

Year 5 Orientation: Sport Options



MANAGEMENT CONTACTS

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GPS Competition



The College is a member of the Great Public Schools' Association of Queensland Inc., commonly referred to as GPS.

The members of the GPS are:

- Anglican Church Grammar School (ACGS)
- Brisbane Boys' College (BBC)
- Brisbane Boys Grammar (BGS)
- Brisbane State High School (BSHS)
- St Joseph's College, Gregory Terrace (GT)
- Ipswich Grammar School (IGS)
- St Joseph's Nudgee College (NC)
- The Southport School (TSS)
- Toowoomba Grammar School (TGS)

The GPS sporting calendar is compartmentalised into single terms of activity. Listed below are the school terms in which the competitions will be conducted – some sports will have lead-in, or pre competition phase training programs in the preceding term for some year levels and specific A/B team combinations.

TERM	COMPETITION PHASE	LEAD-IN PHASE
TERM 1	Cricket (Years 5-12) Swimming (Years 5 - 12) Rowing (Years 7-12) Volleyball (Years 7-12)	Football A/B Program (Years 5-12) Tennis (Years 5-12) Running Club (Years 5-12) Gymnastics (Years 5-12)
TERM 2	Football (Years 5-12) Tennis (Years 5-12) Cross Country (Years 5-12) Gymnastics (Years 5-12)	Rugby A/B Program (Under 12 - Opens) Basketball (First V) Basketball A Program (Years 7-12)
TERM 3	Rugby (Year 5 - 12) Basketball (Years 5-12)	Track and Field (Years 5-12)
TERM 4	Track and Field (Years 5-12)	Cricket (Years 5-11) Swimming (Years 5 - 11) Rowing (Years 7-11) Volleyball (Years 6-11)

Frequently Asked Questions



CAN I PLAY MORE THAN ONE SPORT?

Balancing your time commitment to the activities provided is a challenge that all students face. Sports that are **in their competition phase** take priority over all other activities that may be on offer.

Sports are often held at the same time, therefore ruling out the opportunity of participating in more than one activity per term. An exception to this rule is Cross Country in Term 2, which can be combined with Tennis, Football and Gymnastics.

It is the athlete and the parent's responsibility to manage their time commitment to all activities on offer.

CLUB TRAINING AND SCHOOL TRAINING

At all times the representation of the College takes priority over any other club activities. Representation of the College is a privilege, not a right of any student and the privilege of representing St Joseph's College should never be devalued by a pick and choose mentality.

Commitment to an activity is for the full term. This commitment includes travelling to compete against fellow GPS member schools such as Toowoomba Grammar and The Southport School. Withdrawal from a program prior to its completion will mean withdrawing from the entire sporting program for the calendar year.

WET WEATHER

TWITTER is the best way to keep up to date on last minute changes – please follow [@TerraceSport](https://twitter.com/TerraceSport) and the sport that your son/s participate in to get all the latest information, including training cancellations due to bad weather.

SPORT LEVY

The College has a levy for all sporting activities. The funds raised through these levies are directly transferred into the respective supporters' group funds.

These funds primarily go to providing the best standard of coaching available in order to advance the student's level of skill, knowledge and expertise in their chosen sport.

The individual sport levy is charged at the completion of each term on the school fees.

WEEKEND SPORT SCHEDULES

The weekend sporting schedules are placed on the College's App under the respective sport. (see over page for download details)

Sport Coordinators aim to have this information by Wednesday lunch times, with team lists being distributed on the Friday before competition day.



