HEAD OF SPORT

We are now in the business end of the HZSA Afternoon Sport Program. Some of our teams are heading into finals, whilst others hang up the boots for another season.

Congratulations to Harrison Ridgwell in year 12, who has again been selected to represent NSW City and Country Cricket Team at the State Championships. This is an exceptionally high level of cricket and we are proud one of our students has achieved selection.

An outstanding results at the NSW All Schools Triathlon with Jack Ferris (Inter Boys Individual) finishing 4th and younger brother Joshua Ferris (Junior Boys Individual) finishing 1st! Congratulations to both boys on their outstanding achievement.

ARNDELL

Inter House Sports Cup: Our first Inter House Sports Cup event for 2015 is in week 7 this term! Starting off the year with Boys Basketball. The competition will run from Monday – Thursday at lunch time. Juniors will be made up of boys from 7-9 and seniors 10-12. House Captains will start asking for interested players this week.

WHO WILL WIN????

Greenway Stallions  Johnson Eagles  Macquarie Lions  Tebbutt Bulls

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

Oakville United Soccer Club: are recruiting Division 1 players for their U16 Girls team (Grand final winners for the past 2 years) and their U12 Girls team. Pre-season training on now, Monday and Wednesday nights from 6-7pm. Everyone is always welcome to come along to Colbee Park, McGraths Hill to have a chat or have a kick about and try it out. Contact Head Coach, Alby on 0402 353 581 or the Female Development Officer, Nicole on 0413 314 664 or email oakvilleunitedsoccerclub@gmail.com for more information.
HZSA

- HZSA 16’s Girls Hockey Trials: Nominations DUE Fri 13th Mar
- HZSA Open Boys & Girls Touch Football Trials: Nominations DUE Tue 10th March Event Date Tue 17th 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: Nominations DUE Tue 24th March Event Date Tue 31st March

AICES | CIS

- Golf CIS Open and Jnrs (7-9): Nomination Entry due Mon 2nd March, Event date Mon 9th March (northern), Mon 16th March (southern)
- 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
- 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

HZSA Swimming Carnival: Monday 2nd March @ SOPAC, Homebush
AICES Swimming Carnival: Thursday 12th March @ SOPAC, Homebush
CIS Swimming Carnival: Tuesday 29th April (Night), Wednesday 30th April (Day) @ SOPAC, Homebush

IMPORTANT WEBSITES:

HZSA www.hzsa.com.au
AICES www.aices.com.au
CIS: www.ainsnsw.edu.au/Services/CIS/Pages/Sports.aspx
### RESULTS | Week 5A, Feb 23 – 27

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<tr>
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<th>OPPOSITION</th>
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<td>4:00pm</td>
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<td>Jnr Boys Touch</td>
<td>Wed 25th Feb</td>
<td>4:00pm</td>
<td>RHAC</td>
<td>WASHOUT</td>
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<tr>
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<td>4:50pm</td>
<td>RHAC</td>
<td>WASHOUT</td>
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### DRAWS | Week 6B, Mar 2 – 6

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<tr>
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<td>TBC</td>
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<td>Wed 4th Mar</td>
<td>4:50pm</td>
<td>Double Header</td>
<td>TBC</td>
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<tr>
<td>Snr Boys Rugby</td>
<td>Tue 3rd Mar</td>
<td>4:00pm</td>
<td>Bede Polding</td>
<td>Home</td>
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REPORTS & GALLERY

All Schools Triathlon: Some great results in the NSW All Schools Triathlon. Jack Ferris finished 4th in the Intermediate Boys Individual event, however his younger brother Josh, went a few better by taking out the NSW Junior Boys individual event! From reports, at the start of the running leg, he was 40 seconds behind! Well done to both our boys for their results! We are all very proud of you!

HZSA Junior Girls Basketball Final: The Arndell A Team went down to Gilroy in their final yesterday but played a great game. At the end of the first half we were down with the score 18-7. We had an injury at the end of the first half which meant that we then had no subs and therefore a very tired 5 players. The girls fought hard and they made Gilroy a little nervous, but in the end Gilroy, the dominant team of the competition, won 50-11. A huge improvement in our game and our defence was amazing I am so proud of the girls.

Mrs Thomas (A Team Coach)
Captain’s Report:

After opening the annual Penrith Schools Competition with a toughly contested and bitterly disappointing 17-all draw against Winmalee High School, the hardworking and ever-improving Arndell Crusaders were hungry to better themselves for the second round of the series – and better themselves they did.

On Tuesday afternoon the lads took to a fresh senior oval for their first home game against a formidable local rival, the combined force of Richmond/Hawkesbury/Colo. With plenty of peers, family, students and teachers gathering to form a sizeable crowd and a maiden win in prospect, there was much to play for when the initial whistle blew. A drastically improved structure and a dominant performance from forwards such as Nik Popovski, Steven Self and Riley Horne allowed the Crusaders to build momentum and gave Dan Jones plenty of room to work with in the backline.

Following a number of select choices and mounting efforts, the Crusaders were the first team to put points on the board through a skilful Connor Moore try. Moore kept adding to his performance with continual success at the lineout, displaying his freakish aerial ability. With one try under the belt the squad began to flex their muscles and through a series of bullocking efforts got into position for Patrick Springer to cleanly score in the corner of the field before the stroke of half time.

The second half proved a difficult challenge with flaring tempers and frustration kicking in. Forced to step up and turn the tide of a shifting game, young gun Josh Truswell and debutant Ben Smith, made themselves known on the field with a number of positive attacking and defence plays. The Crusaders found rhythm again and from a fluid set piece Steven Sleff was able to score the final try of the match.

A convincing 19-0 victory sees the undefeated Crusaders in good stride before their game against Bede Polding next week. Congratulations Connor Moore on Man of the Match!

Mitch Kenny (Captain)
JUNIOR PE | SPORT TEACHER

A list per event for the HICES swimming carnival is currently up on the sports noticeboard in between the year 5 classrooms. This carnival is scheduled to take place this Thursday (5th March). Permission notes need to be returned ASAP.

Training for Rugby 7’s will be finalised once communication has been received from NSWRU. It is our aim to have training this Wednesday, and then the following Monday, with the event to be held on Wednesday 11th March.

Paul Kelly Cup (AFL) training times will be communicated this week from Mr. McNab who is coaching the team.

ARNDELL

- Paul Kelly Cup: Tuesday 17th March at Bensons Lane, Hawkesbury. Training times will be communicated this week.

- NSW Rugby Union 7’s Gala day: Wednesday 11th March at Hawkesbury Valley Rugby Club. This has changed venue since previous notice – no longer at Nepean Rugby Park.

HICES | HZSA

- NSW HICES Swimming Carnival: Thursday 5th – SOPAC, Homebush. Permission notes need to be returned Monday 2nd March. These were handed out on Friday afternoon, as well as sent via email.

- HICES Football: Friday 20th March. Nominations can be sent to edwin.pearce@arndell.nsw.edu.au along with student’s preferred position and previous representative experience. Due 13th March.

- HZSA Year 5 Gala Day: Wednesday 25th March, Centenary Reserve

CIS

- 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