



Pymble Ladies' College

Co-curricular Sport & Activities Semester 2, 2016

Secondary



General Information

Welcome to the [Semester 2, 2016](#) Co-curricular Sports and Activities Program for students in the Secondary School.

We have released the information prior to opening the online registration form to assist in the planning of your daughter's before and after school activities

Please choose carefully and understand the conditions of enrolment, commitment and costs associated to the sport or activity.

Contact Information

Contact Information

Co-curricular Sport and Activities Department (Kindergarten to Year 12)

- All Co-curricular enquiries regarding timetables, classes, costs
- Registration concerns

Phone:

Activities Administration: P +61 2 9497 7844

Sport Administration: P +61 2 9497 7811

Hours: 8.00am to 4.00pm

E ccsa@pymblelc.nsw.edu.au

College Services

- Forgotten Your Username for *MyPymble*
- General College assistance

E collegeservices@pymblelc.nsw.edu.au

P +61 2 9855 7799

Co-curricular at Pymble

Pymble Ladies' College believes in a balanced educational experience. All girls are encouraged to participate in our co-curricular program, which covers a wide range of activities including sporting, performing arts, language arts and cultural disciplines. Through these activities, each student has the opportunity to develop the core College values of Care, Courage, Integrity, Respect and Responsibility. The wide range of programs allow students the opportunity to develop their talent and skills in a safe, informative and friendly environment.

Our Program

The Co-curricular Sports and Activities (CCSA) program covers a wide range of activities, including sporting competitions, non-competitive programs and cultural disciplines. The programs are offered in a variety of timelines, yearly, semester based and termly based.

- Yearly – programs that are offered over the school year are only advertised once at the beginning school year with one registration. The commitment to the activity is for the whole year and fees are scheduled as a one off payment for the whole year.
- Semester – programs that are offered for a semester period are based over two terms, usually as Terms 1 and 2 = Semester 1 / Terms 3 and 4 = Semester 2. This allows for a student to gain a wider knowledge of the sport or activity, however providing options to choose another sport or activity in other semester periods.
- Term – programs that are offered for a term, are offered 4 times throughout the year. Re-enrolment is usually required for sports or activities which are offered term by term

Important Dates 2016

Wednesday 22 June

Semester 2 Online Co-curricular Sports and Activities Registration [open](#)

Wednesday 13 July

Semester 2 Online Co-curricular Sports and Activities registrations [close](#)

Co-curricular Program - Start/End Dates for 2016

Please note: there are some variance in start and end dates for some sports or activities. Please ensure you read all information available on your sport or activity of choice.

Term 3: Tuesday 19 July to Thursday 22 September

Term 4: Tuesday 11 October to Friday 2 December

Communication

All communication from the Co-curricular sport and activities Department is corresponded via email and the Pymble Ladies' College App, Skoolbag

Email Communication

It is recommended that Parents and Guardians check their email accounts regularly to ensure they are up to date with registration updates and last minute changes to their sport or activity. If you believe you are not receiving emails from the Co-curricular Department, ensure you have added [@pymblelc.nsw.edu.au](mailto:ccsa@pymblelc.nsw.edu.au) to your safe senders lists.

College App - Skoolbag

Pymble Ladies' College operates their Pymble App through Skoolbag.

One of the many features of the Pymble App is the ability to receive push notifications (instant alerts) and updates about Co-curricular events and activities through your smartphone or device. Users will also be able to:

- View the College events calendar
- Download calendar events to your device calendar
- Access Google Maps for offsite venues
- Read the weekly eNewsletter
- Access the College website and MyPymble
- Connect with us on social media

The Pymble App can be downloaded from the App Store (Apple devices), Play Store (Android devices) and Windows Store (Windows devices). For instructions or click on the direct links below.



Sport Information

Saturday Sport

Students wishing to participate in Saturday Sport each term, can do so with no experience required. Coaches are provided to guide students through the rules and skills of the sport. Saturday Sport is about participation for all students regardless of their ability and experience. Students can only participate in one Saturday sport per term and registration is required term by term. Registrations open in the previous term prior to the start of the season. (For example, Basketball is played in Term 2, registrations open in Term 1).

For Saturday morning sport some sporting teams will have a round game down at Frensham school in Mittagong. If several teams are playing, the Sports Co-ordinator will organise a bus that students can take if they wish. If this service is available, students and parents will be notified by email when then team draws are distributed. If not, students will need to organise their own transport, car-pooling is suggested and the co-ordinator can assist finding students a lift if notified early in the week. It is an expectation as part of the commitment to the sport, that students must attend these matches at the Frensham school.

Saturday Sport Options (Year 7 to 12)

Students can only choose one Saturday morning sport per term.

Term	1	2	3	4
Sports Available	IGSSA Tennis IGSSA Softball Interschools Badminton Rowing Y8-12 Sailing*	IGSSA Football (Soccer) IGSSA Basketball	IGSSA Netball IGSSA Hockey	IGSSA Touch Football IGSSA Water Polo Santa Sabina Volleyball HKDTA Tennis Rowing Y7-11 Sailing*
Information	Registrations for Term 1 and 2 sports have closed for 2016. Students will have the opportunity to register for 2017, at the end of 2016.			Registrations are still available for Term 4 Saturday sport. Please click the links above.

*Advanced Sailors only

Uniforms

Most sports have their own specific competition uniform that is available from the College Uniform Shop (unless indicated). Students must attend training and competitions in the correct uniform. Students will not be able to participate without the correct uniform. Please refer to each Sport and/or Activity for their requirements.

Competition and Commitment

Pymble offers excellent competitive and non-competitive opportunities. A wide and varied range of sports and recreationally based activities are offered each term. Pymble concentrates on IGSSA competition and to complement this we often enter our IGSSA teams into district, regional and invitational competitions and carnivals.

Players are expected to attend all scheduled competitions as part of their commitment to their chosen sport and team. If a student is unable to attend matches for any valid reason (illness, important function) they are required to advise the co-ordinator of the sport or activity or the Head of Sport in advance or as soon as possible. Also, every effort must be made to inform the coach where possible.

Trials/Team Selection

Any Pymble student who nominates to play a particular sport will be selected in a team providing she is prepared to make the commitment to all training and competitions. Students must also meet the minimum standards so that they have the skills to compete at a safe level.

All students nominating to participate in any sport or activity must attend the grading/trials where applicable. The purpose of these trials is to grade the girls, to ensure they are placed into a team with students of similar ability. The trials also assist the staff to ensure the team is nominated into the appropriate grade for competition. If students are unable to attend their nominated trial date, they must communicate well in advance with their sports co-ordinator.

Trials for all teams will commence the term prior to competition. For example Hockey is played in Term 3 so the trials will run through-out Term 2. PDHPE staff and specialist coaches will grade the girls into an appropriate team according to their standard.

Training for Competitive Sport

Regular practise is vital for success. Attendance to schedule training sessions by all team members is essential for the best possible performance by the team. Each sports team generally two training sessions per week. Training is held before school from 6.45am to

8.00am and after school from 3.30pm to 5.00pm. Girls will be notified as early as possible of their training schedule, usually at the beginning of each season. Most sports training sessions practise at least once a week.

Students are expected to be punctual to all training sessions and are to wear the appropriate uniform. Students who are unable to attend training sessions should where possible, inform their coach or co-ordinator prior to the session.

Students may travel in their sports uniform if being transported by car directly from home to a training session before 7.30am or leaving training session or competition after 4.30pm to travel directly home by car. Students may arrive prior to 7.00am or leave training sessions after 5.00pm in their full tracksuit if travelling by public transport.

Important Registration Information

Conditions of Co-curricular Sport and Activity Enrolment

1. All registrations are completed **online**. The Sport and Activities Administration team is **unable to process** any registration for families over the phone or email. It is the responsibility of the parent or guardian to manage and administer their daughter/s co-curricular schedule.
2. Families are recommended to read the [How to Register](#) section which is available in all of the 2016 Co-curricular Sport and Activities Program books (Secondary, Junior, and Preparatory) and is available on the Sports and Activities page of the College website.
3. Students must participate on the days offered for their sport or activity of choice. Part days are not available.
4. Missed classes cannot be 'made up' or refunded due to school camps, sickness or excursions (unless specifically listed in the sport or activity conditions).
5. All registrations are on a '**first in, first served**' basis.
6. All payments for all co-curricular sport and activities are processed through your College account. Students will not be permitted to participate in any sports and activities if your College account is in arrears.
7. **Withdrawing from Sports/Activities** - Students who withdraw from a sport or activity within the date of notification (provided in the confirmation email) will not be financially penalised. All other withdrawals after the withdrawal date will be charged 25% of the class cost or classes attended (whichever is greater) for the administration of the sport or activity.
8. **Late Registrations** – students who register late for a sport or activity cannot be guaranteed a place after the online registration has closed.
9. No student will be permitted to register for any Co-curricular Sport or Activity after Week 4 of any term*.
10. Students are not able to participate in any Co-curricular Sport or Activity without permission from a parent or guardian and acceptance of the Risk Warning for Sporting and Non-Sporting Activities. Students will be turned away without a processed registration through the Co-curricular Sport and Activities Administration office.

*Families who commence at the College outside of the term start dates are exempt from this policy. This exemption will only apply during the term in which they commence at the College. Admission into their Co-curricular choices cannot be guaranteed for these students, however every effort will be made to enrol students into their chosen sport or activity.

How to Register for Co-curricular?

All co-curricular sport and activities (Kindergarten to Year 12) require an online registration. Please familiarise yourself with the online system.

Before you begin:

You must have your Family Username (this will also be your Family Biller code) and Password to access the College website. This will allow you log into the *MyPymble* section of the College website. Students cannot use their username and password to access this system.

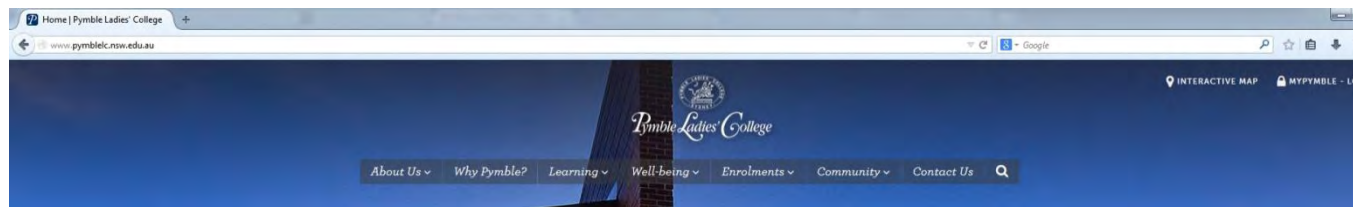
Forgotten Your Username - Please contact College Services

E collegeservices@pymblelc.nsw.edu.au

P +61 2 9855 7799

To begin registration:

1. Visit the College website www.pymblelc.nsw.edu.au



2. Click on the *MyPymble* - Login link



3. Log in with your family username and

Home / MyPymble / Login

Login

password

Username

Password

Remember Me

LOG IN

Forgotten Your Password

Click on the "Lost your Password?" Link

Remember Me

LOG IN

[Lost your password?](#)



Home / MyPymble / Login

Login

Please enter your Username or Email to reset your password.

Username or E-mail:

GET NEW PASSWORD

[Log in](#)

4. Once logged in you will have access to the *MyPymble Members Area*.

Click on to the '*Online Forms*'

MyPymble

Welcome to the Pymble Community Members Area

You are now logged in to the *Pymble* Community Members Area of the College website. This section is reserved for the current Pymble community.

In this area you will find information such as online payments, online forms, sport and activities information and other information relevant to the *Pymble* community. To access information, navigate using the sub-menu or use the links below to guide you to some of the most popular pages.

If you need further assistance, please contact communityrelations@pymblelc.nsw.edu.au.

INFORMATION FOR PARENTS

MYPYMBLE

[MyPymble](#)

[Change of Details](#)

[Online Forms](#)

[Parent Payments](#)

[Sports and Activities](#)

[Curriculum](#)

[Parent Handbooks](#)

[Music](#)

[Boarding](#)

[Parent Groups](#)

5. You will be redirected to the Online Forms landing page – select “Co-curricular Sport and Activities”

Online Forms

To complete any online forms or to access information such as timetables or contact lists, please visit the Online Forms area.

Online Forms is a separate online space to the College website and visiting this area should see the forms open in a new internet window. To leave the online forms area, simply close this window again and the College website should remain open.

If you have any queries about these forms or this section please contact the College on communityrelations@pymblelc.nsw.edu.au with your enquiry.

