



SPORTS GUIDELINES AND DEFINITIONS 2018/19 SEASON

Boys are required to prioritise their sports commitment to the Newington College Sports program above all other external/club commitments. Where there is a clash, the Newington sports commitment must take priority.

BASKETBALL

Basketball is available to students in Years 7 – 12. Basketball teams are graded in the junior divisions and from the 1sts to the 18ths in the opens. Boys play home and away games against other AAGPS schools every Saturday. Players will need to purchase a Newington branded basketball uniform from the Uniform Shop.

Director of Basketball: Mr Rex Nottage, rnottage@newington.nsw.edu.au

CRICKET

Cricket is available to students in Years 7 – 12. Cricket teams are graded and boys play against other AAGPS schools each Saturday in Terms 4 and 1. Boys are required to wear long white trousers and Newington playing shirt available from the Uniform Shop. Cricketers are encouraged to use spiked footwear for turf wickets and rubber-soled shoes for synthetic wickets respectively. A Newington cap or white sun hat is compulsory. The College provides playing equipment, though boys may choose to use their kit.

Director of Cricket: Mr Ross Turner, rturner@newington.nsw.edu.au

NEW FIT (LEVY FOR THE SEASON: \$150 BASED ON 45 BOYS)

New Fit is available to students in Year 8 (Term 4) to Year 12. Boys are taken through challenging workouts that utilise both resistance training (bodyweight/and equipment) and cardiovascular options to challenge their metabolic pathways and thus increase their physical capacities. This activity is located off-site (boys run to the Centre, which is approximately 1km) and there is a participation levy. Boys must have this activity approved by their Head of House and the Head of Co-Curricular. Boys wear their PE uniform for this activity.

Director of New Fit: Mr Alex Fisher, afisher@newington.nsw.edu.au

RIFLE SHOOTING (LEVY FOR THE SEASON: \$120 SMALL BORE)

Small Bore Rifle Shooting is available to students in Year 8 (Term 4) to Year 12 who are new to this sport. This activity is an introduction to shooting and is a requirement for those who are interested in progressing to Large Bore in our winter competition season. Boys wear their school or PE uniform for small bore shooting.

Director of Rifle Shooting: Mr Rob Tredinnick, rtredinnick@newington.nsw.edu.au

ROWING (LEVY FOR THE SEASON: \$110)

Rowing is available to students in Years 7 – 12. The rowing season begins in Term 4 and culminates with the Head of the River in Term 1 of the following year. Boys entering the College at the beginning of Term 1, will be offered an introductory program to the sport that will entail some water work as well as technical guidance on the rowing machines. Boys should not purchase their rowing suit and hat until notified by the director of rowing. To gain entry to rowing, each prospective rower is required to do a test on a rowing machine, and quotas apply for each year. For the Term 1 Year 7 program, students complete a rowing test on the December Orientation day. Students will find out if they have been accepted into rowing following the test.

Director of Rowing: Mr Richard Roach, rroach@newington.nsw.edu.au



SWIM FIT - SUMMER

Summer Swim Fit is available to students in Years 8 – 12. Boys are taken through challenging aquatic workouts that test the cardiovascular system, metabolic pathways and thus increase their physical capacities. Boys should be competent swimmers, but do not have to be at a competitive level. Swim Fit will compliment a competitive swimmer or water polo player's training routine or assist a student who is aspiring to become a member of the school's swim team or water polo program.

This activity takes place at the Newington College Swimming Pool on Tuesdays and Thursdays from 6:00 am– 7:15 am, and there will be 12 (minimum) Friday evening or weekend commitments throughout the season. (program to be published at the commencement of the season) Boys must have this activity approved by their Head of House and the Head of Co-curricular. Boys wear Newington College swimwear available in the Uniform Shop.

Director of Aquatics: Ryan Moar, rmoar@newington.nsw.edu.au

TABLE TENNIS

Table Tennis is available to students in Year 8 (Term 4) to Year 12. Although not an official AAGPS Sport, it is the aim to grow the sport to encompass and encourage competition between schools allowing the boys to develop skills in a lifetime sport. Boys wear their PE uniform.

