



Pymble Ladies' College

Co-curricular Sport & Activities

Term 4, 2016

Secondary



General Information

Welcome to the [Term 4, 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 September

Term 4 Online Co-curricular Sports and Activities Registration [open](#)

Wednesday 5 October

Term 4 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 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 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 their 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 4 sport have now closed. Students will have the opportunity to register for 2017, at the beginning of Term 4. An email will be distributed to all families.			

*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

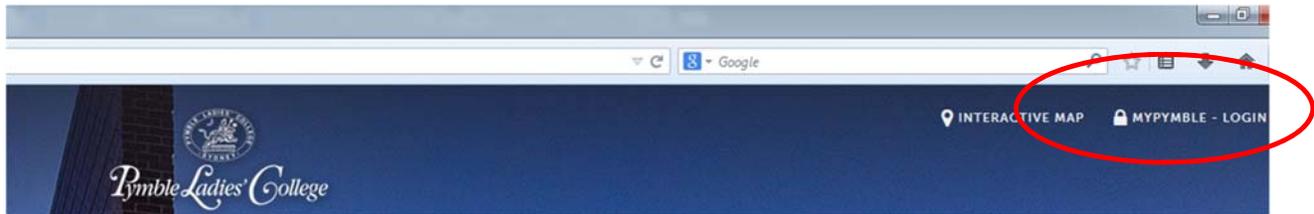
P +61 2 9855 7799

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

password

Login

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:

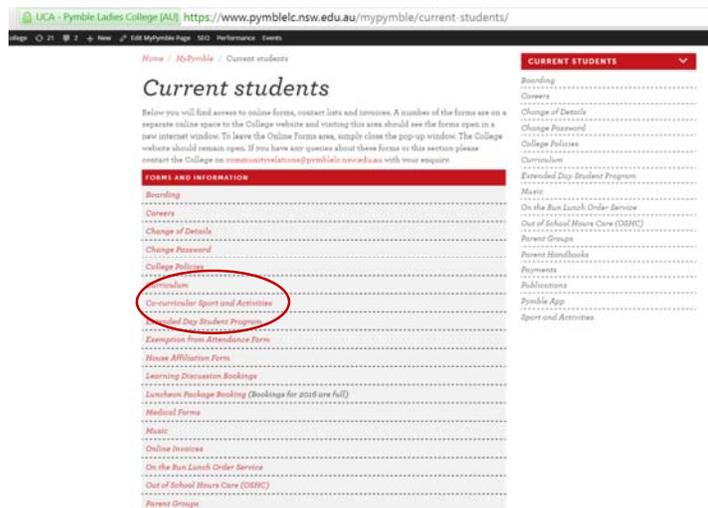
GET NEW PASSWORD

[Log in](#)

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



5. Click on to the 'Co-curricular Sport and Activities' link to be redirected to the registration pages

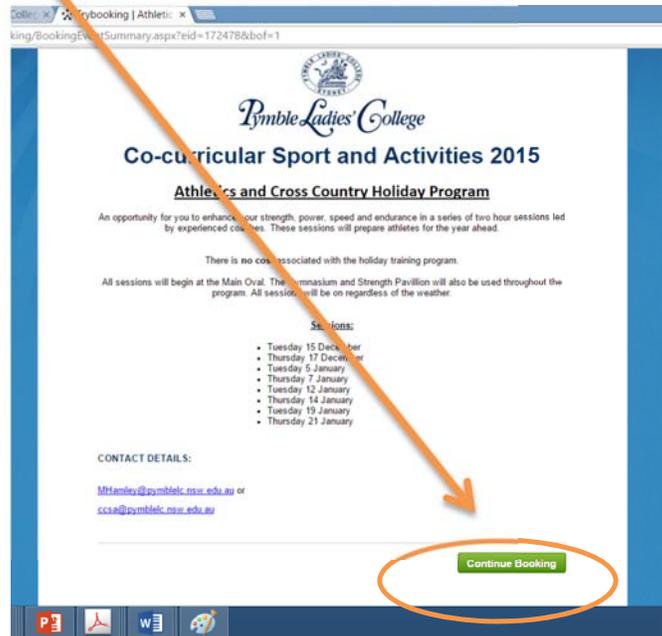


6. You will be redirected to Registration Page for "Co-curricular Sport and Activities" – registrations links will be active for what is available at the time.

