2026

EXTRA-CURRICULAR

Sports Program

St Margaret's

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Mission Statement Sports Department

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, inclusivity, integrity, courage, respect and passion are embedded in every endeavour students undertake.

Spirit

A St Margaret's girl will value and demonstrate an enthusiasm for the school, our faith tradition, and our environment. The St Margaret's spirit is in all students and is there for life. It is a thread that connects St Margaret's girls with each other.

Inclusivity

A St Margaret's girl knows that every single person reflects the image of God and deserves to be treated with dignity. She demonstrates inclusivity by acting with compassion and charity, celebrating the gifts of every individual.

Integrity

A St Margaret's girl is known for her ethical behaviour. She is honest and reliable and acts with integrity.

Courage

A St Margaret's girl has strength of character and confidence in doing what is right. She is a part of a long line of women of faith who have had the courage to embrace challenge and change.

Respect

A St Margaret's girl has respect for herself and others. She understands that she is a member of a diverse community, and she takes responsibility as a team member to care, support and cooperate with others.

Passion

A St Margaret's girl expresses gratitude for the gift of life. She has a positive outlook on life that drives the commitment and persistence necessary for learning and achievement.

PHILANTHROPY

General Information

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 AFL, artistic gymnastics, athletics, badminton, basketball, cricket, cross country, hockey, life saving, netball, rhythmic gymnastics, rowing, football (soccer), swimming, tennis, touch football, volleyball and water polo.

QGSSSA

Queensland Girls Secondary Schools Sports Association (QGSSSA) is an association of ten member schools founded in 1908. The QGSSSA aims to be the leading secondary schoolgirls sports association and a passionate promoter and advocate for young women in sport. To achieve this aim, the Association provides a suite of innovative, targeted, high-quality sports programs for member schools that encourage participation and elite performances in respectful, safe and healthy environments.

Sport Logistics

Transport will be provided for all boarders to and from training sessions at Windsor Park, rowing sheds and competition venues. Transport for Day Students is provided from training venues to school, following AM training sessions from school to training venues for PM training sessions along with transport to competitions during Autum fixtures.

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 sports coordinator prior to the session in question. and complete the absentee register found on the POD 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 student not collected at the specified time will return to school on the bus to await collection from the Breezeway.

Communication

Secondary sport information is accessible via the POD Secondary and group pages. Additional and specific information 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 found under the parent profile. Information on how to do this can be found on the Parent POD Support page.

School Community Code of Conduct

The School Community Code of Conduct must be observed for all activities. The Code of Conduct can be found on the Secondary and Primary Sport POD page 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 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
- Swimming
- Cross Country
- Tennis
- Hockey
- Touch Football
- Netball
- Water Polo
- Rowing

Sports Registration

Students will register for sport online through a link available via email and through the POD. 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.

Key Contacts

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

Anne Louise Williams
Director of Sport
P: +61 7 3862 0737
E: awilliams@stmargarets.qld.edu.au

Angela Crowe
Assistant Director of Sport
P: +61 7 3862 0878
E: acrowe@stmargarets.qld.edu.au

