

**Year 8-10 Recreational Sport
Round 1, 2020 (10 Weeks)**

Selections for the 1st round of Sport for 2020 will occur on Wednesday 4th December, 2019 (Wk 8) Students will use the School Bytes program (see attached instructions) to make their selections. Students must make 2 selections in order of preference. Once students have been placed into their sport, they will be required to log into School Bytes again and download the permission note for their sport. (students will be informed through daily notices and emails once the permission notes are available). The signed permission note will then need to be returned to the front office before sport commences in Week 2, 2020 (5th February). **Students will not be able to participate in their sport until their note is returned.**

Selections will open at the following times:

Year 9- 2:35pm Wednesday 4th December

Year 8- 5:30pm Wednesday 4th December

Year 7- 7:00pm Wednesday 4^h December

Online selections will close Sunday 8th December at 6pm

Listed below are the sport options available for this round of sport. **Please make sure you take note of the cost for each sport, as you will be invoiced for the sport that your child selects.**

****DO NOT PAY FOR YOUR CHILD'S SPORT UNTIL YOU RECEIVE AN INVOICE****

NON-FEE PAYING SPORTS

SPORT	VENUE and PROVIDER	Min / MAX
Local Area Walks	Local Area NBSC Manly Campus Staff	30 per group

SPORTS INVOLVING FEES

SPORT	COST	VENUE and PROVIDER	Min/ MAX
School Gym - Cardio/Strength	\$70	NBSC Manly Campus School Gym NBSC Manly Campus staff and qualified Personal Trainer	10-15
Basketball	\$10	NBSC Manly Campus Basketball Courts NBSC Manly Campus Staff	15-30
Court Sports – paddle tennis & handball	\$10	NBSC Manly Campus NBSC Manly Campus Staff	10 - 30
Social Sport Finska, croquet, totem tennis, table tennis, Bocce	\$10	NBSC Manly Campus NBSC Manly Campus Staff	10 - 30

Softball	\$10	Abbott Road Playing Fields NBSC Manly Campus Staff	20 - 30
Tae Kwon Do	\$110	NBSC Manly Campus Quad Wyllie Martial Arts	12- 24
Yoga	\$110	18 Wattle Road, Brookvale (Walk to venue with supervising Teacher) Zenergy Yoga	12- 25
Learn To Surf * See note below	\$270 + \$50 APOLLA/ OSSA	Long Reef or Collaroy Beach depending on weather conditions. (bus to venue) Manly Surf School	15 - 40
Virgin Active Health Club	\$160	16 Rodborough Road, French Forest (bus to venue) Virgin Active Health Club	20 - 24
Lawn Bowls	\$100	Harbord Bowling and Recreation Club (Walk to venue with supervising Teacher) Bennett St, Curl Curl NSW 2096	15 - 40
Parkour	\$290	4/13 Dale Street, Brookvale (bus to venue) Stunt Gym	12- 30
SUP Ball * See note below	\$260 + \$50 APOLLA/ OSSA	East Esplanade, Manly (Bus to venue) Manly Kayak Centre	12- 24
Surf Coaching with Beau Mitchell * See note below	\$210 + \$50 APOLLA/ OSSA	North Curl Curl Beach (Bus to Venue) The Boardriding academy	8- 20
Squash	\$200	106 Blackbutts Road, Frenchs Forest (Bus to Venue) Energize Health Club East Coast Squash Academy	16- 20
Tennis (Coaching)	\$130	Griffith Park, Anzac Avenue, Collaroy (Bus to venue) Collaroy Tennis Club	16 - 26
Manly Warringah Gymnastics Club	\$180	24 Middleton Rd, Cromer NSW 2099 (Bus to venue) Manly Warringah Gymnastics Club	12 - 60

*** Water sports (Surfing and SUP):** As per the NSW Department of Education sport safety guidelines, all students who participate in Surfing, Body board, Wave Ski Riding and Stand-up Paddling as a sporting activity **must possess either a Surf Life Saving Association (SLSA) Surf Survival Certificate, Australian Professional Ocean Lifeguard Association (APOLA) Ocean Safety Surfer Award or higher level award.** Additionally students should be **assessed annually in rescue techniques and first aid/emergency care procedures.** Therefore student who choose surf coaching with Bea Mitchell or SUP ball must have one of these awards. Students who DO NOT have these, will be provided with the opportunity to be assessed and obtain an APOLA / OSSA awards during the first 2 weeks of Round 1 Wednesday sport. **If a student does not pass and obtain the award, they will be required to select a different sport for the remainder of this round.**

Elite Sport Students: Students who undertake specialist Sport training **may** be allowed to do this during normal Sport time (1pm-2.30pm Wednesday afternoons), with the approval of the Principal and Year Advisor. Students must be in Year 9 or over and competing at the equivalent of NSWCHS level or above and training for a minimum of 10 hours a week and have a satisfactory academic record. Please collect an application form from Mrs Low in the PE staffroom

If there are any questions regarding sport choices, please contact either of us at school.

Mrs Leanne Low & Mr Scott White
(Sports Organisers)