Year 7 Sport Commitments for first week of Term 1, 2015

Welcome all Year 7 students to The Scots College Senior School. Below information relates to the first week of your summer sports training and trials.

As indicated on your sport selection form, Rowing, Tennis and Sailing do have selection criteria and limited places. You will be notified at the end of the trials if you need to consider your second sport choice.

Information regarding each sport is listed below: Please also use the Scots College Sports website for all sport information: https://sports.tsc.nsw.edu.au

Cricket

- Wednesday 28 January First Trial – Mansion Rd Nets (Junior campus) – 3:15pm to 5:00pm
- Saturday 31 January Second Trial – Fairfax Nets (year 5-6 Campus) – 9:00am to 12:00pm

After this final trial teams will be announced for the first 2 games held on February 7 and 14. Teams will be re-assessed during this time with changes made if required.

Boys will train Period 5 and 6 every Monday at Scots and the Fairfax nets, and each Wednesday 3:20pm to 5:00pm at the Mansion Rd nets for the remainder of the season.

Your Director of Cricket is Mr Ben Sawyer - b.sawyer@tsc.nsw.edu.au

Waterpolo

- Training/trial session 1 will be held on Friday 30 January from 3:00pm-5:00pm at Scots pool.
- Training/trial session 2 will be held on Saturday 31 January 10:30am to 11:30am at Scots pool.
- Training/trail session 3 will be held on Monday 2 February – Period 5 and 6 at Scots Pool.
- After school training will then be on Fridays 3:05-5:00pm at Scots Pool.
- Additional swimming fitness sessions are ‘optional’ every Monday and Tuesday 6:00am-7:00am at Scots Pool.
- An additional training session will be held for 13 Gold team Wednesdays 3:05-5:00pm at Scots Pool/ Redleaf Pool.

Your Director of Waterpolo is Miss Yvette Higgins - y.higgins@tsc.nsw.edu.au
Basketball

- No training week 1
- Trials will be held Saturday 31 January 8:00am-10:00am on Fairfax Courts
- Training for all teams will commence on Monday 2 February during Periods 5 and 6
- After School training will commence Tuesday 3 February at Fairfax courts 3:20pm to 5:00pm

Your Director of Basketball is Mr David Todd - d.todd@tsc.nsw.edu.au

Tennis

- No training week 1.
- The Tennis trials for Year 7 will be held at Macintyre Tennis courts on Saturday 31 January from 8:00am-10:00am and continue throughout the season.
- Training will commence in week 2, the training sessions will be held on Mondays Period 5 and 6 and Wednesday 3:15pm-5:00pm at the Macintyre courts.

Your Director of Tennis is Mr Ryan Fowler - r.fowler@tsc.nsw.edu.au

Rowing

- Saturdays starting 31 January - Boys are to meet 8:00am at the erg room located next to the college pool, for land training and crew organization. The boys will be finished and ready to be picked up by 10:00am.
- Monday training during period 5 and 6 – boys will walk to Double Bay Boatshed with a Rowing staff member.

Your Director of Rowing is Mr Robbie Williams - r.williams@tsc.nsw.edu.au

Sailing

- All year 7 sailing students should go to Mr Faulkner’s art room M114 on Wednesday 28 January after school 3:10pm for an information meeting.
- Saturdays starting 31 January all students need to be at Woollahra Sailing Club by 8:15am or 10.30am (to be confirmed at the information meeting).
- Starting on Monday 2 February, Year 7 sail e Period 5 and 6 at WSC. A bus departs from outside of the Main School at 12.55pm and returns at 3.10pm. You will also train on Tuesdays at WSC or Thursdays if you are sailing in the Teams Racing Group. Sailing is every Saturday at WSC.

Your Director of Sailing is Mr Faulkner - g.faulkner@tsc.nsw.edu.au

Shooting

- No training week 1.
- Year 7 Shooting is Monday Period 5 and 6 at the College Indoor Range and Tuesday afternoons 3:15pm – 5:00pm at the College Indoor Range.

Your MIC of Rifle Shooting is Mr Cooney - p.cooney@tsc.nsw.edu.au
Details regarding training, team lists and weekly fixtures can be found on the sports noticeboards on the wall along the bottom corridor of the Maths/Science building and also on our Sports website: https://sports.tsc.nsw.edu.au

The important office that all boys should take note of is the Sport Office. This is in the building adjacent to the College Pool and directly opposite room S101.
In this building you can find Mrs Robinson (sports secretary), the Director of Sport Mr Cameron Torrance, and Sportsmaster as well as most of the PDHPE staff.

Saturday interschool competition will start for Year 7 boys from Saturday 7 February and continue to Saturday 14 March. Fixtures can be found on the College website, Pipeline and in the Flying Scotsman each week as well as posted on the sports noticeboards from Tuesday afternoon after 4pm.

Rehabilitation

All students must participate in a seasonal sport unless a Medical Certificate prevents them from doing so. If this situation arises, a supervised rehabilitation program is provided by the College. The rehabilitation program is only for boys who cannot participate in sport for four weeks or more. Those with minor knocks, bumps and bruises are to stay with their team at all training sessions to assist with management and support especially on a Saturday at the games.
A medical certificate must be provided to the sports office (before the student can commence their first session) with description of the injury, time period out of sport and details of the rehab program that the student is able to participate in.
Boys in the rehab program will go to compulsory sessions at the John Solomon Sports Centre for their timetabled sport periods (years 7-10) and also attend another session after school and on Saturday mornings during the sporting season. Times are below:
- Tuesdays 3:15pm – 5:00pm, Year 11/12 only
- Thursdays 3:15pm – 5:00pm, All years 7-12
- Saturdays 8:00am – 9:30am

Should you have any queries or concerns please do not hesitate to contact the respective Director of each sport or myself.

Edward White
Acting Sportsmaster - Senior School
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