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CEA SPORTS NEWSLETTER

Issue 2, 2017

Thursday 13 April 2017 (Term 1, Week 11)

WHOLE SCHOOL

From the Sport Coordinators

Welcome to the second Curriculum Extension Activities (CEA) newsletter for 2017.

It's been a full calendar of sports at Sacred Heart College (SHC) for Term 1, inclusive of weekly competitions, Statewide Knockout competitions, inter-school carnivals and the Senior Sports Day. Our athletes, across various sports, have been doing an outstanding job representing Sacred Heart College and showing us their athletic capabilities.

The College success in swimming continued throughout the second half of the term, with the swim team making the Finals of the Wednesday night competition. The SHC team were impressive in the pool and took home 6th place in a tough final.

The Senior Sports Day was a huge success as we saw the camaraderie of our new Houses in full swing. Chavoin were the successful Championship House, while Fourviere took out the House Spirit Cup.

From Sports Day, the College Athletics team was selected. The girls were impressive on the track at the Catholic Girls Athletics Championships in March. Numerous individual successes combined to produce an overall 4th placing for the SHC and Marymount combined team. The Co-Ed Athletics team took to the track with superb form on 11 April, where the Open Boys took home the championship, and combined with the girls for an overall 4th placing. *(Full Co-Ed report in next edition of CEA).*

In the Statewide Knockout competitions, the SHC Boys Baseball team was successful in making the finals for 2017. Congratulations to the SHC students from both campuses, who combined to create the successful team and took out third place overall.

The weekly summer competition saw our Open Girls Tennis finish in 2nd place and our Open A Girls Basketball team take out the premiership in the Catholic Girls Competition. After their impressive grand final win in the Basketball, the girls flew to Brisbane with the SHC Boys Open Basketball side to compete in the Australian Marist Basketball Competition for 2017. We look forward to reporting on their success on their return!

With the conclusion of the summer season, we turn our focus to the winter sports, along with numerous SHC teams that will commence their Statewide Knockout competition for 2017. We look forward to seeing the new College sports uniform as our students take to the court and field with the winter sport.

Alex Penhall

Girls Sport Coordinator (Senior)

Ali Trewartha

Boys Sport Coordinator (Senior)

Adam Rice

CEA Coordinator (Middle)

Sports Uniform



SHC launches new co-curricular sports uniform

As Sacred Heart College moves into its 120th anniversary year, it is with great excitement that we formally launch our new range of sporting attire, bringing a contemporary, fresh look to all sports whilst still being true to the rich traditions of the College.

2017 will be a year of transition to the new attire, except for all 'First' sporting teams for which the new uniform will be required. In 2018, all sporting teams will be required to wear the new uniform.

Available items for each sport, including optional items, are detailed in the link below.
[SHC-Co-curricular-Sports-Uniform-Matrix 2017.pdf](#).

The new range is now available to purchase from the College Uniform Shop (43 Oaklands Road, Somerton Park).

For more information, please visit www.shc.sa.edu.au/shc/uniform-shop.



Baseball



Knockout Baseball

Sacred Heart College sent a composite Knockout Baseball team, consisting of eight Senior School and five Middle School students to play Woodcroft College at the Glenelg Baseball Club on 15 March. The team was successful, winning 7 to 1, thus earning the right to compete in the four team round robin Grand Final! Once again, the lads benefited from the expertise of Old Scholar, Andrew Gluyas and everyone is looking forward to the challenge that lays ahead.

Statewide Knockout Baseball

On Wednesday 29 April, Sacred Heart College participated in the Statewide Knockout Baseball Competition. The team had one win, (6 - 2 vs Tenison Woods College) and one loss, (2 - 5 vs Seaton HS) to finish third. Seaton HS run a specialist Baseball Program, and their team included a current Adelaide Bite player and an exchange scholarship holder from the Japanese Baseball League. The exposure to such a high quality opposition provides invaluable experience for all our players. The boys displayed great resilience and a good measure of skill, and with nine of the 13 players coming from Years 8 and 9, all bodes well for future success!



Special mention and thanks to Natasha Williams, Sharon Davis and Andrew Gluyas, who provide coaching to Middle School students on Friday afternoons. Also to Andrew for his guidance and expertise on the day.

