HEAD OF SPORT

This week sees the recommencement of the HSZA Afternoon Sport Competitions. Draws have already been issued and can also be located at the HZSA Website and School Website. We have a few teams in finals contention so we wish them all the best in their final round robin games.

For new parents we have provided an overview of sport at Arndell so you are aware of sports available and also general information regarding sports teams etc. I trust this is a useful document for you.

ARNDELL

Afternoon Sport: Starts again this week.

Swimming Carnival: The annual Arndell Swimming Carnival is just over one week away!

Permission notes for the Senior Swimming Carnival have now been issued and emailed and are due for return by this Friday (13th of March). The note includes some important information about the program which is summarised below:

- Roll call will take place at 8:30am at school for students using the provided buses and 9am at the pool for students making their own transport to the pool
- The 100m Freestyle and 200m Individual Medley will commence at 8:15am. Students who wish to participate need to either make their own transport to the pool or book at seat on the school mini bus (max 24 students)
- Notes are due Friday 13th of February. Students need to only return their note if they will not be using the provided transport, require transport on the 7:30am early bus or are unable to participate.
- Non-participants are still expected to attend, assist and support their house.
- Uniform – students are expected to wear complete College PE uniform to and from the event. In compliance with WHS students must wear enclosed shoes when travelling to and from the venue however they may wear thongs at the Pool.
- Swimming attire – Females swimmers are to wear a one piece costume and males speedos or racing suits. Non-competitive swimmers may wear plain board shorts or College PE shorts.
- Canteen facilities will be available however please ensure you bring sufficient water

Looking forward to seeing you all give your best efforts, please email me if you have any questions.

Miss Patterson

Hawkesbury Valley Junior Rugby Union: are recruiting U/16 players. First pre-season training is Thursday the 5th, 6pm at Deerubbin Park South Windsor. All welcome – It doesn’t matter if you haven’t played before, come along even for a chat or phone Coach Greg 0424142034 Manager Darrell 0467904675
HZSA

- **HZSA Open Boys and Girls Basketball Trials:** Tue 10th Feb, Venue TBC (WCC likely)
- **HZSA 16’s Girls Hockey Trials:** Mon 9th April, Nominations DUE Mon 2nd April
- **HZSA Open Girls Tennis Championship Day:** Tue 10th March, Nominations DUE Mon 3rd March
- **HZSA Open Boys Tennis Championship Day:** Mon 16th March, Nominations DUE Mon 9th March
- **HZSA Open Boys & Girls Touch Football Trials:** Tue 17th March, Nominations DUE Tue 10th March
- **HZSA Year 7 AFL (Boys) Rugby League (Girls) Gala Day:** Mon 23rd March
- **HZSA Rugby 7’s Championship Day:** Thu 26th March
- **HZSA Girls 15’s Netball Trials:** Tue 31st March, Nominations DUE Tue 24th March

AICES | CIS

- **ALL Schools Triathlon:** Nomination Entry due Thu 12th February, Event date 26th / 27th Feb
- **Golf CIS Open and Jnr’s (7-9):** Nomination Entry due Mon 2nd March, Event date Mon 9th March (northern), Mon 16th March (southern)
- **Golf CIS Softball 17yrs & Under:** Nomination Entry due Mon 2nd March, Event date Mon 9th March (northern), Mon 16th March (southern)
- **AICES Swimming Additional Entries:** Nomination Entry due Thu 5th March, Event date Thu 12th March
- **AICES Schools Tennis Cup:** Nomination Entry due Fri 20th March, Event date Fri 27th March
- **NSW All Schools Sailing:** Nomination Entry due Thu 19th March, Event date Fri 27th March
- **CIS Diving:** Nomination Entry due Wed 25th March, Event date Thu 30th April
- **CIS Hockey U16’s:** Nomination Entry due Fri 27th March, Event date TBC
- **CIS Swimming Additional Entries:** Nomination Entry due Wed 1st April, Event date 29th-30th April

FURTHER INFORMATION

**AAC Swimming Carnival:** Friday 20th February @ Nirimba

**HZSA Swimming Carnival:** Monday 2nd March @ SOPAC, Homebush

**AICES Swimming Carnival:** Monday 31st March @ SOPAC, Homebush

**CIS Swimming Carnival:** Tuesday 29th April (Night), Wednesday 30th April (Day) @ SOPAC, Homebush

**Important Websites:**


CIS Swimming Carnival: [www.aisnsw.edu.au/Services/CIS/Pages/Sports.aspx](http://www.aisnsw.edu.au/Services/CIS/Pages/Sports.aspx)
### RESULTS | Week 3A, Feb 9 – 13

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REPORTS & GALLERY

Wibur Shield Cricket Game: From glorious victory to courageous defeat…..