Keep Up To Date



TWITTER

TERRACE SPORT:

[@TerraceSport](https://twitter.com/TerraceSport)

FOOTBALL:

[@GTFCFootball](https://twitter.com/GTFCFootball)

TENNIS:

[@TerraceTennis](https://twitter.com/TerraceTennis)

CROSS COUNTRY:

[@Terrace_xc](https://twitter.com/Terrace_xc)

TERRACE STRENGTH & CONDITIONING:

[@TerraceGym](https://twitter.com/TerraceGym)

RUGBY:

[@TerraceRugby](https://twitter.com/TerraceRugby)

BASKETBALL:

[@TerraceHoops](https://twitter.com/TerraceHoops)

TRACK AND FIELD:

[@TerraceTrack](https://twitter.com/TerraceTrack)

SWIMMING:

[@terraceswimming](https://twitter.com/terraceswimming)

ROWING:

[@terrace_rowing](https://twitter.com/terrace_rowing)

VOLLEYBALL:

[@GTVolleyball15](https://twitter.com/GTVolleyball15)

CRICKET

[@TerraceCricket](https://twitter.com/TerraceCricket)

GT APP

We encourage all families to download the Terrace App available through the below links:

All sport training schedules, game day programs and other relevant information will be available through this app.

APPLE ITUNES

<https://itunes.apple.com/au/app/st-josephs-college-gregory/id1004813871?mt=8>

GOOGLE PLAY

<https://play.google.com/store/apps/details?id=schoolapp.st.josephs.college.gregory.terrace>

GT FACEBOOK

The College's Facebook page is updated daily with snapshots of the boys in the Red and Black.

www.facebook.com/StJosephsCollegeGregoryTerrace



Cricket



PHILOSOPHY

The Terrace Cricket program is arguably the best schoolboy Cricket program in the state, combining premier training facilities with first class coaching and an internal drive for success. The strong culture that has been fostered in the last decade has led to competitive on-field performances across the program, highlighted by the consistency of our 1st XI in recent seasons.

COMMITMENT

The Terrace Cricket program runs through Term 4, pre season and Term 1, competition. Boys can still play Term 1 Cricket if they do not play Term 4 Cricket. We have a participation program that is open to any student regardless of previous experience or ability.

A comprehensive range of specialist clinics are available over the Christmas holiday period. Clinics will be provided for specialist batting, fast bowling, wicket-keeping and spin bowling. Registration for new students will commence in November.

PROGRAM CONTACTS

Any questions regarding Terrace Cricket should be directed to:

Director of Cricket: Mr Blair Copelin
blaircopelin@terrace.qld.edu.au

Assistant to Director of Cricket: Mr Tom O'Malley
tomomalley@terrace.qld.edu.au

UNIFORM

The following is required for the Cricket season for both matches and training sessions:

- Terrace red sport shirts for training
- Terrace black PE shorts
- Cricket equipment will be provided when training sessions are held at Victoria Park; however personal equipment is required elsewhere
- Boys are required to provide their own helmet and a protector is strongly encouraged every session.

LEVY

There is a levy of \$110 per term, payable with the School fees.

[@TerraceCricket](https://twitter.com/TerraceCricket)



Swimming



PHILOSOPHY

Terrace has a proud history of competing at GPS Swimming that dates back to 1918. Over the years Terrace has won 16 GPS Championships and produced many swimmers who have competed at Olympic and Commonwealth Games level. While we are proud of our Old Boy swimmers, Swimming at Terrace is for everyone. It is about fun and fitness, as well as competition.

LEVY

There is a \$150 Swimming levy for every term of the year. Boys need to sign up at the start of each term to commit to Swimming. The levy means that boys may also swim over the holidays and it also includes all membership fees to Australian Swimming.

COMMITMENT

Training is provided through our partnership with Rackley Swim Team and continues all year. Training times can be accessed on the GT App. Boys will be placed in a squad based on an assessment by coaches. When you sign up for Terrace Swimming you are also a member of the Rackley Club.

UNIFORM

Uniform for swimming includes the Terrace swimmers (for sale through the Swimming Supporters' Group at a price of \$20 a pair) and the Terrace sport uniform. Only Terrace swimmers are permitted at carnivals. Terrace swimmers receive a Terrace swimming cap upon making the GPS team.

PROGRAM CONTACTS

Any questions regarding Terrace Swimming should be directed to:

Administrator: Mr Michael MacDermott
michaelmacdermott@terrace.qld.edu.au

Coordinator: Mr Tyron Mandrusiak
tyronmandrusiak@terrace.qld.edu.au



[@terracesswimming](https://twitter.com/terracesswimming)

Gymnastics



PHILOSOPHY

The Gymnastics program at Terrace is designed as a progression pathway starting from the fundamentals of the sport and progressing to high level competitive Gymnastics. The program teaches boys both awareness and control of their movements as well as uses physical conditioning to improve their strength, flexibility and range of motion.

