

Junior School

SPORT PROGRAM



2026



Arndell
Anglican College

Celebrating
35
years
1990-2025

Table of Contents

Welcome	2
Our Sport Philosophy	3
Communication	4
Event Permissions & Information	5
Sporting Pathways	6
College Sport Program	7
Gala Days	8
HZSA Sport Program - Nomination & Sign Up Process	9
HZSA Sport Program - Team Trial & Selection Process	10
HZSA Sport Program - Team Sports Available in 2026	11
Individual Sport Representation	12
Other Sport Pathways	13
Sport & Training Expectations	14
Transport & Student Collection	14
Uniform Requirements	15
Sports Code of Conduct	16
Student Achievements	17
Sports Awards	18
Feedback & Review	19
FAQ's	20

Welcome

Welcome to another exciting year of the College Sports Program in our Junior School!

This booklet provides comprehensive information on the individual and team sports available to Junior School students in Semester 1 and 2. You'll find details about the Hills Zone Sporting Association (HZSA) and other representative pathways for both team and individual sports.

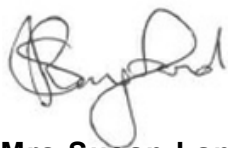
This booklet also outlines the representative pathways available to our Junior School students, the sign up processes for representative sports (team and individual), player expectations, uniform requirements, and the Sports Code of Conduct for students and parent/carers. Additionally, we've included important information about transportation and student collection, as well as a FAQs section for your convenience.



