

Curriculum Extension Newsletter



Term 2

Issue No. 2

3rd July 2015

From the Sport Coordinators

The College Winter sport program has been in full swing during all of Term 2, with this coming Saturday (27 June) being the last exhibition of all sport until after the School Holidays.

Congratulations to Michael Boers (Coach) and Kurtis Harrison (Manager), who have successfully steered our 1st XI Soccer team into an exciting, and highly competitive Twilight Soccer Competition conducted every Wednesday afternoon at West Adelaide Soccer Club. Our team, consisting mainly of Year 10 and Year 12 boys have displayed amazing talent and skill, and are certainly not out of their depth in this comp with a couple of wins, and some very close losses.

Additionally our U18 Rugby team, managed by James Grant, and who also play on Wednesday afternoons, have won some very hard fought games against strong opposition, and continually display very skilful ability.

We have entered 6 Basketball teams in the Saturday morning competition with all teams winning the majority of their games. A special mention to Old Scholar, Elijah Minear-Kulpinski, who has taken over the reign from John Cadd as the A Grade Coach. Another staff member, Alex Dighton, has also had to take on role of Manager/Chief organiser of all the Boys' teams and is doing an incredible job.

Our Girls Soccer, Hockey and Netball are all in full swing. Our two Soccer teams are progressing well in the Open B competition and our Hockey team have clocked up two wins in a row to break a three year drought. Our 14 Netball teams have mixed results with a number of sides sitting in the top 4. Our Open A1 and A2/2 sides are both sitting in a pleasing top position.

In the State-Wide Knock-Out competitions our Soccer and 10A Netball sides have not been successful in progressing to the next rounds. Our Open A netball girls and Open Girls Football are through to the Semi Final rounds to be played early in Term 3. Our Open A netball side have also just returned from the 21st Marist Netball carnival bringing home third place.

Our annual Intercol between Sacred Heart College (both Senior and Middle Schools) and Rostrevor College is fast approaching (Friday 31 July – 1st XI Soccer, and Saturday 1 August) with the majority of all boys' teams/sports being played at the Senior School and Middle School campuses. This is an event steeped in traditions of College pride, sportsmanship, mutual respect and enduring friendships.

Also, our annual exchange with Assumption College, Kilmore is fast approaching (14, 15 & 16 August) and we look forward to a great weekend with a display of incredible talent involving music, debating and both girls' and boys' sport.

Alex Penhall
Girls Sport Coordinator

Sue Kenneally
Boys Sport Coordinator



Basketball

Boys Basketball

Basketball has had a strong start at Sacred Heart College in 2015. The Boys and Girls Marist basketball teams both made the grand final of the Marist Basketball in Perth; the Girls A Team remained undefeated in their Term 1 competition and for the first time Sacred Heart had to nominate an extra team in the boys competition due to the large number of interest. The basketball legacy of the recently retired My John Cadd has resulted in a very strong foundation for future success at SHC.

As

The Boys A team have continued their good form from the Marist Carnival where they lost a closely fought grand final. The boys remain undefeated in the four games played to date, winning games by an average margin of 40 points. The Boys team has already qualified for the State Championships competition in August of this year. Standout players for the Boys have been Isaac White and Akol Deng.

Bs

Like the A Team, the Boys B Team remains undefeated to date. The team has at times struggled for rhythm yet has never looked in doubt of losing any of its games with the smallest winning margin being 16 points over Pulteney. The round four comprehensive victory over St Ignatius showed an insight to this teams scoring prowess with the boys running away with 55 point win. Standout players for the Bs: Mitch Harvey, Boris Bosatlija and Finn Shead.

Cs

The Cs have been the most successful boys team so far in 2015, no losses and an average winning margin of 44 points per game. The team has had a very strong defence, restricting teams to very low scores. In the most recent round they restricted St Ignatius to 8 points and scored 67 of their own. A number of players in the Cs would be A or B players for many other school teams, highlighting the great depth at Sacred Heart. Henry Baker has been a standout player (and has even helped out with the B team). Bior Deng has also been a dominant offensive player.

D White

So far the D White Basketball team has had a great season. With only one very narrow, one point loss to PAC, the boys have played their hardest and given their all, each and every game. Our first game against Cardijn was a win for SHCS with Matt Atkinson showing his ability to be all over the court. Game two against Nazareth was another solid win and saw some great team work by all players, with Oliver Rouge-Serret taking out MVP that day. Our most nail biting game was against St Peters. SHCS and St Peters were head to head for most of the game with our boys down by two points in the final minutes. Matt Atkinson took a foul against him at the final siren. With two free shots to take, tensions were at their peak. Matty once again proved he was worthy of MVP for the third week, when he nailed both shots after the siren, taking D White to victory by 1 point!