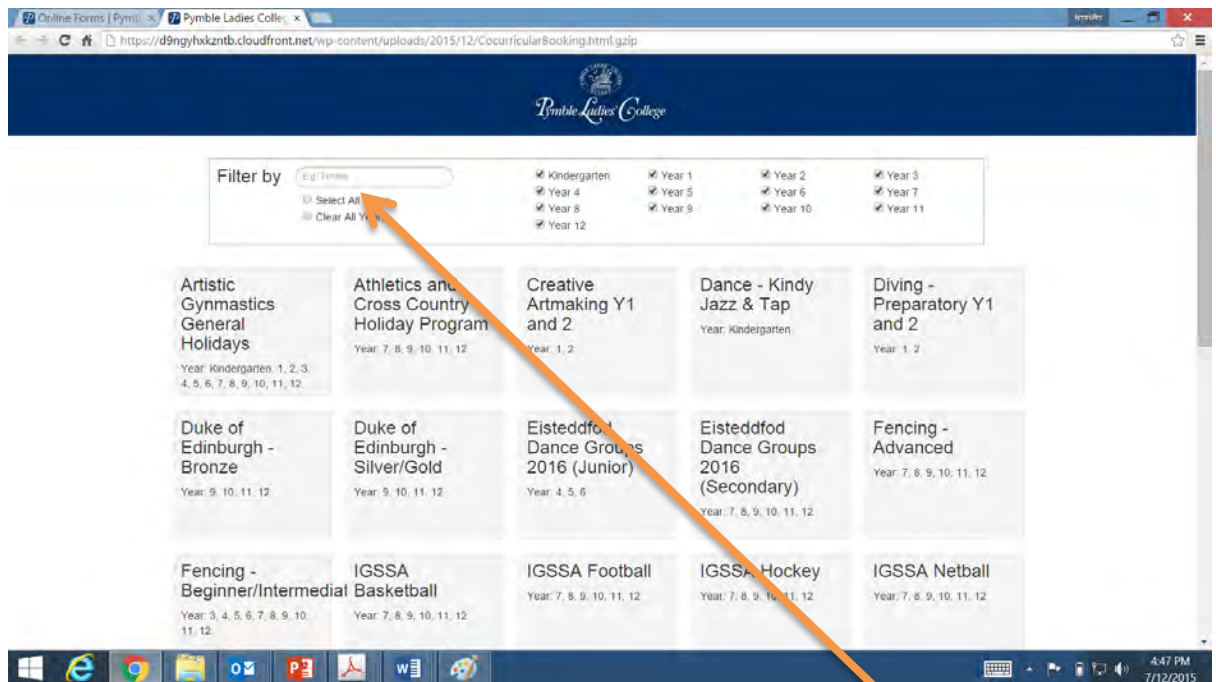
POPULAR ONLINE FORMS

[Boarding Enquiries](#)

[Co-Curricular Sports and Activities](#)

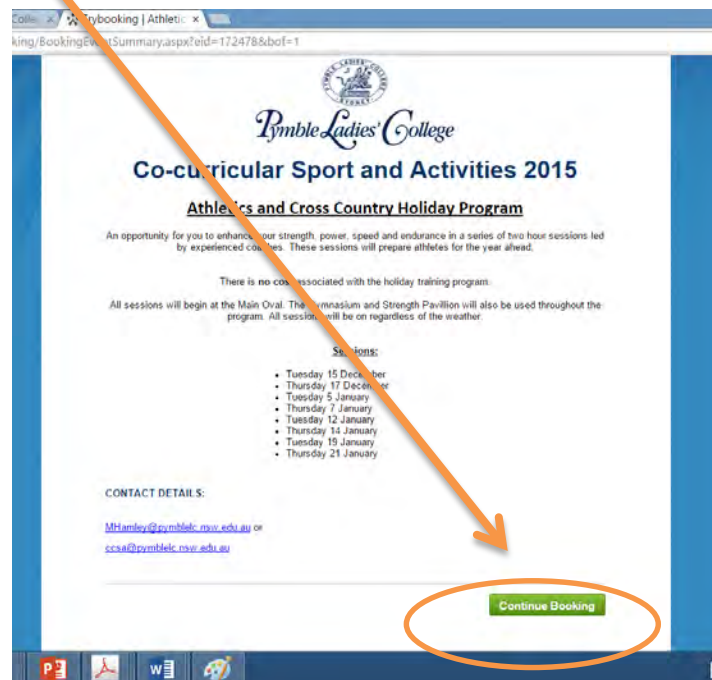
[Parent Group Contact Lists](#)

6. You will be redirected to the Co-curricular Sports and Activities registration system

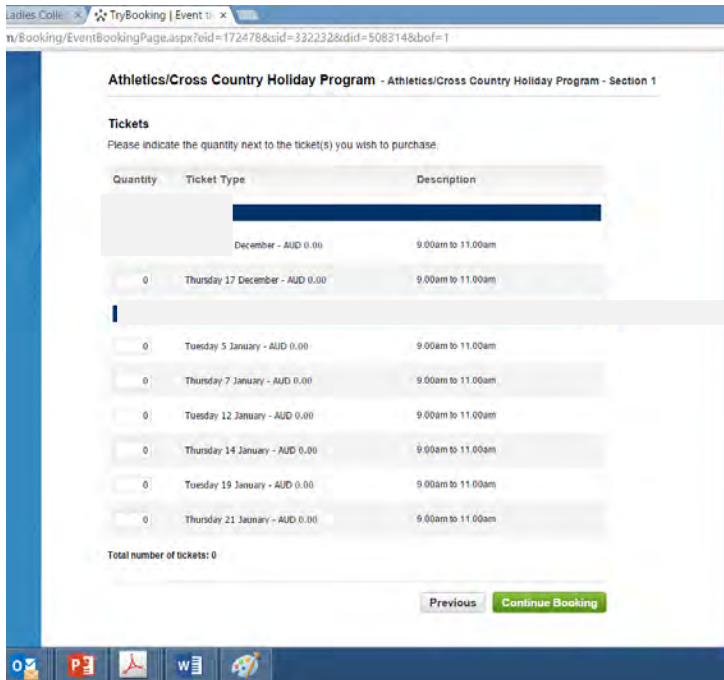


You can filter your search by activity/sport or by Year Group in the Filter toolbar

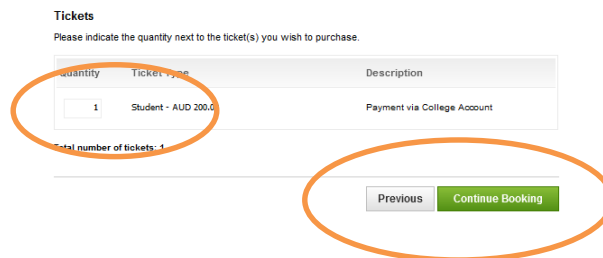
Click to continue to proceed



7. You will be provided with the days or sessions available your sport/activity



- Please select how many participants you would to participate in the activity (these are called Tickets). If you have more than one daughter – you need to select how many. Then continue booking.



- You will be required to answer additional information depending on the sports/activities you choose

Surfing - Term 4 - November 06, 2014 16:15 - Section 1

Additional Information

The organizer of this event has requested the following information:

I have read and understood the Risk Warning for Sporting and Non-Sporting Activities under Section 5m of the Civil Liability Act (2002), available on page 24/25 of the College diaries and the College website <http://www.pymblelc.nsw.edu.au/policies-and-reports/>

* Risk Warning:

I have checked and updated my daughter/s medical information data (where applicable) via the College Online Medical Form.

* Medical Data:

My daughter/ward can swim 200 metres competently.

* Competent Swimmer:

Student

- Student information will be required. If you selected more than one child you will have more than one sections on the student to complete.

You **MUST** have your daughter/s student registration number ready to enter.

STUDENT INFORMATION

Please ensure you have the correct **Student Number** for your daughter. Your daughter will not be identified correctly without this number which could jeopardise her place in her sport or activity of choice. Please note: it is NOT your family reference number e.g AB1234. It is a 5 or 6 digit number (no letters).

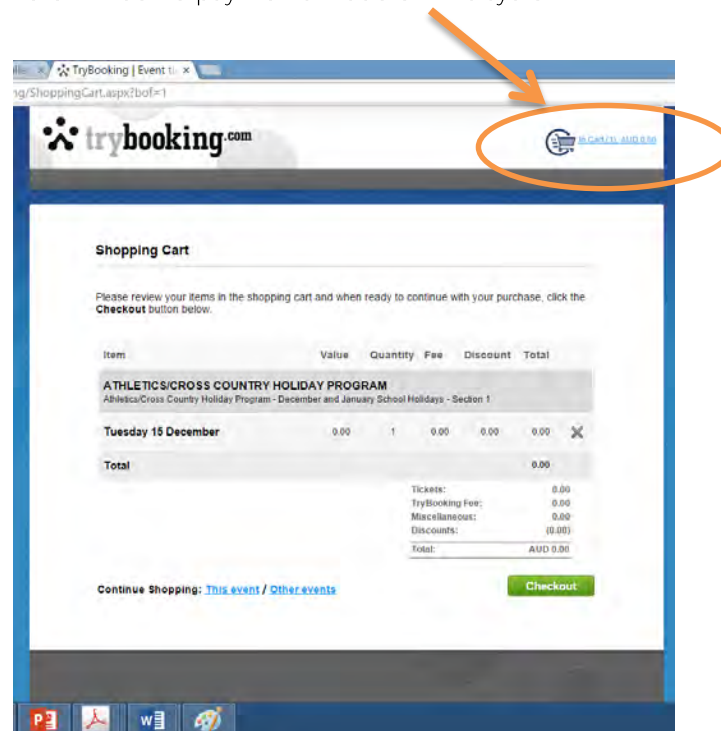
* Student First Name:

* Student Surname:

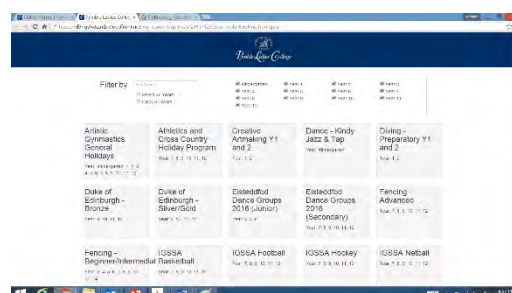
* Year 2015:

* Student Number:

- Your choices will be taken to the shopping cart. All purchases will be sent to your College account – so there will be no payments made on this system.



Is there another activity you would like to add to your shopping cart? You can click back to the Co-curricular Listing, as you move through your selections – they will be continued to be added to your shopping cart, until you move through to the checkout. Follow the steps of 6 through to 10. Enter your daughter's information for the sport or activity of choice.



12. **Final Booking Information** – please complete your information for your daughter’s registration. Please enter an email address which is checked regularly. You will receive a booking receipt immediately after completion.

Tip: Next time, for a quick registration, tick “remember my details on this computer for next time”

Booking Details

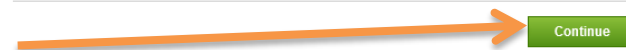
Your email address is used to send you the booking confirmation and tickets. The event organiser may contact you also by email regarding this event.

* First Name:	Andi
* Last Name:	Webster
* Address Line 1:	64 Avon Road
Address Line 2:	
* City or Suburb:	Pymble
* State:	NSW
* Postal Code:	2073
Country:	Australia
* Phone:	029855 7799
* Email:	sport@pymblelc.nsw.edu.au
* Confirm Email:	sport@pymblelc.nsw.edu.au

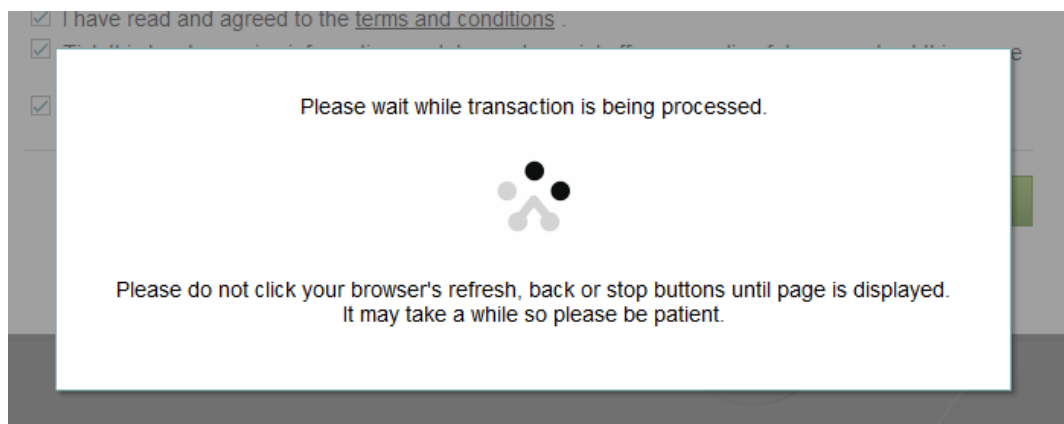
Your booking/tickets will be sent to the email address entered above.

I have read and agreed to the [terms and conditions](#) .
 Tick this box to receive information, updates and special offers regarding future events at this venue and/or from the producer of the Event for which you have purchased this ticket.
 Remember my details on this computer for next time.

Select “continue”



13. You have completed your registration.



It is recommended you print your booking receipt

Transaction Successful

Please [print](#) your tickets and/or gift certificates from the button below.

Booking ID: b26b88e3-cea3-4780-a6d7-86fab985f003
Transaction Date: 27 November 2014 6:53 PM
Email Address: sport@pymblelc.nsw.edu.au

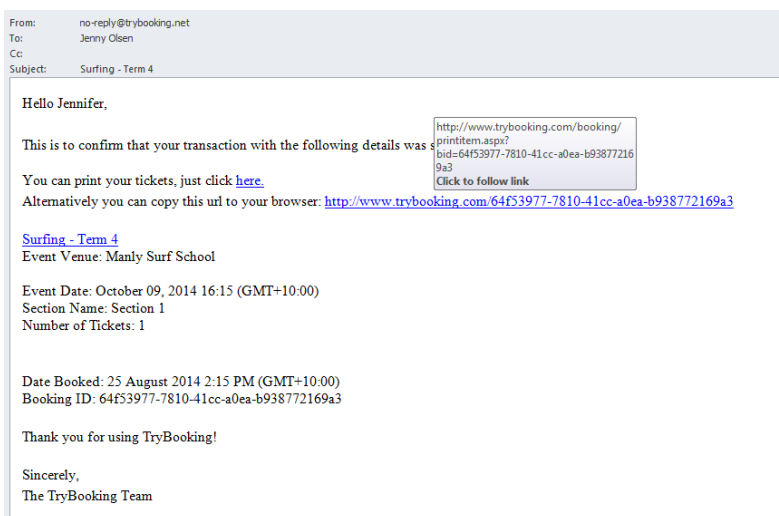
An email with a link to the tickets and/or gift certificates has also been sent to your email address. If you haven't received an email within 10 minutes, please check your spam folder.

Thank you for using TryBooking!



14. A booking receipt will be emailed to your nominated email account. Remember to check your "spam account". **No booking receipt, no registration.**

A confirmation email will be sent AFTER registrations have closed.



PLEASE NOTE: changes cannot be made once you have registered online. If you believe you have made a mistake, please forward your email booking receipt to the Sport and Activities Department ccsa@pymblelc.nsw.edu.au and they will be able to remove any unwanted registrations. No changes will be made over the phone.

Sport and Activities Choices 2016

The programs are offered in a variety of timelines namely, **yearly**, **semester** based and **term** based.

<i>Yearly</i>	<i>Semester</i>	<i>Term</i>
<ul style="list-style-type: none"> • Advertised once • Commitment for the whole year • One payment 	<ul style="list-style-type: none"> • Based over two terms, usually as Terms 1 and 2 = Semester 1 / Terms 3 and 4 = Semester 2. • Re-enrolment is usually required for sports or activities 	<ul style="list-style-type: none"> • Offered 4 times throughout the year • Re-enrolment is usually required for sports or activities which are offered term by term

<u>Sports</u>	<u>Activities</u>
Artistic Gymnastics Senior Gym Skills Gym Skills Select (Beginner/Intermediate) Gym Skills Select (Advanced) Athletics and Cross Country Badminton Co-curricular Badminton Cricket Sydney Girls Cricket League Diving Senior FunDive Pathways Diving Competitive Diving Equestrian Fencing Health and Fitness Classes Group Fitness Pilates Spin SpinBox Strength and Conditioning Yoga Zumba Motivate with Mind-Body Connect Relax, Refocus, Reconnect Golf Beginners/Intermediate Advanced Rowing Sailing Swimming Taekwondo Self-Defence & TCT Tennis HKDTA Tennis Tildesley Tennis 2017 Semi-Private Lessons Private Lessons Tildesley Squad Touch Football Term 3 Touch Football Clinic IGSSA Touch Football	Art Programs Ceramics Darkroom Photography Digital Artmaking/Photoshop Drawing Oil Painting Beauty DIY Glamour Lab Dance Fit Dance Filmmaking Senior Major Project Trop Fest Junior Genre Study Life Skills Personal Development Program Essential Study Skills Seminar Speech and Drama Stagecraft and Performance STEM Programs Coding Club Tinkering with Technology TAS Programs Nourish and Flourish Totally Textiles Working with Wood Work Ready Barista Course Job Seeker Preparation Course Provide First Aid Responsible Service of Alcohol (RSA)

[Volleyball](#)

[Volleyball Skills Sessions](#)

[Santa Sabina Volleyball](#)

[Water Polo](#)

[Water Polo Skills Sessions](#)

[IGSSA Water Polo](#)

Sports

Artistic Gymnastics

E ag@pymblelc.nsw.edu.au

P +61 2 9855 7362

The Pymble Ladies' College Co-curricular Artistic Gymnastics program includes a General Gymnastics and Competitive Gymnastics Program.