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Head of PDHPE & Sport P-12

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Mrs Susan Langford

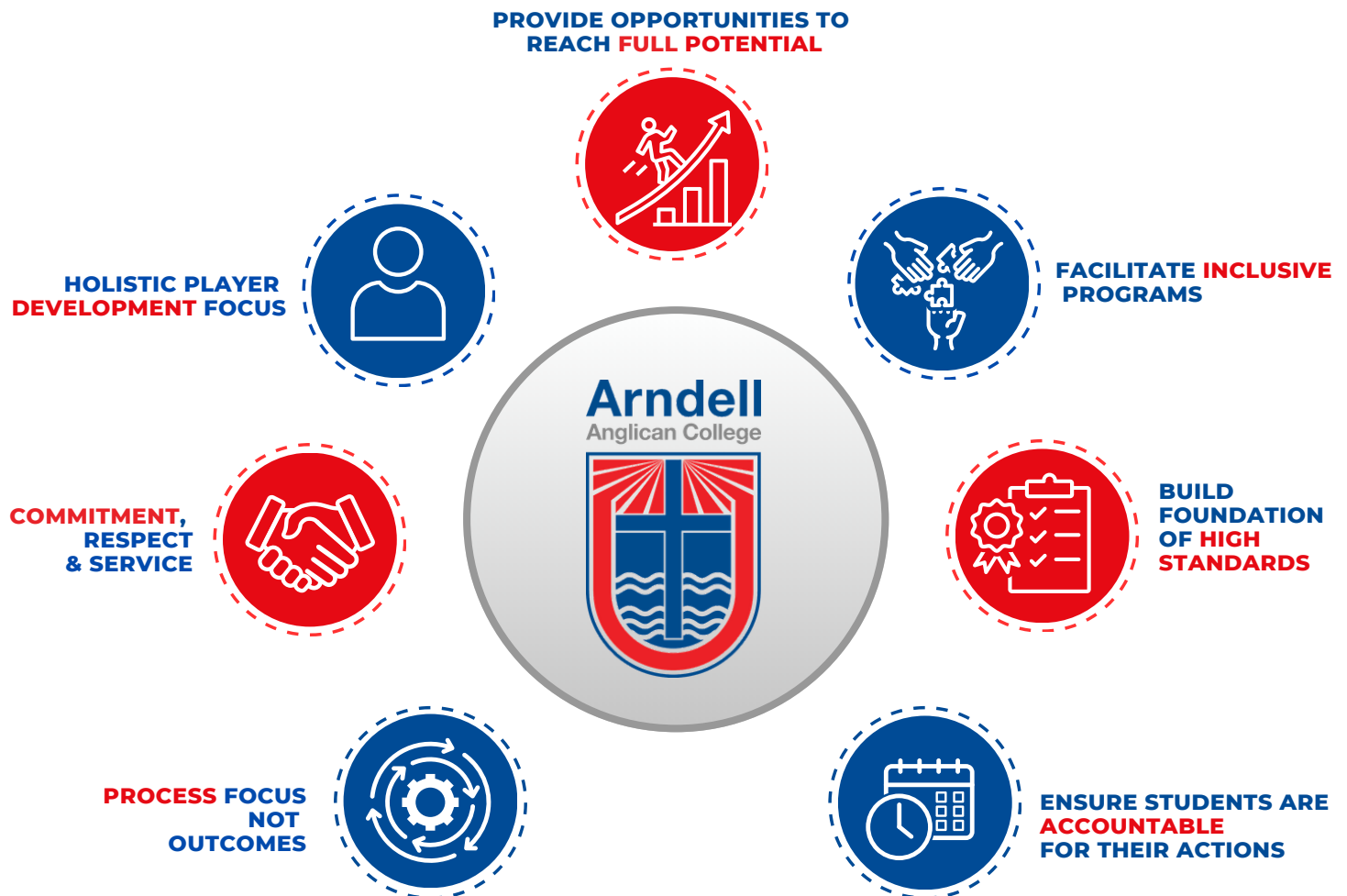
Head Junior School Sport & PDHPE

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Our Sport Philosophy

The Arndell Sport Program welcomes students of diverse skill levels, aiming to ensure a positive and enjoyable experience for all players. We value selflessness and a genuine team first ethos while promoting resilience, perseverance, cooperation and respect.





It is the parent/carer's responsibility to check the Junior School Sport Scene weekly for nomination dates, trial and training dates and other sport details. Paren/carers will receive an SMS advising any last-minute changes to games including cancellations or postponements.

Communication

The main avenue for sport information is via the Junior School Sports Scene and emails distributed by the Head of Sport Junior School.

The Sports Scene is distributed via email and College App each Monday, it contains information regarding College and representative sport sign ups, links to the HZSA weekly draws and upcoming sporting event dates and details.

Notification will be sent via SMS to parent/carer advising any game changes, cancelations or postponement.

Please note, all Associations have strict cut offs for nominations and trials that must be adhered to. In Junior School, it is the parent/carer's responsibility to seek information and to make application for sport opportunities their child is interested in pursuing before the cut off dates. No extension will be granted.



Upcoming Events

Event	Date / Location	Stage Group	Details
Stage 3 NFL Flag Football Squad Training	Week 3 - Monday & Tuesday	Selected students	Weekly Lunchtime Team Training on Secondary School Oval.
NFL Flag Championships	Wednesday 8 August 7:00am - 3:00pm Strathfield Park	Selected students	Event information and permissions have been sent home via the College App.
HZSA Afternoon Sport Program commences	Stage 2 - Friday 8 August (Week 3) Stage 3 - Wednesday 13 August (Week 4)	Selected students	Permissions have been sent for students selected for the HZSA Afternoon Sport Program teams for Semester 2. Please grant permission asap and ensure your child has the required equipment to participate. Click here to check the draw weekly as fixtures may change.
Year 4 Cricket Gala Day	Tuesday 12 August 8:00am - 2:40pm Samantha Riley Reserve	Selected students	Selected students from Year 4 to participate in a Cricket skills and development Gala day. Selected students will be notified via the College App. Please grant permission asap.
HZSA Athletics Carnival	Monday 25 August Sydney Olympic Park Athletic Centre	Selected students	Selected students will be notified via the College App after the College Carnival. Please grant permission asap.
CIS Athletics Carnival	Friday 5 September Sydney Olympic Park Athletic Centre	Selected students	Selected students will be notified via the College App after the HZSA Carnival. Please grant permission asap.
Junior School Sports Achievement Ceremony	Monday 8 September 8:45am - 9:15am College Gym	Years 2 - 6	Parents/carers of award recipients will be notified closer to the event.
NSWPSSA Athletics Carnival	Wednesday 22 October Sydney Olympic Park Athletic Centre	Selected students	Selected students will be notified via the College App after the CIS Carnival. Please grant permission asap.



