fridays for all teams. All players are also required to participate in the school's swimming program once a week for swim fitness.
<b>Training Venue</b>	Valley swimming pool, the St Margaret's 25-metre swimming pool and Phillip Harris Sports Centre.
<b>Competition</b>	The Brisbane Water Polo Competition is held on Saturday morning in Term 1 and Term 4 at Stuartholme (Toowong), St Rita's (Ascot), Somerville House (South Brisbane) and All Hallows.
<b>Uniform</b>	The Katzoot is suitable for both training and competition. Water polo caps are supplied.



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**St Margaret's Anglican Girls School**

11 Petrie Street Ascot QLD 4007 Australia

Telephone: +61 7 3862 0777

Facsimile: +61 7 3862 0701

[mail@stmargarets.qld.edu.au](mailto:mail@stmargarets.qld.edu.au)

[www.stmargarets.qld.edu.au](http://www.stmargarets.qld.edu.au)



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