Participation in Gymnastics is for anyone who is interested, whether they are completely new to the sport, already have experience in gymnastics or simply wish to improve their physical awareness to assist in other sports.

The program operates year-round in preparation for the GPS competition season and offers participants multiple opportunities to experience competition in the sport. The GPS Competition is held in term 4 where boys compete in either Division 3, Division 2 or Division 1 (the highest skill level). An overall champion school – based on the points of all 3 divisions, is also awarded.

COMMITMENT

Training for GT Gymnastics is conducted at Brisbane Boys Grammar School. Boys make their own way to these facilities in the afternoon.

Generally, training times are as follows:

Wednesday	3.30-6.30pm
Thursday	3.30-6.30pm
Saturday	1.00-4.00pm

LEVY

The levy for Gymnastics is \$180 per term. This covers the cost of the hire of facilities and coaches.

The Terrace Gymnastics Club has also been established to allow Terrace Gymnasts to compete at Queensland Gymnastics meets - outside of GPS Gymnastics meets.

UNIFORM

Uniform for Gymnastics competitions requires the Terrace Leotard, shorts and longs, white socks and black trackpants.

Training attire is the Terrace Sports uniform.

PROGRAM CONTACTS

Any questions regarding Terrace Gymnastics should be directed to;

Head Coach: Mr Oliver Labone
ollielabone@gmail.com

Coordinator: Mr Damian Wright
damianwright@terrace.qld.edu.au



[@terracessport](https://twitter.com/terracessport)

Running Club / Cross Country



PHILOSOPHY

The Terrace Cross Country Program introduces students to the sport of distance running – a sport with a rich history. It is an incredible sport that can be undertaken by those who are very young, right through to veterans. It is a sport, which requires consistent individual effort in training for the benefit of the team come the championship. Crossing the finish line is an intoxicating feeling. Watching the athletes dig down deep to try and gain one place for that extra point for their team. Listening to the coaches and supporters cheering wildly. Watching the runners stumble across the line, exhausted beyond anything they've experienced. These are significant moments.

PROGRAM CONTACTS

Any questions regarding pre-season training / Cross Country can be directed to:

Head Coach: Ms Cerene Hughes
cerene@highcadence.com.au

Coordinator: Mr Andrew Ebrington
andrewebrington@terrace.qld.edu.au

COMMITMENT

The Terrace Cross Country Program commences in Term 1, Week 2 with pre-season training. The GPS Cross Country Championships are held in Term 2, however to be ready, preparation and training commences in Term 1.

Boys participating in Term 1 - Pre- Season Cross Country training often helps achieve goals in other sports, from an improvement in aerobic fitness as well as developing mental strength and goal setting. Instituting a strong work ethic can also interface into how the boys apply themselves in the classroom.

Terrace has a proud history of many cross country premiership successes, which have been supported by dedicated young men who have dug deep to support their team, their coaches and Terrace.

2017 PROGRAM

Please refer to the **College app** for full program details occurring over the 2017 season.

Tennis



PHILOSOPHY

Over recent years Terrace Tennis has developed a bipartisan approach to our Tennis program.

At Terrace Tennis we have a player development pathway that has seen players begin in Learn to Play programs and progress through to International success. Our performance pathways allow for our boys to train up to 5 days per week, participate in strength and conditioning, sport psychology and competition coach support programs.

Our participation programs offer week long coaching and training options, centred on fun and skill acquisition. Weekend fixture opportunities are also available to Terrace Tennis boys across the year. There are various competition options available to the Terrace Tennis fraternity.

COMMITMENT

The Terrace Tennis program begins in Week 4 of Term 1 with the School Championships for the Open and Age events. However, training commences in Week 7.

Training occurs before and after school at the Victoria Park courts adjacent to the school grounds.

Our A team players are provided with 3 in-season training sessions per week, while our B,C and D teams are offered 2 in-season training sessions per week.