FROM THE JUNIOR SCHOOL HEAD OF SPORT MRS SUSAN LANGFORD

Has your child been selected as part of a representative team or placed at a high-level competition within the community? We'd love to celebrate them on our social media channels. Please send a brief paragraph and photo to sports@arndell.nsw.edu.au

Further Information

Further information regarding representative sport can be found on the below websites:

- Hills Zone Sports Association (HZSA) www.hzsa.com.au
- New South Wales Combined Independent Schools (NSWCIS) www.cis.nsw.edu.au

Event Permissions & Information

College App & Parent Portal

A notification will be sent to parent/carers via the College App and/or email to grant permission for their child to attend an event.

All events require parent/carer permission for the student to attend, this includes College Carnivals held at an external venue and all sport where a student is representing the College such as the HZSA Afternoon Sport Program or representative sport.

Details about the event are provided in the Information Note attached to the event and can be accessed via the College App and the Parent Portal.

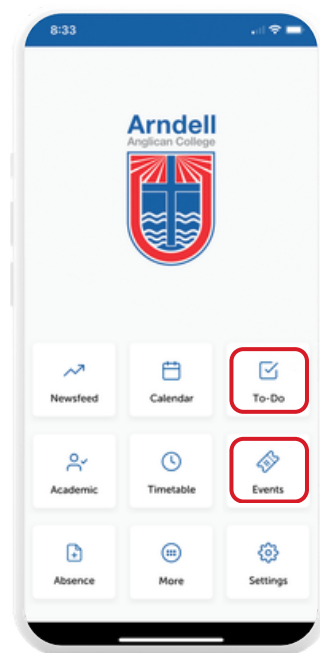
App & Portal User Guides

For instructions on how to download the College App, or to obtain the User Guides for the College App or Parent Portal, please visit

<https://www.arndell.nsw.edu.au/parent-information/parent-portal/>

Granting Permission on the App

- Go to the “To Do” tile on the College App
- Click on the child
- Click on the event
- Click on Grant or Deny



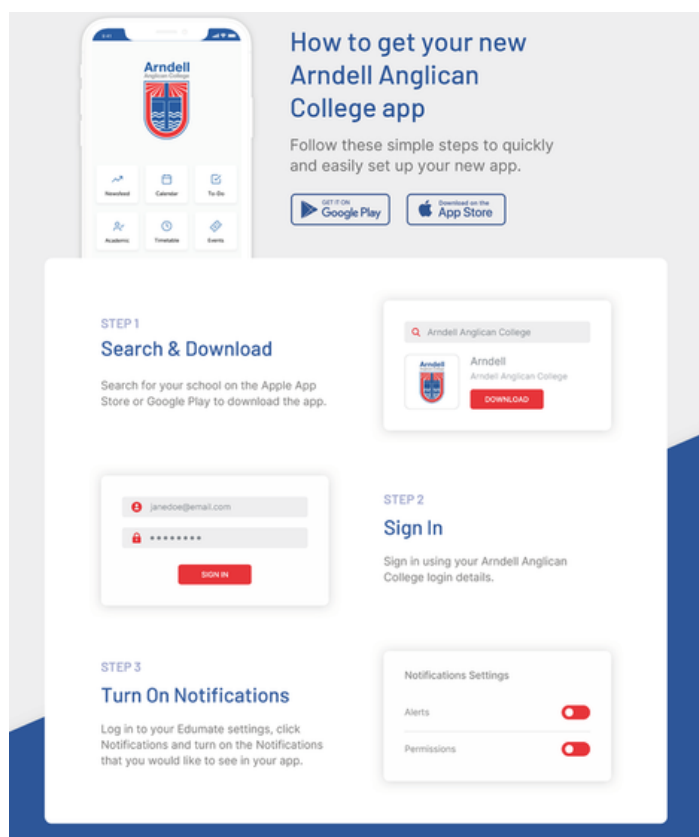
Finding Event Information

After you have granted permission for your child to attend the event, the information moves from the “To Do” tile to the “Events” tile