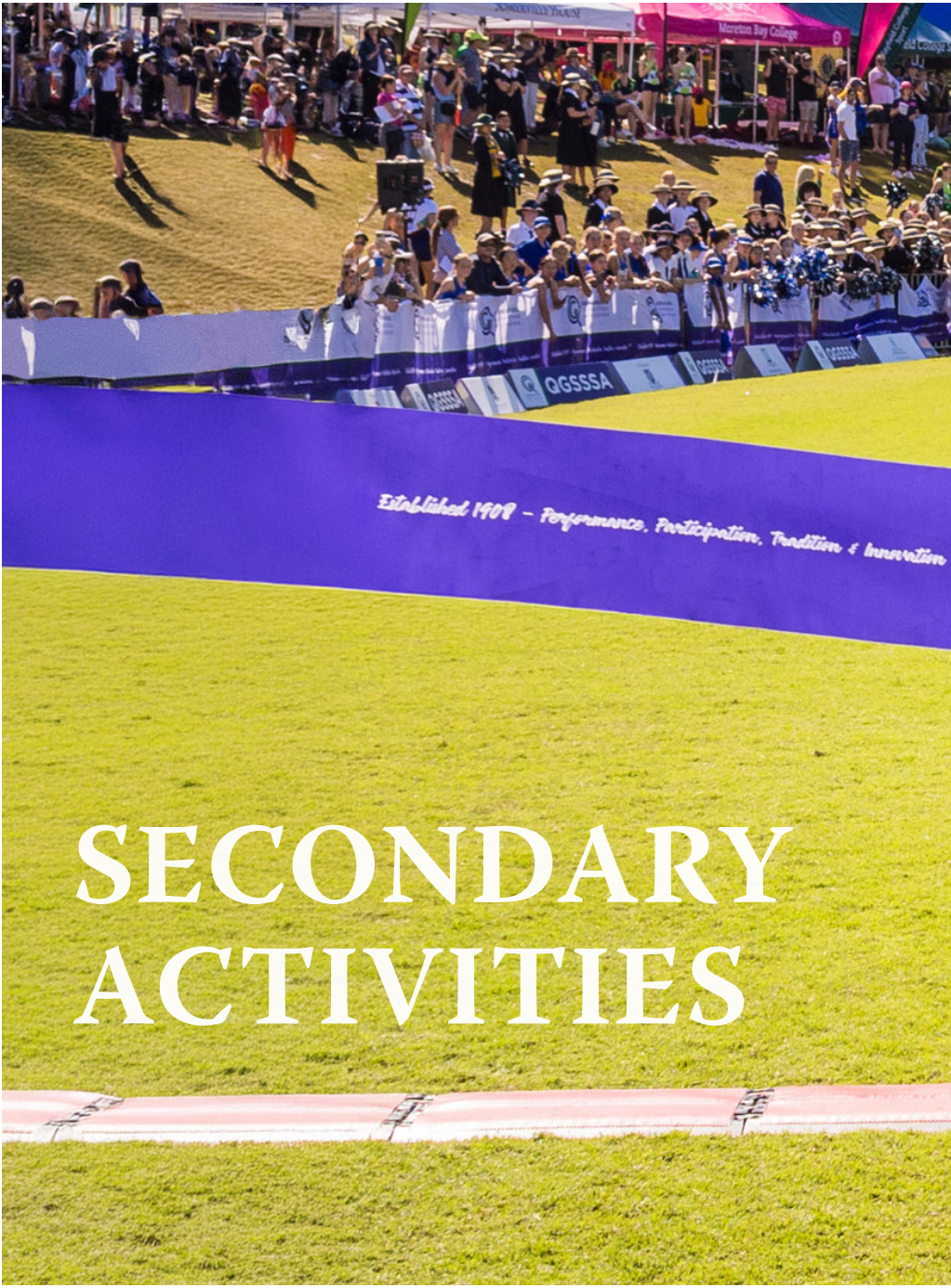
Jack Armitage
Head of Rowing
P: +61 7 3862 0770
E: jbidwell@stmargarets.qld.edu.au

Sarah Caithness
Head of Swimming
P: +61 7 3862 0893
E: scaithness@stmargarets.qld.edu.au

Brenton Thiele
Head of Athletics
P: +61 7 3862 0715
E: bthiele@stmargarets.qld.edu.au

Gayle Coutts
Head of Netball
P: +61 7 3862 0774
E: gcoutts@stmargarets.qld.edu.au

Lucy Osswald
Sport and Activities Administrator
P: +61 7 3862 0802
E: activities@stmargarets.qld.edu.au



SECONDARY ACTIVITIES

QGSSSA CROSS COUNTRY CHAMPIONSHIPS

Extra-Curricular Sport Schedules and Seasons

St Margaret's offers a holistic extra-curricular program, complete with 22 different sport programs. Each program aims to provide an enriching experience, developing a student's sense of competence, confidence, connection and character.