D Blue

The D Blues have recorded 3 out of 4 wins for the season. They started the season with a 27 point victory over St Peters, a 16 point win over Immanuel followed by a very comprehensive victory over intercol rivals Rostrevor by 34 points. The team's only loss to date was against a Woodcroft team containing mostly Year 12s, a difficult matchup for a SHC team containing mostly Year 10s. Standout players for the team include Mitchell Thompson and Jaleel Stuart.

Special thanks to the boys playing the D White and D Blue teams for their flexibility and willingness to swap teams to ensure that each team had a balance of players. These players have highlighted the strong sense of school spirit present in the Sacred Heart Basketball family.

Alex Dighton



Open A Girls Basketball



Thank goodness we don't have to train on a Tuesday morning at 7 o'clock ever again. The strenuous running, ruthless shooting practice and cold morning showers before classes aided the skills and teamwork needed to whip into shape 3 rookies and 7 past players for the 2015 Marist Basketball tournament. With the constant support of **Ali Trewartha** and **Mary Wilkins**, these 10 girls took their fierce game play from the courts of Adelaide to Perth.



For those who have never experienced a Marist sports carnival it is truly an inspiring event. This year the carnival found its home in Perth's Newman College. On the carnival's opening night which is fuelled by good food, rookie dares and eagerness to play quality ball you are presented with over 400 players and coaches from every state in Australia. It is impossible to not develop a deep sense of team unity and pride for representing Sacred Heart College over the course of the carnival, nor is it possible to not make new friends—even Victorians. Such an atmosphere would make good old Marcellin Champagnat proud.



An average Marist day would consist of waking up at 6:30 for breakfast to watch **Laura Chigwidden** consume toast topped with Vegemite as thick as cheese. Bags were packed and uniforms put on after being lovingly washed by Mr Ditton and Wilkins. Our Hertz people mover complete with blasting tunes courtesy of **Steph Warn** would deliver us to the outstanding courts at the National WA Basketball Stadium. Ali made it known that for our team to be highly successful we needed to set goals. The first team goal was team unity, the second was win all our games in the first round.

Over Four days 10 games were played. An important strength that our team possessed were our high scoring posts Emily Hunter and Warny. Their ability to pop shots up against tough competition enabled our team to gain easy baskets. Against a disciplined zone Kate Wormald and Siena Hackett worked as a tight unit to break the zone up enabling key drives from guards or open outside shots. Outside shots typically were home to Jade Bryant the teams MVP and crowned three machine. Laura Chigwidden's fighting spirits and aggression was a game changer, team this up with Lucy Manning's ball stealing and you got a deadly blend. Taylor Syrant made snap decision that resulted in pivotal scores, Siena's defensive was mint and Renee Hanley was the team's spirit women who kept the cheering on point and ripped it up on court with contested steals. Warny turned the heat up and provided the goods, she nailed her shots and drove on all opposition. Hunter was fierce under the basket and so was Kate's rebounding. Anna Broadbent was the secret weapon that returned to dominate finals after rolling her ankle on the first quarter of the carnivals first game.

Long breaks between games become a God send, as the days became long and tiresome. Ali would leave between our game break to train for her upcoming race the Stawell Gift. As a team we are proud to announce Ali won her 400m event in 53.97 seconds. So with our down time some went running, some ate and others chatted with the other teams. The Marist tournament is an opportunity for students to get to know like-minded people and make friends from others schools and their own.

On Grand Final day we walked into the stadium with many goals these consisting of tight team unity, to win the first round, to win final round and to make the grand final. We achieved all our goals, however the grand final was sadly lost to a well deserving team seeing us finish in 2nd position overall. In total the girls played 10 full length games over four days, 8 wins 2 losses an impressive stat. With our determination, teamwork and skills we look forward to the rest of this year's competition with our heads held high.

At the end of the day thank goodness for Tuesday morning 7o'clock trainings.

Kate and Siena



Debating

Round 1:

Wednesday evening, 13th May, saw the opening round of the Debating SA season, with our Sacred Heart Year 10, 11 and 12 teams all enjoying victories against Pembroke, Trinity and St John's Grammar respectively.