- Go to the “Events” tile on the College App
- Click on the child
- Click on the event and the details including all attachments will display

Changing Permission

Please note, once you grant permission for your child to attend or not attend the event you are unable to go back into the College App and change permissions. If you need to change permissions for sport events, please email sport@arndell.nsw.edu.au



Sporting Pathways

Offered to Junior School Students

Representative Level	Description	Student Expectation
	All students participate in the College Sport Program. Events include: • College Carnivals • Afternoon Sports	All students are expected to participate.
	The College is part of the Hills Zone Sports Association (HZSA), this is the College's zone level. Events include: • Afternoon Sports Program • Championship Days • Gala Days • Individual Trials • Carnivals	While some sports are competitive, all students are welcome to sign up or trial at these events. Students should be playing the sport competitively, though not a requirement.
	Students compete to represent HZSA at New South Wales Combined Independent Schools (NSWCIS). This pathway leads to NSW All-Schools competition. Selection is via nomination or selection.	This is the highest level of representation in our pathway system. Students from all GPS, Christian and AICES schools have access to trial at these events. Student must show evidence of HIGH-LEVEL representative participation in their sport.





College Sports Program

Afternoon Sport Program

All Junior School students participate in our school-based sport program each week led by their classroom teacher.

Students are to wear the College PE uniform. Students in Year 2 - 6 are to wear their coloured House shirt, Prep - Year 1 students wear the PE shirt (navy shirt).

During sport, Stage 2 & 3 students participate in a round robin tournament to earn House Points each week. These tournaments are facilitated by our Secondary School students.

Junior School students also take part in a weekly PE lesson with a specialist Physical Education (PE) teacher. Students are to wear their College PE uniform with College PE shirt (navy shirt).

Sports Clinics

Students will also have the opportunity to participate in various Sports Clinics throughout the year. These are subject to scheduling and availability from external providers and run during weekly PE lessons.

Infant Swim School

As part of the Sport Program, all Years 1 & 2 students participate in a Swim and Survive Program in Term 4.

College Carnivals

Junior School students take part in the annual Junior School Swimming, Cross Country, and Athletics Carnivals. The focus of these events is on skill development, participation and enjoyment.

Prep - Year 1 students are to wear their College Sport uniform with PE shirt. Year 2 - 6 students are to wear their House shirt.

Swimming

Years 2 - 6 students participate in the Junior School Swimming Carnival at an external venue. Participation events are available for all students to earn House points. Those aiming to qualify for HZSA must register for championship events, and Year 2 students must confirm squad attendance. Parents/carers will receive the registration link via the Event Permission notice and Sports Scene.

Cross Country

Prep - Year 6 students participate in the Junior School Cross Country Carnival held at the College.

Athletics

Students from Years 2 - 6 will take part in the Junior School Athletics Carnival at an external venue. Participation events are available for all students to earn House points. Those aiming to qualify for HZSA must register for championship events. Parents/carers will be send the Registration link via the Event Permission notice and the Sports Scene.

Gala Days

HZSA Gala Days

Gala Days are aimed at providing students with an opportunity to participate in a variety of sports. These Gala Days are non-competitive, with the emphasis on learning new sports and skills, increasing participation levels, strengthening teamwork and building resilience. The aim of the Gala Days is to enable students to compete against other schools in modified games that suit their skill level.

All Year 3 and Year 4 students participate in a multi-sport Gala Day against other Hills Zone Sports Association (HZSA) schools.

Year 5 and Year 6 students have the opportunity to trial for Gala Day Teams. Trial details for these teams will be published in the Junior School Sports Scene.



Other Association Gala Days

A range of Associations (NSW Rugby, NFL Flag Football) offer Gala Days throughout the year. Depending on registration availability and expression of interest, the College may choose to enter a team.

The sign up process for these Gala Days is provided below and student selection is based on the coach and Head of Sport Junior School's discretion.

