



## Arndell Sports Desk

**Primary School Cross Country.** What a terrific day! Everyone ran their very best and were spurred on by being the foxes (primary students) chasing the rabbits (Yr 11 students) around the course. I am sure many of the primary students did PBs with the added incentive to try to catch a rabbit! Many thanks to the Primary staff and parents who assisted on the day, and those parents who came to support their children. The results are as follows:

**8 Yrs Age Champions:** Emelia Evans & Lucas Bigeni

2<sup>nd</sup> & 3<sup>rd</sup> placed: Chloe Harris, Larissa Read; Zack Webb, Kaylan Phipps.

**9 Yrs Age Champions:** Sophie Mc Alpine & Dylan Jones

2<sup>nd</sup> & 3<sup>rd</sup> placed: Madison Hewitt, Sara Selff; Tully Lynch, Malcolm MacPherson.

**10Yrs Age Champions:** Lilly Ann Keating & Joshua Muller

2<sup>nd</sup> & 3<sup>rd</sup> placed: Lucy Bittendorfer, Johanna Ommundson; Cooper Elven, Jesse Phipps.

**11 Yrs Age Champions:** Madeline Sainty & Solomon Roper

2<sup>nd</sup> & 3<sup>rd</sup> placed: Georgia Thorpe, Laura Smith; Benjamin McAlpine, Corey Aldacour.

**12 Yrs Age Champions:** Rachel Vielhauer & Hayden Lane

2<sup>nd</sup> & 3<sup>rd</sup> placed: Elysia Sproule, Melissa Whitmore; Heaton Rejtano, Brewer Lynch

### Overall Results:

	<b>Chisholm</b>	<b>Greenway</b>	<b>Johnson</b>	<b>Macquarie</b>	<b>Tebbutt</b>
<b>Boys:</b>	176	287	277	189	222
<b>Girls:</b>	293	228	234	198	273
<b>Total:</b>	474	<b><u>516</u></b>	513	391	498

The following students have been selected to compete at the **HZSA Primary Cross Country on Thursday 29<sup>th</sup> April at Fagan Park, Galston and the HICES Primary Cross Country (selection for CIS) on Thursday May 20<sup>th</sup> at All Saints College, Bathurst.**

**9 yrs & Under:** Emelia Evans, Madison Croft, Sophie McAlpine, Madison Hewitt, Sara Selff. Lucas Bigeni, Dylan Jones Tully Lynch, Malcolm MacPherson, Connor Miller.

**10Yrs:** Lilly Ann Keating, Lucy Bittendorfer, Johanna Ommundson, Kate Hogan, Emily Mitchell. Joshua Muller, Cooper Elven, Jesse Phipps, Jarrod Harber, Bryson Rejtano.

**11 Yrs:** Madeline Sainty, Georgia Thorpe, Laura Smith, Faith Evans, Tia Koski. Solomon Roper, Benjamin McAlpine, Corey Aldacour, Andrew Sinclair, Finn Miller.

**12 Yrs:** Rachel Vielhauer, Elysia Sproule, Melissa Whitmore, Moneshe Welsh, Brooke Waters, Briney Rigby. Hayden Lane, Heaton Rejtano, Brewer Lynch, Ryan Glinn, Joshua Glinn, Declan Horne.

**Letters will be handed out in Week 1 Term 2. Students are encouraged to spend at least 3 mornings/afternoons a week doing some running training**

**Secondary Cross Country:** Congratulations to the following students who have been selected to compete at the HZSA Cross Country Carnival on Thursday May 6<sup>th</sup>:

**12yrs:** Gabrielle Naethyus, Madeline Eglin, Caitlyn Gorman, Jamie Robinson, Georgia Parry, Chelsea Wright. Harry Ridgewell, Alex Earle, Ricki Lindenburg, Mitchell Kenny

**13 Yrs:** Kyla McInnes, Lana Rigby, Emily Byrne, Amy Bonner, Megan Fitzgerald, Kaitlyn Meca. Guy Smith, Jack Wiese, Jake Dauncey, Zac Elven, Jake Hilder, Zac Woodley

**14 Yrs:** Katie McDonald, Gabrielle Saunders, Chantelle Mares, Dana Panos, Taylor Atack, Jessica Roberts. Thomas Zahn, John Linden Carpinato, Jordan Piper, Tim McAlpine, Ben Thornton, Jack Hartley.

**15 Yrs:** Tiah Sutton, Isabella Smith, Amy Casahuilca, Brooke Saunders, Ashlee Ogden, Ayla Fradd. Seaton Kenna, Cameron Massingham, Nathan Bardetta, Josh Mitchell, Jake Elven, Chris Tolson.