Our Senior Yellow team (Year 12) demonstrated thorough research and strong teamwork in a Quodlibetical debate based on an industrial dispute case-study. Phil Amos made an impressive Tramaglino Bianca Tramaglino produced her usual astute and fluent rebuttal, while Tramaglino Nicolle, in her welcome return this season, was awarded Best Speaker.

Our Senior Green team (Year 11) also produced a Quodlibetical win on the same issue as the Year 12s, with Max Hill, Gabriel Tramaglino and Mostyn Hudson carrying on the fine form they produced as Year 10 finalists last season.

Finally, our Year 10 Blues, all first-time public debaters, teamed most effectively, with Kyle Roberts laying a firm foundation for affirming "That medicinal marijuana should be legalised." Alex Burrows followed up with a Best Speaker performance, and Luke Wormald, at short notice, displayed keen and sustained rebuttal skills to clinch our case.

All in all, a highly promising start to this year's competition, with even better still to come - already preparations have begun for the Assumption College Kilmore debate on the topic proposed by our hosts: "That science is a threat to humanity."

Round 2:

Both our *Yellow* and *Green* senior teams tackled the topic against Trinity College's teams: "That churches should pay taxes." Lil France, Emily Kirk and Mostyn Hudson all performed very well in their debate chaired by Gabriel Tramaglino, with Mostyn being awarded Best Speaker. Our *Yellow* team of Christie Collins, Kathryn Gibb and Bianca Tramaglino gained the points with well-developed arguments and sustained, relevant rebuttal. Given the topic and the fact that this was a one-card debate, this was an especially challenging Round, and all our performers are to be commended for their thorough preparation in research and teamwork.

Our Year 10 *Blue* team was also presented with a demanding topic: "That genetically engineered babies are a threat to humanity." Although we went down narrowly to St Aloysius, Olivia Barns did an outstanding job in helping Mrs Jones organise and prepare the team which consisted of Alison Rahier, Marian Moniz (who was making her debut) and Aisling McCorry-Jenkinson. The enthusiasm and commitment of our Year 10 team, most of them new to debating, is very promising and encouraging.

The support of parents at the debates has been a feature of the season so far and has impressed the Debating SA adjudicators.

Veronika von Bujdoss, Ann Von Bujdoss, Meredith Jones and John Kelly (Coaches)



Football

AFL Level 1 Coaching Course

On May 13, twelve coaches from Sacred Heart College participated in the Level 1 AFL Coaching Course held at the Senior School campus.

This evening was run by two representatives from the SANFL and provided a fantastic opportunity for our coaches to add to their 'coaching toolkit' and gain some further skills to pass on to our students.

The session consisted of a theory component that was held in the Conference Centre and a practical component which was run in the Gymnasium. Having a significant practical focus was great for our coaches to gain a visual understanding of how to develop their coaching practices.

Coaches gained an insight into basic techniques and drills as well as how to apply these to their age group of students and offer effective feedback to players. These were just a few of the skills that the course had to offer.

This was a fantastic initiative by the College and we had participants from both the Middle and Senior Schools as well as some individuals from surrounding Community Clubs.

I would encourage anyone involved in a School or Community Club or even if you are simply interested in the game, to complete the Level 1 AFL Coaching Course. You simply need to jump on to the SANFL website and register their interest.

Special thanks to all of our coaches who participated in the evening and to those behind the scenes at the College who helped with the organisation of this event.

I am confident that our players will see the benefits of having fully accredited coaches to assist in their development as individuals and as part of our teams here at the College.

Go Hearts!!!!!!

Robert Gill
Football Manager



1st XVIII Football

The 1st XVIII have had a solid opening to the season dropping just one game by a narrow margin to PAC. In a pleasing sign of improvement, this result was reversed last weekend. The competition is quite even in 2015 and so any team can win if enough players are not performing at their top. This year's group are starting to combine much better as a team and performances are generally getting stronger as a result. Competition for positions is as intense as it has ever been, making for a healthy environment for further improvement.