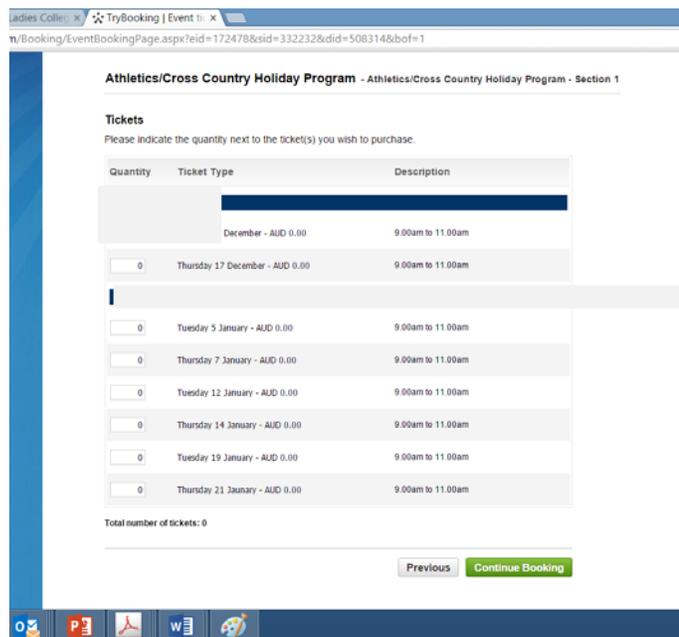


7. You will be redirected to the TryBooking registration system

Click to continue to proceed



8. 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.

Tickets
Please indicate the quantity next to the ticket(s) you wish to purchase.

Quantity	Ticket Type	Description
<input type="text" value="1"/>	Student - AUD 200.0	Payment via College Account

Total number of tickets: 1

- 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.pybblelc.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).

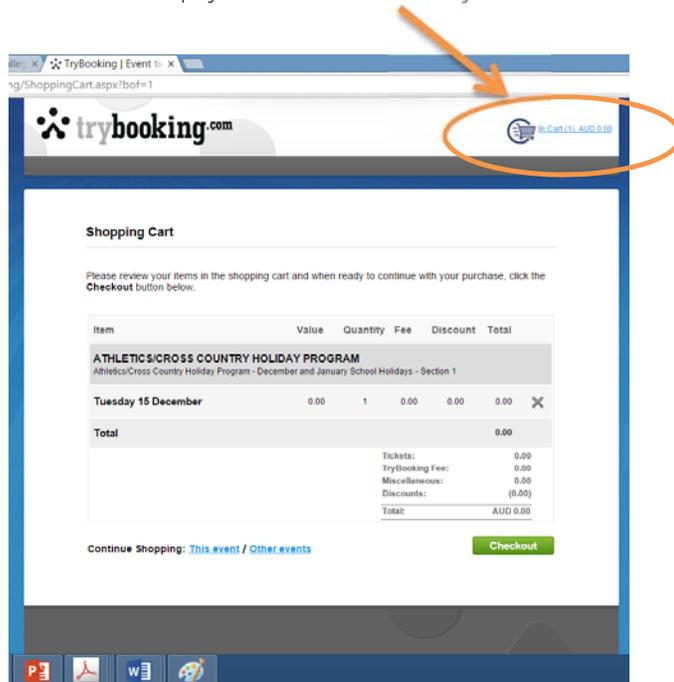
* Student First Name:

* 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 Registration Page on the College website, 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.



13. **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](#).