**16 Yrs:** Annabelle Andrews, Dom Ellison, Casey McGowen, Kim Currell, Cassandra Bonner, Jessica Bolder. Alex Celio, Dieter Hoffman, Joel Smith, Bradley Kenny, Sebastian Goldrick, Ethan Holland.

**17 Yrs:** Olivia Leal, Isabella Garland, Brittany White, Courtney Jones, Eliza Newton, Michelle Stow. CJ Thomas, Ben Tuynman, Matt Watson, Adam Roberts, Joshua Toms, Joel Sedorenko

**18 Yrs:** Holly Andrews, Ally Cornick, Amy Manefield, Jessica Dean, April Zammit, Tiah Glendenning. Andrew Bennett, Ian Wildig, Ian McKelvey, Louis Butler, Reece Tuckerman, Daniel Brown.

**Letters will be handed out in Week 1 Term 2. Students are encouraged to spend at least 3 mornings/afternoons a week doing some running training**

**CIS Primary Swimming:** Congratulations to the 10&Under Girls relay team: **Lilly Ann Keating, Hannah Leechman, Grace McErlane & Chloe Patterson** who finished 15<sup>th</sup> and **Hannah Leechman** 9yrs 50m Freestyle who finished 21<sup>st</sup> at the CIS Primary Swimming Championships. If any parents have photos please send them through to Mrs Cornick.

**CIS Secondary Swimming:** Congratulations to Dieter Hoffman & Kimberlee Currell who were both selected at the AICES Swimming Championships to swim at the CIS swimming Championships. Kimberlee in 16yrs 200m Breaststroke and 50m Breaststroke and Dieter in the 16yrs 50m Breaststroke. **HZSA won the AICES Championships for the first time.**

**HICES Primary Netball.** The following girls are to be congratulated on their performance at the trials Chloe Patterson, Lucy Bittendorfer, Lilly Ann Keating, Brooke Croft, Brooke Watkins, Brooke Ellison, Grace McErlane, Kate Hogan, and Hannah Leechman. Lilly Ann Keating was selected as a shadow player for the HICES team. Many thanks to Mrs Chan for coaching the team, assisted by Mrs Hogan, and for taking on the manager's position for HICES. Thanks also to all the parents who helped with transport and came to support the girls on an extremely hot day.

**BASKETBALL:** Mr Stefan Kaczmarczyk (Yr 8 parent) is very keen to promote Basketball at Arndell. Having the expertise in and a passion for the sport he has offered to coach students' boys & girls in the Junior and Senior school. These skill and fitness sessions will happen after school on Wednesdays from 3.15 to 4.30pm starting Week 2 Term 2 on the senior basketball court. If your child is interested in being part of this squad and has not already signed up please complete the form sent out as a News Flash this week.

**Senior School Basketball:** Stefan is also going to train the Senior Basketball team in readiness for 2011. So if your son/daughter plays basketball and would like to be part of this team please let Mrs Cornick know so training days can be organised.

**HZSA Trimester 2 Sport: Sign up will be week 1 Term 2**

- **Rugby Union:** Juniors Monday (14s & under); Inters Tuesday (15s&16s); Seniors Wednesday (17&18). If any parents are interested in coaching a Junior boy's rugby team please ring Mrs Cornick.
- **Boys Football(soccer):** Juniors: Thursday (7&8); Inters Wednesday (9&10); Senior Monday (11&12)
- **Girls Football (soccer):** Opens Tuesday
- **Netball:** Wednesday: Juniors: (Yr7); Inters (8&9); Seniors (10,11 &12) and Umpires
- **Girls Hockey:** Opens - 6 a side, Monday
- **Tennis:** Intermediate (9&10) Boys or Girls – Monday
- **HZSA Knock Out Tennis** – one day event team of 4 boys and team of 4 girls.

**A personal request to all students and parents:** Letters sent home regarding any sporting event, requests to assist at gala or carnival days and nominations to trial for Representative sport **must** be returned by the due date written in the letter. Failure to comply creates unnecessary extra work for organisers, besides which the Sports Associations HICES, HZSA,

AICES & CIS will **not** accept late nominations. In the case of CIS if you nominate and do not trial students will still incur the fee.

**Sporting Commitments:** Students who have signed a commitment form as a member of a College team do have a responsibility to their team to attend every game. Whilst there maybe circumstances when students cannot uphold this commitment, every effort must be made on their behalf to notify the Head of Sport & their coach at least 24 hours prior to their game so that alternative arrangements can be put in place.

The Sports webpage is being updated and all sport dates for 2010 are on the Sport webpage in Extra Curricular Activities. Parents are recommended to keep up to date with what is going on through these avenues. HZSA now has its own website: [www.hillszone.com.au](http://www.hillszone.com.au) parents are encouraged to access this webpage for all HZSA information, results and draws. There is NO website for HICES.