2nd XVIII Football

GAME 1	GAME 2	GAME 3	GAME 4	GAME 5	GAME 6
SHC 29.17 (191)	SHC 9.12 (66)	SHC 17.17 (119)	SHC 22.15 (147)	SHC 24.22 (166)	SHC 20.13 (133)
SMC 1.0 (6)	PAC 3.7 (25)	RC 5.3 (33)	SAINTS 3.3 (21)	IC 2.1 (13)	PAC 3.2 (20)
WIN	WIN	WIN	WIN	WIN	WIN
BEST	BEST	BEST	BEST	BEST	BEST
Bayliss Stuart Finckler	Fussell McCrae Lange	Lange Whittlesea Hinge	Dunkin Turton Whittlesea	Redden M.Noble J.Noble	J.Noble Mackie Grieve

Summary

To date, the 2nd XVIII has played 6 games, winning all by an average margin of 117 points. Playing primarily 2nd XVIII sides, the team has kicked 121.96 (822), conceding 17.16 (118). Each week we have had large player



movement, which has highlighted the depth and strength of talent at the College. A whopping 40 players has represented the team so far in 2015. Pleasingly, the team is comprised of some fantastic lads, who enjoy playing the game and representing their school with pride and passion. The team looks forward to the remaining games of 2015, in particular matches against Mercedes and CBC 1st XVIII sides and the annual Intercol contest against Rostrevor. Many thanks to Robert Gill, Maddy McCallum and Ellie Kellock for their assistance with the 2nd's group.

3rd XVIII Football

This year has been full of challenges so far for the 3rds, and the boys have responded in an exceptional manner. They have had to play against a number of first 18 teams (including Mercedes College, St Ignatius, Cardijn and Westminster). Out of those 4 games against quality opposition, we have won two and lost two (albeit extremely competitive against St Iggies). The boys also had a dominant victory against arch nemesis, Rostrevor College.

The highlight for the thirds so far this year, has been the ability of the team to play "team first" footy. They have responded to the game plan exceptionally well, always trying to move the ball through the middle of the ground, and taking calculated risks to "take the game on". Our ability as a team to apply defensive pressure all over the ground, has resulted in high tackle counts, and one percenters (smothers, blocks), which has hindered the oppositions ball movement.

It has been a privilege working with such an enthusiastic bunch of lads so far this season, and we look forward to upcoming challenges against PAC (2nds), Cardijn (1sts), Rostrevor (Intercol) and St Michael's to finish off the year.

Cameron Hromin
Coach

Year 10A - SHC1 Football



We've had a terrific start to the year in the 10A1's, and have come out on top in several close games. The boy's willingness to stick to the game plan, work for each other and continue to improve has been extremely pleasing. A few standout efforts should be highlighted, such as Rowe's form being rewarded with selection in the SA U16 side. Ramsey and Secker have been terrific leaders in their first year boarding at the college, and have a bright footballing future. Lovelock, Morgan and Yates are all playing outstanding footy also and have been very important to our unblemished record. Still a few big games left in the latter half of the year, with Intercol the highlight. Plenty of room for improvement but so far so good!

Adam Grundy



Year 10A - SHC2 Football



The first half of this year has proven to be a big learning curve for both Kieran and I as coaches, but also for the players. Splitting into two even A teams has forced some players to play in positions they otherwise wouldn't, and has given Kieran and I the opportunity to see how different structures work best.

We haven't experienced the success that we may have wanted for the first part of the season only managing one win and with small losing margins (often between 2-3 goals), so things have been frustrating. But the team has shown a real desire to win and have displayed strong determination and endeavour during all games, which is to be commended. These trying games have also seen a lot of improvement in players who may have usually been playing in the Bs but have been given the opportunity to play in the As. Hopefully these players can continue to improve as the year goes on and that they become confident playing at a higher level.

I cannot stress enough how impressed we have been with the attitude of the players during these tough times not often associated with SHC football; but with some players settling into positions and our first win on the board, I am confident that we will continue to see success in the second half of the year, because these guys deserve it.

Jack Redden

Year 10B Football



It has been a valiant, albeit not so successful season for the boys; unable to yet notch that W they've been working so hard for. With players putting their bodies on the line every week like Bullhound Hayes, Dos Morris, and Super Hebbberman there was bound to be injuries. Thus we saw the likes of the Bates Motel literally breaking his leg during a courageous tackle on a mammoth of a tenth grader, as well as seeing our skipper Trick Walkington sidelined for a few weeks. Nevertheless they persevered battered and bruised against A team after A team as the Milktruck found his groove down back and the forward line began to gel with some nice Holder-Sexton connections. To be honest every champ has been having a crack so far, many un-mentioned above, and

we hope to continue to see that going into the next half of the season, and sneaking a few wins.

