

**WHOLE SCHOOL**

## From the Sport Coordinators

The winter sport season is starting to wind-down with the majority of girls' and boys' Saturday sport finishing on the weekend of 26 August.

On the weekend commencing Friday 18 August, a contingent of 112 talented students and staff travelled to Assumption College Kilmore (ACK) in Victoria to participate in the 61st Annual ACK-SHC Exchange. The Exchange is designed to broaden and strengthen the Marist charism across the two Colleges through a range of cultural and sporting events. The Exchange was, yet again, an absolute success and we thank our friends at Assumption College Kilmore for their hospitality.

Sacred Heart College hosted the annual Intercollegiate sporting program between SHC and Rostrevor College, which was established in 1923, making this year the 94th Intercol. The 94th Intercol was a great success as the College was able to utilise the new basketball and function centre facilities known as the Brother McAteer Centre. Full results from the day are included.

While our Saturday sport is nearing completion, we have also entered teams in the Statewide Knockout carnivals. These have included a boys' and girls' Knockout Volleyball team, First XVIII girls' Football, First XVIII boys' Football, Open A boys' Basketball, Year 10 boys' Basketball, Year 10 boys' Soccer, Open Korfbal, Open Touch Football, Year 8/9 Football, Year 8/9 Basketball, Year 8/9 Futsal and Year 8/9 Soccer, Year 6/7 Football, Year 6/7 Basketball and Year 6/7 Soccer. A number of these teams are still involved in the finals and will be reported on in the next edition.

Our Squash teams have had a fruitful season with our Open team and Year 8/9 team both making the finals, while our U/16 Rugby team lost in their grand final against the Brothers (CBC/Rostrevor combined team). A season wrap up for both squash and rugby provides more detail.

This winter, Sacred Heart College nominated 14 netball teams and of these, we can confirm that at least seven teams will be playing off for first position this year, which is an outstanding result.

Term 4 sport nominations are due soon and we encourage all students to pay attention to the daily morning notices in order to receive key messages regarding team selection in Term 4.

**Alex Penhall**

Girls Sport Coordinator (Senior)

**Ali Trewartha**

Boys Sport Coordinator (Senior)

**Adam Rice**

CEA Coordinator (Middle)

## CONGRATULATIONS

# Outstanding Individual Sporting Achievements

### Whole School



**Xavier Robins (Year 9)** and **Zachary Dumesny (Year 10)** represented Secondary School Sport SA at the School Sport Australia Australian U/15 Football Championships in Perth and Mandurah, WA on 22-29 July, 2017. Zach was named as the leading goal kicker for the carnival with 16 goals and was selected in the All Australian team. Well done boys!

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SHC First XVIII Deputy Vice Captain, **Charlie Ballard (Year 12)**; SHC First XVIII Captain, **James Rowe (Year 12)**; and 2016 SHC First XVIII Captain and Old Scholar, **Alex Martini ('16)** were selected to represent South Australia in the NAB AFL U18 National Championships in July this year. Here they are pictured after their victorious match against Victoria Country at Simonds Stadium in Geelong on 5 July.

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### Middle School



**Cooper Bobridge (Year 6)**; **Ashton Moir (Year 7)**; **Will Patton (Year 7)**; **Bowen Payne (Year 7)** and **Bodie Ryan (Year 6)** took home silver medals in the Under 12 State Football Championships Grand Final in Darwin.

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**Jarrod Blundell (Year 9)** won a tally of five medals in the Special Olympics Junior National Games on the Gold Coast, 3-6 July, 2017. Jarrod won Gold in the 50m sprint; Silver in the broad jump; Silver in the softball throw; Bronze in the 4 x 50m relay and another Gold in Basketball! Well done Jarrod!

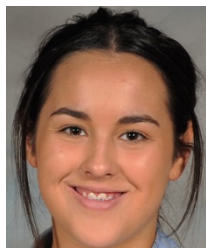
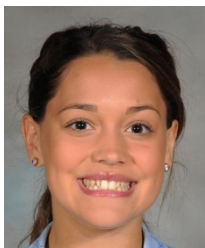
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## Senior School



**Emma de Broughe (Year 11)** has been selected in the Under 18 Australian Hockey squad after playing in the state team in Hobart earlier in the year. She was selected after being selected for the fourth time in the State Under 18 Cricket team. Well done Emma!

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**Marlee-Rose England (Year 10); Samantha Hiern (Year 10) and Abby Wilkin (Year 10)** were intermediate national team winners in the ACF National Calisthenics Championships Competition held at NIDA in Sydney on 5-8 July 2017. Well done, girls!