Sign Up Process

Step 1:

Parent/carer to register their child via an Online Registration Form. A link to the Online Registration Form will be published in the Junior School Sports Scene

Step 2:

Team is entered into the competition

Step 3:

Trials for team selection will occur and notification will be published in the Junior School Sports Scene. Please note, this means that even though your child has signed up they may not be selected for the team

Step 4:

Selected students are notified, attend the weekly training sessions and compete in the competition

HZSA Sport Program

Nomination and Sign Up Process

Students have an option to trial for a team in the HZSA Afternoon Sport Program. This is an interschool sports program where students travel from the College to compete against other Hills Zone Sports Association (HZSA) schools at various venues for their weekly fixtures.

Team Trials

When there are more students signed up for a team than needed, including substitutes, a trial will be held. This means some students may not be selected for the team. Entry and trial requirements are notified in the Junior School Sports Scene and it is the parent/carers responsibility to check this notice and register their child before the deadline. Please refer to page 10 for further details on the trial and selection process.

Team Training Sessions

HZSA Afternoon Sport teams will train each week during the competition season. Other representative teams will receive 2-3 training sessions before the representative event. Training details will be published in the Junior School Sports Scene.

Please note, due to staff commitments training may need to occur outside of regular school hours. It is the parent/carers and student's responsibility to ensure their child can attend these sessions prior to committing to the team.

Student Commitment

It is essential that students are certain they can commit to the team for the entire season. Entries to HZSA competitions are based on sign ups and therefore having to withdraw a team before, at the start, or during the competition impacts heavily on the HZSA Administrator, other participating schools and the students who have signed up for that particular team.

Sign Up Process

Step 1:

Parent/carer to register their child via an Online Registration Form. A link to the Online Registration Form will be published in the Junior School Sports Scene

Step 2:

Team is entered into HZSA competition

Step 3:

Trials for team selection will occur and notification will be published in the Junior School Sports Scene. Please note, this means that even though your child has signed up they may not be selected for the team

Step 4:

Selected students are notified, attend the weekly training sessions and compete in the competition



HZSA Sport Program

Team Trial & Selection Process

While the majority of our competitions within HZSA are participation focused (Gala Days, Afternoon Sport etc), there may be opportunities to be chosen for representative teams.

Please note, participating in sporting competitions outside of the College does not warrant a student's automatic selection in a HZSA Afternoon Sport Program representative team.

Trialling Process

- At least two trial sessions will be provided. Unlike other sports trials, staff are familiar with students' abilities, having observed them throughout the year. Typically, HZSA, HICES, and CIS selections only involve one session. If two sessions can be used, such as a sport period and a lunch trial, this is considered sufficient.
- A minimum of two staff members will attend all trial sessions, usually the team manager and another member of staff, to allow for collaboration and a fair and equitable selection process.
- If a student is absent from both trial sessions, regardless of the reason, they will not be selected for that particular sporting team.

Selection Process

- A number of factors are taken into consideration during the selection process including skill level, level of competition, number of students trialling, number of reserves available, player history, gender balance requirements, etc.
- Staff are not required to justify their selection decisions when due process has been followed of two trials and two staff members present.
- Should a selected team member be unable to participate due to injury, illness or absence, a replacement can be sorted from the list of students who trialled. Reserve players will be designated at the start of the season for permission and administrative purposes. Being named as a reserve does not guarantee weekly game time; parents will be notified directly if their child is required to play in a specific match.
- If more than one team has been selected, no changes between teams may occur up to 2 days prior to the event at the coach and Head of Sport Junior School's discretion.

Communication Process

- Notification of trial sessions for team selections with date, day, time and location is published in the Junior School Sports Scene.
- Team selections are then published in the Junior School Sports Scene and/or emailed to parents/carers.
- Parents/carers will be phoned or emailed notifying them, and the student, if any changes are made after the selection process has taken place.
- The College endeavours to notify parents/carers as soon as possible regarding their selection in teams at representative carnivals such as HICES and CIS. Results from carnivals are carefully checked to avoid incorrect selections that can result in disappointment. These results along with carnival results are posted in the Junior School Sports Scene and/or emailed to parents/carers.