Core Sport
Athletics Cross Country Rowing Swimming Strength & Conditioning
Summer Sport
Cricket AFL
Autumn Sport
Basketball Soccer Touch Football
Winter Sport
Hockey Netball Tennis Volleyball
Gala Sport
Artistic Gymnastics Badminton eSports Lifesaving Rhythmic Gymnastics
Club Sport
Club Netball Club Swimming Club Water Polo
Health & Wellness
Yoga Reformer pilates

Performances

St Margaret's has a rich and proud history of sport performance within its respective association competitions. This is only possible due to the large participation and strong sense of spirit demonstrated within our program.

Most recent Performance:

- 2025 QGSSSA Netball 7C Champions
- 2025 QGSSSA Netball 7B Champions
- 2025 QGSSSA Netball 7A Champions
- 2025 QGSSSA Netball 9A Champions
- 2025 QGSSSA Netball Senior C Champions
- 2025 QGSSSA Netball Senior B Champions
- 2025 QGSSSA Netball Senior A Champions
- 2025 QGSSSA Artistic Gymnastics A Grade Champions
- 2025 QGSSSA 9A AFL Joint Champions
- 2025 QGSSSA Junior A Hockey Champions
- 2025 QGSSSA 8B Touch Football Champions
- 2025 QGSSSA 7B Touch Football Joint Champions
- 2025 BSRA Head of the River Percentage Cup
- 2025 QGSSSA Swimming 15 Years Champions
- 2025 QISSN Netball Division 2 Champions
- 2024 Water Polo Queensland All Schools Champions
- 2024 QGSSSA Year 10A Touch Football Premiers
- 2024 QGSSSA Swimming 14 Years Champions
- 2024 QGSSSA Swimming 13 Years Champions
- 2023 Athletics Australia Senior Schools Challenge Bronze Medalists
- 2023 Water Polo Queensland All Schools Champions
- 2023 QGSSSA Open Netball Premiers
- 2023 QGSSSA Junior A Tennis Premiers
- 2023 QGSSSA Swimming 13 Years Champions
- 2023 QGSSSA Cross Country 17 Years & Over Champions
- 2023 QGSSSA Rhythmic Gymnastics Year 8 Grade Champions
- 2023 RLSS QLD Secondary Schools Life Saving Champions
- 2023 QGSSSA Swimming Championship Runners-up

Season	Sport	Term 1										Term 2										Term 3										Term 4							
		1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8
Core Sports	Swimming																																						
Core Sports	Cross Country																																						
Core Sports	Rowing																																						
Core Sports	Athletics																																						
Core Sports	Strength & Conditioning																																						
Summer Season	AFL	(Years 10, 11 &12)																														(Years 9, 8 & 9)							
Summer Season	Cricket																																						
Autumn Season	Basketball																																						
Autumn Season	Football (Soccer)																																						
Autumn Season	Touch Football																																						
Winter Season	Hockey																																						
Winter Season	Netball																																						
Winter Season	Tennis																																						
Winter Season	Volleyball																																						
Gala Season	eSports																																						
Gala Season	Lifesaving																																						
Gala Season	Artistic Gymnastics																																						
Gala Season	Rhythmic Gymnastics																																						
Gala Season	Badminton																																						
Gala Season	Dance																																						
Club Sport	Club Netball																																						
Club Sport	Club Swimming																																						
Club Sport	Club Water Polo																																						
Health & Wellness	Yoga																																						
Health & Wellness	Reformer Pilates																																						

Core Sport

Core Sports refers to our fundamental sports. They each encompass a high degree of participation, performance, and community. Each sport offers a well-established preparation and competition period and culminate in the running of their respective championship events.