The General Gymnastics program provides students with activities to promote;

- Strength
- Flexibility
- Coordination
- Balance
- Body Awareness

in a fun and recreational environment, with skill development on vault, trampoline, uneven bars, beam and floor.

The Competitive Gymnastics program further promotes the key areas of the General Gymnastics program with a focus on developing the skills required for competitive gymnastics. Pathways are provided for students dependent on their skill level and commitment to gymnastics from club / school competitions to high performance and National events.

Conditions of Enrolment (Artistic Gymnastics)

1. **Costs:** Students accounts will be billed over two periods for the yearly cost. These costs include the annual fee for GymNSW membership.
2. **Uniform:** Students must have their training uniform by as soon as possible.
3. **Missed classes:** Unfortunately due to the nature of the class, we are unable to offer make up classes for missed classes or offer refunds to non-attendance.
4. Students must participate in the days stated for each Artistic Gymnastics group. Days and times cannot be changed or altered. Full fee is applicable for all groups. Part-payment of class is not available for days not attended by student.
5. **Withdrawals:** Students wishing to withdraw from the program outside of accepted timeframes will be charged for the remainder of the terms fee.

Artistic Gymnastics - General

Senior Gym Skills

The Senior Gym Skills Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment. This is a non-competitive program that allows students to learn the fundamentals of gymnastics through the Gym Skills stages.

In the Senior Gym Skills program extensions of the skills achieved in the Prep and Junior Gym Skills programs are learned including basic floor tumbling such as cartwheels, round offs and walkovers.

Students are split into smaller groups based on ability and will progress through stages. The students will aim to move up one stage per year, with 10 stages in total. During the class, students are taught in a circuit-style based around Vault, Trampoline, Uneven Bars, Beam and Floor.

Contact	Artistic Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Terms 3 and 4
Years	Year 7 to 12
Day/Time	Thursday 4.15pm to 6.15pm
Cost	\$443.00 (includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day)
Class Dates (Start/End) Thursdays	Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 24 November
Uniform	It is recommended that students wear a leotard, alternatively students may wear tightly fitted clothing (bike pants and singlet top – no t-shirts or baggy clothing)
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display (Wednesday 30 November)
Further Information	Registration is for the remainder of the year. Costs do not include holidays, school weeks only.

Gym Skills – Select (Beginner to Intermediate)

The Gym Skills Select Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment.

This is a non-competitive program that allows students to move up through the specially designed Gym Skills stages, learning and achieving technically correct skills at a pace suited to each student's differing abilities.

The Gym Skills Select program has been developed for those students who wish to learn acrobatic elements and tumbling, such as round offs, back flips, walkovers and aerials. This class is suitable for dancers wishing to learn acrobatic elements. During the class, students are taught in a circuit-style focused on strength and flexibility, floor, vault and trampoline.

Contact	Artistic Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Term 3 and 4
Years	Year 5 to 12
Day/Time	Monday 7.00am to 8.00am
Cost	\$400.00 (includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day)
Class Dates (Start/End) Mondays	Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Uniform	It is recommended that students wear a leotard, alternatively students may wear tightly fitted clothing (bike pants and singlet top – no t-shirts or baggy clothing)
Requirements	Students must be able to safely perform a handstand, cartwheel and bridge prior to commencing in this class. Limited gymnastics / dance experience is necessary. Suitable for dancers wishing to learn acrobatic elements
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display (Wednesday 30 November)
Further Information	Registration is for the full year. Costs do not include holidays, school weeks only.

Gym Skills – Select (Advanced)

The Gym Skills Select Program is designed for students who wish to participate in weekly gymnastics classes in a fun and supportive environment.

This is a non-competitive program (although may be attended in conjunction with a competitive program) that allows students to move up through the specially designed Gym Skills stages, learning and achieving technically correct skills at a pace suited to each student's differing abilities.

The Gym Skills Select (Advanced) program has been developed for those students who wish to learn difficult acrobatic elements and tumbling, such as combination tumbling, somersaulting elements, twisting, walkovers and aerials. This class is suitable for dancers wishing to learn acrobatic elements. During the class, students are taught in a circuit-style focused on strength and flexibility, floor, vault and trampoline.

Contact	Artistic Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Ms Catherine Howitt
Term/s	Terms 3 and 4
Years	Year 5 to 12
Day/Time	Wednesday 7.00am to 8.00am
Cost	\$445.00 (includes Registration and Insurance with GymNSW and Gymnastics Australia; participation in the Gym Gala Day)
Class Dates (Start/End) Wednesdays	Term 3: Wednesday 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 23 November
Uniform	It is recommended that students wear a leotard, alternatively students may wear tightly fitted clothing (bike pants and singlet top – no t-shirts or baggy clothing)
Requirements	Students must be able to safely perform a roundoff, back flip, backward walkover, and front somersault. Gymnastics / dance experience is necessary. Suitable for dancers wishing to learn acrobatic elements. Gymnastics squad girls may select this class to accelerate their skill learning for tumbling.
Venue	Artistic Gymnasium – lower level of PE Centre
2016 Schedule	Term 3 – General Gymnastics Gala Day Term 4 – End of Year Display Dates for the above events to be confirmed early in 2016
Further Information	Registration is for the full year. Costs do not include holidays, school weeks only.

Athletics and Cross Country

Pymble Athletics and Cross Country offers year round training by dedicated and experienced coaches in Sprints, Hurdles, Distance, Jumps and Throws. A variety of both low key and more competitive opportunities are available to athletes in both the IGSSA and Athletics NSW systems.

It is not essential that squad members compete and all girls at Pymble are invited to join in Athletics and Cross Country sessions to enhance speed, power and fitness for other sports or simply to enjoy the feeling of getting fitter and making new friends.

This activity will also be available for registration in Term 4.

Manager	Mrs Katie Edwards KAEdwards@pymblelc.nsw.edu.au
Coaching Director	Mrs Margaret Hamley mhamley@pymblelc.nsw.edu.au
Term/s	Term by Term
Years	Year 7 to 12
Day/Time	See schedule below
Cost	\$98.00 per term
Class Dates (Start/End)	Term 3: Week 1 to Week 10 Term 4: Week 1 to Week 8
Competition Schedule (2016)	NSW All Schools Cross Country: Friday 22 July IGSSA Friday Night Athletics Series: 22 July to 12 August IGSSA Athletics Carnival: Thursday 18 August Pymble Athletics End of Season Celebration: Thursday 18 August NSWCIS Athletics Championships: Wednesday 21 September ANSW Schools Knock Out Championships: TBA NSW All Schools Athletics Championships: TBA
Requirements	Prior to the commencement of training or competing in Cross Country or Athletics at Pymble, an online registration form and permission waiver must be completed.
Uniform	PE uniform
Venue	See schedule below for locations

ATHLETICS & CROSS COUNTRY – TERM 3 TRAINING TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
	6.30am to 7.50am Distance/ Cross Country (Main Oval)		6.30am to 7.50am Distance/ Cross Country (Main Oval)	6.45am to 7.50am Long Jump (Main Oval)
	6.45am to 7.50am Sprints & Hurdles (Main Oval)		6.45am to 7.50am Sprints & Hurdles (Main Oval)	6.45am to 7.50am Strength (Fitness Centre)
3.30pm to 5.00pm Distance/Cross Country (Main Oval)		3.30pm to 5.00pm Distance/Cross Country (Main Oval)	3.30pm to 5.00pm High Jump (Kelso)	
3.30pm to 5.00pm Strength (Fitness Centre)		3.30pm to 5.00pm Strength (Fitness Centre)	3.30pm to 5.30pm Throws (Kelso)	
Please note: this timetable may change or vary due to coaches availability				

Badminton

Co-curricular Badminton

Co-curricular Badminton classes provide an opportunity for students to develop their badminton skills in a non-competitive environment. These lessons take place on a Friday afternoon in the PE Gym. Students are required to sign up on a term by term basis. All equipment including racquets, are provided.

[This activity will also be available for registration in Term 4.](#)

Co-ordinator	Miss Kate Howie khowie@pymblelc.nsw.edu.au
Instructor	To be confirmed
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Beginners: Friday 3.30pm to 4.30pm Intermediate/Advanced: Friday 4.30pm to 5.30pm
Cost	\$106.00
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Uniform	PE Uniform
Equipment	All equipment is provided
Requirements	Players may be moved in/out of sessions and place in a more appropriate group to match their level of development.
Venue	PE Centre

Cricket

Sixers Girls Cricket League

Cricket at Pymble is offered to all girls in Years 7 to 12. The girls participate in the Sixers Girls' Cricket League Competition during Term 4. The girls are trained and coached by highly motivated and experienced coaches who strive to get the very best out of every player and ensure that all training sessions are safe and enjoyable. Cricket in Term 4 is offered to all students in the Secondary School. It is a 20/20 match format. Games are played on Saturday afternoons from 1.30pm to 5.00pm.

[Online Registrations for this activity will close on Friday 5 August 2016.](#)

Co-ordinator	Miss Kate Howie khowie@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	TBC. Term 3 Afternoon session if required
Day/Time	Saturday 1.30pm to 5.00pm
Cost	\$98.00
Match Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 26 November, Saturday 3 December
Training Schedule	1 or 2 x sessions per week (am/pm) Commencing in Week 9, Term 3. Training days to be confirmed closer to this date.
Uniform	Pymble Saturday Sport Shirt Navy school shorts Navy long socks Appropriate footwear
Equipment	The College provides all other necessary Cricket equipment
Venue	Various North Shore locations

Diving

Diving is a sport that belongs to all and there is no better time to take up the challenge than in the Secondary school years. The Diving program is available to all girls in the Secondary School. From beginner to the competitive diver. Diving is a dynamic sport that combines grace, courage, skill and athleticism.

Coaching is conducted by a number of qualified coaches, all who have a high level of personal achievement in Diving, therefore they can impart expertise and experience to all divers. Divers can choose to be involved in purely recreational Diving or develop their competitive skills through representation at school, club or national levels.

Senior FunDive

The Senior FunDive program at Pymble is open to all girls in Years 7 to 12 who have an interest in learning to dive during school time.

It is recommended that students in the FunDive program participate in:

- Tuesday and Friday Lunchtime at Pymble Aquatic Centre
- Saturday afternoon sessions at Pymble Aquatic Centre 2.00pm to 3.30pm (selected students)

Co-ordinator	Mrs Christine Lang clang@pymblelc.nsw.edu.au
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Tuesday and Friday 12.50pm to 1.35pm and/or Saturday 2.00pm to 3.30pm (selected students only)
Cost	\$150.00 Add Saturday \$153.00 (Term 3)
Class Dates (Start/End)	Tuesday 19 July to Tuesday 20 September Please note: there is no FunDive on Saturday 17 September
Maximum Students	15 Students
Uniform	Dryland: Pymble PE Uniform – black bike pants are acceptable. Pool Sessions: Pymble costume
Venues	Tuesday and Fridays: College Aquatic Centre and Artistic Gymnasium Saturday: College Aquatic Centre only (selected students only)

Pathways Diving

The Pathways Diving program is open to all girls in Years 3 to 12 who are developing in Diving, competing at the school level or wishing to progress to a more competitive level. Further Competitive opportunities are encouraged for those divers wishing to compete at the entry level of competition in NSW Diving, through the Pathways program.

During Term 3 sessions will be available at Pymble Aquatic and Dryland Centres, with additional sessions also held in the Sydney Olympic Park Aquatic Centre (SOPAC).

*All sessions at SOPAC require students and accompanying parents to pay an entry fee of \$4.00. Transport to and from all venues will be a parental responsibility.

Co-ordinator	Mrs Christine Lang clang@pymblelc.nsw.edu.au
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Students are able to participate in up to 4 sessions per week Tuesdays 3.45pm to 5.00pm – Pymble Aquatic Centre Thursdays 5.00pm to 7.00pm – SOPAC Fridays 3.45pm to 5.00pm – Pymble Aquatic Centre Saturdays 2.00pm to 3.30pm – Pymble Aquatic Centre Morning sessions are available to Pathway divers by invitation only in lieu of other sessions: Monday or Wednesday 6.45am to 8.00am - Pymble Dryland Centre (Wednesday AM session will have access to the Aquatic Centre)
Cost	\$399.00
Class Dates (Start/End)	Tuesday 19 July to Thursday 22 September
Maximum Students	20 Students
Uniform	Dry land: Pymble PE Uniform – black bike pants are acceptable. Pool Sessions: Pymble or other appropriate diving costume
Venues	College Artistic Gymnasium Pymble Aquatic Centre Sydney Olympic Park Aquatic Centre, Homebush

Competitive Diving

The Competitive Diving program is open to all girls in Years 3 to 12 who are participating in Diving at a competitive level. Students will have the opportunity to participate in pool sessions at Pymble Aquatic Centre and at the Sydney Olympic Park Aquatic Centre. Students will also participate in dry land lessons, which will involve the use of the indoor Diving boards in the Artistic Gymnasium, to allow for greater correction of technique and fitness, as well as strength and conditioning sessions.

All sessions at SOPAC require students and accompanying parents to pay an entry fee of \$4.00. Transport to and from all venues will be a parental responsibility.