Director of Table Tennis: Mr Jock Canning, jcanning@newington.nsw.edu.au

TENNIS - SUMMER

Tennis is available to students in Years 7 – 12. All boys who select tennis will have the opportunity to represent Newington in either Age Group, or Open tennis. The highest honour is to be selected to play in the AAGPS competition in the Newington 1sts or 2nds team. AAGPS players can come from any year group. A squad of 15-20 boys are selected by the selection criteria published on the Tennis page in SPACES. The training commitment for AAGPS players is 4 - 5 sessions per week, as well as all-day fixtures on Saturdays.

In Opens, teams are graded 3rds through to 6ths, with 7ths to 15ths playing in a Challenge Competition against other AAGPS and CAS schools. In Age Group, teams are graded in an A, B, C, D team, in each of the age groups, 13s through to 16s. Boys selected in these teams train twice per week and play against other AAGPS schools every Saturday in tennis fixtures. Boys graded in Es and below play in a Challenge Competition. Players who are not yet able to play tennis fixtures will participate in a learn-to-play program until they are confident to compete.

Boys are required to wear their Newington PE white shirt, black shorts and white cap, to training and at weekend fixtures. AAGPS teams have a separate training and playing uniform.

Tennis enquiries: Mark Dickens, mdickens@newington.nsw.edu.au

WATER POLO

Water Polo is available to students in Years 7 – 12. Water Polo teams are graded (1st, 2nd, 3rd, 16A, 16B, 15A, 14A, 14B, Year 7A, Year 7B) and boys play against other AAGPS and CAS schools each Saturday in Terms 4 and 1. The 1st and 2nd Grade teams compete for the AAGPS and The Combined Schools Water Polo Premierships.

Students who are not selected in one of the above-mentioned teams may participate in the Water Polo Development Group which aims to improve their fitness and skills to a competitive level by season's end.

Boys are required to wear Newington PE Uniform before and after training and competition and Newington Water Polo swimwear during training and competition (available from the Uniform Shop).

Director of Aquatics: Ryan Moar, rmoar@newington.nsw.edu.au



AAGPS SWIMMING & ATHLETICS

SWIMMING (TERM 1)

Boys are selected to compete in a series of five AAGPS events in Term 1 on Friday nights from 6:30 pm – 9:00 pm. From these events, swimmers are selected in the Combined GPS team to compete at the NSW CIS Swimming Championships. Students must wear official Newington swimwear. Team members will be given a Newington swim cap. Only boys who have been selected in the Newington team can swim at these carnivals.

The Newington Age Championships is a trial for team selection. This event will be held on **Friday 9 February 2018** at 5:00 pm – 7:00 pm. The AAGPS Swimming season starts on **Friday 16 February 2018**.

Director of Aquatics: Mr Ryan Moar, rmoar@newington.nsw.edu.au

ATHLETICS (TERM 3)

Students are encouraged to participate and trial for the Athletics Team. Boys can choose from a full range of track and field events. The boys will compete against the other AAGPS schools in a series of invitational meets, culminating in the AAGPS Athletics Carnival at Homebush. No previous experience is required for this sport. Boys will require a Newington College Athletics uniform, which they can purchase from the Uniform Shop. The Athletics season starts on **Monday 20 August 2018** and runs for approximately one month.

Director of Athletics: Mr Mark Dickens, mdickens@newington.nsw.edu.au

WINTER SPORTS

AFL

AFL is available to students in Years 9 – 12. AFL NSW/ACT will provide a selector to choose an unbiased selection of 25 players for the Year 9/10 Squad and 25 players for the Opens squad (Year 11/12). The team will play against other AAGPS and CAS schools during Terms 2 and 3 on Saturdays. Boys are required to purchase the uniform from the Uniform Shop. Mouth guards are compulsory for all boys.

Director of AFL: Rev Geordie Barham, gbarham@newington.nsw.edu.au

BADMINTON

Badminton is available to students in Year 8 (Term 4) to Year 12. The College will provide boys with a racquet, or boys can choose to purchase their own. Boys are required to wear their PE uniform with indoor non-marking court shoes. Training days are generally Mondays/Wednesday or Tuesdays/Thursdays and Saturday morning matches.

Acting Director Badminton: Mr Peter Ellis, pellis1@newington.nsw.edu.au

CROSS COUNTRY

Cross Country is available to students in Years 7 – 12. Boys compete against other AAGPS and CAS schools every Saturday. Boys will require a Newington Cross Country uniform, which they can purchase from the Uniform Shop. Training is on Tuesday and Thursday afternoons.