Warren Wright

Baseball Coordinator



Drive Tennis



Drive Tennis Team for 2017

Congratulations to the following Drive Tennis players for 2017:

- Lachie Brain (Year 8)
- Seb Reichelt (Year 9)
- Sam Cullum (Year 11)
- Sam Sanderson (Year 11)
- Joel Broadway (Captain) (Year 12)
- Tom Downey (Year 12)
- Nathan Lean (Year 12).

Gail Morgan

Drive Tennis Coordinator



Swimming



Whole school swim meet

During Term 1, swimmers from Year 8 through to Year 12 competed each Wednesday afternoon in the Sport Association for Adelaide Schools (SAAS) Swimming Competition. This was a round-robin format where simultaneously, secondary schools (with pools) across Adelaide hosted other schools. Our first official meet took place on Wednesday 8 February.

From this strong start to the season, the SHC swimmers not only maintained this intensity for the remainder of the term, but exceeded all expectations by qualifying for the 2017 Grand Final Meet, held at St Peter's College on Wednesday 29 March. Here, the top 8 schools from the round-robin stage competed against each other. The Sacred Heart swimmers represented themselves and their College with pride at this Meet. We had some strong individual performances across all strokes. Prince Alfred College won the Final overall, but all teams' scores were tight, with Sacred Heart finishing 6th, ahead of Mercedes College and St Michael's College.



SAPSASA swimming success

Year 6 and 7 swimmers have been out in action over the past month as the swimming season heats up. The first night of competition was the SAPSASA District Swimming Carnival at the Marion Outdoor Pool. All swimmers scored a placing in most, if not all of their events. Highlights include: Clancy Luscombe 1st in all events, Ryan Clifford - 1st in Butterfly, Mackenzie Stock 1st in Freestyle, Harvey Luscombe 1st in all events.

From this competition, swimmers were selected for this district team to compete at the SAPSASA Metro schools competition at the SA Aquatic and Leisure Centre. Our representatives included Harvey Luscombe, Mackenzie Stock, Samuel Pike, Ben Excell, Ryan Clifford, James Ganley, Clancy Luscombe and Hudson Whitaker.

All swimmers performed admirably, with Hudson Whitaker taking out 1st, 2nd and 3rd in his events, and Ryan, Clancy and James achieving a 1st place in their relay event. Clancy also placed 1st in two events and Harvey 2nd and 3rd in his events!

On Monday 20 March, a larger team competed at the SA Catholic Schools Swimming Section 1 carnival at the Burnside Outdoor pool. Once again, our swimmers did the College proud with each receiving a podium place in their events. The medley relay team came 3rd and the freestyle relay teams placed 4th (U12) and 2nd (Seniors) respectively. Special mention goes to the swimmers who stepped up to compete in extra events at late notice.

Many thanks to the parents who gave up their time to act as timekeepers, without their support the carnivals could not go ahead.



A Grade swimmers

A combined team from Sacred Heart and Marymount competed in the Secondary School Sports SA-A Grade swimming competition on 8 March. Twenty-seven students competed in a range of individual and relay events. The students made 37 top three finishes from 78 events, and met 23 standard times. Overall, the girl's team finished in 4th place, the boys team finished in 3rd place and the combined team took out 3rd position overall. The camaraderie between swimmers from each of the campuses bought the team together and the students showed impeccable sportsmanship at all times. We look forward to getting all of the swimmers together for a pizza lunch at the Senior School campus early in Term 2.



Robyn Sutherland

Team Manager

Sonja Brownridge

Swimming Coordinator

MIDDLE SCHOOL

ACE Challenge



Catapult artwork

The STEAM Challenge took place this term at the Middle School as part of the ACE Challenge CEA. The aim of the challenge was to design a catapult that could accurately shoot paint at a canvas. The catapult had to be sturdy enough in construction to be repeatedly fired to create an artwork. The materials supplied for this challenge included pop sticks, rubber bands, plastic spoons, wooden pegs, duct tape, bottle caps, paint, sponges and canvases.