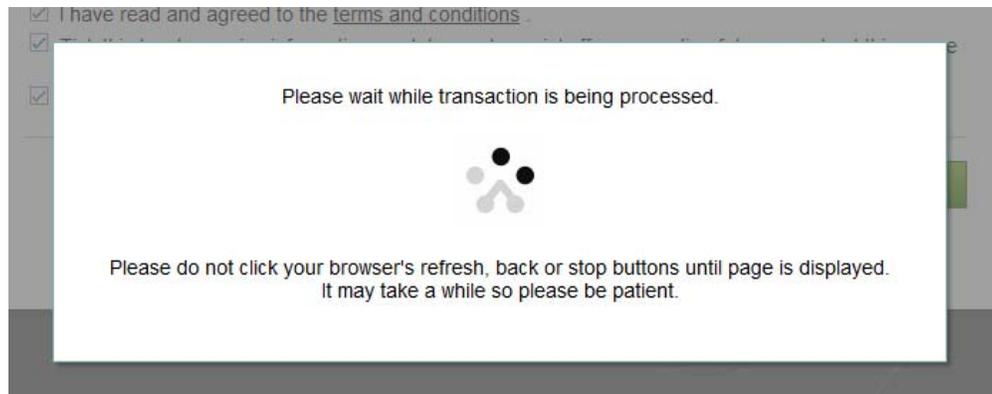
Tick this box to receive information, updates and special offers regarding future events at this venue and/or from the producer of the Event for which you have purchased this ticket.

Remember my details on this computer for next time.

Select “continue”



14. 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

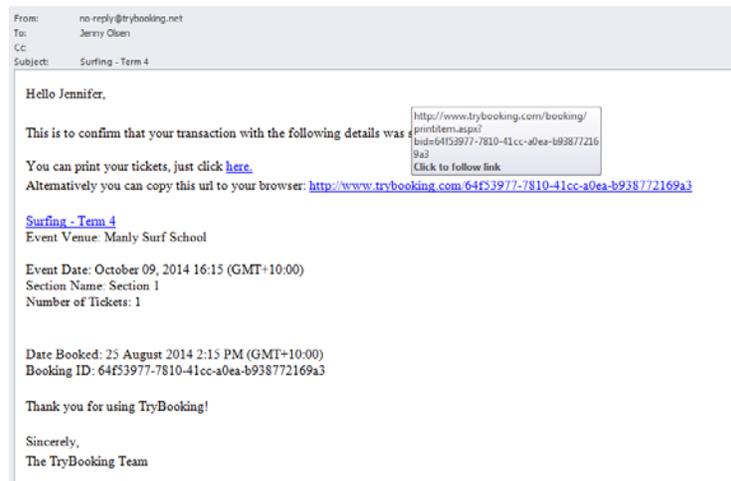
An email with a link to the tickets and/or gift certificates has also been sent to your email address. If you haven't received an email within 10 minutes, please check your spam folder.

Thank you for using TryBooking!



15. 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.

Sports

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.

Manager	Mrs Katie Edwards KAEdwards@pymblelc.nsw.edu.au
Coaching Director	On Long Service Leave – please contact Mrs Edwards
Term/s	Term by Term
Years	Year 7 to 12
Day/Time	See schedule below
Cost	\$98.00 per term Students who have registered for the year in Term 1 are not required to complete a registration.
Class Dates (Start/End)	Term 4: Week 1 to Week 8
Competition Schedule (2016)	NSW All Schools Athletics Championships: 13 to 16 October ANWS Schools Knock Out Championships: 5 December
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 4 TRAINING TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
6.30am to 7.50am Throws (Main Oval)	6.30am to 7.50am Distance/ Cross Country (Main Oval) 6.45am to 7.50am Sprints & Hurdles (Main Oval)		6.30am to 7.50am Distance/ Cross Country (Main Oval) 6.45am to 7.50am Sprints & Hurdles (Main Oval)	6.45am to 7.50am Long Jump (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 Strength (Fitness Centre)		3.30pm to 5.00pm Distance/Cross Country (Main Oval) 3.30pm to 5.00pm Strength (Fitness Centre)	3.30pm to 5.00pm High Jump (Kelso) 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.