HZSA Sport Program

Team Sports Available in 2026

Semester 1

Sport	Year Group	Game Day / Time
Girls Netball	Stage 2 (Years 3 & 4)	Friday Afternoons from 1:00pm
Boys Football (Soccer)	Stage 2 (Years 3 & 4)	Friday Afternoons from 1:00pm
Girls Netball	Stage 3 (Years 5 & 6)	Wednesday Afternoons from 1:00pm
Boys Football (Soccer)	Stage 3 (Years 5 & 6)	Wednesday Afternoons from 1:00pm

Semester 2

Sport	Year Group	Game Day / Time
Girls Football (Soccer)	Stage 2 (Years 3 & 4)	Friday Afternoons from 1:00pm
Boys Basketball	Stage 2 (Years 3 & 4)	Friday Afternoons from 1:00pm
Girls Football (Soccer)	Stage 3 (Years 5 & 6)	Wednesday Afternoons from 1:00pm
Boys Basketball	Stage 3 (Years 5 & 6)	Wednesday Afternoons from 1:00pm



Individual Sport Representation

HZSA & NSWCIS Nominations & Trials

Students in Year 5 and Year 6 are invited to nominate for HZSA and NSWCIS individual or team sport representation. Nomination and trial dates are published in the Junior School Sports Scene. Please note, trials at this level are highly competitive and evidence of performance may be required to justify the nomination and entry submission is not guaranteed.

For Swimming, Cross Country, and Athletics students naturally progress based on carnival rules and their performance at the relevant carnival.

It is important for students and parent/carers to understand that not all students are able to nominate for sport trials.

There is a CIS levy for students nominating to trial at this level that is passed on by the College to the student's family. The levy fee is approximately \$34.00.

Some Sports Offered

- AFL
- Basketball
- Cricket
- Diving
- Football
- Hockey
- Netball
- Rugby Union
- Rugby League
- Softball
- Tennis
- Volleyball

A full list of sport nominations on offer to students is outlines in the Sports Scene and on the HZSA website www.hzsa.com.au.



Nomination Process

Step 1:

Check the Sports Scene for nomination information

Step 2:

Email the Head of Sport Junior School via sport@arndell.nsw.edu.au an expression of interest

Please include:

- Name
- Age
- Sport nominating for
- Representative history

Step 3:

Application is assessed and a discussion with the Head of Sport Junior School regarding representative history will take place

Step 4:

Nomination is submitted, if deemed appropriate

Step 5:

If the student is successful, they will be notified by the representative body via email detailing trial details

Step 6:

Parent/carers to transport student to the trial

Step 6:

Parent/carer to apply notify the event contact of results and send photos for social media in the week after the event.

Other Sport Pathways

Interschool Championships

A small number of sports - including Equestrian, Snow Sports, and Mountain Biking - are recognised as College sports but sit outside our usual association pathways of HZSA and CIS. These sports fall within the Interschools Championship pathway, where students register and represent the College in the nominated sport.

Students are encouraged to participate in these events; however, the following nomination process must be followed:



For all Interschool Sports, parents/carers are required to complete an Application for Extended Absence or Exemption Form. This ensures the College is aware that student is registered for the event and they are not marked absent. [Click here](#) to access the Form.

Nomination Process

Step 1:

Parent/carers to register their child via the relevant sport website or registration process.

Step 2:

Parent/carers to notify the below contact:

Equestrian

Miss Imogen Thew
equestrian@arndell.nsw.edu.au

Snow Sports

Mrs Astrid Horvath (Parent)
ahorvath@ccomcorp.com.au

Mountain Biking

Email the College Events & Sport Coordinator
sport@arndell.nsw.edu.au

Other Sports

sport@arndell.nsw.edu.au

Step 3:

Parent/carer to apply to the College for Extended Leave (if applicable) - [Click here](#) for forms.

Step 4:

Parent/carers to transport student to the sport.

Step 5:

Parent/carer to apply notify the event contact of results and send photos for social media in the week after the event.