Yvonne Brown & Jenny Johnson

ACE Challenge Coordinators





Term 1 Badminton season

The first half of the badminton season was amazing, only losing one game to a talented St Peter's outfit. The team was strong together and performed well consistently. The coach Emily Upton led well and provided very helpful advice to all of the players. Number 1 talent, Josh Lewis, was outstanding, proving to be a good role model to everyone and providing consistent performances throughout the term. The team came across some tough challenges and some close games, but it didn't change the way they went about playing. Overall, the team is happy with their performance in the first half of the season and can't wait for the next half.

- **Josh Lewis** played at the number one spot and proved that he deserves to be there week in week out.
- **Lucas Owers**, at the number 2 spot, has a good ability to move his opponent around the court. Doing well under pressure, he provided wins to the team.
- **Austin Brigmanis** played at the number 3 spot, with a high intensity gameplay style and good talent to match it. He proved to be a worthy opponent.
- **Daniel Kennedy**, at a solid number 4 spot, was undefeated until the last game. He had some big wins, but also put in the effort to be a good team player.
- **Joshua Dunn** played at the number 5 spot. With some good wins, I improved immensely throughout the term and can't wait to get playing again.
- **Jordan Hunter** played at the number 6 spot with an unpredictable gameplay style. He was hard to beat, and playing consistently, he racked up some good wins.
- **Daniel Pope**, at the number 7 spot, also has a great ability to move his opponent around the court. He was viable asset to the team.
- And last but not least, **Alex Giltowski** played at the number 8 spot with good talent. He racked up some wins and is excited to get back on the court.

Joshua Dunn

Badminton team member

Canoeing & Kayaking



Term 1 Canoeing & Kayaking

It has been a great start to the year with the boys paddling canoes and kayaks on the Patawalonga Lake at Glenelg and in the lower section of Brownhill Creek this term. They have progressed well with their paddling skill and strength.

As a special treat, the boys and their families were able to paddle in the Port River at West Lakes under my guidance and we were privileged to paddle with five dolphins in the Port River and saw much of the heritage marine precinct like the One and All, Birkenhead Bridge, Falie, City of Adelaide, etc. It was a lot of fun and the large group of 24 thoroughly enjoyed the leisurely paddle. We will definitely do this again!

Roger French

Canoeing and Kayaking Instructor





Cricket Round-up

With five teams and plenty of keen cricketers, the 6/7s were simply outstanding. All players have only improved since the beginning of the term with trainings functioning well. There were many highlights throughout the term, particularly the SAPSASA knockout team, who have managed to progress to the quarter finals, which will continue in term four. Another one of the great success stories has come during the internal Thursday evening Twenty20 matches, where the boys have enjoyed a healthy rivalry amongst their peers. Next year, we will look to evolve this competition, and hopefully it is one that is forever growing. Some of the individual highlights were Noah Haskett's consistent retirements, and the leadership shown by Will Patton in the knockout team.

The Year 8/9 cohorts similarly had so many numbers that we were able to add another team into the competition, ensuring a great competition for spots, and making selection incredibly difficult each week. The two outstanding performances from the 8/9 teams were Zachariah McCabe's 100* in the 9As, earning him a First XI berth, and Jamison Fitzgerald's hat-trick in the 8As.

Thank you to all coaches and parent helpers who made such a great effort during the term and the year, as without volunteers, CEA programs would not function.

I urge all cricketers to continue with their cricket in Term 4 and beyond. There is a crop of talent at Sacred Heart, and I hope to see you in the nets soon!

Tom Simpson

Cricket Coordinator

Futsal (Indoor Soccer)



Futsal at the Middle School

Futsal has so far been one of the best things to ever happen to the soccer program at Sacred Heart Middle. As a means of improving the boys' skills for outdoor winter soccer, futsal is top of the list. Since we piloted a Year 6/7 training program in 2016 with around 15 boys, the numbers have grown this year to well over 50 kids participating across the year levels. Some boys are training twice a week. Just from playing this term, the pace of games has improved incredibly, as Luke Romano and many other boys have noted. Their skills and vision in tight spaces has come a long way. Futsal is everything a youth sport should be:

- High intensity
- All the boys are constantly involved in the play (everyone defends and everyone attacks), lots of touches
- Lots of goals
- Game is the teacher; the coach simply sets it up. Something that's stuck with me is how Tyreece Conway said that "futsal is great since they have to work out things for themselves as they play"
- Creativity, tighter space and time forces the boys to come up with creative solutions to their situation.