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**Evie Goldsmith (Year 11)** has been selected in the Young Matilda's extended 50 player list for the AFC U19's Women's Championships. Well done Evie!

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**Jessica Harvey (Year 10)** will be competing in the AASCF National Cheerleading Competition in Melbourne, 24-26 November 2017. Good luck Jessica!

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**Jackson Kalz (Year 12)** finished 4th in the IMG Academy Junior World Championships at Torrey Pines Golf Course in the United States in July - a massive achievement! Plus the Australian team of Jackson and Andree from Victoria came second. Jackson, the 2017 South Australian Junior State Captain, finished 2 under the card after 4 rounds (72 holes). The Championships is the largest international event in the world and is unique for its international representation and cultural diversity. Watch this space!



**Matthew (Matty) Tidswell (Year 10)** competed in the World BMX Titles (16 Years Boys section) 17 July - 4 August. Matty has been on a bike since he was 6 years old and next year is considering joining the age group known as "Junior Elite" which provides a pathway to the Olympics. Good luck and well done Matty!

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*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** or 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!***



## 2017 Intercol SHC vs Rostrevor



## 94<sup>th</sup> annual Intercol

The annual Intercol is a sporting exchange between Rostrevor College and Sacred Heart College that commenced 94 years ago in 1923, the same year Rostrevor College was established. The rivalry forged then between our two schools continues today.

This year we were able to utilise our new facilities at the Senior Campus as the hosts of this excellent Exchange, and on Friday 4 August and Saturday 5 August, our students took to their chosen sport with ambition, drive and determination. There were many impressive performances, including demonstrations of athletic prowess and of commendable sportsmanship. The results and awards listed below provide a snapshot of the sporting battles that took place.

We sincerely thank all coaches, staff, parents and Old Scholars who were involved in the preparation of the Intercol, which would not have been possible without the help of all who contributed.

### SOCCER

First XI: SHC 0 drew RC 0 (Medallist: Joel Smith)  
Second XI: SHC 1 def RC 0 (Medallist: Marcus McInerney)  
Third XI: SHC 3 def RC 1 (Medallist: Dominic Mayer)  
10A: SHC 1 def by RC 11 (Medallist: Jack Spyker)  
Middle A: SHC 0 def by RC 4 (Medallist: Luke Romano)  
Middle B1: SHC 2 drw with RC 2 (Medallist: Ethan Kerrish)  
Middle B2: SHC 1 def by RC 24 (Medallist: Will De Ritter)  
Primary A: SHC 2 def by RC 4 (Medallist: Jai Shipton)

### BASKETBALL

Open C: SHC 54 def RC 16 (Medallist: Jake Hywood)  
Open B: SHC 57 def RC 12 (Medallist: Liam Chapman)  
Open A: SHC 53 def RC 43 (Medallist: Hayden Meakes)  
Middle C: SHC 33 def RC 18 (Medallist: Fletcher Wellington)  
Middle B: SHC 31 def RC 26 (Medallist: Dane Bobinac)  
Middle A: SHC 48 def RC 20 (Medallist: Will Wilkinson)

### FOOTBALL

First XVIII: SHC 12.11 def RC 3.10 (Medallist: Wilson Otto)  
Second XVIII: SHC 14.14 def RC 5.3 (Medallist: Tate Lovering)  
Third XVIII: SHC 24.18 def RC 4.1 (Medallist: Patrick Fordham)  
Year 10A: SHC def by RC by 35 points (Medallist: Tom Rooney)  
Year 10B: SHC 24.12 def RC 1.0 (Medallist: Kyle Scott)  
Year 9A: SHC 6.2 def RC 5.7 (Medallist: Xavier Robins)  
Year 9B: SHC def RC (Medallist: Elijah Laube)  
Year 8A: SHC 4.6 def by RC 6.6 (Medallist: Ed Faulkner)  
Primary A: SHC 14.25 def RC 0.0 (Medallist: Bowen Payne)

### TABLE TENNIS

Middle A: RC 24 def SHC 16 (Medallist: Jake Underwood)

**Adam Rice**  
Middle School CEA Coordinator

**Ali Trewartha**  
Senior School Boys Sport Coordinator

**Robert Gill**  
Senior School Football/ Cricket Coordinator



[View 2017 Intercol gallery >](#)





### Rugby 2017 season

The Under 16 Sacred Heart College Rugby team was a combined team, with players from the Senior and Middle school. Players from the Senior School were Christian Wright (Captain), Maccalaster Barnett, Ben Gilmore, Kai Laidlaw, Kyle Scott, Matthew Philips, Jake Foster, Harry Chapman, Tom Clemow, Leo Brinkworth and Sean Harris. Jackson Davis and Luke Grebenshikoff also helped out during the season. From the Middle School we had Rourke Ryan, John Bates, Angus Fraser, Zachary Bates, Will Meadows, Noah Pearce, Finn Yates and Keagan White. Sacred Heart College was also able to include players from Brighton High, which helped consolidate an already talented side.