Co-ordinator	Mrs Christine Lang clang@pymblelc.nsw.edu.au
Instructors	Christine Lang/Thomas Rickard
Term/s	Term 3
Years	Year 7 to 12
Day/Time	See schedule below
Cost	\$648.00
Class Dates (Start/End)	Tuesday 19 July to Thursday 22 September
Maximum Students	20 Students

Uniform	Dry land: Pymble PE Uniform – black bike pants are acceptable. Pool Sessions: Pymble or other appropriate diving costume
Venues	College Artistic Gymnasium Pymble Aquatic Centre Sydney Olympic Park Aquatic Centre, Homebush

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Artistic Gym Dry land Session 6.45am to 8.00am	Pymble Aquatic Centre 5.00pm to 6.45pm	Artistic Gym/Aquatic Centre Dry land/Water Session 6.45am to 8.00am	SOPAC 5.00pm to 7.00pm	Pymble Aquatic Centre 3.45pm to 5.00pm	SOPAC 11.00am to 1.00pm or Pymble Aquatic Centre 2.00pm to 3.30pm

Equestrian

The Pymble Ladies' College Equestrian team enter themselves in several events throughout the year. It is open to all students in the College who ride at competition level. The events include dressage, show jumping and cross country. Students have represented Pymble Ladies' College at several events throughout the country including the NSW Interschools' Championships, National Equestrian Championships, as well as several school invitational events.

Co-ordinator	Mr Michael Jenkins mjenkins@pymblelc.nsw.edu.au
Term/s	Terms 1 to 4
Years	Year 7 to 12
Competitions	Interschool events in Dressage, Show jumping and Hacking including: NSW Interschool Championships, Tara Dressage, Galston Show jumping, Camden, Berry Interschools, Arndell and CIS
Further Information	Please contact the co-ordinator for further information regarding Equestrian at Pymble.

Fencing

Fencing - Beginners

Students in the Secondary school have the opportunity to take part in our fencing program at Pymble. The Beginner squad classes aim to provide students with instruction and technique in a safe and stimulating environment. The program is led by accredited and specialist fencing coaches and focuses on technique and strategy of fencing in a happy and stimulating atmosphere. Competitions are also available for interested students at an additional cost.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Instructor/Teacher	Joe Raciborski
Term/s	Term 3 and 4 (Semester 2)
Years	Year 3 to 12
Day/Time	Friday 3.30pm to 4.30pm
Cost	\$321.00
Class Dates (Start/End)	Term 3: Friday 22 July to Friday 16 September Term 4: Friday 14 October to Friday 2 December
Uniform	Students are wear their PE/Sports uniform with suitable shoes
Equipment	All equipment is provided included all safety gear.
Venue	PE Centre (southern end)

Fencing – Intermediate

Intermediate squad fencers have the option to participate in up to 3 sessions per week. The morning sessions will focus on agility, strength/conditioning, footwork, blade work and tactical drills and will cater for the competing fencer. The afternoon session will cater for all abilities with the intention to develop the necessary skills required for competition fencing.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Instructor/Teacher	Joe Raciborski
Term/s	Term 3 and 4 (Semester 2)
Years	7 to 12
Day/Time	Tuesday 6.30am to 8.00am Thursday 6.30am to 8.00am Friday 4.30pm to 6.00pm
Cost	1 session per week: \$385.00 2+ sessions per week: \$577.50
Class Dates (Start/End)	Term 3: Tuesday 19 July to Thursday 22 September Term 4: Tuesday 11 October to Friday 2 December
Uniform	Students are wear their PE/Sports uniform with suitable shoes
Equipment	All equipment is provided included all safety gear.
Venue	Tuesdays/Thursday: PE Pavilion Fridays: PE Centre

Fencing – Advanced

Advanced fencers have the option to participate in up to 3 sessions per week. The morning sessions will focus on agility, strength/conditioning, footwork, blade work and tactical drills. The afternoon session will focus on refining competition skills.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Instructor/Teacher	Joe Raciborski
Term/s	Term 3 and 4 (Semester 2)
Years	7 to 12
Day/Time	Tuesday 6.30am to 8.00am Thursday 6.30am to 8.00am Friday 4.30pm to 6.00pm
Cost	1 session per week: \$385.00 2+ sessions per week: \$577.50
Class Dates (Start/End)	Term 3: Tuesday 19 July to Thursday 22 September Term 4: Tuesday 11 October to Friday 2 December
Uniform	Students are wear their PE/Sports uniform with suitable shoes
Equipment	All equipment is provided included all safety gear.
Venue	Tuesdays/Thursday: PE Pavilion Fridays: PE Centre

Health and Fitness

This program caters for all students who are hoping to improve their health and fitness across a range of different forms of exercise classes. The Health and Fitness classes for Secondary School students are instructed by experienced and suitably qualified health professionals.

Students are required to re-enrol each term in a session time that suits them. Students must wear their full PE/Sports uniform to all classes. All equipment is provided in each class. Sign up and turn up with your water bottle ready to work out!

Please note: if classes have poor registration interest, they will be cancelled before the term begins.

Term 3 - 2016 Health and Fitness Timetable
All classes are now charged at a flat rate of \$90.00 per term.
See below for further details

Monday	Tuesday	Wednesday	Thursday	Friday
Group Fitness Dave Bailey 6.45am to 7.45am	Pilates Amitie Merry 6.45am to 7.45am	Strength and Conditioning 6.45am to 7.45am	Pilates Amitie Merry 6.45am to 7.45am	Yoga Jenny Hodgeman 6.45am to 7.45am
	Strength and Conditioning 6.45am to 7.45am	Group Fitness Dave Bailey 6.45am to 7.45am	Strength and Conditioning 6.45am to 7.45am	
	Spin Julia O'Neill 6.45am to 7.45am	SpinBox Julia O'Neill 6.45am to 7.45am	SpinBox Julia O'Neill 6.45am to 7.45am	
Strength and Conditioning 3.30pm to 4.30pm	Group Fitness Julia O'Neill 3.30pm to 4.30pm	Strength and Conditioning 3.30pm to 4.30pm	Group Fitness Julia O'Neill 3.30pm to 4.30pm	
Spin Julia O'Neill 4.00pm to 5.00pm	Zumba Aline Pascuzzo 4.00pm to 5.00pm	Spin Julia O'Neill 4.00pm to 5.00pm	Strength and Conditioning 3.30pm to 4.30pm	

Group Fitness

Group Fitness is a great way to condition different muscle groups, develop new skills and reduce the boredom associated with repetitive exercise routines. General fitness classes aim to strengthen the cardiovascular system, bones, muscles, joints and improve muscle tone, flexibility, balance and coordination. Classes follow the principles of cross-training and are tailored to meet the needs, interests and fitness levels of the students involved. General fitness is a flexible training program that conditions the entire body, not just the specific muscle groups associated with a particular sport. For this reason, students who take part in these sessions are likely to develop a higher level of overall fitness and conditioning. General fitness classes are suitable for students of a competitive and a non-competitive nature as well as those recovering from injury.

Instructor/Teacher	Monday and Wednesday AM Sessions: Mr Dave Bailey Tuesday and Thursday PM Sessions: Ms Julia O'Neill
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Monday 6.45am to 7.45am Tuesday 3.30pm to 4.30pm Wednesday 6.45am to 7.45am Thursday 3.30pm to 4.30pm
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 3: Week 1 to Week 10
Maximum Students	30 Students
Uniform	Students are wear their PE/Sports uniform with suitable shoes
Equipment	All equipment is provided
Venue	Carpet Area PE Centre

Pilates

Pilates is a unique method of physical conditioning that integrates muscle control, breathing, flexibility, strength training and body awareness. Pilates is a series of movements that promote physical harmony and balance for people of all ages and physical conditions. By engaging the mind and body, Pilates is a known stress reliever.

Each class involves exercises that focus on elongating the body, strengthening exercises for the core, arms, hips and back as well as stretching ensuring a well-rounded session with students leaving the class feeling stronger, longer, taller and more at home in their bodies.

Instructor/Teacher	Ms Amitie Merry
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Tuesday 6.45am to 7.45am Thursday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 3: Week 1 to Week 10
Maximum Students	30 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Lower PE Centre – Artistic Gymnasium

Spin

During a Spin session, participants take part in a group workout on exercise bikes with our qualified instructors. The instructors guide participants through a series of phases, from warm-up to more challenging phases, to a period of peak effort followed by a cool down. Ultimately participants determine their own levels of exertion, but our instructor can certainly encourage and motivate you to push yourself, and you'll most likely find spinning to be a vigorous workout. It's a great way to stay in shape when you can't get outside on the bike.

Instructor/Teacher	Julia O'Neill
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Monday 4.00pm to 5.00pm Tuesday 6.45am to 7.45am Wednesday 4.00pm to 5.00pm
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 3: Week 1 to Week 10
Maximum Students	20 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Spin Room (PE Centre)

SpinBox

SpinBox is a class that combines the elements of a Spin class with that of a Boxcercise session. Participants will take part in a group workout alternating between exercise bikes and boxing gloves. A typical class may involve a session of hill climbs, speed tracks, shadow boxing, skipping, hitting pads, kicking punch-bags, push-ups, shuttle-runs, sit-ups etc. Classes cover a range of movements and will work all of the major muscle groups. This type of aerobic and anaerobic cross training limits the stress that occurs on a specific muscle group because different activities use muscles in slightly different ways. Limiting stress reduces the risk of injury and allows some muscles to work while others rest and recover. Ultimately, participants determine their own levels of exertion, but a good instructor can certainly encourage and motivate you to push yourself, and you'll most likely find SpinBox to be a vigorous workout.

Instructor/Teacher	Julia O'Neill
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Wednesday 6.45am to 7.45am Thursday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 3: Week 1 to Week 10
Maximum Students	20 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	Spin Room (PE Centre)



Strength and Conditioning

Utilising the new weights area in the Braith Williams Aquatic and Fitness Centre, the Strength and Conditioning sessions are ideal for participants who want to use resistance training to improve their health and fitness. This is recommended for all athletes that are looking for a good workout during a Term when they are not competing for Pymble on Saturdays or are preparing for a competitive sport in the next Term.

Please note, any students who is registered for Term 3 Athletics, Hockey, Netball, Snowsports, Swimming or Winter Rowing are able to use the Strength and Conditioning Room without having to register for Co-curricular Strength and Conditioning. Further information will be emailed out to all registered participants.

Access to Fitness Centre

Before student can begin Strength and Conditioning, they will be issued with a wrist band to gain access to the Fitness Centre. These will be issued during Week 1 of Term 3 at recess and lunch only. Students **cannot** collect wristbands during the morning or afternoon sessions. Please plan ahead to collect. Students who already have a wrist band will be notified with details of access. Further details will be provided on your confirmation email, once your registration has been confirmed.

Instructor/Teacher	Various Strength and Conditioning Coaches
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Tuesday, Wednesday and Thursday 6.45am to 7.45am Monday, Wednesday and Thursday 3.30pm to 4.30pm
Cost	\$90.00 per term (flat rate)
Class Dates (Start/End)	Term 3: Week 1 to Week 10
Uniform	PE uniform (comfy stretchy clothes with suitable footwear)
Venue	Weights Area - Braith William Aquatic and Fitness Centre

Yoga

Originating in ancient India, Yoga typically means 'union' between the mind, body and spirit. It involves the practice of physical postures and poses. The ultimate aim of practicing Yoga is to create a balance between the body and the mind and to attain self-enlightenment. In order to accomplish it, Yoga makes use of different movements, breathing exercises, relaxation techniques and meditation. Our instructor at Pymble practices Flow Yoga. It is dynamic, fun and challenging yoga sequences that dance from one posture to the next. This practice builds strength, strong core, stamina, flexibility, mental resilience and awakens a compassionate heart through learning how to detach from our minds. All classes finish with relaxation, aimed at helping you de-stress. Come and enjoy!

Instructor/Teacher	Mrs Jennifer Hodgeman
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Friday 6.45am to 7.45am
Cost	\$90.00
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Maximum Students	30 Students
Uniform	PE uniform (comfy stretchy clothes)
Venue	PE Centre – Lower Gymnasium

Zumba

Zumba is a dance fitness program, combining body sculpting movements and easy to follow dance steps. There are no pre-requisites as it is taught in a completely different way to traditional dance classes. Students will learn Mini routines over the course of the term based on steps from the salsa, meringue, cumbia, reggeaton, mambo, hip hop and even belly dancing. The idea is to get fit 'accidentally', with each class feeling more like a carnival than an exercise session.

Instructor/Teacher	Aline Pascuzzo
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Tuesday 4.00pm to 5.00pm
Cost	\$90.00
Class Dates (Start/End)	Tuesday 19 July to Tuesday 20 September
Maximum Students	30 students
Uniform	PE uniform (comfy stretchy clothes and suitable shoes)
Venue	Demountable 08

Motivate with Mind-Body Connect (YOGA & WELLBEING)

Motivate with Mind-Body Connect is a yoga and mindfulness program that offers students tools to foster balance and manage the ongoing pressures of study and life.

Throughout the program students will explore:

- Physical postures to release physical tension associated with sitting in classrooms, working at computers and craning over iPads, Phones and other devices.
- Positive thinking techniques to build greater self-confidence.
- Breathing exercises to manage mood and energy levels.
- Guided relaxations to help students unwind and relax.
- Mindfulness techniques to foster greater self-awareness, kindness and compassion.
- Take home tips for using techniques in everyday life.

These classes are suitable for all students including those who have never done yoga before.

Yoga & Mindfulness: Yoga and mindfulness includes a range of tools that help us manage our energy, foster self-confidence and resilience, build physical strength, flexibility and endurance, and enable us to find an overall sense of calm, balance and wellbeing.

The Facilitator: [M.A.D. Yoga](#) specialise in bringing the tools of yoga and mindfulness to students and teachers at schools. Our instructors are deeply experienced with specialist training in teaching yoga and mindfulness to children and teenagers. Our courses are grounded in a structured curriculum designed to facilitate an enduring and engaging learning experience.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	M.A.D Yoga
Term/s	Term 3 (8 week program)
Years	Year 7 to 12
Day/Time	Monday 7.15am to 8.00am
Class Dates (Start/End)	Monday 25 July to Monday 12 September
Cost	\$96.00
Minimum Students	20 students
Maximum Students	30 students
Venue	Small Fitness Studio – Northern end of PE Centre
Equipment	A yoga mat is required – available for purchase at the first session for \$10. Please bring the correct amount of cash. Please wear school sports uniform – suitable stretchy clothing.

Relax, Refocus and Reset

The lunchtime chillout sessions enable students to take time from the busy school day to relax, re-focus and reset so they can be their best.

Throughout the program students will explore:

- Guided relaxations to help students relax and rejuvenate.
- Breathing exercises to reduce anxiety and foster calm and focus.
- Self-reflection and visualisation techniques to foster greater self-awareness.
- Mindfulness practices to cultivate presence, creativity and problem solving.
- Meditation practices to cultivate concentration and self-regulation.
- Study and exam tips for leveraging techniques to minimise stress and maximise performance.