Goal of the term

On Monday of Week 10, Year 7 student, Buddhima Weerakkody, scored a wonder goal that deserves a special mention. From inside his own half on the right, he launched a volley, sailing over the keeper into the back of the net. It was a privilege to be there to see it.

Respect

A big thank you to the boys for respecting each other, and their peer referees throughout the term. The soccer program places a big focus on teaching lifelong values such as this. It has been something we have explicitly worked on each term.

Morning Trainings

Thanks to the boys and parents for making the early morning trainings in such great numbers. It's been great to have a good crowd to watch in the mornings as boys wait for the morning bell. Siobhan Brophy, School Counsellor has endorsed morning trainings as a way of helping student wellbeing. The research into exercise before school suggests that it has a positive effect on attention in class. Anecdotally, the boys have said that playing helps to wake them up.

A few thank you's

Thanks to Adam Rice, Middle School Sports Coordinator, who has backed and given time and funds towards getting futsal off the ground - especially in getting proper futsal goals, which the boys have loved. Thanks to the parents for coming to watch and pick their kids up each week. And thanks to the boys, for coming to every session. It really has been a joy to watch.

Declan Jamieson

Soccer Coordinator



SAPSASA Lacrosse winners

The following boys smashed Brighton Primary in the 6/7 SAPSASA Lacrosse Grand Final 19-11. Congratulations boys and well done!

- William Dimech (Year 7)
- Trent Boydon (Year 6)
- Noah Haskett (Year 7)
- Grant Murdoch (Year 7)
- Tom Perkins (Year 6)
- Jake Underwood (Year 8)
- Harry Walsh (Year 7).

Lauren Wagner
Lacrosse Coordinator

Volleyball



Volleyball

What a great start to the year, only losing to Westminster in the first round! The boys have worked extremely hard to be undefeated. Their intensity and skill level improved each and every week. Our two captains, Matthew Lavery and Domenic Vizzari, always lead by example and I thank them for their efforts.

Congratulations to the following boys on achieving the following:

- Ethan Blanch and Henry Taylor were awarded the “Digs” of the game
- Mitchell Paprota and Jonas Barrett - the quickest overhead serve
- Zach Shinnick, Colby Miles and Austin Quinn – the best setters
- Jamison Fitzgerald – the best spikes in a game.

We are now looking forward to starting up again in Term 4 and will have the Year 9 Westminster team in our sights!

Graeme Stewart

Volleyball Coordinator



CONGRATULATIONS

Outstanding Individual Sporting Achievements: Middle School



Jack Hutton (Year 6) – Jack represented Australia in the U12 Australian Baseball team World Cup Qualifier - Oceania Championship in Guam in January 2017. The team won the tournament and advance to the U12 Baseball World Cup 2017, held in Taiwan in July 2017. Jack was also selected to play in the South Australian Little League Tournament (Seahawks) that will play in April 2017 for the National Little League Tournament that will be held in Lismore in June 2017.



Harvey Luscombe (Year 7) - Harvey is aiming for selection in swimming to compete in the Pacific School Games to be held in Adelaide, 3 - 9 December 2017.

Students who achieve sporting success outside of school at a state championship, national or international event are encouraged to inform the Middle School CEA Coordinator, Mr Adam Rice, in order to be acknowledged in the CEA Newsletter and beyond.

Well done!



A grade Catholic Girls Athletics Carnival

On March 21 2017, the Sacred Heart Girls Athletics Team headed to SA Athletics Stadium to compete in the A grade Catholic Girls Athletics Carnival. There were numerous successes throughout the day as the girls put their athletic skills on the track for all to see.

Madi Blight, Sian Bradley, Lauren Reid, Emma Smith, Sarah Mills, Abby Thorne, Annie Hunter and Keely Benwell hit the 100m and 200m track with impressive pace. Sarah Mills took 1st place in her 200m while Sian and Madi both finished 2nd in their 100m. The 400m saw Abby Thorne run an impressive 2nd place while Ash Pearce tackled the Hurdles event finishing 4th.

The field events were well represented with Teagan Coe, Mikaela Hayes, Amelia Grue, Sarah Mills and Ash Pearce hitting the sand in the Triple Jump event. Sarah was impressive, winning the Open division with a jump of 9.28m. Teagan continued across to the long jump and was joined by Sian Bradley and Madi Blight in this event where Sian managed a 3rd place in the Open division.