Sport & Training Expectations

The College Sport Program is broad, exciting and encourages each student to develop a full range of personal, interpersonal and team skills. The Program challenges each student to respect themselves and to respect others.

All Junior School students are encouraged to participate actively in the College Sport Program. When nominating for a sport, all students must understand the commitment they are making, this includes:

- attendance at all training sessions except if injured or sick,
- attendance at all games, both home and away for the entire season, and
- upholding the Sports Code of Conduct (outlined in this booklet).

Notifying Absences from Training or a Game

If a student is unable to attending a training session or a game, parent/carers should email the coach and the Sports Administrator sport@arndell.nsw.edu.au with as much notice as possible.

Transport & Student Collection

Transportation details are outlined in the Information Note attached to the Event Permission on the College App and Parent Portal. Generally, the College provides company bus transportation to and from the College for weekly sport fixtures. Buses return in time for afternoon pick up.

In some cases, students will need to be picked up from the venue by a parent/carer. This will be noted on the Information Note attached to the Event Permission on the College App and Parent Portal.

Staff are required to, as part of their duty of care, remain with students until they are picked up. We kindly ask that they be picked up promptly.

If parent/carers wish to collect their child from the sporting venue at the end of a game they must notified a College staff member before leaving the venue. Please note, buses will leave promptly from the venue. If a parent/carer has not arrived before the scheduled departure time, the student will return to the College on the bus.



Uniform Requirements

PE Lessons:	College Sport Uniform with PE shirt (navy shirt)
Sport Afternoons:	College Sport Uniform with coloured House shirt for Years 2 - 6, PE shirt (navy shirt) Prep - Year 1.
Basketball:	College basketball singlet (supplied by the College and to be returned at the end of the Semester), College sport shorts, College white sport socks with blue and red stripes and athletic shoes.
Football (soccer):	College football jersey (supplied by the College and to be returned at the end of the Semester), College sport shorts, College football socks (available from the Uniform Shop), football boots and shin pads.
Netball:	Netball tunic and bike shorts (supplied by the College and to be returned at the end of the Semester), College white sport socks with blue and red stripes and athletic shoes.
Touch Football:	College football jersey (supplied by the College and to be returned at the end of the Semester), College sport shorts, College football socks (available from the Uniform Shop) and football boots.
Rugby Union:	College rugby jersey (supplied by the College and to be returned at the end of the Semester), College sport shorts, College football socks (available from the Uniform Shop) and football boots, personal protective gear if required.
HZSA Swimming	College Sport Uniform with PE shirt (navy shirt), girls College swimming costume (available from the College Uniform shop), boys to wear navy or black swimwear, swimming cap supplied by the College and returned at the end of the day.
HZSA Cross Country & Athletics	College Sport Uniform with PE shirt (navy shirt), College singlet supplied and returned at the end of the day.

Uniform Return Process

College supplied uniform items must be returned promptly at season's end or when requested by the coach. Failure to return the uniform item will result in a replacement fee equivalent to the cost of the garment being charged to the student's Fee Account.

The Uniform Policy can be found on the College Website:

www.arndell.nsw.edu.au/parent-information/uniform-policy-shop/

Uniform Shop

Monday: 8:00am - 12:00pm

Wednesday: 12:00pm - 4:00pm

Friday: 8:00am - 12:00pm

arndell@noone.com.au

Phone: 4572 3254



Sports Code of Conduct

Students

Students are expected to commit to their sporting teams and turn up to all games and training sessions. Teams are entered to HZSA based on student commitments at sign up.

At sporting carnivals, training sessions or other sporting competitions, whether competing, supervising, coaching or spectating, students must:

- display positive and encouraging attitudes towards own team members and the opposition,
- use positive, encouraging language only,
- wear the correct sports or team uniform when representing the College,
- compete according to the rules,
- respect and abide by all decisions of teachers and officials without argument or insolence,
- seek clarification on any ruling only through the captain and in a respectful manner, and
- shake hands with opposing teams and thank all officials at the end of the match.