Athletics		
Training	Athletics offers multiple training sessions per week, inclusive of a strength and conditioning session. It is expected that all squad members will attend at least two sessions per week. Training occurs at St Margaret's Windsor Park and the Sport Precinct Strength and Conditioning Gym.	
Competition	All squad members participate in lead up practice competitions (Friday afternoons), prior to a selected representative team competes at the QGSSSA Championships (Term 3). St Margaret's also participate in a range of state and national athletics events.	
Uniform	Competition:	Training:
	• St Margaret's athletics #10 singlet • HPE navy bike pants or shorts • St Margaret's representative white polo and skirt	• St Margaret's athletics #10 singlet or HPE navy polo • HPE navy bike pants or shorts
	Other: Athletics spikes recommended	

Cross Country		
Training	Cross Country offers multiple training sessions per week, inclusive of a strength and conditioning session. It is expected that all squad members will attend at least two sessions per week. Training occurs at Crosbie Park and the Sport Precinct Strength and Conditioning Gym.	
Competition	All squad members participate in lead up practice competitions (Wednesday afternoons), prior to selected representative team competes at the QGSSSA Championships (Term 2). St Margaret's also participate in a range of state and national athletics events.	
Uniform	Competition:	Training:
	• St Margaret's athletics #10 singlet • HPE navy bike pants or shorts • St Margaret's representative white polo and skirt	• St Margaret's athletics #10 singlet or HPE navy polo • HPE navy bike pants or shorts

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St Margaret's
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2025
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ST MARGARET'S
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Core Sport

Rowing (Participation in rowing commences at Year 8)		
Training	Rowing offers multiple training sessions per week, inclusive of a strength and conditioning session, pending the student's respective year level. It is expected that all squad members will attend all sessions per week. Training occurs at the St Margaret's Tony Elliot Boat Sheds and Sport Precinct Strength and Conditioning Gym.	
Competition	Selected crews participate in the Brisbane Schoolgirls' Rowing Association regatta season (Saturdays), culminating in BSRA Head of the River (Term 3), held at Wyaralong Dam. St Margaret's also participate in the Rowing Queensland State Championships.	
Uniform	Competition:	Training:
	• St Margaret's rowing suit (zootie) • St Margaret's representative white polo and skirt	• St Margaret's rowing suit (zootie) or HPE navy polo • HPE navy bike pants

Swimming		
Training	Swimming offers multiple training sessions per week, inclusive of a strength and conditioning session, pending the students respective squad level. It is expected that all squad members will attend at least 2 sessions per week. Training occurs at the St Margaret's Swimming Pool and Sport Precinct Strength and Conditioning Gym.	
Competition	All squad members participate in lead up practice competitions (Friday afternoons), prior to a selected representative team competes at the QGSSSA Championships (Term 1). St Margaret's also offers an extension community swimming club, competing in the Swimming Australia pathway (please see club sport section).	
Uniform	Competition:	Training:
	• St Margaret's competition swimsuit • St Margaret's representative white polo and skirt	• St Margaret's swimsuit and swim cap • HPE navy polo • HPE navy bike pants or shorts

Strength and Conditioning	
Overview	St Margaret's Strength and Conditioning (S&C) program offers a structured approach within our Sport Precinct Gym for all student abilities and goals, with three core streams: • **General Fitness Program:** Open to all secondary students, grouped by year level to build fitness, confidence, and gym technique. • **Aspiring Athlete Program:** Open to self-nominated secondary students to enhance their athletic performance or recovering from injury, with personalised plans, progress tracking, and testing sessions. • **Maggies Sport Teams:** Sport-specific sessions tailored to Open sport teams' performance goals, preparing them for competitive success.
Uniform	Training: • St Margaret's HPE navy polo, • St Margaret's sport shorts or bike pants.

Summer Sport

Summer Sports are team based QGSSSA sports at St Margaret's. Summer Sport Season takes place across the months of October to March (Term 1 and Term 4), with **matches played weekly**. Students selected within representative teams are expected to attend all fixtured matches and weekly training sessions to develop their skills, fitness, and team cohesion to best represent St Margaret's. Students should only participate in 1 Summer Sport within the QGSSSA Competition and consider this in with potential participation in Club Water Polo.

AFL		
Training	AFL offers two training sessions per week. It is expected that all team members will attend all training sessions. Training occurs at St Margaret's Windsor Park.	
Competition	The QGSSSA AFL competition is split across two terms. AFL is played by Year 7, 8 and 9 in Term 4 and Years 10, 11 and 12 in Term 1. Matches are played on Saturday morning at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's AFL jersey • HPE navy shorts • St Margaret's representative white polo	• HPE navy polo • HPE navy bike pants or shorts
	Other: Mouthguard Required, Football boots recommended.	