Alex and Nick



Girls Football

GAME 1 - SHC v BIRDWOOD HIGH SCHOOL

Team	1st	2nd	3rd	Final
SHC	6.1	11.3	14.6	16.7 (103)
BIRDWOOD	0.0	1.1	2.1	0.0 (0)

It certainly was a nice way to start the season and we learnt some valuable football lessons - about kicking it forward quickly, running/moving and tackling. In the biggest win in Girls Football history, a 103 point victory was recorded. Our state players **Mackrill** and **Walling** our best, showcasing their talents, skills, aggression and game sense.

Goal Kickers:

Ramsey 3, C.Matthews, Ffrench 2, C.Caruso, A.Kellock, Chigwidden, Strudwick, Mason, Walling, M.Matthews, M.Clarke, Price 1

Best Players:

Mackrill, Walling, M.Matthews, M.Clarke, C.Matthews, Ramsey, Chigwidden, Ffrench

GAME 2 - SHC v TENISON WOODS

Team	1st	2nd	3rd	Final
SHC	1.1	3.6	5.6	8.7 (55)
TENISON WOODS	1.0	1.0	2.1	3.1 (19)

The big match against Tenison Woods was going to be a tough encounter, particularly after they beat Birdwood by a similar margin. It really was a tough and physical game. The girls played outstanding football from the outset, they tackled strongly when not in possession and kept the ball in our forward line, slotting 8 goals. Winning by 36 points, it was a superb effort and made the trip to Keith worth it. Best players went to **M.Matthews**, who got a lot of possession in the ruck and tackled and chased strongly. **Mackrill** showcased her skills and physicality in the midfield and really controlled play. **M.Clarke** and **Walling** were excellent players and made an impact around the ball.

Goal Kickers:

Mackrill 2, A.Kellock, A.Clarke, M.Clarke, Ramsey, Walling, M.Matthews 1

Best Players:

M.Matthews, Mackrill, Walling, M.Clarke, Hackett, Chigwidden, C.Matthews





Hockey

Girls 1st XI Hockey



The 17 athletes who make up the First XI Hockey Team, demonstrated this weekend that they were born to play hockey and nothing else. The one thing that makes our hockey team so remarkably different to every other sport, comes down to our determination to succeed. After three long years of enduring humiliation after humiliation and having to explain our never ending defeats, THE FIRST XI HOCKEY TEAM finally crossed paths with the winning side of life, and boy, did it feel good. Saturday, 13th June 2015 was a day that will go down in SHCS sporting history. Sacred Heart College defeated Walford, 3-0. One thing for sure was everyone was either directly or indirectly involved in the win. Our goalie for the match was Ashlee whose attire was so scary, the ball hardly went near her. Though the few balls that did enter her territory were deflected off her goalie boot with professionalism. Our defence or short corner team, consisted of Esther, Sarah, Alice, Jess and Lucy who utilised the jabbing technique throughout the whole match and offered their helpful defence skills in the mid field. Tessa, Monique, Bridget, Tilly, Imi, Stella, Rebecca and Grace, fought it out vigorously in attack, implementing all our heavy duty Thursday night trainings into play. The whole team's consistent control of the ball, allowed two of the goals to be scored by Stella Goosay and the other by Rebecca Thomas. Although these were outstanding goals, they could not have been scored without the whole team's undivided efforts. Until the day comes that a player intercepts the ball in defence and dribbles it all the way up to attack and continues to score a goal, everyone is a part of the goal. Thank you to Ursula, who unfortunately had the week off and Prue for cheering us on from the sideline. Also to Briz and Josie who were unable to attend the match but still made themselves available through social-media encouragements. A special mention to coach Katie Murdoch for continually helping to improve our skills. The best players for the match were Imogen Scott and Matilda Nicholls, both new to the team this year but still very well deserved. A massive congratulations to the girls and may there be many more wins to come this season, which by the look of things, has only just begun.



Netball

Marist Netball Carnival



On Saturday June 20th, the SHC Open A Netball side departed for the 2015 Marist Netball carnival hosted by Trinity Catholic College Lismore NSW. The SHC side was one of 19 schools from around Australia to make the trip for a chance to take home the title of Marist champions of 2015. As returning champions of 2014, the team were keen to be put their new team test.

Monday marked the start of match play with the SHC side facing 8 different Colleges in a carnival style program of 2 x 10 min halves. At the conclusion of Day 1, SHC were undefeated including a narrow 3 goal win over Assumption College Kilmore and qualified first in the Championship draw. Rebecca Allchurch was named 'Player of the Day' which was well deserved after her amazing game against talented ACK 6 foot 3 GS.