The Under 16 Rugby team had a shaky start to the 2017 season. In our first match against Pembroke College, due to a shortage of players, Pembroke actually provided two players to even up the contest. As it turned out, this was the only match that Sacred Heart College played and lost.

In the following matches the Sacred Heart side had five wins:

Lost to Pembroke College 36-12

Defeated Prince Alfred College 50-0

Defeated St Peter's College 58-12

Defeated Pembroke College 47-19

Defeated Prince Alfred College 30-5

Defeated St Peter's College 44-22.

Unfortunately Sacred Heart College had to forfeit both its matches to Christian Brother's College (CBC) and Rostrevor College due to unavailability of players. Despite these forfeits, Sacred Heart College did make the preliminary final against Pembroke College.

The preliminary final turned out to be an exciting affair. Sacred Heart found themselves down 7-0 at half time. However, they were able to score two tries in the second half to take 14-7 lead thanks to Ben Gilmore and Christian Wright. In an exciting finish, Pembroke scored after the final siren to make the scores 14-12. The conversion attempt was unsuccessful, leaving Sacred Heart winners, 14-12. This meant a grand final spot to play against the combined CBC/ Rostrevor side - an unknown quantity given neither side met during the season due to forfeits.

The grand final was a closely fought match. Both sides were evenly matched and the sides went to the half time break with CBC/ Rostrevor leading, 7-5. Unfortunately Sacred Heart were down a player for 10 minutes in the second half which allowed CBC/ Rostrevor to cross for two converted tries to go to a 21-5 lead. The win for CBC/ Rostrevor was sealed when they scored on full time to make the final score 28-5.

It was a gallant effort on the part of Sacred Heart College. They never gave up and did the College proud. It turned out to be a very successful season for the Under 16 team, having won six games in a row before losing the grand final.

Thank you to all the players involved. Also thank you to coach, Barry Cooper, whose experience and knowledge of the game is second to none. Also thank you to Troy Rowland and Deb King for organising the boys from the Middle School each week. A special mention to Chris Murphy in the Senior School's front office for organising the bus for each match.

**James Grant**  
Rugby Coordinator

## Special Notice - Concussion

### Concussion - Take it seriously

All concussions should be treated seriously. Most concussions occur without loss of consciousness. Recognition and proper response to concussions when they first occur can help aid recovery and prevent further injury, even death.

The College follows the guidelines established by Sports Medicine Australia and the AFL in the management of concussion and return to play post-concussion.

#### What is Concussion?

A concussion is a type of brain injury that changes the way the brain normally functions. It can be caused by a bump, blow or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth.

All head injuries **MUST** be assessed by an appropriate health professional in the first instance and then referred on to a qualified medical practitioner with experience in the field as soon as possible.

#### Responses, care and treatment

Any person with a knock to the head should be:

- Immediately removed from the activity
- Reviewed by the school nurse or first aid person on duty
- Examined and assessed by a doctor as soon as practicable
- Continually observed and monitored by a responsible adult-arrangements should be made with parents/guardians/boarding staff/emergency contact to ensure the person is not left alone
- Woken every 2-3hrs during the night to ensure they are able to be roused easily.
- Rested quietly from the activity, sport or any kind of training for 48hrs after the last symptom has abated
- Advised to avoid alcohol and any medication not prescribed by a doctor
- Encourage to remain well hydrated
- Prevented from driving a motor vehicle or operating any kind of machinery.

#### What are Concussion danger signs?

A person should be taken immediately to a doctor if he/she exhibits any of the following danger signs after a bump, blow or jolt to the head or body:

- Increased drowsiness, difficulty in rousing or loss of consciousness
- Visual changes- blurred or double vision
- One pupil larger than the other
- Persistent headache or neck stiffness
- Dizziness, weakness anywhere in the body, numbness or decreased coordination
- Vomiting or nausea
- Slurred speech
- Fits, convulsions, seizures or spasm of the face or limbs
- Blood or clear fluid discharge from the ear or nose
- Cannot recognise people or faces
- Becomes increasingly confused, irritable, delirious, restless, agitated or slow to answer questions
- Exhibits unusual or abnormal behaviour.