Cricket		
Training	Cricket offers one training sessions per week. It is expected that all team members will attend this training sessions. Training occurs at St Margaret's Windsor Park.	
Competition	The QGSSSA cricket competition is played across Term 1. Matches are played on a Wednesday afternoon at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's white cricket polo • Cricket white pants (non-St Margaret's)	• HPE navy polo • HPE navy bike pants or shorts
Partnerships	Our Cricket program is partnered with **Wilston Norths Junior Cricket Club**, providing quality provide coaching services.	

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STATE HIGH
STATE HIGH
STATE HIGH

Autumn Sport

Autumn Sports are team based QGSSSA sports at St Margaret's. Autumn Sport Season takes place across the months of February to May (Term 1 and Term 2), with **matches played on Friday afternoons/evenings**. Students selected within representative teams are expected to attend all fixtured matches and weekly training sessions to develop their skills, fitness, and team cohesion to best represent St Margaret's. Students may only participate in 1 Autumn Sport within the QGSSSA Competition.

Basketball		
Training	Basketball offers one training session per week, on Tuesday and Thursday morning or afternoon. It is expected that all team members will attend all training sessions. Training occurs at the St Margaret's Philip Harris Gym and Multipurpose Courts.	
Competition	The QGSSSA basketball competition is played across Term 1 and 2. Matches are played on a Friday afternoon at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's basketball singlet and shorts • St Margaret's representative white polo	• St Margaret's basketball singlet and shorts or HPE navy polo and navy bike pants or shorts
Partnerships	Our Basketball program is partnered with **Northside Wizards**, providing quality coaching services and access to premier match venues.	

Soccer (Football)		
Training	Soccer offers two training sessions per week, on Tuesday and Thursday morning or afternoon. It is expected that all team members will attend all training sessions. Training occurs at the St Margaret's Windsor Park and Brisbane City Football Club (Newmarket).	
Competition	The QGSSSA basketball competition is played across Term 1 and 2. Matches are played on a Friday afternoon at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's soccer jersey • HPE navy shorts • St Margaret's representative white polo	• St Margaret's soccer jersey or HPE navy shorts • HPE navy shorts

Touch Football		
Training	Touch Football offers two training sessions per week, on Tuesday and Thursday morning or afternoon. It is expected that all team members will attend all training sessions. Training occurs at the St Margaret's Windsor Park.	
Competition	The QGSSSA Touch Football competition is played across Term 1 and 2. Matches are played on a Friday afternoon at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's touch singlet • HPE navy bike pants • St Margaret's representative white polo and skirt	• St Margaret's touch singlet or HPE navy bike pants • HPE navy bike pants
	Other: Football boots recommended.	

Winter Sport

Winter Sports are team based QGSSSA sports at St Margaret's. Winter Sport Season takes place across the months of June to September (Term 2 and Term 3), with **matches played on Saturday morning**. Students selected within representative teams are expected to attend all fixtured matches and weekly training sessions to develop their skills, fitness, and team cohesion to best represent St Margaret's. Students may only participate in 1 Winter Sport within the QGSSSA Competition and St Margaret's Rowing.

Hockey		
Training	Hockey offers two training sessions per week, on Tuesday and Thursday morning or afternoon. It is expected that all team members will attend all training sessions. Training occurs at the St Margaret's Windsor Park.	
Competition	The QGSSSA Hockey competition is played across Term 3. Matches are played on a Saturday morning at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's hockey singlet and skirt • St Margaret's representative white polo	• St Margaret's hockey singlet or HPE navy polo • St Margaret's hockey skirt or HPE navy bike pants with skirt