On Tuesday the girls stepped it up a notch with 8 opponents in the Championship draw. SHC were successful in their first 3 matches with good wins over St Johns Woodlawn, Newman College Perth, and Notre Dame College Shepparton. In the fourth round they faced Assumption College Kilmore for the second time and experienced our first loss for the year. We then drew home side Trinity College Lismore and after a slow start took the second quarter 9-5 but fell short of the win by just 1 goal. With two losses under our belt, the late change of the finals structure from top 4 to only top 3 placed us in a challenging position. We needed to win all of our last 3 matches. The girls fought hard to protect a finals berth and took out Lavalla College Traralgon and Marist Sisters College Woolwich with convincing wins. Our final game against Catholic College Sale required a win or draw to finish 3rd and in finals contention. After a hard fought match we tied the game. Heartbreakingly an error on the official score card had us as losing which pushed us to fourth place. A devastated SHC side returned home to rest after a hard day at the courts with Emily Hunter awarded 'Player of the Day'.

Day 3 was finals day. After not finishing top 3, SHC needed to set new goals for the final day of play. The girls were focused and ready to prove they deserved to finish in the top 3. We defeated Catholic College Sale in our 'Semi' final 18-11 and progressed to play the loser of 2v3 which was Marist Sisters Woolwich to fight it out for third place. The girls played with true 'Hearts' spirit and defeated the Woolwich side to finish in third place for the 2015 Carnival.

A huge congratulations to the girls for their consistent display of dynamic and creative netball over the 3 days. The girls were flexible and adapted to various combinations throughout their 18 matches. SHC were undefeated on day 1 and 3, lost 2 matches by only a goal. They were also one of only two sides to defeat the winning ACK side in the minor rounds. The College is exceptionally proud of the team and the way in which they conducted themselves both on and off the court. They received numerous acknowledgments from umpires for their sportsmanship.

A huge thank you to the travelling families who became our much needed support crew. Your support for the girls as well as the coaching staff was greatly appreciated. To Prue and Kath a huge thank you to you both, your contributions to the team were amazing.



To Captain Emily Hunter and Vice-Captain Emmeline Ogilvie, congratulations on your leadership in guiding your team through a tough and 'ever changing' carnival. And to the team: Anna Broadbent, Sophie Agostino, Ellie Kellock, Laura Chigwidden, Matilda Langston, Sarah Chigwidden, Taylor Klomp and Bec Allchurch, congratulations! To have 6 of you identified by the Australian selectors (see below) speaks volume for the depth of the SHC side.



Acknowledgements:

Player of the Day – Day 1 - Bec Allchurch

Player of the Day – Day 2 - Emily Hunter

All Australian Team - Emily Hunter

All Australian Highly Recommended - Emmeline Ogilvie, Anna Broadbent, Taylor Klomp, Bec Allchurch

Acknowledgment of performance - Laura Chigwidden





Year 10A Netball

The 10A side have had a sturdy start to the 2015 season. With two key players missing in the first two weeks, as well as the boarders, we strived to put our mark on the competition and managed to take out the first two games of the season against Cabra and Nazareth, unfortunately we lost to Loreto by only a hand full of goals, however it was an uphill battle for the girls as we only had six players that day. As the weeks have continued we have unluckily just fallen short of the win in the games against our rivals St Michaels and Cardijn.

Two weeks ago the team travelled to Loreto College to compete in the first round of Knock Out against Loreto and Mercedes. In both games we held our own, taking the lead at the end of the first quarter. With injury and fatigue we lost both of the games therefore ending our Knock out prospects for this year. There is great potential in this young team to make it all the way to finals, we have a hopeful outlook for the rest of the season, with such a strong team we will continue to grow and face our battles.

Madi Nicholson
Coach





Ruby

Under 18 Rugby

Sacred Heart College has one under 18s Rugby team. It is comprised of a mixture of Year 12, Year 11 and Year 10 students. It is a small side, and usually finds itself up against teams comprised of larger players each week. However, the team is full of talented and enthusiastic players and each week they play well above their weight to take on much bigger sides.

The team is coached by legend Barry Cooper from the Brighton Rugby club. We are very lucky to have Barry's services as he brings a wealth of experience and coaching expertise.

The opening game saw Sacred Heart College narrowly defeated by Pembroke College. After trailing 15-5 at half time, Sacred Heart were able to come out and turn it around to a 19-15 lead. However right on full time, Pembroke scored a try to snatch a 20-19 victory. A highlight of this match was a great individual try to Joe Wiggett who sliced his way through the opposition with a great step and dummy to score. Another highlight was an individual try to Jake Williams who chipped overhead, re-gathered and raced three quarters the length of the field to score.