**Return to school and/or activities (such as sport)**

- The person suffering the concussion must have a medically appropriate period of physical and mental rest (called a 'brain rest') - this includes avoiding any kind of strenuous activity such as sport, including PE, and training sessions but also includes activities that require mental concentration- e.g. Computer use, television, texting and video games.
- The person suffering the concussion must not play any kind of competitive sport or engage in physically demanding activities for at least 7 calendar days.
- All students who have been concussed and wish to return to activity, sport or training must be symptom free for 48 hours.

If you have any questions, please direct them to the College Nurse.

**Fiona Rixon**

WHS Coordinator (Middle School)



## Year 8 Footy round-up

### **Game 7– Saturday 1 July: St Michael 8.5 (53) defeated SHC 8.3 (51)**

Goals: Stewart 3, Van Kempen 2, Argent 2, Owens 1.

Best: Van Jaarsveldt, Stewart, Argent, Van Kempen, Owens.

Expectation was high for the game given the close game earlier in the season, in what was a very even battle over the first three quarters. SHC could not get to full steam but still managed to hold a 2 goal lead going into the final term. Despite trying hard, St Michaels had more run in the final quarter and despite kicking into the breeze, over-ran SHC to steal an upset victory by 2 points. SHC losing a close one.

### **Game 8 – Saturday 5 August: INTERCOL Rostrevor 6.6 (42) defeated SHC 4.6 (30)**

Goals: Stewart 1, Dewhurst 1, McCauliffe 1.

Best: Faulkner, Dewhurst, Bull, Owens, McCauliffe.

Heavy conditions greeted the players for a wet, muddy and windy Intercol game. Rostrevor were the better team for the first half, playing in front, working harder and moving the ball well. SHC responded in the 3rd quarter with Faulkner leading from the front willing SHC back into the game. McCauliffe being clever up forward kicking one and handing off another. The game was up for grabs in the last quarter with SHC taking a two point lead into the 4th, however with a strong breeze and a strong belief, Rostrevor kicked 2 late goals in the last minutes to take the victory. Rostrevor a deserved winner on the day. Faulkner a clear standout for the Intercol Medal as best player.

### **Game 9 – Saturday 12 August: SHC 7.3 (45) defeated St Ignatius 3.2 (20)**

Goals: Stewart 3, Faulkner 1, Dewhurst 1, Boydon 1, McCauliffe 1.

Best: Van Jaarsveldt, Lavery, Shinnick, Faulkner, Barrett.

Despite the 8am start the ground was dry and conditions good, SHC came out expecting a contest and were up for it from the start. A very even first quarter with SHC 1 goal up taking the honours. Q4 was a tough contest, with the game hotly contested, SHC showing some clean ball movement and getting some breathing space. Iggies continued to fight putting SHC resolve to the test. Paprota good on the ball and Stewart kicking a few clever late.

**Nick Shinnick**

8A Football Coach

## Pedal Prix



## Racing to the end!

The UniSA Australian HPV Super Series is staged by Australian International Pedal Prix Inc. and is a competition where teams race Human Powered Vehicles (HPV's) on a closed controlled circuit.

On Sunday 30 July, Pedal Prix team members turned up at Victoria Park for a chilly start to continue this year's racing campaign. After a dry start, some crashes, bumps and knocks, the riders settled into the race and the spectators enjoyed the spill and thrills of 'crash corner' and the event action. Spectators were treated to a sprint event from the Category 4 vehicles, (adults) at a speed at which some racers was awesome.

Our vehicles, *Sacred Stars*, *Avatar 2* and *Heartbeat*, all improved their changeover times, lap times and time spent in the vehicles by individual riders.

A big thank you to the parents who helped students in and out vehicles and those who took a turn at marshaling early in the day. Special thanks to the Green family for assisting with scrutineering during the holiday break. Without your help, these events would not be possible.

Why not come and see all the action at our next race on Sept 23-24 in Murray Bridge. This is a 24 hour event and by far the most demanding race of the Pedal Prix season.

**Sonja Brownridge, Joe Millemaci and Sean Perry**

Pedal Prix Coordinators







## 2017 Soccer & Futsal season overview and Intercol results

### Season Overview

Change in any environment is gradual and the right steps are being taken from last year to make soccer at Sacred Heart Middle School what it can and will be. Training attendance over the eight teams is up from last year and the quality of training is markedly improved. Specifically, this is the first year the FFA curriculum has properly been implemented and with this, the standard of the coaches is improving across the board.