Sessions are suitable for all upper and senior school students who would like to find a space where they can switch off, chill out and learn techniques to help them manage the demands of student life.

Relaxation, meditation and mindfulness are proven to:

- Facilitate lateral thinking, creativity and presence through stimulating the right brain.
- Heighten awareness and calm alertness through increasing oxygenation of the brain.
- Induce relaxation and reduce anxiety by increasing GABA levels in the brain (a neurotransmitter key to relaxation).
- Activate the parasympathetic nervous system (rest and digest response) and strengthen the immune system.
- Decrease the production of stress hormones and improve alertness, confidence and assertiveness.

Mindfulness & Positive Psychology: The practice of Mindfulness and Positive Psychology draws on a range of tools that help us foster self-awareness, build self-confidence and enable us to more effectively manage our emotions and energy levels so we stay calm under pressure or in stressful situations.

The Facilitator: M.A.D. Mindworks specialise in bringing the tools of positive psychology, mindfulness and yoga to schools. Our instructors are deeply experienced with specialist training in teaching yoga and mindfulness to children and teenagers. Our courses are grounded in a structured curriculum designed to facilitate an enduring and engaging learning experience.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	M.A.D. Mindworks
Term/s	Term 3 (4 week trial class)
Years	Year 9 to 12
Day/Time	Monday 1.00pm to 1.30pm
Class Dates (Start/End)	Monday 25 July to Monday 15 August
Cost	\$40.00
Maximum Students	30 students
Venue	Demountable classroom 8

Golf

Golf at Pymble is offered as a co-curricular activity to all students in the Secondary School. There are many physical, social and mental benefits of playing Golf which include playing and interacting with other people whilst exercising. Sessions are held at Avondale Golf Club where students will be instructed by professional golfers.

Beginners/Intermediate

The beginner to intermediate group is for those wishing to learn the basic fundamentals or wanting to improve their current knowledge and standard of the game. The group will move through range based instruction; chipping and pitching instruction on the practise green; putting instruction; selected bunker play; target practice and selected course play.

Co-ordinator	Miss Skye Halliday shalliday@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Friday 6.45am to 7.45am
Cost	\$138.00 An additional fee of \$30.00 per term will be charged for students who elect to store their clubs at Avondale.
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Maximum Students	12 per group
Uniform	Avondale Golf Course has strict dress guidelines. Students must wear their Pymble PE uniform which must include a collared house/Saturday sport t-shirt, navy shorts, white socks and white sandshoes.
Equipment	All girls are required to bring their own golf clubs, at minimum a 6 or 8 iron; and a putter. Girls are encouraged to buy a small golf bag to fit these in as they will be walking to and from the club.
Venues	Avondale Golf Club

Advanced

The advanced group is for those who have a good understanding of golf and are at a high level. You must be able to play on the golf course and be willing to practise or play outside of the normal golfing term schedule. Any new members must be invited into the group after an assessment of their skill. Please contact the co-ordinator Miss Halliday for further details. The advanced group will move through range based instruction, chipping and pitching on the practise green; chip and run shots; flop shots; putting instruction; target practise; selected bunker play and selected course play.

Co-ordinator	Miss Skye Halliday shalliday@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Wednesday 6.45am to 7.45am
Cost	\$220.00 An additional fee of \$30.00 per term will be charged for students who elect to store their clubs at Avondale.
Class Dates (Start/End)	Wednesday 20 July to Wednesday 21 September
Maximum Students	10 per group
Uniform	Avondale Golf Course has strict dress guidelines. Students must wear their Pymble PE uniform which must include a collared house/Saturday sport t-shirt, navy shorts, white socks and white sandshoes.
Equipment	All girls are required to bring their own golf clubs, at minimum a 6 or 8 iron; and a putter. Girls are encouraged to buy a small golf bag to fit these in as they will be walking to and from the club.
Venues	Avondale Golf Club

Rowing

Season 2016/2017

Rowing is a sport that develops a unique combination of skill, strength and endurance, whilst fostering commitment, focus and team work. Rowers are encouraged to step outside their comfort zone and challenge themselves to be better people. Rowers learn to focus, to enjoy working hard, to persevere through difficult situations, to strive for short and long term goals, to manage their time effectively, to be a better team member, to compete determinedly and to strive for excellence. The greatest enjoyment in rowing comes from making a boat move fast. This occurs as a result of all crew members using their collective skill, physical power and mental strength in synergy to achieve a common goal. In addition to the physical benefits of the sport, each student becomes a part of the Pymble Rowing Team - a group of people who are committed, supportive and enthusiastic as they strive to get the best out of themselves and each other.

Squads

Rowers and Coxswains are separated into squads based on Year groups for training and racing.

- Senior squad – current Year 10 and 11
- Intermediate squad – current Year 9
- Junior squad – current Year 8
- Learn to Row squad – current Year 7

Within these squads, Rowers and Coxswains are graded based on skill, fitness and commitment throughout the course of the season in order to select final crews for Head of the River.

Rowing Information Night – Season 2016/2017

There will be a Rowing Information night held on Monday 8 August 2016. It is recommended to all rowers and their families wishing to participate in the 2016/2017 season to attend the information night.

Where: Jobson Lecture Theatre

Time: 6.30pm to 7.00pm

Please email mjenkins@pymblelc.nsw.edu.au with any questions

Manager	Mr Michael Jenkins mjenkins@pymblelc.nsw.edu.au
Coaching Director	Mr Simon Pennington spennington@pymblelc.nsw.edu.au
Season Dates	Monday 5 September 2016 to Saturday 11 March 2017
Years	Year 7 to 11 (2016)
Competitions	A variety of weekend Interschool regattas throughout Term 4 2016 and Term 1 2017. These will be available towards the beginning of Term 4.
Costs (2016/2017)	Senior squad: \$1100 Intermediate and Junior squad: \$1000 Learn to Row squad: \$900 Other costs: please note, there are other costs associated with Rowing such as Summer Holiday Rowing Camps, optional uniforms and Head of the Yarra* *selected students only.
Further Information	Please note: Registration for this program will be numbers dependent. Initial selection trials may be necessary if a squad exceeds maximum capacity.

Sailing

Sailing at Pymble accommodates sailors from beginners to advanced. The program offers Thursday afternoon training for all levels at Royal Prince Alfred Yacht Club (RPAYC), Newport from 4.00pm until 6.30pm. There is a maximum of 24 girls that can be accepted into the Thursday afternoon sailing due to boat numbers. On Saturday morning, advanced sailors are eligible to sail in Teams Racing training. This takes place from 9.15am until 12.00pm. There is a maximum of 18 students eligible to participate.

Online Registrations for this activity will close on Friday 5 August 2016 (unless capacity is reached before this date).

Co-ordinator	TBA
Term/s	Term 4
Years	Year 7 to 12
Day/Time	Thursday 4.00pm to 6.30pm Saturday (Advanced only) 9.15am to 12.00pm
Cost	Thursday \$320.00 Saturday \$200.00
Class Dates (Start/End)	Thursdays: Thursday 13 October, Thursday 20 October, Thursday 27 October, Thursday 3 November, Thursday 10 November, Thursday 17 November Saturdays: Saturday 15 October Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November
Requirements	Students must be competent swimmers to participate in Sailing Advanced Sailors will be assessed by the Co-ordinator
Maximum Students	Thursdays: 24 Students Saturdays: 18 Students
Uniform/Equipment	Wetsuit Rash shirt Hat Sunscreen Water bottle Water proof watch PE Uniform
Transport	School will provide transport to and from the venue on Thursday afternoons. Student will need to organise their own transport for Saturday morning training.
Venue	Royal Prince Alfred Yacht Club, Newport

Surfing

Surfing at Pymble accommodates surfers from beginners to advanced. The program offers Thursday afternoon training for all levels by Manly Surf School at either Long Reef or Collaroy beach (depending on conditions). The College provides transport to and from the beach and Manly Surf School provide surfboards and rash vests.

Co-ordinator	Mrs Keli-Jane Stapp kjstapp@pymblelc.nsw.edu.au
Term/s	Term 4
Instructor	Manly Surf School
Years	Year 7 to 12
Day/Time	Thursdays 4.30pm to 6.00pm A bus will depart from Pymble at 3.30pm and returns at 6.45pm
Cost	\$355.00
Class Dates (Start/End)	Thursday 13 October to Thursday 1 December
Requirements	Must be a competent swimmer and comfortable in a range of surf conditions.
Minimum Students	10 Students
Maximum Students	60 Students
Uniform	College swimming full-piece costume (compulsory) and wetsuit (recommended)
Venue	Long Reef or Collaroy beach –this decision will be made by Manly Surf School depending on the conditions.
Further Information	Please ensure students their own sunscreen/zinc, water bottles and sufficient snacks for before/after the session.

Swimming

Swimming at *Pymble* is available to all Pymble Ladies' College students, siblings and external students. Our swimming lessons operate through the Braith Williams Aquatic and Fitness Centre.

The Pymble Ladies' College Centenary Precinct includes the following:

- 50m heated indoor eight-lane swimming pool with multiple diving platforms
- large purpose-built learn-to-swim pool, with teaching ledge
- Multi-purpose fitness Centre, incorporating strength and conditioning facilities and consultation and remedial treatment rooms
- Additional change rooms and on-deck showers
- Baby change tables.
- A bright, happy and healthy environment to enhance learning
- Underground car park for approximately 230 vehicles
- New playing field (Mollie Dive Field) for hockey and tennis programs
- Centenary Walkway.

Bookings

All bookings and assessments are made directly through the Aquatic Centre.

Payments

Swimming payments are no longer available through student accounts. Payment can only be accepted with direct debit. Swimming lessons are paid for on a monthly basis. All Payments for Learn to Swim and Squad are due on the first business day of the month, by direct debit with either a credit card or bank account. If you begin classes after the first lesson of the month, your first months' fees will be calculated on a prorated basis, and this initial payment will be taken as an upfront, over the counter payment. Please contact the Aquatic Centre for further details.

Squad Information

Leanne Speechley – Coaching Director - Swimming

E swimming@pymblelc.nsw.edu.au

P +61 2 9855 7460

From 1 August, Pymble Swimming will be introducing a new Squad program. Students will be invited to join one of the new squad streams, Competition, Performance or Swim.

Assessments

Squad swimming assessments are available for all swimmers aged 10 and over, as well as all of those swimmers who are currently swimming in a squad program elsewhere. Please note, if your child is 10 years or over, and is a non or weak swimmer - please refer to the Learn to Swim Assessment booking information.

Squad Registrations

To enquire regarding squads and pricing, please contact the Aquatic Centre on the contact information above.

Taekwondo

Taekwondo is a modern martial art form that is characterised by fast high spinning kicks, blocks and punches. This form of self-defence develops aerobic fitness, muscular endurance, power and core strength. It is suitable for any ability level from beginners through to black belts. Our program caters for students from Year 7 to 12. Grading is also available for interested students at an additional cost.

This activity will also be available for registration in Term 3 and 4 (Semester 2); information will be released at the end of Term 2. Registrations do not roll over from one semester to another.

Instructor	Mr Michael Pupo
Term/s	Term 3 and 4 (Semester 2)
Days/Times	Tuesday 3.30pm to 5.00pm Thursday 3.30pm to 5.00pm Friday 3.30pm to 5.00pm
Years	Year 7 to 12
Cost	1 session per week: \$404.00 2 sessions per week: \$606.00
Class Dates (Start/End) Tuesdays	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End) Thursdays	Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 1 December
Class Dates (Start/End) Fridays	Term 3: Friday 22 July to Friday 16 September Term 4: Friday 14 October to Friday 2 December
Maximum Students	30 students
Uniform	PE uniform Students who participate in testing will be required to purchase the grading uniform.
Membership	Each student is required to register with Taekwondo Australia. This is a once off annual fee (\$80.00), students who are new to the Taekwondo program in Semester 2, will have to pay the fee.
Venues	PE Centre
Equipment	All equipment is provided

Self-Defence and Tournament Competition Training (TCT)

Students will benefit from the Self Defence class by engaging in a fast paced, comprehensive training program that focuses on women's self-defence drawn from a number of styles that include Taekwondo, Aikido, Hapkido, Krav Maga and Jeet kune Do.

Participants can select either the Self Defence or Tournament Competition Training as a stand-alone with no background in Taekwondo or as an addition to their current training. Tournament Competition training will incorporate competitive sparring with professional sparring coaches to prepare students for future competitive events.

Classes will be tailored to meet student's skill levels but will rapidly progress their abilities and improve their fitness levels.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mrs Christine Lang clang@pymblelc.nsw.edu.au
Instructor	Mr Michael Pupo
Term/s	Term 3 and 4 (Semester 2)
Days/Times	Self-Defence: Tuesday 5.00pm to 6.00pm

	TCT: Thursday 5.00pm to 6.45pm
Years	Year 5 to 12
Cost	Self-Defence: \$330.00 per semester TCT: \$404.00 per semester Students who are participating in Taekwondo each semester will receive a 50% discount off this class. This will be applied to College account at the end of each term.
Class Dates (Start/End) Tuesdays	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End) Thursdays	Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 1 December
Minimum Students	6 students
Maximum Students	20 students
Uniform	PE uniform
Membership	Each student is required to register with Taekwondo Australia. This is a once off annual fee (\$80.00), students who are new to the Taekwondo program in Semester 2, will have to pay the fee. Students who are already participating in the Taekwondo program aren't required to pay an additional membership fee.
Venues	PE Centre
Equipment	All equipment is provided

Tennis

HKDTA Tennis

Hornsby Ku-ring-gai District Tennis Association competition is played on Saturday morning during Term 4 for all students in Years 7 to 12. Teams are graded on ability from Years 7 to 12 (this competition is not split into year groups). Each team consists of either 3 or 4 players.

Online Registrations for this activity will close on Friday 5 August 2016.

Co-ordinator	Mr Adam Levin alevin@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7 to 12: Saturday 20 August
Day/Time	Saturday 7.30am to 12noon
Cost	\$98.00
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Finals: Saturday 21 November
Match Format	Matches are played over two courts commencing at 8.00am and concluding at 11.15am. All sets are the best of 9 games and each team will play 3 doubles and 3 singles sets.
Training Schedule	1 x sessions per week (am/pm)
Uniform	Saturday White Tennis Skirt Saturday White Tennis Top White School Sports Socks White Bloomers Pymble "P" cap Tennis Racquets are compulsory for every student. The College does not provide these items. Tennis specific shoes are recommended for all players.
Venue	Various Sydney locations

Tildesley Tennis 2017

Tildesley Tennis is a competitive two day team representative singles and doubles tournament which has been running since 1918. Pymble squad/team selections are made in Term 4. The squad/team is approximately 42 girls (Years 7 to 12). Training commences during Term 4 and continues to the end of Term 1 of the following year. Trainings consist of 2 on-court sessions per week as well as one fitness training sessions per week. A Tildesley Tennis Camp is held at the end of the January holidays.