In the second match, Sacred Heart played a very even match against St. Peter's College which ended up a 17 all draw. It was a match either side could have won, so a draw was a fitting result.

The third round saw Sacred Heart score their first win with a convincing 29 -10 win over Christian Brothers College. A highlight of this match was 2 tries to Jake Williams, one of which saw him outspint the opposition to score under the posts.

The following week however saw an undermanned Sacred Heart College brought back to earth when they were defeated 57-8 by a very strong and hard running Prince Alfred College team.

In the most recent match Sacred Heart College played an open running game against Pembroke College. There were 11 tries scored in the match, however it was Pembroke who ran out winners 36-29, the difference being a converted try.

Some highlights of the season have been the outstanding play of the year 10 players. These include Jordan Bowker, Joe Wiggett and Marcus Keenan.

The emergence of Jack Honner and Rashaun Stephenson as strong Rugby players who continue to improve week by week.

Chad Bowker has been a strong leader on the field leading by example with his strong runs and tackles. Mitch Jones is one the most passionate and hardworking members of the team.

The other highlight has been the number of tries scored by the two wingers, Jake Williams and Joel Whittlesea. They each have scored 6 tries in only 5 games. A fantastic performance at any level of Rugby.

Unfortunately for Joel, he dislocated his finger in the warm up before the last match against Pembroke College. After scoring 3 tries in the game, he was to later learn he has ligament damage in his finger and will be out for the remainder of the season.

The team still has two matches left before finals, however injuries and unavailability of players is putting a lot of responsibility on the younger players in the team. Hopefully there will be the opportunity to have a full strength side available for those important end of season matches.



Soccer

1st XI Soccer

During the course of 2015 in our first year as part of the 1st XI Twilight Soccer League, 19 players have represented the school in the first eleven playing group. This has included many Year 10 and 11 players who have performed strongly when they were given the opportunity to do so. The significant number of players involved throughout all year levels illustrates the enthusiasm and talent that is a part of the football program here at Sacred Heart College Senior, as led by captain Peter Syme and Vice-Captain Patrick Castellano.

With a win against Immanuel College early in the season, we continued to press hard in each game against some very strong competition. Together as one unit under the guidance of the Year 12 leadership team, the team has absorbed some narrow and more significant losses so far with some very impressive and hard fought performances from game 3 to 6. This was aided by a very valuable training session that the team participated in, which was led by Bruce Djite of Adelaide United in a partnership we have now solidified.

We now have a week to recover and to focus on our next game against a strong St Michael's College. As our first knockout game is coming up against Gleeson College on Monday 22nd June of Week 9 and with final selections being made for the Intercollegiate and Assumption Exchange squads there is a very active and exciting part of the season left to play. We look forward to the rest of the season with excitement and the opportunity to strengthen our run of progress into the rest of the playing year.

Results for the year so far:

- SHC 0 defeated by CBC 2
- SHCS 2 defeated Immanuel College 1
Scorers: Billich 2
- SHCS 0 defeated by St Michael's College 4
- SHCS 0 defeated by Gleeson College 1
- SHCS 1 defeated by Immanuel College 5
Scorers: Moss 1
- SHC 0 defeated by PAC 1

Michael Boers
Coach

Open B Soccer

The season started off with a bang against Unley as the boys secured a 2-1 victory setting the tone for the road ahead. This victory set the pace for trainings as it highlighted various aspects in which the team needed to improve on such as fitness, ball control and communication. With tweaks in these areas the second game deemed a breeze for the mighty double blues (SHCS) "3-1". Now that the team had the feeling of winning games, there was a desire amongst the team to carry this momentum into the remainder of the season. This resulted in the boys attaining an undefeated record thus far. This unbeaten record didn't come easily, teams such as Rostrevor (0-0) proved to be a very skilful and difficult side. Throughout the season thus far we have seen many



highlights including our goalkeepers (Pikey) wonder goal, Fish's attempted kungpow kick and some hard fought victories. As coaches it has been a privilege to watch and assist these boys in becoming a top soccer team in the division.