In the Shot Put, Bec Allchurch took out the Open division1 with 9.52m and Emma Stockman took home 2nd place in the Open division2 while Mikaela Hayes was second in the U16. Bec Allchurch continued her success and again took home first place in the Open division1 Javelin with 28.02m, while Grace Robins took Open division2 with 3.06m and Laura Daniell was 3rd in the U16. In the Discus, Kalesi Natadra threw 17.29m to take out first place in the Open division.

The distance track saw Ash Pearce and Hannah Denny-Dimitriou step up for the 800m with Hannah running 3rd for the Open division. Mikaela Hayes and Lucy Tucker tackled the 1500m while Annie Hunter represented SHC in the 1000m steeplechase.

To finish the day, our girls combined their sprinting talents to partake in the relays taking home a 1st in the Open event and 3rd place in the U16. Well done ladies.

The girl's talents and efforts saw SHC earn overall 4th place for the day. Well done to all the girls in the team on this fabulous result. A big thank you to Judy O'Dea and Ali Trewartha for assisting with the team, and to the SHC students who attended to officiate for the day.

Alex Penhall
Girls Sports Coordinator



Basketball



Girls Basketball

At the time of writing this report, our three girls' basketball teams were preparing for their final round of Term 1 Saturday morning basketball competition.

The Open A team will be playing off for 1st position against Nazareth College at Cabra College. Nazareth are the only team that has defeated the A team, in what has been an outstanding and dominating display from our Open A team. The team will be striving to make amends for this indiscretion finishing the term with a win.

On the Sunday, the Open A Girls team, together with the Open A Boys team, will head off to Brisbane for the Catholic Marist Basketball Carnival for four days of competition. Captains for the girl's team are Stephanie Warn and Bridgette Price. Congratulations to these girls and I commend the team on their choice of outstanding leaders for their team.

Sacred Heart College hosted the Open B Grade Basketball this term for the first time utilising our new sporting facility. We have two Open B teams; White and Blue. The Open B White team have fared the better of the two teams, playing off for 3rd position against Cardijn College while the Open B Blue team are playing off for 5th position against Nazareth.

The season began for the Open B's with the important 'derby' game against each other. Neither team had the advantage of any training and this was evident early with mistakes by both teams but the White team settled a little better and managed a first up win with Alice Fry prominent in the scoring for the White team, while Laura Daniell strong under the basket collecting rebounds for the Blue team.

The B White team then went on to play Cardijn, we found it difficult to penetrate Cardijn's zone defence although Jorja Rowsell kept the score ticking over with her foul shots and Reme Agars battled hard against the taller opposition. We are looking forward to the opportunity to turn the score around this week in the Playoff.

We had similar difficulty against a very competitive St Dominic's team the next week where, despite continued improvement, we suffered our worst loss. Gemma Thomas was a standout in this game, consistently controlling the ball against a very aggressive defence.

The results of the next two games showed just how much improvement the team had made with strong wins against Cabra and Nazareth. Jorja was a tower of strength again in the Cabra game, and was ably supported by Emily Baryczka-Quick among others while, Cat Palmer's aggressive defence and Maggie Noonan's long shots were a feature of the Nazareth win.

The B White team suffered several setbacks; injuries and players getting the call up for the A team resulted in an inconsistent line up and the need for fill in players. Special mention needs to be made for Annie Hunter who has filled in



for both teams providing excellent ball carrying down the court. Sophie Harris, Annie Kellock and Lauren McInerney have provide great defence with Isling Stack working well in blocking plays. Courtney Summers was the got to for attack delivering several 3 point scores.