It is a requirement for all girls selected in the Tildesley Shield Tennis Team to play IGSSA Saturday morning Tennis in Term 1, 2017. Tildesley registration does not account for automatic IGSSA Tennis registration. Students are also required to register online in Term 4 for IGSSA Tennis 2017.

[Online Registrations for this activity will close on Friday 5 August 2016.](#)

Co-ordinator	Mr Adam Levin alevin@pymblelc.nsw.edu.au
Term/s	Term 4, 2016 and Term 1, 2017
Years	Year 7 to 12
Trials	<p>Open to students in Year 6 to 11 (2016). The strongest 44 players in the school will be chosen in this representative squad.</p> <p>Trials will commence in Week 9 and 10 of Term 3 2016, ONLY, if courts become available. Mr Levin will notify all students registered closer to the time with the commencement date, days and time for trials.</p> <p>Term 4: Monday 17 October, Monday 24 October, Monday 31 October, and Monday 7 November 2015</p> <p>Please note: Students are only invited back each week for trials based on their performances in the pool matches. Email notification must be given to the Co-ordinator of tennis if there are any absences from trials.</p>
Tournament Dates (2017)	Wednesday 22 March and Thursday 23 March. Friday 24 March will be used as a back-up day in case of wet weather. These dates will be confirmed towards the end of 2016.
Cost (2017)	\$285.00
Training	<p>Term 4, 2016 The Tildesley Tennis squad will be announced on Wednesday 9 November 2016 (provided we have not had any washout sessions). Once the squad is announced training will be held for all squad members on Monday 14 November, Monday 21 November, Monday 28 November and Monday 5 December 2016.</p> <p>Term 1, 2017 Training for the Tildesley Team in Term 1, 2017 consists of two compulsory on court sessions and one compulsory fitness/footwork session. These training sessions are the girls' Saturday morning IGSSA competition training sessions as well as training for the Tildesley Shield Tennis Tournament. Girls will be allocated their IGSSA draw during the first week of training.</p> <ul style="list-style-type: none"> Monday 3.30pm to 5.00pm: Singles players - compulsory session Tuesday 6.45am to 7.45am: Full Team Fitness/Footwork - compulsory session

	<ul style="list-style-type: none"> • Tuesday 3.30pm to 5.00pm: Doubles players only - compulsory session • Thursday 3.30pm to 5.00 pm: Full Team - compulsory session. <p>During examination periods students are still expected to attend their trial/training commitments.</p>
Uniform Requirements	<p>Training Pymble house/Pymble Saturday sport/Pymble polo shirts Pymble navy blue shorts White Pymble sport socks Trainers/Touch football shoes</p> <p>Matches Pymble white Tennis skirt Pymble white Tennis top White Pymble sports socks White bloomers Tennis specific shoes are recommended for all players</p>
Tildesley Tennis Camp	<p>Each year a training camp is held for the Tildesley Tennis Team as a lead into our season. The dates are not yet confirmed for January 2017 but are likely to be the week before Term 1, 2017 commences. The destination is still to be determined. The annual training camp is a fantastic way for our team to bond as well as to prepare for Term 1 with tennis practice and fitness. The camp is not compulsory as there is a cost involved but it would be great to see as many team members present to experience something special that you will never forget. The Pymble Coaching staff and Tennis community are currently raising money to assist with the cost of the trip by running the Term 3 Saturday morning sports canteen. An approximate costing will be notified early in Term 4 2016.</p>

Tennis Lessons

Pymble Tennis Program offers a range of Lessons/Squads that caters for players from first-timers/beginners, intermediate level, advanced players including Australian ranked players. The Tennis Program aims to develop within its players: the love of Tennis, fantastic tennis skills, physical fitness and stamina, teamwork skills, our core values and sportsmanship. Tennis is fun, great for fitness and for developing hand eye co-ordination. It can be played by all ages and abilities.

Tennis Lessons are offered Monday to Friday, before school, during lunchtimes and after school. Students in Year 11 and 12 students can participate in tennis lesson in their free periods.

Head Tennis Coach: Mrs Kristine Radford-Kunce
kradfordkunce@pymblelc.nsw.edu.au
0425 225 570

Conditions of Enrolment (Tennis)

1. **Bookings/Registrations:** All bookings for tennis are made through the online registration system. Confirmations will be sent out by the Head Coach, Kristine Radford-Kunce before the start of the term.
2. **Fee Policy:** Lessons are charged on a term flat rate. There are no refunds or credits on any further missed lessons (exception for Public Holidays, this will be calculated pro-rata). We will endeavour to offer a maximum of 2 make-up lessons per term due to wet weather/sickness/camps/examinations (No make-up lessons are available for Squads). All lessons are charged to College accounts at the end of the school term.
3. **Semi Private Lessons:** If one student is present for their lesson and the lessons goes ahead, no make-up lesson is offered to the other student who missed the lesson.
4. **Make-up Lessons:** No make-up lessons can be carried over into the following term. Please make contact with the Head Tennis Coach for queries regarding these lessons. Make-up lesson will be offered during the last week of the term but can also be made up during the first week of the school holidays. If your coach is unavailable to take the make-up lesson an appropriate coach will be provided.
5. **Cancellations:** 12 hour notice must be given to Head Tennis Coach, Kristine Radford-Kunce (0425 225 570 or kradfordkunce@pymblelc.nsw.edu.au) for any cancellation of lessons or a lesson fee will be honoured and no make-up lesson will be offered.
6. **Poor Weather Conditions (Wet Weather):** A notification via SMS or email will be sent to Parents and Students for all senior lessons that have been cancelled for morning and afternoon sessions. For morning sessions a SMS will be sent by 6.15am for any cancellations.
7. **Mobile Phone Numbers:** Please provide current mobile phone contact numbers for both parent and Student to the Head Tennis Coach when booking your lessons
8. **Withdrawals from Lessons after commencement date:** Students will be charged 30% of the fee if they withdraw after week 4 of the semester. An email needs to be sent to Head Coach for any withdrawals from Lessons.

Semi-Private Lessons

A semi-private tennis lesson allows you to receive personal instruction with another person (friend, partner) on the court at the same time. If you have a friend who you want to take a lesson with we offer a semi-private tennis lessons that is no less instructional than a private lesson. More the merrier and it's great to compare your game with someone and have fun. Please note: when making booking please indicate partner's names and preference of day. Confirmation will be provided by Mrs Kristine Radford-Kunce.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Days/Times	Monday to Friday 6.45am; 7.30am; 12.50pm; 3.45pm; 4.30pm; 5.15pm; 6.00pm Year 11 and 12 student free periods 60minute lesson from 5.15pm only
Cost per term	45 Minute Lesson: \$427.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 1 of Term 3 to Week 10 of Term 10
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

Private Lessons

Private lessons benefit all standards from beginners to advanced players. Pymble Ladies College has qualified coaches to help develop both the technical element of strokes and tactical play. Private lessons offer the perfect way to introduce beginners to the game with one-on-one tuition while intermediate/advanced players can improve and develop advanced strokes, slice, topspin, physical and psychological skills for all levels.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Days/Times	Monday to Friday 6.45am; 7.30am; 12.50pm; 3.45pm; 4.30pm; 5.15pm; 6.00pm Year 11 and 12 student free periods 60 minute lesson from 5.15pm only
Cost per term	45 Minute Lesson: \$694.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 1 of Term 3 to Week 10 of Term 3
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

Tildesley Squads

Squads are offered to our more accomplished tennis players who represent the school on Saturdays in the HKDTA or IGSSA top 1-15 teams. This is an intense squad training including drills, match play and tactics. Please contact the Kris Radford-Kunce our Head Coach for all information on Tildesley Squad.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Days/Times	Monday and/or Fridays 3.30pm to 5.15pm
Cost per term	1 day per week: \$350.00 2 days per week: \$650.00
Class Dates (Start/End)	Week 1 of Term 3 to Week 10 of Term 3
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

Touch Football

Term 3 Touch Football Clinic

In Term 3, all students in Years 7 to 12 are welcome to participate in a pre-season Touch Football clinic in preparations for the Term 4 IGSSA competition. Students will be under the guidance of an experienced touch football coach and will work through skills, drills and game plays that will improve their performance whilst also improving each participant's fitness levels.

Co-ordinator	Miss Lauren Meakin lmeakin@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Friday 3.30pm to 5.00pm
Cost	\$80.00
Class Dates (Start/End)	Friday 22 July to Friday 16 September
Uniform	PE/Sports Uniform (preferably shorts without pockets)
Venue	Main Oval

IGSSA Touch Football

Touch Football at Pymble caters for all girls from beginners to the elite level. It is a fantastic sport with excellent social aspects and is offered in term 4. IGSSA Touch Football is available for all students on in years 7 to 12 and is played on Saturday mornings at various venues around Sydney. It is a graded competition for all abilities. No previous experience is required. It is a sport which can be played well into one's adult life. It encourages the development of aerobic fitness and ball handling skills.

[Online Registrations for this activity will close on Friday 5 August 2016.](#)

Co-ordinator	Miss Lauren Meakin lmeakin@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7: Saturday 13 August 1.00pm to 4.00pm Junior (Year 8 and 9): Saturday 20 August 1.00pm to 4.00pm Senior (Year 10 to 12): Saturday 27 August 1.00pm to 4.00pm
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 21 November, Saturday 26 November
Training Schedule	2 x sessions per week (am/pm)
Uniform	Touch Football short (no pockets) - will need to be purchased if you do not have them from a previous season for \$35.00. Touch football singlet (to be returned at end of season). Hire fee of \$15. White Pymble sports socks Trainers/Touch football shoes
Venue	Various Sydney locations
Further Information	Touch Football singlets will be distributed to students and to be returned at end of season. This process will be completed by the PE department not the uniform shop.

Volleyball

Volleyball Skills

Volleyball at Pymble is becoming more popular each year. During Term 3, Pymble offers students a weekly skills session with our Volleyball coaches to enhance and refine their volleyball skills. It is open to any student, from beginner to advanced.

Please note: these two sessions will be consolidated in the event of insufficient numbers to run on 2 separate days. In this event, the participants will be notified by the end of Week 1, Term 3.

Beginner to Intermediate Level

For students who are learning to play volleyball for the first time, or who have played 1-2 seasons and are still working on developing the fundamental skills and learning the rules of the game.

Co-ordinator	Mrs Keli-Jane Stapp kjstapp@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Wednesday 3.30pm to 5.00pm
Cost	\$100.00
Class Dates (Start/End)	Wednesday 20 July to Wednesday 21 September
Uniform	PE Uniform
Venue	PE Centre – Court to be advised

Advanced Level

For students who have been playing for 2-3 seasons and are confident in the fundamental skills and are looking to develop their game strategy and set plays in competition.

Co-ordinator	Mrs Keli-Jane Stapp kjstapp@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Thursday 3.30pm to 5.00pm
Cost	\$100.00
Class Dates (Start/End)	Thursday 21 July to Thursday 22 September
Uniform	PE Uniform - please bring hat, water bottle and sunscreen
Venue	PE Centre - Court TBC

Santa Sabina Volleyball

Volleyball at Pymble is becoming more popular each year. The program caters for all students in Year 7 to 12 across all ranges of ability. Pymble's competitive program commences in Term 4. Students participate in one training session a week and participate in the Santa Sabina Competition on Saturday mornings. A variety of experienced coaches are used to cater for all ages and skill levels.

[Online Registrations for this activity will close on Friday 5 August 2016.](#)

Co-ordinator	Mrs Keli-Jane Stapp kjstapp@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7 to 12: Saturday 20 August
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$98.00

Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 21 November, Saturday 26 November
Training Schedule	1 x session per week (am/pm)
Uniform	Pymble Saturday Sport Shirt Pymble PE Shorts Saturday Sport Tracksuit White P socks Suitable Sports shoes Knee Guards (optional)
Venue	Santa Sabina College, Strathfield

Water Polo

Water Polo Skills Sessions

In Term 3, Pymble will be continuing the skilled based Water Polo training sessions. It is open to all Pymble students Years 7 to 12 throughout 7 weeks of Term 3. These sessions will help to develop a better understanding of the sport of Water Polo for students new to the sport and for the experienced players give them an opportunity to master and gain new skills.

These training sessions will be a great opportunity for players to freshen up on their skills as well as fitness leading into the Term 4 IGSSA Competition. (IGSSA Trial dates below)

There is no obligation to attend all the Term 3 skill sessions offered or sign up for IGSSA Term 4. These sessions are aimed at getting more girls involved and interested in the sport of Water Polo.

Pymble will also be offering a Water Polo specific swimming session once a week to help assist with swimming fitness. As Water Polo is a swimming based sport keeping up your swimming fitness is always important.

Co-ordinator	Miss Brigette Moore brmoore@pymblelc.nsw.edu.au
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Tuesday 4.00pm to 5.00pm: Water Polo specific Swimming Session Wednesday 6.00am to 7.30am: Skills Thursday 5.00pm to 6.30pm: Skills
Cost	\$70.00 per term (unlimited sessions)
Class Dates (Start/End)	Tuesday 19 July to Thursday 1 September (7 week program)
Uniform	<i>Pymble Saturday Sport Shirt</i> <i>Pymble Water Polo costume - The new costume is available to purchase for \$90.00 from the coordinator.</i> <i>Pymble Sport Tracksuit</i> <i>Pymble Swimming cap</i> Goggles Towel
Venue	<i>Pymble Aquatic Centre</i>

IGSSA Water Polo

IGSSA Water Polo is a Saturday morning sports competition for students in Years 7 to 12. Year 12 students must speak to the co-ordinator to discuss their eligibility to play.

Students are graded into teams based on their experience and level of ability and anyone may trial. The IGSSA competition runs across various venues in the Sydney region and students are expected to travel to the games. Game times and locations will become available closer to the start of Term 4.

All students are encouraged to develop their skills and fitness levels through a quality coaching program led by our specialist coaches.

With the opening of Pymble Ladies College new Aquatic Centre, Pymble will be offering a skilled based training session open to all Pymble students throughout Term 2. This session will help to develop a better understanding of the sport of water polo for students new to the sport and for the experienced players give them an opportunity to master and gain new skills.

This skilled based training session will continue till the scheduled IGSSA trial dates in August. Once teams have been selected / graded official IGSSA training will commence. (There is no obligation to sign up for IGSSA.)

All registered students will be informed of trial and training times and dates via email.