Once the soccer season is done we will transition into futsal for the remainder of the year.

### Intercol Results

The 2017 Intercollegiate Weekend was played in great spirits and in the tradition of the longstanding rivalry between Sacred Heart and Rostrevor. It was the first year in which the 8/9As and 6/7As played in a quadruple-header on the Friday night at Sacred Heart Senior School. Thank you very much to all involved!

8/9As lost 4-0 - Best player: Luke Romano

8/9Bs drew 2-2 (Lost 6-7 on penalties) - Best player: Ethan Kerrish

8/9Cs lost 24-1 - Best player: Will De Ritter

6/As lost 4-2 - Best player: Jai Shipton

### 8/9 Knockout Futsal

In our regional pool, we won the grand final of the round and have progressed to the finals at Marden later this term. In the group stages the boys won 4-2 against Unley, 9-3 against Adelaide High, drew 2-2 with Brighton. In the semi-finals we won 4-3 in a tight encounter against Blackwood High after going down to an early goal. The pressure was off in the grand final as both finalists, Sacred Heart and Blackfriars, had qualified for the last stage later on this term. In the end we won 7-5. It was a strong team performance across the board and the boys represented the College very well.

To single one player out would have to be Lachlan Nottle, who pulled off some spectacular saves throughout the day at crucial moments. Well done to all of the boys! I think those early morning futsal trainings have paid off. Wish us luck in the next round!

**Declan Jamieson**

Soccer/Futsal Coordinator



## 61<sup>st</sup> Assumption College Kilmore Exchange

On the weekend commencing Friday 18 August, a contingent of 112 talented students and staff travelled to Assumption College Kilmore (ACK) in Victoria to participate in the 61st Annual ACK-SHC Exchange. The Exchange is designed to broaden and strengthen the Marist charism across the two Colleges through a range of cultural and sporting events. The Exchange was, yet again, an absolute success and we thank our friends at Assumption College Kilmore for their hospitality.

The events of the weekend commenced with a netball fixture that saw a well-coached and disciplined ACK side triumph after the SHC players battled valiantly to overcome an early scoreboard deficit.

The celebration of Mass on Saturday delivered a poignant message for the young adults of the modern world. Fr Frank Marriott encouraged the students from both College's to continue to be role models in "crossing boundaries to promote and encourage inclusivity and diversity".

For the remainder of Saturday evening, the audience was treated to a showcase of exciting and spectacular music, dancing and debating from the students of both Colleges. The SHC debaters convinced the onlookers and judges, in an eloquent and well-organised presentation that "social media has not killed social skills".

Exchange participants arrived early on Sunday to be treated to a rare balmy winter's day in Kilmore. The opportunity had arrived for the College's leading sportspeople to display their talents in an array of sporting contests.

Our boys' and girls' basketball teams played early and were on the wrong side of the scoreboard, in very close encounters.

Both SHC boys' and girls' soccer teams showed how hard and tough they are in relentless displays, the spoils of victory settling at one win for each College.

In the past, our girls' hockey team have been on the receiving end of some big wins by the Assumption team. However, this was not the case this year with our players matching everything the opposition threw at them to finish with a narrow loss.

The Athletics Gift and Relay featured a group of talented athletes representing both Colleges. Sacred Heart took out both the male and female Gift and the boys' relay.

The final contest, to end a wonderful weekend, was the 1st XVIII Football game. Both teams played an exciting brand of football in great conditions. After facing a significant ACK challenge in the third quarter, the SHC team steadied and stamped their class on the contest to record a win.



A special thanks to all Exchange participants who engaged, at all times, in a positive and purposeful fashion throughout the weekend. (The staff at the Melbourne Airport reported that 112 students took a moment to thank them for their help with checking in!)

Thanks also to Amanda Reichelt and Dan Lynch for their hard work, which made this such a meaningful Marist Exchange. We look forward to welcoming our Marist brothers and sisters to Sacred Heart College in 2018. Breaking down boundaries, encouraging inclusivity and diversity, and engaging with them in our world class facilities, for the 62<sup>nd</sup> Exchange.

**Luke Hildyard**

SHC-ACK Exchange Coordinator



[View 2017 SHC-ACK Exchange gallery >](#)



## Basketball – Boys



### Open A Boys' Basketball team finishes 2nd after a tremendous effort

What a brilliant performance our Open A Boys' Basketball team put on in their recent State Knockout day. Although it was a disappointing end to what was a phenomenal day, the boys held their heads high in true Hearts spirit. The team improved as the day went on, as led by new coach, Reece Carter and Assistant Coaches, Nathan Anderson and myself. With SHC Old Scholars joining our support crew, we were ready to go.