Netball		
Training	Netball offers two training sessions per week, on Tuesday and Thursday morning or afternoon. It is expected that all team members will attend all training sessions. Training occurs at the St Margaret's Philip Harris Gym and Multipurpose Courts and St Margaret's Windsor Park Courts.	
Competition	The QGSSSA Netball competition is played across Term 3. Matches are played on a Saturday morning at various venues across Brisbane. All Teams compete for division premierships. St Margaret's also offers an extension community Netball club, competing in the Downey Park Netball Association (please see club sport section). It also competes in the QISSN and Vicky Wilson Netball Tournaments.	
Uniform	Competition:	Training:
	• St Margaret's Netball Dress • HPE navy bike pants • St Margaret's representative white polo	• St Margaret's Netball Dress or HPE navy polo • HPE navy bike pants and skirt

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Winter Sport

Tennis		
Training	Tennis offers two training sessions per week, on Tuesday and Thursday afternoon. It is expected that all team members will attend all training sessions. Training occurs at the Nudgee College Tennis Centre.	
Competition	The QGSSSA Tennis competition is played across Term 3. Matches are played on a Saturday morning at various venues across Brisbane. All teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's tennis polo and skort	• St Margaret's tennis polo and skort or HPE navy polo and bike pants with skirt or shorts
Partnerships	Our Tennis program is partnered with **Rise Tennis**, providing quality coaching services.	

Volleyball		
Training	Volleyball offers one training session per week, on Tuesday and Thursday morning or afternoon. It is expected that all team members will attend all training sessions. Training occurs at St Margaret's Philip Harris Gym and Multipurpose Courts.	
Competition	The QGSSSA Volleyball competition is played across Term 3. Matches are played on a Saturday morning at various venues across Brisbane. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's volleyball jersey • HPE navy bike pants or shorts • St Margaret's representative white polo	• St Margaret's volleyball jersey or HPE navy polo • HPE navy bike pants or shorts

Gala Sport

Gala Sports offers the opportunity to participate in a unique set of sports. Each sport provides opportunity for learning, which culminates in participation at respective Gala Championships.

Artistic Gymnastics		
Training	Artistic Gymnastics offers two training sessions per week. It is expected that all team members will attend at least two of the three training sessions. Training occurs at Delta Gymnastics, Kedron.	
Competition	The QGSSSA Artistic Gymnastics Championship Gala takes place in Term 1. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's artistic gymnastics leotard • St Margaret's representative white polo and skirt	• St Margaret's artistic gymnastics leotard or HPE navy polo & navy bike pants.
Partnerships	Our Artistic Gymnastics program is partnered with **Delta Gymnastics**, providing quality coaching services and access to premier training venues.	

Badminton		
Training	Badminton offers one training session per week. It is expected that all team members will attend this training session. Training occurs at Sam's Badminton Centre, Nundah.	
Competition	The QGSSSA Badminton Championship Gala takes place in Term 4. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's badminton Polo • HPE navy bike pants with skirt or shorts	• HPE navy polo • HPE navy bike pants with skirt or shorts
Partnerships	Our Badminton program is partnered with **Sam's Badminton Centre**, providing quality coaching services and access to premier training venues.	

Dance		
Dance troupes provide students with an opportunity to develop their technical and performing arts skills and build friendships with students across various year levels. There are two groups on offer, Ballare and Verso, with Ballare offered to our most experienced dancers.		
Training	Dance offers one training session per week. It is expected that all team members will attend this training session.	
Competition	St Margarets enters between 1 to 2 competitions per year which includes DanceX.	
Uniform	Competition:	Training:
	• Dance Costumes	• School HPE uniform

Gala Sport

eSport		
Training	eSports offers multiple training sessions per week. Training occurs at the St Margaret's Eunice Centre.	
Competition	The eSports is played across Term 1-3. Different games and tournament Galas are participated in across this period, including our own 'Girls in Gaming' invitational. In 2026 STM will host the inaugural QGSSSA eSports tournament happening in June/October	
Uniform	Competition:	Training:
	• St Margaret's representative white polo • HPE bike pants with skirt or shorts	• School uniform
Partnerships	Our eSports program is partnered with **Yabbr Information Technology and Services**, providing quality coaching services and access to premier technologies.	