LEVY

The \$110 Tennis levy covers all in-season training and competition costs for the year payable with the school fees.

UNIFORM

Terrace Tennis has a specific Tennis shirt and shorts that are available at the Terrace Uniform Shop.

All boys must be in correct uniform when representing Terrace.

PROGRAM CONTACTS

Any questions regarding Terrace Tennis should be directed to:

Coordinator: Mr Blair Copelin
blaircopelin@terrace.qld.edu.au

Director and Head Coach: Mr Graeme Brimblecombe
graemebrimblecombe@terrace.qld.edu.au



[@terracetennis](https://twitter.com/terracetennis)

Football A/B Program



Terrace Football has seen noticeable improvements in the past three years, both on the field with commitment and result, but also in the level of coaching within the program. In 2016, Terrace had their largest participation numbers at 750 players across 49 teams.

A/B PROGRAM

2017 Years 5, 6 and 7

Any boy wishing to trial is invited to sign up for a six week Football skills and development program (**no experience necessary**).

UNIFORM

Boys are required to wear their PE uniform, boots, long socks and shin pads.

No shin pads = no play.

PROGRAM CONTACTS

Any questions regarding Terrace Football should be directed to:

Director of Football: Mr Brian Hastings
brianhastings@terrace.qld.edu.au

COMMITMENT

Our A/B program will run from Week 2, Term 1 through to Week 7.

- Years 5 - 8: Tuesday and Thursday

Training is conducted at the Terrace playing fields at Tennyson.

Boys will be bussed from school to the venue. The bus will depart from the Chapel area on Gregory Terrace at 3.20pm.

Boys can be collected from Tennyson at 5.30pm or 6pm on their return to the College.



[@terracefootball](https://twitter.com/terracefootball)

GPS Playing Venues and Addresses



ACGS ANGLICAN CHURCH GRAMMAR SCHOOL:	OAKLANDS PDE, EAST BRISBANE – UBD MAP 23 (R14)
ATC AMBROSE TREACY:	KATE ST, INDOOROOPILLY – UBD MAP 178 (G7)
BBC BRISBANE BOYS' COLLEGE:	MISKIN ST, TOOWONG – UBD MAP 158 (Q20)
BGS BRISBANE GRAMMAR SCHOOL:	NUDGEE RD, NORTHGATE – UBD MAP 121 (C18)
BSHS BRISBANE STATE HIGH SCHOOL:	FURSDEN RD, CARINA – UBD MAP 161 (19M)
GT GREGORY TERRACE:	VIVIAN ST, TENNYSON – UBD MAP 179 (A17)
IGS IPSWICH GRAMMAR SCHOOL:	PEARSE DRIVE, BRASSALL – UBD MAP 212 (9K)
IONA:	NORTH RD, LINDUM – UBD MAP 142 (Q17)
MBBC MORETON BAY BOYS' COLLEGE:	ELANORA PARK, GRANADA ST, WYNNUM – UBD MAP 120
MARIST ASHGROVE:	142 FRASERS RD, ASHGROVE – UBD MAP 138 (M17)
NC NUDGEE COLLEGE:	SANDGATE RD, BOONDALL – UBD MAP 120 (N2)
PADUA COLLEGE:	222 ELLIOTT ST, BANYO – UBD MAP 121 (C6)
SLC ST LAURENCE'S COLLEGE:	NATHAN RD, RUNCORN – UBD MAP 220 (Q4)
SPC ST PATRICK'S COLLEGE:	CURLEW PARK, SCHORNCLIFFE – UBD MAP 111 (A7)
TSS THE SOUTHPORT SCHOOL:	LUPUS ST, SOUTHPORT – UBD MAP GC29 (E19)
TGS TOOWOOMBA GRAMMAR SCHOOL:	MARGARET ST, TOOWOOMBA – on top of the mountain range, turn right then take the first left into Margaret St. Follow this road 1km to the school grounds on the left.
VNC VILLANOVA:	VILLA PARK, MANLY RD, TINGALPA – UBD MAP 162 (K14)