An exciting finish to our first game against St Peter's College put the boys in good spirits. Captain and point guard, Finn Shead, stepped up to the plate to tie the game, hitting a huge 3 in the dying seconds of the game. This definitely got the boys up and about, with parents and supporters cheering from the sidelines. Young gun, Hayden Meakes, dominated inside and outside of the paint, and a mentionable effort goes out to power forward, Alex Habib, who took a significant knock to the face and still brought a positive energy to the game (and subsequent four games). He later found out he had four fractures in his cheekbone and needed surgery! We have that "never say die" attitude at SHC!

The boys continued to lift, which led to a comfortable win over Cabra and Tenison College, as made sure by guards, Tom Gear and Marshall Harvey. Next up, the semi-final; a tense battle against Henley High. From the get go, the Hearts proved too physical and too strong for Henley, as led by senior players, Lincoln Ellicott and Che Cielens, and backed up by key defenders, Cooper Booth, Lewis Carey and Henry Baker.

Even with injury striking our team yet again (our power forward and Australian-representative, Ben Carter absent from the group), we were prepared for what was going to be a nail-biting grand final against Trinity College. The boys were ready, but were not without fatigue. After all, they'd only had a 15 minute break between games. It was a battle, and one that we unfortunately lost. The boys did everything they could and we are so incredibly proud of them. We thank everyone for their support, particularly Boys' Sports Coordinator, Ali Trewartha and legendary supporter/scorer, Mitchell Pearson, along with superstar, Sandy Ellicott for her generous time preparing nutritious snacks and lunch on the day for the Hearts.

On reflection, it has been another incredibly successful and fulfilling year. On behalf of the coaches, we look forward to our final few games together and have enjoyed the many memories that we have made.

#### **Jordan Walker-Roberts**

Boys' Open A's Basketball Assistant Coach and Manager



### Number one: SHC Girls win Knockout Footy Grand Final

The Girls' Football side played their first games of the State Knockout Competition on Tuesday 13 June on the Main Oval, playing against Tatachilla Lutheran College in Game 1 and Cardijn College in Game 2. It was an exciting start to the Knockout competition and all the girls were excited to represent their College.

#### **GAME 1: SHC 3.2 defeated Tatachilla 1.0**

The first game started slowly, as players were playing together for the first time and it was our first hit-out for the year. Girls were certainly rusty in executing their skills. In dewy conditions, the girls were finding it hard to take the ball cleanly, but the endeavour, chasing and tackling was evident. Tatachilla were a strong side, with some very good players and they regularly took the ball forward and put our defense and team under pressure. Midfielders led by Smith, Kohn and Harkness controlled and won the ball and drove it forward, whilst our defenders mopped up opposition attacks, capably organised by Hayes, Bennett and Fry. In the end, the girls won by a narrow 14 points and were alive for Game 2 to progress to the next round.

Goal Kickers: Kellock, Kohn, Turnbull 1.

Best Players: Kohn, Smith, Hayes, Harkness, Bennett, Fry.

#### **GAME 2: SHC 9.10 defeated Cardijn 0.0**

Cardijn looked to be a strong opponent after defeating Tatachilla in golden point overtime. The winner of this game were to advance to the next round, so there was plenty to play for. In a really strong start, the girls jumped out of the blocks quickly, as the school crowd poured into the Main Oval. Kellock was providing the team with a real target up forward and was slotting important first half goals. Morgan and Paull were dominant across half-forward, as they continued to drive the ball inside the 50m arc. Kohn and Bennett were lively in the midfield and once again Hayes was repelling opposition attacks. The girls tackled like crazy, took the game on and defended with frugality, holding Cardijn scoreless. The girls enjoyed playing on the Main Oval, showcasing girls football to the big crowd that came to support.

Goal Kickers: Kellock 4, Paull 2, Ffrench, Smith, Morgan 1.

Best Players: Morgan, Kellock, Paull, Kohn, Hayes, Bennett.

The girls now advance to a 3-way semi-final to be played in early Term 3 against Mercedes College and Trinity College. The winner of this next phase, will progress to the State Knockout Grand Final on Adelaide Oval.

### **GAME 3: SHC 3.4 defeated Trinity 0.5**

Goal Kickers: Turnbull, Kellock, Morgan 1

Best Players: Smith, Kohn, Ffrench, Paul, Hayes, Fry.