Lifesaving		
Training	Lifesaving offers one training session per week. It is expected that all team members will attend all training sessions. Training occurs at St Margaret's Swimming Pool.	
Competition	St Margaret's participate in the Queensland Royal Life Saving (pool) Championships (Term 2), competing for the Sheena Dyason Shield.	
Uniform	Competition:	Training:
	• St Margaret's competition swimsuit • St Margaret's representative white polo and skirt	• St Margaret's swimsuit and swim cap

Rhythmic Gymnastics		
Training	Rhythmic Gymnastics offers two training sessions per week. It is expected that all team members will attend at least two of the three training sessions. Training occurs at the St Margaret's Philip Harris Gym.	
Competition	The QGSSSA Artistic Gymnastics Championship Gala takes place in Term 3. All Teams compete for division premierships.	
Uniform	Competition:	Training:
	• St Margaret's rhythmic gymnastics leotard • St Margaret's representative white polo and skirt	• St Margaret's rhythmic gymnastics leotard or HPE navy polo and navy bike shorts

QGSSSA

Club Sport

Club Sports are an extended offering of our school sport program. They participate in community sporting association competitions and engage our wider school community in their offering. These programs are conducted across an extended season and operate at a user pays cost to participants.

Club Netball		
Training	Club Netball offers one training sessions per week. It is expected that all team members will attend this training sessions. Training occurs at St Margaret's Windsor Park and the Philip Harris Gym.	
Competition	Club Netball competes in the local Downey Park Netball Association competition. This competition takes place each Saturday, across the months of April to September. Students compete in multiple divisions based on their age and ability.	
Uniform	Competition:	Training:
	• St Margaret's Netball Dress • HPE navy bike pants • St Margaret's representative white polo	• St Margaret's Netball Dress or HPE navy polo • HPE navy bike pants with shirt

Club Swimming		
Training	Club Swimming offers multiple training sessions per week, inclusive of a strength and conditioning session, pending the students respective squad level. Training occurs at the St Margaret's Swimming Pool and Sport Precinct Strength and Conditioning Gym.	
Competition	Club Swimming competes within the Swimming Australia pathway, offering opportunity to engage in metropolitan, state and national competitions.	
Uniform	Competition:	Training:
	• St Margaret's competition swimsuit and swim cap • St Margaret's representative white polo and skirt	• St Margaret's swimsuit and swim cap • HPE navy polo • HPE Navy bike pants or shorts

Club Water Polo		
Training	Club Netball offers one training sessions per week. It is expected that all team members will attend this training sessions. Training occurs at St Margaret's Swimming Pool.	
Competition	Club Water Polo competes within the Brisbane Water Polo Association competition. This competition takes place each Saturday, across the months of October to March. Students compete in multiple divisions based on their age and ability. Additional opportunities and All Schools state competitions are also offered within this sport.	
Uniform	Competition:	Training:
	• St Margaret's water polo catsuit and swim cap • St Margaret's representative white polo and skirt	• St Margaret's water polo catsuit or swimsuit and swim cap

Health and Wellness

St Margaret's aims to provide a wholistic sporting program and has introduced Yoga and Reformer Pilates to the sporting calendar.

Yoga	
Offered once weekly onsite, the 45 minute session combines movement, breathing and mindfulness. Students can sign up via the POD and commit on a termly basis throughout the year.	
Uniform	• St Margaret's HPE navy polo • St Margaret's sport shorts or bike pants

Reformer Pilates	
Available in term 1 and term 4 Reformer Pilates is offered to students in Years 10-12 through an agreement with Studio Pilates International Clayfield. Reformer Pilates provides a full-body workout that builds core strength, improves posture and enhances flexibility and encourages mindful movement and focused breathing. Reformer Pilates is a user pays activity and sign is advertised on the POD and. runs over a seven week block.	
Uniform	• St Margaret's HPE navy polo • St Margaret's sport shorts or bike pants

GO

GA

St Margaret's Anglican Girls School
11 Petrie Street Ascot QLD 4007 Australia
Telephone: +61 7 3862 0777
reception@stmargarets.qld.edu.au
www.stmargarets.qld.edu.au

A School of the Society of the Sacred Advent
ABN: 93 492 310 839 CRICOS Code: 00511K

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