

## **SPORT OPPORTUNITIES AT GCC**

Welcome to the year of sport at GCC. We are currently Glasshouse Primary District Swimming and Athletics Champions and had several students compete at Regional and State level in a variety of sports in 2016. We are excited about the opportunities in 2017 and look forward to another successful year in sport. The purpose of this letter is to inform you of the opportunities in sport for your child this year.

There are many opportunities throughout the year for your son/daughter (10 – 12 yrs) to be involved in sport at a variety of levels. Our College Swimming Carnival, Cross Country and Athletics Carnivals are compulsory for all students to participate in and are also a lot of fun. At these Carnivals students have the opportunity to qualify for College teams to compete against other schools in the Glasshouse District. As a College we also play Interschool Sport against schools in the Glasshouse area which is named the Glasshouse District and is part of Sunshine Coast School Sport. There are also one or two day competitions such as the Rugby League Development Cup, Brisbane Lions Cup AFL, Oz Tag, Equestrian and Mission Foods Primary Schools Netball Cup which the College sends teams to compete in.

### **Yr 5/6 Interschool Sport:**

GCC plays Interschool sport for three weeks each term on a Friday afternoon at the Glasshouse Mountains Sports Club (Beegees). Students in Yr 5 and 6 can trial for our College teams to compete over the three week competition against other Glasshouse District Schools. We take 2 girls teams and 2 boys teams to these competitions. The sports played are: Term 1 - Softball, Term 2 - Soccer and Netball, Term 3 - Touch Football and Term 4 - AFL. Students will be notified by their class teachers as to when trials for these teams are to be held. Year 5 and 6 team practices will be held during first break on Tuesdays and Wednesdays.

### **Glasshouse District Sport Representative Teams:**

During Terms 1 and 2 trials are held for Glasshouse District Sports teams in a variety of sports. Students from all Glasshouse District Schools can attend the trials and teams are selected from these trials. Students who attend the trial need to be born in 2007 or later and need to be able to play the sport quite well. The Glasshouse District team selected will train together for a few weeks after school at a local school and then play in a Sunshine Coast Regional Carnival against other District teams from the Sunshine Coast area. At this carnival, Sunshine Coast School Sport teams will be selected in each sport and will compete at Queensland State Championships. It is an honour to be representing the area at these levels and many new and lasting friendships are made with students from other schools.

### **Early Morning Training**

At GCC we believe our athletes need to be as fit and prepared as possible when going to competitions at various levels. The Early Morning Training program is available to all students and aims to improve fitness and skills needed to compete well in swimming, cross country and athletics. Students are able to choose to perhaps train just for swimming and do not need to commit to the year of training across all disciplines. This training is run by the PE teachers.

Training is held every Tuesday and Thursday morning, 7.30 – 8.10 am, with students meeting at the Beerwah Pool for swimming or at the Senior Undercover Area for cross country and athletics. We have seen great improvements from students who participate in this program.

Students selected in GCC teams to compete at the District Competitions (swimming, cross-country etc) are expected to attend these training sessions at least once a week prior to the competition.

Dates of trials and competitions are attached to this email for your information. Students will usually be reminded about the opportunities but it is their responsibility to get the correct forms from class teachers or PE staff and take these to District Trials. Forms and information will also be on the College website. District Trial forms will need to be accessed from the website or a paper copy may be obtained from the PE office.

We are looking forward to a fantastic year of sport and want your child to excel in their chosen sport and perhaps experience a new sport also. Please do not hesitate to phone or email the PE staff for more information about any of the above information.