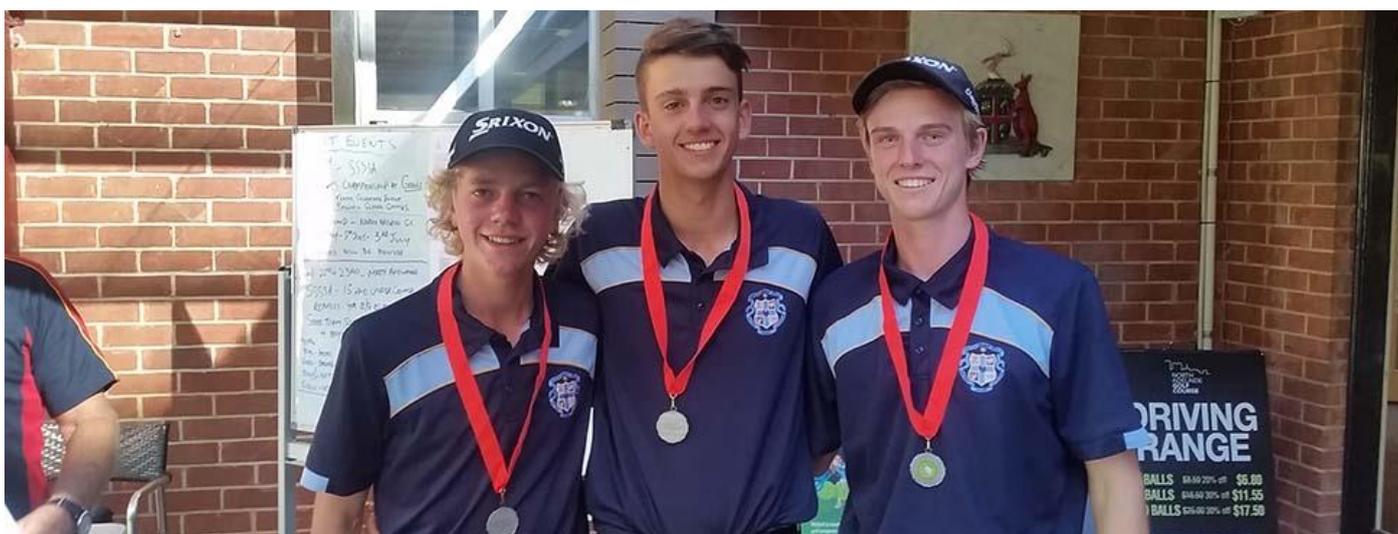
We are looking forward to the playing off against Nazareth as just last week we went down by just one point after leading the majority of the match.

Good Luck to all our Basketball teams this week and to our Open A team who head out to Brisbane on Sunday.

Michelle Crocker
Girls Basketball and Netball Coordinator

Michelle Beecham and John Cadd
Coaches

Golf



Golf

On Monday of Week 10, Sacred Heart College sent two teams to the Secondary School Sport Stableford golf event at North Adelaide Golf Course. All players competed well and represented the College in an exceptional manner. The team comprised of Darcy Burns, Mitchell Ward and Kane Hyam (pictured), who managed to take out second place with 96 points, behind the Mount Gambier team who won the day with 100 points.

Congratulations to all who competed and represented Sacred Heart College!

Nic Taylor
Golf Manager

Netball



Netball in 2017

Netball in 2017 has begun, with 14 teams selected to represent Sacred Heart College this year. Teams will compete in the South Australian Catholic Secondary School Girls Association, played on Saturday mornings in various venues across Adelaide.

Many teams have begun training after school in both our new Br McAteer Centre and on the Brighton Rd court. All players are now placed into teams and have been allocated a coach. We welcome several new coaches into the Sacred Heart College extended community.

Draws are yet to be finalised and girls will be emailed the details of when and when they will be playing soon. I look forward to a successful season.

Michelle Crocker

Girls Basketball & Netball Coordinator

Sports Day



2017 Sports Day at the Senior School

Sports Day is one of the greatest days of the school year, as it allows students to showcase their athletic ability, their sportsmanship, and their passion for their houses. On Friday the 3rd of March Sacred Heart College gathered on the Main Oval, in front of the new gym, and participated in the first sports day with the brand new houses! A day without schoolwork and school uniforms, instead bright colours and enthusiastic participants! Gone were the days of Franklin domination, as the creation of the new houses levelled the playing field, and allowed there to be an opportunity for a new champion house. These new houses, five instead of 10, meant that there were double the amount of students in each house, which meant the house spirit was booming.