Online Registrations for this activity will close on Friday 5 August 2016.

Co-ordinator	Miss Brigette Moore brmoore@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Trials	Term 3, 2016 Year 7: Saturday 13 August 1.00pm to 4.00pm Junior (Year 8 and 9): Saturday 20 August 1.00pm to 4.00pm Senior (Year 10 to 12): Saturday 27 August 1.00pm to 4.00pm
Day/Time	Saturday 7.30am to 12.00pm Matches – 1 hour. Students must be available to play their match anytime within these hours.
Cost	\$68.00 Please note some venues require you to pay entry fees into the venue, these will be advised on your team draw.
Match/Class Dates (Start/End)	Saturday 15 October, Saturday 22 October, Saturday 29 October, Saturday 5 November, Saturday 12 November, Saturday 19 November, Saturday 21 November, Saturday 26 November
Training Schedule	2 x sessions per week (am/pm)
Uniform	Pymble Saturday Sport Shirt Pymble Water Polo costume - The new costume is available to purchase for \$90.00 from the coordinator. Pymble Sport Tracksuit Pymble Swimming cap Goggles Towel
Venue	Various Sydney locations

Activities

Art Programs

Ceramics

Students will explore their imagination and extend and develop their creativity using clay in these classes. Ceramics allow students the opportunity to work with their hands to design and create functional or sculptural forms. A variety of ceramic techniques will be taught to create fantasy and functional artworks. All artworks will be fired and treated with glazes. All materials are supplied.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mr David Del Favero
Teacher/s	Tuesday: Ms Amanda Harris Thursday: Ms Judy Nutting
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Tuesday 3.30pm to 5.00pm Thursday 3.30pm to 5.00pm
Cost	\$426.00 (plus \$50.00 materials fee)
Class Dates (Start/End) Tuesdays	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End) Thursdays	Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 1 December
Maximum Students	15 students
Venue	F10 (Ferguson Building)
Equipment	All art equipment will be provided.

Darkroom Photography

In this photography fundamentals course, students apply a hands-on approach to techniques in darkroom photography in a small class environment. Students begin by creating their own pinhole cameras, light exposure, making photograms and build an understanding of aperture and shutter speed through the basic skills in handling an SLR camera. Extended techniques in chemical mixing and film development are explored and finish with a small folio of resolved works. Materials are supplied.

Co-ordinator	Mr David Del Favero
Teacher/s	Ms Jane Palmer
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Wednesday 3.30pm to 5.00pm
Cost	\$426.00 (plus \$50.00 materials fee)
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 30 November
Maximum Students	12 students
Venue	F9 (Ferguson Building)
Equipment	All art equipment will be provided.

Digital Artmaking/Photoshop

Digital Artmaking /Photoshop classes instruct students to use the digital technology and computers with the program PhotoShop as well as drawing tablets to create individual artworks. Skills in this class are readily transferred to a broad spectrum of activities. All materials are supplied.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mr David Del Favero
Teacher	Ms Kathy Hassett
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Tuesday 3.30pm to 5.00pm
Cost	\$426.00 (plus \$50.00 materials fee)
Class Dates (Start/End) Tuesdays	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Maximum Students	12 students
Venue	F2 (Ferguson Building)
Equipment	All art equipment will be provided.

Drawing

Students will explore the fundamental of drawing. Direct observational drawing will be included in the lessons along with methods of extending and interpreting subject matter. An appreciation of drawing tools and materials will also be included.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mr David Del Favero
Teacher	Mr David Del Favero
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Tuesday 3.30pm to 5.00pm
Cost	\$426.00 (plus \$50.00 materials fee)
Class Dates (Start/End)	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Maximum Students	16 students
Venue	F4 (Ferguson Building)
Equipment	All art equipment will be provided.

Oil Painting

Oil Painting at Pymble is open to all students in Years 7 to 12. Oil Painting for beginners provides an opportunity to learn the skills and techniques of oil paint. Students will work on a stretched canvas and learn how to commence a painting, apply paint, use colours and organise a composition with an experienced teacher. All materials are supplied.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mr David Del Favero
Teacher/s	Tuesday: Miss Sophie Mill Wednesday: Miss Sophie Mill Thursday Mr David Del Favero
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Tuesday 3.30pm to 5.00pm Wednesday 3.30pm to 5.00pm Thursday 3.30pm to 5.00pm
Cost	\$426.00 (plus \$50.00 materials fee)
Class Dates (Start/End) Tuesdays	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End) Wednesdays	Term 3: Wednesday 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 30 November
Class Dates (Start/End) Thursdays	Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 1 December
Maximum Students	16 students per class
Venue	F3 (Ferguson Building)
Equipment	All art equipment will be provided.

Beauty

Pymble offers workshops for students who maybe unsure about the whole skin care and make up process for teenage skin. This beauty and make up workshop gives you a real insight into how to look after your skin throughout your teens, learn the basic principles of grooming, break down the correct application techniques for make up to create looks that will enhance your natural beauty to leave you looking and feeling your best. This course will cover the essentials of a beauty regimen.

Facilitator: Mary Alonti is a professional beauty therapist, educator and makeup artist with over 25 years of industry experience. In the last 6 years, since becoming a mother herself, Mary has spent hundreds of hours learning, about 'greener' alternatives to the toxic chemical laden items we use daily. Sharing this knowledge is what she is most passionate about. "We all need to know that there are alternatives to everything we use and we can make it wholesome and non-toxic for our whole family.

DIY Glamour Lab (formerly My Beauty Shop)

Over 8 weeks indulge your sense of smell, touch and curiosity as we guide you through the secrets (and the recipes) of how to make beautiful handmade items such as soaps, real perfume that you will personalise, bubble bath that suits your skin type, nourishing and wholesome lip balms and lip glosses, your own handmade fruity, fun and fancy bath bombs (that will end up a favourite DIY gift for years to come) plus so much more.

You will enjoy making your own personalised beauty products using only the very best and natural ingredients including pure essential oils, organic dried flowers, plants and herbs. We will develop products that are just heavenly, uniquely yours and provide them in professional packaging so you can enjoy them yourself or use them as gifts for the people you care about. The possibilities are endless with a large array of ingredients available for your personalised creations.

You will learn how to enjoy the luxuries without worrying about nasty chemicals. Indulgent skin treatments made from organic and natural products that are suitable for all the family members are made every week. You even get a journal and the recipes every week so you can make everything again at home!

Co-ordinator	Stuart Clark sclark@pymblelc.nsw.edu.au
Teacher/s	Mary Alonti
Term/s	Term 3
Years	Year 7 to 12
Day/Time	Friday 4.45pm to 6.00pm
Cost	\$270.00 (plus \$70.00 for kit)
Class Dates (Start/End)	Friday 29 July to Friday 16 September (8 weeks)
Minimum Students	5 Students
Maximum Students	10 Students
Venue	Demountable 10

Dance

Fit Dance – Non-Showcase Class

A Dance fitness program that will assist dancers with building strength, cardio and endurance.

Each session will involve a run around the College / local area incorporating strength building exercises along the way. This class is only for students participating in the Curricular or Co-curricular Dance Program.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Classes/Days/Times	Monday 3.30pm to 4.30pm
Teachers	Miranda Middleton
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Cost	\$200.00
Class Dates (Start/End) Mondays	Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Maximum Students	20 students
Venue	Meeting Point: Outside GMCPA
Uniform	PE Uniform with suitable fitness shoes

Filmmaking

- **New enrolments only**
- **Students who are registered in Semester 1 (Term 1 and 2), are not required to re-register.**

Senior Major Project

Students are led by an experienced film maker in a variety of workshops which teach them about scriptwriting, lighting, cinematography, directing and producing. They will focus in specialised skills sessions on production design, camera operation and editing. This course is focused on 'major projects', where students will create a high level major film project at the end of the year, working in small collaborative teams or individually to be entered into external film festivals at the end of year.

Co-ordinator	Max Booyar-Rybak
Teacher	Kim Ramsay
Term/s	Terms 3 and 4
Years	Year 11 and 12
Day/Time	Monday 4.15pm to 5.45pm
Cost	\$250.00
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Minimum Students	8 students
Maximum Students	20 students
Venue	DK07/08 (Dorothy Knox Building)

TropFest Junior

Students are led by an experienced film maker in a variety of workshops which teach them about scriptwriting, lighting, cinematography, directing and producing. They will focus in specialised skills sessions on production design, camera operation and editing. This course is focused on 'major projects', where students will create a high level major film project at the end of the year, working in small collaborative teams or individually to be entered into external film festivals at the end of year.

Co-ordinator	Max Booyar-Rybak
Teacher	Kim Ramsay
Term/s	Terms 3 and 4
Years	Year 7 and 8
Day/Time	Wednesday 4.15pm to 5.45pm
Cost	\$281.00
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 30 November
Minimum Students	8 students
Maximum Students	20 students
Venue	DK07/08 (Dorothy Knox Building)

Genre Study

Students will explore genre, form and style in creating a short film. They will work in a small group and take on various roles; production designer, music composer, cinematographer etc. in creating a high standard film in a particular style chosen by the group (for example; silent film, documentary, mockumentary etc.) Their works will be showcased in internal and external film festivals.

Co-ordinator	Max Booyar-Rybak
Teacher	Kim Ramsay
Term/s	Terms 3 and 4
Years	Year 9 and 10
Day/Time	Tuesday 4.15pm to 5.45pm
Cost	\$281.00
Class Dates (Start/End)	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Minimum Students	8 students
Maximum Students	20 students
Venue	DK07/08 (Dorothy Knox Building)

Life Skills



Personal Development Program (Life Skills '101')

This Personal Development 'Life Skills 101' program is an eight week program of 1.5 hour experiential learning sessions. The Sydney School of Protocol utilise the Experience, Reflection, Learn and Advance model to allow participants to be inspired and educated in Personal Branding, Community Engagement, Relationship Building, and Career Advancement with Posture, Poise and Style. The program is provided in alignment with the core Pymble Ladies' College values, brand and curriculum.

Eight Week Framework:

- Week 1: Personal Brand – Who Am I?
- Week 2: Me, Myself and The World
- Week 3: Communicate Smartly
- Week 4: Pitch Perfect
- Week 5: Forms of Address
- Week 6: The Good, The Bad & The Interesting
- Week 7: All In The Details
- Week 8: Spark The Fashionista Within Me

Graduates of the "Life Skills 101" Program:

- Receive A Journal Workbook
- Receive a "Life Skills 101" Graduation Certificate

The Facilitator: Established in early 2013 by Julie Lamberg-Burnet, the Sydney School of Protocol offers a contemporary approach in delivering internationally recognised protocol and etiquette training. Julie has been trained and certified as a consultant in corporate etiquette and international protocol by The Protocol School of Washington.

As a leading educational institution, the Washington School provides international protocol, cross-cultural awareness, business etiquette and image training that prepares professionals with the critical behaviours necessary to build lasting business relationships. It also has a sophisticated network that spans 60 countries and celebrates two decades as the global leader in protocol and etiquette training and certification.

As a first to bring this leading training to the Southern Hemisphere, Julie brings internationally recognised knowledge, insights and a uniquely adapted curriculum to the Sydney School's foundation.

See this link for Sydney School of Protocol staff profiles:

<http://www.sydneychoolofprotocol.com.au/Our-Experts/default.aspx>

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Sydney School of Protocol
Term/s	Term 3 (8 week program)
Years	Year 9 to 12
Day/Time	Wednesdays 3.30pm to 5.00pm
Class Dates	Wednesday 27 July to Wednesday 14 September
Cost	\$275.00
Minimum Students	16 students (course will be postponed if we do not achieve the minimum numbers)
Maximum Students	20 students
Venue	Demountable Classroom 10
Equipment	Notebook and pens

Essential Study Skills Seminar

This is a fun, fast-paced **day** which engages students and shows them how to study more efficiently and achieve better results through the use of simple and highly effective memory, reading and note-taking techniques.

Post-course students also receive free access to a 7 Day Online Follow-up Program to help them actively review and practise the techniques learned during the day.

No pre-work or preparation is required on the part of students. They simply need to bring a book, either fiction or non-fiction, for use in the reading exercises. Students receive a series of handouts as the day progresses which summarise the key ideas and techniques plus contain follow-up exercises and actions.

In this unique Study Skills Course students learn:

- Memory Skills - how much of your potential are you really using?
- Effective Reading - how well do you currently read and what's possible?
- What is Visual Note-taking - and why is it such a powerful study technique?

See this link for more information <http://www.gloo.com.au/Study-Skills.html>

The Facilitator: This course is designed and delivered in person by Australian Memory Record Breaker, Chris Lyons. Over the course of the last 4 years Chris has delivered more than 100 presentations, workshops and coaching programs for high school students showing them how to study more effectively and improve their grades.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Gloo Study Skills
Term/s	Term 3 (6 Hour Workshop)
Years	Year 9 to 12
Day/Time	Sunday 7 August 9.00am to 4.00pm
Cost	\$40.00
Minimum Students	40 students
Maximum Students	80 students
Venue	Jobson Lecture Theatre
Equipment	Bring a book (fiction or non-fiction), and water bottle and BYO snacks and lunch

Speech and Drama

- **New enrolments only. Students who are registered in Semester 1 (Term 1 and 2), are not required to re-register.**

The goal of Speech and Drama is to develop confident speakers in an enjoyable learning environment. The students benefit from learning in small groups. Speech, drama and communication skills contribute to the personal, social, intellectual and creative development of the students. By providing a structured framework for creative expression, Speech and Drama gives technical support and guidance for improved skills in communication and opens up avenues for the appreciation of drama, literature and poetry. Learning Speech and Drama unlocks the imagination and creative-thinking, develops communication skills, refines technical skills and artistry, and promotes interaction and friendships.

Speech and Drama lessons adhere to a structured framework designed to encourage the progressive development of integrated performance and communication skills. Students enjoy a wide choice of repertoire, and are actively encouraged to develop their own performance programs comprising texts and self-written material. Programs are devised for individual students' needs.

Core Study Areas: voice; drama; public speaking; interpretation; improvisation; speech writing; expressive reading; characterisation; storytelling; poetry interpretation; monologues; story writing; poetry performance; theatre sports and literature appreciation

ESL: Speech and Drama is particularly relevant to ESL students as it teaches the sounds of English pronunciation. This subject provides the techniques to perfect the sounds of English along with the appropriate stress and intonation that can improve verbal communication. Tutoring is provided for any tasks in speech writing or delivery across the school curriculum.

Assessment: AMEB examinations in Drama and Performance or Voice and Communication can be taken by the students as an integral part of the course. The two AMEB examination syllabuses assess dramatic expression and communication skills. All students may study a program at a level that will extend their competence in either or both of these areas. Other performance opportunities are also offered.