Harry and Zak

Open B Soccer

Our season started well with three constructive training sessions prior to our first game, at home against CBC. We began the season playing a 4-3-3 formation which helped us manage two draws and one very close loss. After our players got more used to their roles, we undertook some vast restructuring which resulted in the 3-5-2 formation that we have been playing successfully with since round 4. We have managed draws against both PAC and Unley High School, games which we dominated throughout but conceded unlucky goals. The boys have improved significantly as they look to pass and move, using triangles and quick passes to break down our oppositions defence, rather than just sending through-balls which most teams tend to do. Our defensive structure has been pivotal to our success, the boys have great discipline and respond well to mistakes. Our final three games for the term are at home and we are looking to win all three.

Patrick De Silva and Peter Vrettis

Year 10A Soccer

The 10 A Soccer squad had a slow start to the 2015 season with hammering losses each week. With a limited number of players each week, the boys have responded to each game with outstanding character despite the dismal full time score line. The main point to take from each game is the development of each individual squad member. Each week the squad looks to grow not only as a team but individually as they strive for the first win of the season. The vast improvement from game week 1 to the most recent game was evident. Both games against Saint Michael's, the first game was a one sided affair which we never looked to breach the defence. Last weekend was a huge turn around with Tyler Conway scoring our first goal of the season in a 5-1 home defeat. Some lucky goals played part in the score line looking exacerbated but if it were not for them, the squad would have walked away with a rather respectful 3-1 loss. Key players for the team so far have been Sam Shepherd, Harry McArdell and Michael Tripodi but each of the boys have put in the effort and must all be praised for their hard work in dour times upon the pitch. Onwards and upwards, is the only place this talented squad can go.

Angus Crouch and Declan Jamieson



Volleyball

Year 12 Boys Volleyball

The Sacred Heart Year 12 Boys' Volleyball team have had a brilliant season so far and have truly proved themselves as a force to be reckoned with by winning the majority of the games played.

The boys have been blessed with world class coaching, led by the great Lucy Engel, who never fails to show her tenacity and dedication to the great sport of Volleyball and has been a thrill to work beside. Win or lose, the fellas always manage to bring their trademark larrikin attitude to every game and the on court antics really do make for a visual effect that has to be seen to be believed.

The talent is obvious amongst the lads, with Charlie Lange, Tyler Kelly and Josh Engel showing great composure, Tom Hynes and Jack Dollard heating things up with their attacks, Patty Neal-Bullen living up to all expectations, Jaydn Brind sadly focusing more towards State football but being a strong "father figure" to the team, Pat Kitschke offering much needed help from the sideline, Luke Songaila always in good spirit and finally Luke Hayes who has been a bit of a laugh on the court at times but has had a stellar season so far.

Special mentions to anyone who has helped out this season and good luck to the mighty Year 12 boys!

Alex McDonald
Assistant Coach

Girls Volleyball



The Year 12 volleyball girls have been off to a steady start this season with a win yet to be put up on the board, but high hopes remain for the determined 'Hearts'. With a growing skillset and constantly evolving array of competitive techniques, the girls are edging themselves closer and closer to a win each week.

Each player's contributions have been crucial, and with our growing attendance rate at trainings the girls are gaining useful tactics and skills that they are determined to use in a game. With both Alannah, Emily and Emma's serving, Romi and Ella's digging, Mercedes and Wilkins's high sets, and Caitlin and Kristo's blocking and aggression, the sets of our usually defeated games are finally seeming to improve, even after Ella suffered a small hand fracture due to a volleyball injury.

Overall, the girls have had a blast so far in their last season of school volleyball and are striving for at least one win to bring home. They may have gone down a division in grading but they sure have gone up a division in enthusiasm which I hope will reap them the rewards of a victory. I wish the girls all the best for the rest of the season, and remember, dig set spike.

Danielle Wilkins
Coach



Congratulations

Outstanding Sporting Achievements



Congratulations to Connor JONES (Year 12) who won a gold medal at the National Gymnastics Championships held in Melbourne recently.

This is an amazing effort as two nights before he left to go Connor acquired an Achilles injury and was advise to actually pull out of competition. However, due to some intense therapy and rest he flew out to Melbourne. Connor competed against 6 other athletes from QLD, TAS, VIC and NSW, and made it through to finals. He then went on to win Gold.



Congratulations to Ellie KELLOCK (Year 12) and Tait MACKRILL (Year 10) who have been selected in the 2015 SANFL U18 Youth Girls State Team. The girls represented SA in the AFL U18 Youth Girls National Championships, which was held in Western Australian recently.



Congratulations to Fletcher and Thomas SYMONDS (Year 10) who were selected to represent SA in the State Road Racing (Cycling) Titles in Clare recently.



Well-done to all students