Director of Cross Country: Mr Symon Astley, sastley@newington.nsw.edu.au

FENCING (LEVY FOR THE SEASON: \$80)

Fencing is available to students in Years 7 – 12. This activity operates off-site (for Years 8 – 12) in Alexandria, and a participation levy applies which covers the membership fee with NSW Fencing Association. Year 7 boys train onsite at Concordia on Tuesdays and Fridays. All boys compete offsite in a NSW Fencing Schools competition on Saturdays. The College provides all fencing equipment and protective wear. Boys are required to wear PE tracksuit pants during competition as well as a Newington PE shirt.

Fencing Director: Ms Karen Lak, klak@newington.nsw.edu.au



FOOTBALL

Football teams are graded A–F, and boys play against other AAGPS schools every Saturday. Boys not selected in graded teams will be placed in a development squad and play internal games every Saturday. They may be given the opportunity to play fixtures throughout the season. Boys will require a Newington Football uniform, which can be purchased from the Uniform shop. No previous experience is required for this sport.

Director of Football: Mr Brian McCarthy, bmccarthy@newington.nsw.edu.au

NEW FIT (LEVY FOR THE SEASON: \$150 BASED ON 45 BOYS)

New Fit is available to students in Year 8 (Term 4) to Year 12. Boys are taken through challenging workouts that utilise both resistance training (bodyweight/and equipment) and cardiovascular options to challenge their metabolic pathways and thus increase their physical capacities. This activity is located off-site (boys run to the Centre, which is approximately 1km) and there is a participation levy. The student's Head of House in consultation with the Head of Co-Curricular must approve their request. Boys are unable to choose this activity again if they have participated in the previous season (summer). Boys wear their PE uniform for this activity.

New Fit Director: Mr Alex Fisher, afisher@newington.nsw.edu.au

RIFLE SHOOTING (LEVY FOR THE SEASON: \$120 SMALL BORE AND \$250 FOR LARGE BORE SHOOTING)

Small Bore Rifle Shooting is available to students in Years 9 - 12 who are new to this sport. This activity is an introduction to shooting and is a requirement for those who are interested in Large Bore. Boys wear their school or PE uniform for small bore shooting.

Large Bore Rifle Shooting is only available to students who have successfully completed Small Bore Rifle Shooting. This activity has limited spaces and boys are selected after participating in trials. Boys will be required to purchase the shooting uniform and glove if they make the opens squad.

Director of Rifle Shooting: Mr Rob Tredinnick, rtredinnick@newington.nsw.edu.au

RUGBY

Rugby is available to students from Years 7 - 12. Rugby teams are graded (age group), and boys play against other AAGPS and independent schools every Saturday. Boys will require a Newington Rugby uniform, which can be purchased from the Uniform Shop. No previous experience required for this sport. Mouthguards are compulsory for all boys

Director of Rugby: Mr Ben Manion, bmanion@newington.nsw.edu.au

SWIM FIT - WINTER

Swim Fit is available to students in Years 8 - 12. Boys are taken through challenging aquatic workouts that test the cardiovascular system, metabolic pathways and thus increase their physical capacities. Boys should be competent swimmers but do not have to be at a competitive level. Swim Fit will compliment a competitive swimmer or water polo player's training routine or assist a student who is aspiring to become a member of the school's swim team or water polo program. This activity takes place at the Newington College Swimming Pool on Monday and Wednesday from 7:00 am - 8:00 am and Saturday from 7:30 am - 9:30 am. Boys must have this activity approved by their Head of House and the Head of Co-curricular. Boys wear Newington College swimwear available in the Uniform Shop.

Director of Aquatics: Ryan Moar, rmoar@newington.nsw.edu.au

TENNIS - WINTER

The Winter Tennis season is a learn-to-play program for students in Years 7 - 12. Players undertake tennis lessons as part of mid-week training and take part in the internal Winter Tennis Championships on Saturdays. Boys are required to wear their Newington PE white shirt, black shorts and white cap, to training and at weekend fixtures.

Tennis enquiries: Mark Dickens mdickens@newington.nsw.edu.au

Newington College



Discover
what's possible

VOLLEYBALL

Volleyball is available to students in Year 8 (Term 4) to Year 12. This sport has limited spaces and boys are selected after participating in trials. Teams are graded, and boys play against other AAGPS and CAS schools on Saturdays during Terms 2 and 3. No previous experience is required for this sport.

Director of Volleyball: Mr Michael Ha, mha@newington.nsw.edu.au