### **GAME 4: SHC 5.1 defeated Mercedes 0.2**

Goal Kickers: Smith 2, Mackrill, Morgan, Bennett 1

Best Players: Harkness, Smith, Morgan, Donnell, Mackrill, Kohn.

### **STATE KNOCKOUT GRAND FINAL**

#### **SHC 4.6 defeated Henley High 4.3**

The SHC Girls Football side were playing in their 5th consecutive state knockout grand final - our opponents in this instalment was Henley High. After the disappointment of not playing on Adelaide Oval due to poor weather, an opportunity to win a 4th title since 2013 was still up for grabs. On a muddy and wet day for football on Woodville Oval, this grand final was going to be brutal.

The game started with all momentum going Henley's way, goaling within the first 2 minutes. Henley were more physical and intent on winning the ball and we looked shell shocked. The SHC girls were half-asleep and it showed, as the margin blew out to 18 points in 10 minutes. It was worrying signs, as this type of application from the girls is very rare. As the quarter drew to a close, the girls finally switched into action and started winning the ball and keeping it in our own half, two shots on goal showed positive signs we had the potential to compete. Now going with the breeze, it was important to step it up and use the advantage. The girls started to win more ball and "hack" it forward with big kicks. Despite peppering the points early, we eventually managed to back to back goals and the margin was now 4 points at the main break. Henley were a solid outfit and this game would come down to who could apply the pressure the longest.

Going into the premiership quarter, the girls were now really up for the contest and it showed in their focus, chasing and tackling and in our defensive work. Our defenders were doing a fantastic job of playing tight and repelling Henley attacks. It certainly was a willing game of football and despite dominating field position and possession, we just couldn't kick the all-important goal to put us in front. Eventually, we capitalized and put our noses in front for the first time, to then see Henley hit back quickly with an easy goal. At the final break we were down by 3 points, going with the breeze in the last quarter.

Early in the final term, we had plenty of the ball in our forward 50m but Henley were defending so stoutly, with a flood of numbers at the contest. This early dominance moved to Henley, who got on top, controlling the ball in their own half. With 4 minutes left on the clock and the title looking hard to grasp, we wrestled the ball down the wing - this was our last opportunity to kick the winner. With 2 minutes remaining and the situation looking out of reach, a controversial free kick was awarded 15m out on a slight angle. Annie Kellock, lived every players dream of kicking the winner, as she went back, under pressure and kicked truly. When the siren sound to indicate an SHC victory, the girls celebrated loud and proud and dived around in the mud with smiles on their faces. This truly was a nail bitter, a hard earned victory in very trying circumstances. As coaches, we are very proud of all the girls and their efforts and how they represented their school with pride and passion.

For the match, our midfield of Emma Smith, Tessa Kohn, Tait Mackrill and Eirenn Harkness were pivotal in winning the ball and getting it forward. Our defenders led by Micaela Hayes and Alice Fry played tight and repelled Henley attacks and forwards Annie Kellock and Indianna Paull gave us an excellent avenue in attack. Emma Smith was deservedly awarded the Best Player after a consistent four quarter effort.

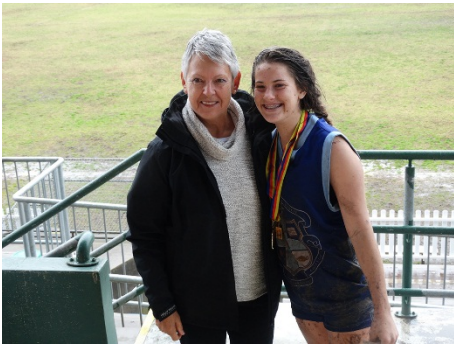
Goal Kickers: Kellock, Turnbull, Paul, Mackrill 1.

Best Players: Smith, Kohn, Hayes, Harkness, Fry, Mackrill, Paull, Kellock.

### **Garreth Hutton**

Coach







## Netball



## Netball Play-offs

Heading into the netball play-off round this weekend, Sacred Heart College is again well represented in the finals. All teams have performed exceptionally well. We can confirm that at least seven teams will be playing off for first position this year, which is an outstanding result. Final placings of all teams is yet to be announced. A detailed results report will be forthcoming.

SHC's Open Statewide Knockout team will play in the finals at Priceline Stadium on Tuesday 29 August. Sacred Heart defeated Murray Bridge High, Cornerstone College and Golden Grove High to progress through to the finals, where they will play-off against Trinity College, Tenison Woods College, Westminster College, Immanuel College and Mercedes College. It is sure to be a challenging and rewarding experience for the team and I am sure they will relish the opportunity to represent the College with great spirit and heart. Go Hearts!