Before Sports Day, houses were gathering together and organising their athletes and their cheers. This was crucial as Sacred Heart has a variety of events that are conducted prior to Sports Day. This was called the "Sports Week". Events such as the 1500m, the 800m, Tug-O-War, and the Year 12 long jump were completed prior to the day, so that everything would run smoothly. A great part of these pre-events, meant that there was a running tally of points before the big day, which allowed houses to start the competition early. Marian was in the lead in the events prior to Sports Day, with the other houses closely following behind.

The morning of Sports Day was filled with excitement and chaos! Thankfully our school has great teachers who were able to organise the day, especially Miss Trewartha and Mrs Penhall, who gave up so much time and effort behind the scenes to make sure everything fell into place on the Friday morning. Of course there were other teachers who helped out tremendously, especially in the pre-events; Mr Hildyard, Mr Gill and Mr Hutton, and of course we can't forget Mr Wright with the starter gun!

The day was predicted to be 38 degrees, which was daunting, as if the day was to be this hot it would have to be cancelled! Thankfully, the weather was on our side and the temperature did not reach this extreme! Sports Day started with the captains arriving early, organising and setting up each house area. It was said by many that having five houses with five single colours was a lot easier to manage than 10 houses with multiple colours! Once the students had signed in at homeroom, they all made their way over to the Main Oval.

After the students had set their gear down, and had organised themselves, the house warm ups began, where each house had a chance to do a warm up lap and perform some stretches, whether they were useful or not, and get their team fired up for the day to come. Once Mr Lynch and Mr Byrne completed their welcome speeches, the events were underway!

Although there were too many events to recount, it was obvious that with each event, multiple athletes from each house were participating, and giving it their all! The main part of Sports Day was participation, and everyone trying their best and doing what they could for their house. It was great to see those who were not as athletic, giving it a go and having fun. Sports Day is a great day to have fun and try your best.

The points were close throughout the duration of the day, with all the houses being within a few 100 points of each other. After having multiple houses in the lead, it was anyone's game before the relays were completed. Each house knew the importance of a couple of points, as it could be the difference between winning and losing! And surprisingly, this was to happen by the final results!

By the end of the day, all houses were exhausted and cheered out, however still managed to give their final chants to gain some house spirit points. The house that proved to be the most cheering and with the most house spirit was Fourviere! They had to give some credit to their trusty cheerer, Dante De Ieso, who stole the show with his energy and excitement ALL day.

Once the spirit award was presented, it was the champion shield that was next, and all five houses were wanting to be the first ones on it, as they would be the first winners of the new houses! The rankings were close in all positions, however there were only two points separating first and second, and there can only be one winner. With Mr Lynch holding the suspense until the last possible second, it was announced that Chavoin house had won the 2017 Sacred Heart College Sports Day!

To conclude, Sports Day was a great day, with student participation at the highest it has ever been! We would like to thank everyone who helped to make the day as successful as it was. Many hours of hard work goes into organising whole school events, especially ones that last the entire day, and all who helped should not be overlooked.

One last note:

For the Year 10s - it was an exciting first Sports Day at the Senior School!

For the Year 11s - they got to see how hard the Year 12's worked and know they will need to step up to fill those positions next year.

And for the Year 12s - they enjoyed their last ever Sports Day at school!

Bring on the 2018 SHC Sports Day!!

Sophie Agostino and Harry Morgan
Senior Sports Captains

[View Sports Day photo gallery >](#)

Tennis



Girls Tennis

The Girls Tennis for Term 1 2017 saw SHC enter two teams into the South Australian Catholic Girls Competition. Our SHC1 and SHC2 sides were both in the A/B grade competing weekly on Saturday mornings throughout the term.

SHC1 comprised of returning players, Georgia Daniell, Chelsea Barrett, Chloe Dutschke, Lauren Downing and Claudia Kitschke. The girls had some good wins against Marryatville1, Marryatville2, SAC, and a narrow two game loss to SHC2. The only team proving too strong for the girls was Mary MacKillop, who they faced in the grand final to decide the premiership. After losing to Mary MacKillop in the minor rounds, the girls knew it was going to be a tough final. The SHC1 team took home an admirable second place.

Our SHC2 team consisted of new players Zoe Morris, Jerzeeh Robinson, Lousie Palmer, Celina Kidiga and Lucy Tucker. Together, these girls had an impressive win over SAC and a close win over the SHC1 team. Narrow losses to St Ignatius by four games and Marryatville2 by two games saw the team slide to third place in a strong A/B competition. With tough matches against Mary MacKillop and Marryatville1, the SHC2 team finished an impressive third just behind our SHC1 team.

