

Dear Parent/Carer,

The school's sports program is held each **Wednesday** afternoon for Years 7 to 11. The program offers a variety of sport and recreational choices. Girls can select a **Grade Sport** where they compete against other schools in the St George SSSA zone **or** a **Recreational sport**.

## SUMMER GRADE SPORT COMPETITION

Summer Grade	Home venue	Cost For the Whole Winter season
<b>Oz Tag</b>	Tasker Park Phillips Ave, Canterbury	\$ 60 for Years 8-11 \$30 for Year 7 To be paid to office C within the first 4 weeks of the season.
<b>Mini Soccer</b>	Tasker Park Phillips Ave, Canterbury	
<b>Softball</b>	Tasker Park Phillips Ave, Canterbury	
<b>Table Tennis</b>	Canterbury Girls High School grounds	
<b>Volleyball</b>	Canterbury Girls High School grounds	

**Game draws** are posted on the **Sports Notice Board** before each round, usually on the Monday.

**Competitor Schools:** Beverly Hills Girls, Blakehurst High, Kingsgrove High, Kingsgrove North, Kogarah High, Moorefield Girls, Peakhurst High, Penshurst Girls and St George Christian School.

**Grade Venues:** Home venues are indicated in the table above.

**Travel:** Students walk to home venues or take a school organised bus to the competitor venue.

**Grade times:** Grade Sport played at our home venues may finish as early as 2.00- 2.30pm and students can be dismissed from the home venue directly. If a student would like permission to be dismissed from the home venue at the conclusion of the game and make their own way home, a note is required from a parent/carer (overleaf).

**Permission to leave competitor venues is not permissible**, students must return to school with their team coach on the bus. The bus does make a stop at **Canterbury Station** where students may alight.

## SUMMER RECREATIONAL SPORT

Recreational Sport	Years	Venue	Costs each Session
<b>Rotational Sport</b>	7	Lees Park Cnr Hay St and Harmony St Ashbury OR Canterbury Girls High School oval	Sport Coach Fee for the year \$60
<b>Badminton</b>	8-11	Canterbury Girls High School	\$2
<b>Ice Skating</b>	10-11	Canterbury Olympic Ice Rink Phillips Ave, Canterbury	\$8 (supervised -no lessons)
<b>Dance Ensemble</b>	7-11	Canterbury Girls High School	Fee will be advised
<b>Gym at School</b>	10-11	Canterbury Girls High School Gym	\$4
<b>Power Walking</b>	8-11	Walk in the local area	No cost
<b>Aerobics both Aqua and in the Gym</b>	8-11	Canterbury Leisure and Aquatic Centre Phillips Ave, Canterbury – heated pool	\$9 (professional aqua aerobics instructor)
<b>Mixed activities</b> Weights/Cardio/Boxing/ Yoga/Aerobics	8-11	Canterbury Leisure and Aquatic Centre Phillips Ave, Canterbury	\$9 (fully equipped facilities)
<b>Tennis Lessons</b>	8-11	Lees Park Tennis Courts Cnr Hay St and Harmony St Ashbury	\$10 (professional coach)
<b>Pilates</b>	8-11	CGHS hall or St Paul's Hall-Church St Canterbury	\$7 (+ \$2 mat hire fee)
<b>Yoga</b>	10-11	Canterbury Girls High School	No cost
<b>Zumba</b>	8-11	CGHS or St Paul's Church Hall-Church St Canterbury	\$7 (professional instructor)
<b>Gardening</b>	8-11	Canterbury Girls High School grounds	\$2
<b>Aerialize</b>	8-11	7-9 Close St Canterbury	\$15
<b>Lawn Bowls</b>	8-11	King street Ashbury	\$10

**Recreational Transport:** Students walk to and from the venue. Dismissal time from school based sport programs is **2.47pm**. Students at venues away from the school are dismissed at **2.30pm** to accommodate for any student that needs to walk back to the school for a 2.47pm dismissal. If a student would like permission to be dismissed directly from the venue at the conclusion of the sport to make their own way home, a note is required from a parent/carer (below).

**Uniform:** All girls are required to wear full school sports uniform and appropriate sport footwear. Some sports require safety equipment, which the girls will need to provide themselves. Students need sun protection and water for sport. Students who do not wear full school sports uniform will be unable to participate in sport and will be sent to Sport Theory until 3.10pm. **Sportsmanship:** Students to display good manners and sportsmanship. Unacceptable behaviour/attire may result in permission to attend being withdrawn.

## PARENT/CARER CONSENT FORM

By signing this consent form, I acknowledge that I have read all the conditions, I <b>accept the costs</b> and arrangements for sport and give permission for my daughter/ward to participate in the sport program indicated below for the full duration of the Summer Sport period. I grant permission for the teacher in charge to seek medical assistance should it be necessary.	
<b>Student Name</b>	
<b>Year</b>	
<b>Sport Choice</b>	
<b>Permission To Be Dismissed From The Home Venue</b>  <b>Tick the appropriate box</b>	<input type="checkbox"/> <b>Yes</b> , I give permission for this student to be dismissed from the home venue at the conclusion of the sporting activity and make their own way home. <i><b>For Grade sports</b> dismissal is only for the HOME VENUE - not from competitor venues. The bus does make a stop a Canterbury station where students can alight if permission for dismissal has been granted by ticking this box.</i> <i><b>Power Walkers</b> must return to school for dismissal, there is no early dismissal from the park.</i>
	<input type="checkbox"/> <b>No</b> I require this student to return to Canterbury Girls High School and be supervised until <b>2.47 pm</b>
<b>Student Medical Conditions</b>	
<b>Print Parent/carer name</b>	
<b>Parent/carer signature</b>	<b>Date:</b>
<b>AQUA AEROBICS ONLY</b> Student's Swimming level please circle: <b>Strong / Intermediate / Weak</b>	
<b>ICE SKATING ONLY Important Safety information</b>	
Parents/carers that consent to their daughter/ward participating in Ice skating acknowledge the conditions of entry and the activities undertaken by referring to the venue website. <a href="https://www.canterburyolympicrink.org.au/">https://www.canterburyolympicrink.org.au/</a> <b>Condition of entry is that all skaters skate at their own risk.</b> -With ice skating, skaters may fall over from time to time. Whilst most falls are harmless, there is always the possibility, that a fall may result in an injury. Skaters should wear protective helmets, available at the ice rink. Skaters are also encouraged to wear Roller Blading elbow, knee pads and wrist guards to minimize injury.	
<b>Aerialize -Sydney Aerial Theatre Inc</b> is the high flying aerial acrobatics company. Refer to the Aerialize web site <a href="http://aerialize.com.au">http://aerialize.com.au</a> for further information on the nature of activities. While, every effort is made to minimise the possibility of injury, there will remain some degree of inherent risks, dangers and hazards in participation of the activities. Aerialize requires a waiver of liability to be signed by a parent/carer before students can participate.	