**Michelle Crocker**

Netball Coordinator





### Squash review

We are nearing the finals for the Southern Squash League and our teams are well placed. Our Division 2 teams consist of a social side for Year 12s and a competitive side consisting of Year 10s and Year 11s.

Our competitive side have consistently performed at a high standard and have pushed the higher Division 1 sides. Stand out performances from Fraser Morgan and Darcy Ruth have spearheaded their push into finals with SHC currently looking to finish in first place. Both Ben and Harry have backed them up to ensure there are no weak links in the side.

Our Division 3 players have also shown remarkable courage, often filling in for missing players in Division 2 and are looking to finish in second place and contest the Division 3 final as well. To pick just one player as a standout from this team would be a disservice to each of them. Both Tom, Tyson, Michael and Alyssa have shown remarkable improvement this year and I hope they continue to grow in their involvement with squash in the years to come.

**James Sprules**

Team Manager



# Volleyball



## SHC Volleyball

SHC Volleyball has been well represented again this year with two girls' teams in Division 3 and 5 and an Open Boys side in Division 3 of the Junior League VSA competition held on Friday nights.

### SHC A Girls' Volleyball

Despite facing some challenging opponents, the SHC A Girls' side have continued to work hard and improved as the season has progressed under the guidance of talented captain, Emily Anderson. Coach, Sheena Peters describes their progression from the first game to where they are today as truly inspiring and admires their improvement in such little time. Year 10 players Amani Kimotho and Madison Giersch have had an impressive impact on our A grade side combining their skills with team mates Ash Pearce, Laura Bates, Stella Franklin, Maslin Hughes and Tori Cullen.

### SHC B Girls' Volleyball

The SHC B Girls team have been putting up a good fight and building intensity as the season has progressed. They have started to control the game more, which has resulted in some really close sets against some of the stronger sides. Both Monique Taylor and Jacinta Short have developed some incredible serves and cover the court really well. Hannah Elliott has developed an excellent hitting ability and uses it when needed most. Maddy McKay has excelled in serve-receive and performs countless perfect passes and is always willing to support the team. Sister duo, Niki and Sophie Karageorgis, are always able to keep pressure on the net and play a strong defence. Honourable mention goes to Lauren Murphy who is a gun on court and although has had to sit the rest of the season out, has remained our best supporter and pumps the team up when they need it most. Their 3-0 win last week was a great example of the girl's improvement over the season. The girls played with consistent serves and didn't give away any easy points. The team is in for a tough game against Norwood this week who put up a fight last round yet, SHC's teamwork pulled through and the girl's won 2-1.

### Division 3 Boys' Volleyball

The Division 3 Boys Volleyball team have had an outstanding season so far, landing themselves number two on the premiership ladder leading into the final games. If they keep up the consistency and teamwork that they continue to display week in and week out, they have a real shot at placing first in the overall Div 3 competition. Out of 9 games, the boys have won 6 and only lost 3. With 16 sets for and only 9 against, the boys team have managed to improve overall on all of the basic skills of volleyball, digging, setting and spiking. As well as this, in the last few games we have played they have started to implement more advanced skills into their play including back court setting and jump serving. Coach Emily Green is very excited to see how far the boys can take this season, and believes that they have worked hard enough and well enough as an overall team unit to take out the premiership.

**Sheena Peters, Courtney Donnellan and Emily Green**  
Coaches



## Volleyball - Open Knockout



## Open Knockout Volleyball

Sacred Heart sent a boy and girls volleyball team to the State Knockout Volleyball Competition, held at Marion Leisure Centre in Week 2 of Term 3. Both teams conducted themselves brilliantly with their competitiveness, behaviour and team spirit.

Both teams were largely composed of Senior Physical Education students who have been completing a volleyball unit of study in the curriculum. They banded together to form a team to challenge many of the regular 'volleyball' teams from other schools. Both teams were very competitive in the tournament and showed great improvement over the course of the day with the girls winning three out of six games, and the boys winning two out of four games. The tournament experience has also assisted greatly with their skills and understanding of volleyball.

A big thank you to our respective Year 12 volleyball captains, Emily Anderson and Josh Tonkin, who worked tirelessly to keep everyone motivated, focused and on the right courts at the right time!

**Neil McNaughton**  
Boys Coach

**Sheena Peters**  
Girls Coach