Well done to all our tennis players on a fabulous Term 1. A huge thank you to Bernie Thorpe for her assistance in managing the teams and ensuring our Boarders were able to get to their venue for matches.

Alex Penhall

Girls Sport Coordinator



Waterpolo



Catholic Girls Water Polo

Sacred Heart College entered two teams into the Catholic Girls Water Polo for 2017. These two teams composed of predominantly boarders and a few day students made their way to Adelaide Aquatic Centre each Thursday for competition with coaches Ms Eaton and Mr Kelly. SHC faced some tough competition throughout the term, with only the year 12 team qualifying for finals. However the added pressure is perhaps just what we needed, coming away with a 13-6 win against Walford with Ursula Taylor scoring goal after goal and Ellen Wauchope doing a tremendous effort as goalkeeper, keeping the opposition at bay.



Although the Year 10/11 team did not make finals, the team had promising skills and consisted of some strong swimmers with Jorja Rowsel leading the pack. The girls' spirits were always high which made the season much more worthwhile and enjoyable.

We all thank Ms Eaton, Mr Kelly and Mr Wright for helping each week run smoothly.

Alice Fry

Waterpolo team member



CONGRATULATIONS

Outstanding Individual Sporting Achievements: Senior School

Congratulations to the following students, who will travel to Melbourne over the Easter long weekend to compete in the 2017 National Lacrosse Championships. **Maddison (Maddi) Lewis (Year 12)**, **Lily Tanner (Year 12)** and **Anastasia Ritchie (Year 12)** have been selected in the Women's U18 State Lacrosse Team. **Henry Haskett (Year 12)**, **Harry Jiannis (Year 11)**, **Nathaniel Rowe (Year 11)** and **Thomas Strudwick (Year 11)** have been selected in the Men's U18 State Lacrosse Team, with **Mitchell Lewis (Year 11)** and **Mitchell Fuss (Year 11)** selected as alternates.



Sam Sanderson (Year 11) – Sam has been selected to represent Secondary School Sport SA at the forthcoming School Sport Australia Tennis Championships. These championships will be held in Shepparton, Victoria in May 2017.

Congratulations to the following Sacred Heart students that achieved outstanding results at the 2017 Australian Athletics Championships as part of Team SA. Their team (Team SA) collected 9 Gold, 17 Silver and 20 Bronze medals, along with many PB's! **Tristan Camilleri (Year 11)** won GOLD in the U17 5000m Walk; **Jack Downey (Year 10)** won SILVER in the U17 Pole Vault; and **Harrison Ruth (Year 11)** won BRONZE in the U18 Boys 4x400m.



Connor Read (Year 11) – Connor won the 2017 Australian Boxing Championships on the weekend. He is now the Australian Junior Flyweight Champion for 2017. This is a significant achievement given that South Australia has one of the smallest boxing communities of all Australian states.





Emma De Broughe (Year 11) - Emma has been chosen to participate in cricket and hockey at an elite level this year. Emma was asked to travel to Melbourne to participate in cricket matches as part of the Scorpions Development Squad and is also in the Australian U17 hockey team, travelling to Europe in May 2017 to play against playing hockey against U18 teams from the Netherlands, Germany, France and Belgium.



Jayden Lobasso (Year 11) – Jayden will be travelling with the Adelaide United soccer team to Spain in April.

Thomas Burdon (Year 10) and Caleb Skipworth (Year 10) - Thomas and Caleb will be in the Gold Coast representing the SA U19 Gridiron team.



Congratulations to **Sophie Agostino (Year 12)** and **Bec Allchurch (Year 12)**, who were both selected to represent SA in U19 State SA Netball side competing in Nationals in Canberra next week.



Courtney Summers (Year 11) – Courtney was selected to represent NT in the U17 netball side competing at Nationals next week in Canberra.

Students who achieve sporting success outside of school at a state championship, national or international event are encouraged to inform the Senior School Sports Department (Ms Ali Trewartha, Mrs Alex Penhall or Mr Robert Gill), in order to be acknowledged in the CEA Newsletter and beyond.

Well done!