Parents/Carers

Parents/carers are welcome to be involved in ways that suit their family commitments. If any parent holds a refereeing qualification and wishes to participate, they are to email sport@arndell.nsw.edu.au with their qualifications, Working With Children Check number, and date of birth prior to the event starting.

We will encourage all parents/carers to support their child's involvement in the College Sport program by attending sporting events.

Parents/carers should also support their child's co-curricular activities by providing the necessary equipment and assisting with attendance at scheduled events, such as Gala Days, carnivals, and training sessions.

For further involvement in our College Sport program, Parents are to email Head of Sport /PDHPE, at sport@arndell.nsw.edu.au. Acceptance of your enquiry or qualification will be determined at the discretion of the College.





Student Achievements

We love celebrating the achievements of students who represent Arndell in sport. Parents/carers are welcome to share their child's Arndell-affiliated sporting accomplishments by submitting a brief paragraph and a photo to sport@arndell.nsw.edu.au. These may be featured on the College's social media channels and/or in the Yearbook.

Please note, from 2026 we are only able to promote achievements where students are officially representing Arndell, and not all submissions may be shared.





Sports Awards

Each semester, students are awarded for their sporting achievements for the following:

- Swimming, Cross Country and Athletics Age Champion and Runners Up
- HZSA and CIS Sport Representation

The College recognises students who have represented the College in school pathway sports on Presentation Day. Students who have represented NSW and Australia in their chosen sport outside of the school sport pathway, are recognised by making the honour roll which may be posted on our social media. In order to be recognised for this, students are required to supply evidence in the form of a letter or email from the governing body of their sport recognising that they have been selected to represent NSW or Australia. The decision on whether this evidence is adequate is at the discretion of the College.



All feedback regarding sporting events should be emailed to the Head of Sport Junior School at sport@arndell.nsw.edu.au

Feedback & Review

We encourage parent/carers feedback as we aim to cultivate a positive partnership in the ongoing development of the College Sport Program. While the College strives for high organisational standards, open communication is highly valued. Feedback regarding events, carnivals, and other sports related activities is always welcome, as it helps us maintain and improve the quality of our programs.

To provide feedback, please send a polite email detailing the situation to the Head of PDHPE & Sport P-12 at sport@arndell.nsw.edu.au who will make every effort to address and monitor concerns as quickly as possible.



FAQ's

HZSA Afternoon Sports

Who can play HZSA Afternoon Sport?

HZSA Afternoon Sport is for Stage 2 and 3 students (Year 3 to Year 6). All students are welcome, but need to be aware that trials do occur in many sports which means they may miss out. Another avenue for sport includes the House competition (Interhouse Sports Cup).

What happens with trials for HZSA Afternoon Sport?

Trials only occur when absolutely necessary. Where possible, we aim to include all students who nominate for the HZSA Afternoon Sport Program. Where trials are necessary, they will occur in Week 2 – 3 of the Semester. This will be arranged with the coaches once teams are confirmed for entry and numbers are finalised.

What transport is provided?

The College provides minibus transportation to and from the venues. Parent/carers are welcome to come to games and watch and then take their child home at the conclusion of the game, notifying a College staff member before doing so.

How do training days work for teams?

Each coach will arrange a suitable time for training with the team. Some teams will train before school hours and some will train during lunchtime. Parent/carers will be notified of training times in the Sport Scene.

Representative Sport

How do Individual HZSA & CIS Trials work?

Most HZSA and CIS sports that have the option to trial individually or for a team. These trials are usually held at schools or specialised sporting venues. Parent/carers will need to transport their child to and from the trial.

Students are welcome to trial at HZSA level without representative history. For CIS level trialling, it is necessary for the student to have a representative level history in order to nominate and entry will then be considered by the Head of Sport Junior School for approval.

Are there costs involved?

Most HZSA sports do not cost anything.

The nomination fee to trial for CIS is approx. \$34.00.

Students who make HZSA or CIS teams are able to purchase sporting gear such as jackets, polo shirts and tracksuits. Any fees incurred through HZSA and CIS will be billed to the student's Term Fees following the event.