On the score sheet yesterday, Arndell Anglican was comprehensively beaten in all departments by Oakhill College.

They were simply an older and more experienced team. The playing conditions were excellent with a much better pitch than the scores would suggest, too.

The scores were Arndell (sent in) ALL OUT 60 (at one stage we were 1 for 50 from 23 overs, Lachlan Cash 33 and Connor Mizzi 16), Oakhill 1 for 61 (24 overs). Oakhill had one rather quick opening bowler who was faster than anything our boys had seen and bowled really well and a leg spinner who took 5 wickets in 6 balls to destroy our lower order batting.

Lachlan took the only wicket but 5 catches and a run out were missed; Arndell had their chances and the bowlers made Oakhill work much harder for the win than the scores might suggest. The boys showed great courage, determination and team spirit throughout, even after the dismal batting collapse and fought it out to the last ball. Great signs for the future too, in the bowling by Joshua Ferris and Archie North (year 7).

Mr Lavelle (Coach)

CRUSADERS CORNER

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The Crusaders were put through their paces on Friday, sprinting back into routine in the year’s first training session. Weary legs carried the fatigued boys through a gruelling exhibition of conditioning as part of Mr Corr’s preparation for the coming season. The sweating green pastures of the main senior oval were riddled with red and navy bodies as the physical limits of the team were tested in the afternoon heat. Among the exhausted limbs and breathless lungs, the college’s new GoPro camera and accessories were put to work, capturing images and video footage of the training team from the chest mount of Mr. Corr. There was no shortage of entertainment, either, with the First XV’s scrumhalf, Declan Horne, being the first player to unwillingly empty his lunch on the violated grass. Great stuff.

The usual friendly banter was enjoyed by the lads as they threw themselves back into the swing of things and is sure to be present this Friday when the boys tear into the second week of training. We are looking forward to another impressive turnout, given that 20 players came last week. The team is hopeful of spending some bonding time together after training in the coming weeks. “Beanpole” Ridgwell might even make a mate or two - who knows? One thing is for sure, though - the Crusaders are building towards their goal and things are looking good. Mitchell Kenny (1st XV Captain)
Harry Ridgwell has been bulking up this pre season...

The Crusaders getting the job done.
JUNIOR PE | SPORT TEACHER

Arndell Junior School’s annual Swimming carnival is scheduled for Thursday 19th February (week 4). Information notes for this carnival have been sent home. These notes need to be returned by the end of this week to allow for bus numbers to be finalised.

Thank you to those who have registered an interest in the Rugby and AFL gala days. If interest is high enough to field a team, all those who have expressed an interested will be contacted in regards to trials and training for these events.

ARNDELL

- **Paul Kelly Cup**: An AFL gala day designed for students (both boys and girls) in year 5 and 6 to play a modified version of AFL, to be held on Tuesday 17th March at Bensons Lane, Hawkesbury. If interested, please email Mr Pearce (edwin.pearce@arndell.nsw.edu.au) by the end of week 3 (13th February).

- **NSW Rugby Union 7’s Gala day**: A gala day for boys in years 5 and 6 to be held on Wednesday 11th March at Nepean Rugby Park, Penrith. If interested, please email Mr Pearce (edwin.pearce@arndell.nsw.edu.au) by the end of week 3 (13th February).

- NB – Teams will only be entered into these competitions once sufficient numbers have been confirmed.

HICES | HZSA

- **NSW HICES Swimming Carnival**: Thursday 5th – SOPAC, Homebush
- **HZSA Year 5 Gala Day**: Wednesday 25th March, Centenary Reserve

CIS

- **CIS Tennis Nominations**: Due 17th February 2015
- **CIS Basketball Nominations**: Due 18th February
- **CIS AFL Nominations**: Due 6th March
- **CIS Softball nominations (boys and girls)**: Due 25th March
FURTHER INFORMATION

Important Websites:
www.hices.nsw.edu.au - HICES
www.aisnsw.edu.au/Services/CIS/Pages/Sports.aspx - NSWCIS