Senior students will attain the advanced AMEB Certificate in Drama and Performance (CDPA) and the Certificate in Voice and Communication (CVCA) from the highly regarded Australian Music Examinations Board in their senior years. Successful completion of these exams is considered for an ATAR advantage at some tertiary institutions. Please note there may be costs associated with examinations.

Performance: Performance opportunities for group and individual drama, monologues and public speaking will be offered.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Teacher	Victoria Clancy/Moira Hawker (nee Gibson)
Term/s	Terms 3 and 4
Years	Year 7 to 9 Year 10 to 12 (Year 12 - 3 Terms)
Day/Time	30 minute group lessons between the hours of 7.45pm and 3.30pm. Students will be contacted by their teacher with their day and time before the start of Term 3. Lessons may be arranged on a rotational basis
Cost	Year 7 to 9: \$362.00 Year 10 and 11: \$461.00 Year 12: \$249.00
Class Dates (Start/End)	Term 3: Week 1 to Week 10 Term 4: Week 1 to Week 8
Venue	Speech and Drama rooms (next to the Health Care Centre)

Stagecraft and Performance

Push yourself outside your comfort zone.

Stagecraft and Performance program is designed to teach students the craft of acting. This is a great way to build confidence and explore creativity in a safe and fun environment. Students work on improvisation exercises, scripts, monologues and self-devised pieces and students perform regularly in front of the class which provides the invaluable opportunity to become comfortable in front of an audience.

At the end of each semester we invite parents to come and enjoy an informal performance by the students.

The Facilitator: Kate O'Keefe, Kate brings a wealth of experience to the Blossom team. She has a passion for performing arts and has been teaching dance and drama for over ten years. Kate started her career as a dancer, training in classical ballet and modern dance before moving into drama and studying at the West Australian Academy of Performing Arts (WAAPA).

Kate's qualifications include a Bachelor of Theatre Arts and a Masters of Teaching at the University of Melbourne. Her professional placements include St Kilda Primary School (Melbourne), Princes Close Children's Centre (Prahran, Victoria) and Sunnyside Kindergarten (Malvern, Victoria).

Her employment history also covers the Dramatic arts- she has taught drama at numerous schools and institutions including Methodist Ladies College (Kew, Victoria), The Montreal Shakespeare Theatre Company and the Australian Youth Dance Theatre. Kate's performance credits are also impressive- ranging from McDonalds Camp Quality Puppeteering to Shakespeare (Hamlet, Twelfth Night) and improvisation.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Teacher	Ms Kate O'Keefe (Blossom Management)
Term/s	Terms 3 and 4 (Semester 2)
Years	Year 7 to 10
Day/Time	Wednesday 3.30pm to 5.00pm
Cost	\$434.00
Class Dates (Start/End)	Term 3: Wednesday 20 July to Wednesday 21 September Term 4: Wednesday 12 October to Wednesday 30 November
Minimum Students	8 students
Maximum Students	30 students
Venue	To be advised

STEM Programs

What is STEM?

Science, Technology, Engineering and Mathematics. "STEM education is an interdisciplinary approach to learning where rigorous academic concepts are coupled with real-world lessons as students apply science, technology, engineering, and mathematics in contexts that make connections between school, community, work, and the global enterprise enabling the development of STEM literacy and with it the ability to compete in the new economy." (Tsupros, 2009)



Code Club

Steve Jobs, Apple's co-founder said, "I think everybody in this country should learn how to program a computer because it teaches you how to think." We agree for many reasons. Firstly, coding teaches us how to break problems down and how to then find ways to solve them. It also allows us to test our ideas allowing us to readily apply what we learn in robotics, maths, science and technology. It is also a valuable life skill for the 21st Century, with the knowledge of one programming language being transferable to many programming languages. Code Club will introduce coding in a fun and creative way, with the help of an expert guide who is experienced in training girls to code.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Code Rangers
Term/s	Terms 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Mondays 3.30pm to 5.00pm
Cost	\$270.00 (additional costs for entry into competitions and challenges – optional)
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Minimum Students	10 students
Maximum Students	16 students
Venue	DK Innovative Learning Area
Equipment Required	Students will be required to bring their laptops to their coding sessions

Tinkering with Technology – Unleash your Inner Engineer!

Perhaps you like to know how things work or enjoy solving problems facing the world right now. Maybe you just love to be hands-on and build things. As you 'unleash your inner engineer' you will work collaboratively and independently to find solutions to various situations by using a range of technologies. Some possibilities might be building a programmable robot, designing automatic electronic circuits using an Arduino to make life easier for you. Some past Arduino project include building a digital clock, a parking detector and automated traffic lights.

[This activity will also be available for registration in Term 3 and 4 \(Semester 2\); information will be released at the end of Term 2.](#)

Teacher	Dr Kristie Spence
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Tuesday 3.30pm to 5.00pm
Cost	\$200.00 (there may be additional costs for materials)
Class Dates (Start/End)	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Minimum Students	8 students
Maximum Students	12 students

Venue	Bottom level TAS building
Equipment	All equipment is supplied. If more equipment is required for a personal project, with the parent's agreement, students may need to provide their own parts, or parts will be purchased on their behalf and additional costs will be charged.
Requirements	Full school uniform including enclosed shoes

TAS Programs

Nourish and Flourish

This 6 week course provides students with the inspiration, knowledge and skills to prepare delicious family food. The focus will be on the preparation of food which can be made quickly and easily with an emphasis on healthy, ethical eating. Students will learn practical information including how to make the most of seasonal foods, interpret food labels, successfully store foods and shop for ingredients. Classes will be held in the Food Technology room. There is a maximum of 12 students per class with preference given to Senior School students.

Co-ordinator	Mrs Carolyn Burgess cburgess@pymblelc.nsw.edu.au
Teacher	Mrs Anne Tucker
Term/s	Term 3 (6 week course)
Years	Year 7 to 12
Day/Time	Thursday 3.30pm to 5.00pm
Cost	\$280.00 (includes all food and other course materials)
Class Dates (Start/End)	Thursday 28 July to Thursday 1 September
Minimum Students	8 students
Maximum Students	12 students
Venue	T03
Equipment Requirements	Tea Towels, Plastics Storage Containers

Totally Textiles

This class assists students in the development of textile skills in the construction of a range of student selected, simple projects. Students are individually led through the creation of their chosen projects.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mrs Carolyn Burgess
Teacher	Ms Heather Hansby/Nicola Nelson/Crystal Kruger
Term/s	Term 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Monday 3.30pm to 5.00pm Tuesday 3.30pm to 5.00pm
Cost	Mondays: \$328.00 Tuesdays: \$369.00
Class Dates (Start/End)	Term 3: Monday 25 July to Monday 19 September Term 4: Monday 17 October to Monday 28 November
Class Dates (Start/End)	Term 3: Tuesday 19 July to Tuesday 20 September Term 4: Tuesday 11 October to Tuesday 29 November
Minimum Students	8 students
Maximum Students	15 students
Venue	JV04
Equipment Required	Basic Sewing Kit

Working with Wood

This class is designed to help students discover the joys of working with wood. Students may choose from a range of projects, all designed to develop techniques and build confidence in working with timber and a range of tools. Woodworking skills including the development of hand skills, timber construction and finishing techniques will be developed through the construction of a range of projects such as jewellery boxes, wooden toys, serving trays and wooden puzzles.

Students registered in Semester 1 must register for Semester 2; registrations do not roll over from one semester to another.

Co-ordinator	Mrs Carolyn Burgess
Teacher	Mr Paul Williams
Term/s	Terms 3 and 4 (Semester 2)
Years	Year 7 to 12
Day/Time	Thursday 3.30pm to 5.00pm
Cost	\$292.00 (plus materials \$40.00)
Class Dates (Start/End)	Term 3: Thursday 21 July to Thursday 22 September Term 4: Thursday 13 October to Thursday 1 December
Minimum Students	6 students
Maximum Students	12 students
Venue	TRC (lower level of TAS Building)

Work Ready

Barista Course

This Barista Course is designed to teach participants how to be skilled Baristas. In this interactive and highly practical course participants will learn skills that will greatly assist them in gaining employment in a hospitality venue (there is a real shortage of trained Baristas in cafes and restaurants), or just enjoying coffee at home with family and friends.

During the course, participants will learn about:

- Coffee History and processes (at Witham's Coffee Hornsby Roastery)
- Preparing the work area: Barista hygiene fundamentals
- Grinding coffee
- Extracting espresso coffee
- Texturing the milk
- Advising, presenting and serving the coffee
- Maintaining the espresso machine

The final session of this course will be the 'Barista Challenge' designed to test all the skills learned in the course!

The Facilitator: Witham's Coffee is a specialty coffee roasting company that is passionate about delivering the finest quality, freshly roasted coffee to cafes, restaurants, offices and homes throughout Sydney, NSW and Australia.

Founded in 1994 by husband and wife team, Lance and Gill Witham, Witham's Coffee has developed a reputation for being one of Sydney's finest artisan coffee roasters, with exceptional customer service and product knowledge. The Roastery is located in the northern Sydney suburb of Hornsby, in a fully HACCP accredited premises.

Witham's Coffee prides itself on being a 100% Australian, family owned and operated business. Witham's Coffee only source the newest crop of Arabica coffee beans from the world's finest coffee growing regions. Each coffee is sample roasted for tasting in-house to ensure it has superior quality in flavour, acidity, body and aroma before making it on to our product range.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Witham's Coffee
Term/s	Term 3 (8 weeks)
Years	Year 10 to 12
Day/Time	Wednesday 3.30pm to 5.00pm or Thursday 3.30pm to 5.00pm
Class Dates (Start/End) Wednesdays	Wednesday 27 July to Wednesday 14 September
Class Dates (Start/End) Thursdays	Thursday 28 July to Thursday 15 September
Cost	\$295.00
Minimum Students	8 students (course will be postponed if minimum numbers aren't met)
Maximum Students	8 students
Venue	PE Centre (Sports Canteen)
Equipment	Notebook and pens

Job Seeker Preparation Course

This Job Seeker Preparation Course is designed to provide students with the tools and strategies to present themselves, on paper and in-person, in the best possible way to potential employers.

During the workshop, participants will:

- Gain an understanding of the recruitment process and how to best manage each stage
- Learn how to design a professional CV and customise it for different potential roles and organisations
- Learn how to prepare for interviews and answer the questions confidently, providing the appropriate information in a succinct and engaging manner
- Practise different interview situations

The Facilitator: This course is facilitated by Anneke van Vuuren. Anneke is the Principal Consultant at [Intended](#), a boutique consulting business that provides Coaching and HR Consulting services to individuals and organisations. Anneke has over 20 years' experience as a Senior HR Professional and Executive Coach.

Over the last few years Anneke has assisted many senior leaders in preparing for and managing the interview process resulting in their appointments. This included CEO's of major public and private hospitals and other health care organisations. Anneke has also had the pleasure of helping young emerging leaders successfully prepare for interviews for their first leadership roles.

Anneke holds a Bachelor of Human Resource Management, a Post Graduate Degree in Organisational Psychology, a Certificate in Professional Coaching and is accredited in Lominger Leadership Architect Tools. Anneke has a particular interest in preparing young people for a successful career and future.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Teacher	Anneke van Vuuren
Term/s	Term 3
Years	Year 11 and 12
Day/Time	3 Hour Workshop Monday 15 August 3.30pm to 6.30pm
Cost	\$100.00
Minimum Students	10 students
Maximum Students	12 students
Venue	Kate Mason Centre – room to be advised.
Equipment	Notebook and pens, BYOT

Provide First Aid

Provide First Aid (HLTAID003) will give you the skills and knowledge required to provide First Aid response, life support, management of casualty(s), the incident and other first aiders, in a range of situations, including in the home, workplace or within the community, until the arrival of medical or other assistance. This qualification is generally the minimum standard for workplace first aiders.

Provide First Aid (HLTAID003) incorporates Provide CPR (HLTAID001) and Provide Basic Emergency Life Support (HLTAID002). This course is valid for 3 years and the Australian Resuscitation Council recommends that you attend a resuscitation update every 12 months.

The Facilitator: All Aid First Aid provide quality first aid training with a unique approach to teaching. These courses are interactive and challenging with professional and experienced training staff. All Aid First Aid provide a nationally recognised statement of attainment to participants who successfully complete the requirements of the course.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	All Aid First Aid
Term/s	Term 3 (Full day workshop)
Years	Year 10 to 12
Day/Time	Sunday 4 September 9.00am to 4.00pm
Cost	\$90.00
Minimum Students	16 students (course will be postponed if minimum numbers are not reached).
Maximum Students	20 students
Venue	Demountable Classroom 8
Equipment	Notebook and pens Government issued ID and a Unique Student Identifier (USI) A 'USI' is required to complete this course as it is nationally recognised. Each participant is required to go online and generate their own USI. The process is very quick and simple to follow. See the following link for more information http://www.usi.gov.au

Responsible Service of Alcohol (RSA)

This NSW Office of Liquor, Gaming and Racing (OLGR) approved Responsible Service of Alcohol (RSA) Course is designed to teach participants how to work with alcohol in a hospitality environment. In this course participants will learn skills that will greatly assist them in gaining employment in a hospitality venue where alcoholic beverages are served.

The RSA course outcomes ensure you will learn all you need to know, including:

- Understanding what RSA really means to you;
- Awareness and prevention of drink driving;
- The impact of alcohol abuse on families, communities and tax payers;
- The responsible sale of alcohol and the laws (fines) associated with them.

The Facilitator: [Centre for Training](#) is a registered training organisation (RTO 91230). They specialise in nationally recognised training that is designed to meet the needs of the Food Service and Hospitality Industries and the Health and Community Service Sector.

Centre for Training courses are developed for industry by industry. Their aim is to assist businesses and individuals to comply with government and industry training requirements. Courses are concise, relevant and comprehensive and accessible to all.

Co-ordinator	Stuart Clark sclark@pymblec.nsw.edu.au
Facilitator	Centre for Training
Term/s	Term 3 (6 hour workshop)
Years	Year 11 and 12
Day/Time	Sunday 18 September 9.00am to 4.00pm
Cost	\$135.00 (This price includes the \$70 OLGR competency card)
Minimum Students	20 students (course will be postponed if minimum numbers are not reached)
Maximum Students	30 students
Venue	Kate Mason Centre – room to be advised
Equipment	Notebook and pens Government issued ID and a Unique Student Identifier (USI) A 'USI' is required to complete this course as it is nationally recognised. Each participant is required to go online and generate their own USI. The process is very quick and simple to follow. See the following link for more information http://www.usi.gov.au