Co-ordinator	Miss Kate Howie khowie@pymblelc.nsw.edu.au
Instructor	To be confirmed
Term/s	Term 4
Years	Year 7 to 12
Day/Time	Beginners: Friday 3.30pm to 4.30pm Intermediate/Advanced: Friday 4.30pm to 5.30pm
Cost	\$85.00
Class Dates (Start/End)	Friday 14 October to Friday 2 December
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

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 4
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	\$120.00 Add Saturday \$153.00 (Term 4)
Class Dates (Start/End)	Tuesday 11 October to Saturday 3 December
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 4 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 4
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	\$320.00
Class Dates (Start/End)	Tuesday 11 October to Saturday 3 December
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 4
Years	Year 7 to 12
Day/Time	See schedule below
Cost	\$520.00
Class Dates (Start/End)	Tuesday 11 October to Saturday 3 December
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

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 4 - 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
Spin Julia O'Neill 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	Group Fitness Dave Bailey 6.45am to 7.45am
		SpinBox Julia O'Neill 6.45am to 7.45am	Spin Julia O'Neill 4.00pm to 5.00pm	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, Wednesday and Friday AM Sessions: Mr Dave Bailey Tuesday and Thursday PM Sessions: Ms Julia O'Neill
Term/s	Term 4
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 Friday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 4: Week 1 to Week 8
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 4
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 4: Week 1 to Week 8
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 4
Years	Year 7 to 12
Day/Time	Monday 6.45am to 7.45am Monday 4.00pm to 5.00pm Wednesday 4.00pm to 5.00pm Thursday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 4: Week 1 to Week 8
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 Boxercise 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 4
Years	Year 7 to 12
Day/Time	Wednesday 6.45am to 7.45am Friday 6.45am to 7.45am
Cost	\$90.00 per class per term
Class Dates (Start/End)	Term 4: Week 1 to Week 8
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 4 Athletics, Touch Football, Water Polo, Rowing, Swimming (elite squads) or HKDTA Tennis 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

Students will be able to gain access with their student cards. If a student has already participated in Term 3, their membership will be continued. Students who are new to strength and conditioning this term, will need to activate their student card. Card can only be activated at the Aquatic Centre reception and only during recess or lunch. Students **cannot** activate their cards during the morning or afternoon. Please plan ahead to collect. 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 4
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 4: Week 1 to Week 8
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 4
Years	Year 7 to 12
Day/Time	Friday 6.45am to 7.45am
Cost	\$90.00
Class Dates (Start/End)	Friday 14 October to Friday 2 Decemer
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 4
Years	Year 7 to 12
Day/Time	Tuesday 4.00pm to 5.00pm
Cost	\$90.00
Class Dates (Start/End)	Tuesday 11 October to Tuesday 29 November
Maximum Students	30 students
Uniform	PE uniform (comfy stretchy clothes and suitable shoes)
Venue	Demountable 08

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	Mr Karl Schmidt kschmidt@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Day/Time	Friday 6.45am to 7.45am
Cost	\$108.00 (7 weeks) 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 14 October to Friday 2 December No golf on Friday 28 October.
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	Mr Karl Schmidt kschmidt@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Day/Time	Wednesday 6.45am to 7.45am
Cost	\$176.00 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 12 October to Wednesday 30 November
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

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 students must purchase the College 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	\$336.00 (includes Pymble Rash Shirt)
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 College rashie – students will need to advise on their registration their size. Wet suit (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. Students must submit the completed an indemnity form BEFORE they can begin surfing. This will be email to all parents/guardians upon registration.

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

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.

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 (TCT) 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.

Co-ordinator	Mrs Christine Lang clang@pymblelc.nsw.edu.au
Instructor	Mr Michael Pupo
Term/s	Term 4
Days/Times	Self-Defence: Tuesday 5.00pm to 6.00pm TCT: Friday 3.30pm to 5.00pm
Years	Year 5 to 12
Cost	Self-Defence: \$146.00 TCT: \$167.00 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 4: Tuesday 11 October to Tuesday 29 November
Class Dates (Start/End) Fridays	Term 4: Friday 14 October to Friday 2 December
Minimum Students	8 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 Term 4, 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

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 4
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: \$342.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 1 of Term 4 to Week 8 of Term 4
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 4
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: \$555.00 Price will be reduced for less weeks on specific days
Class Dates (Start/End)	Week 1 of Term 4 to Week 8 of Term 4
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

Advanced Squads – Invitation Only

Advanced Squads are offered to our more accomplished tennis players who represent the school on Saturdays in the HKDTA or IGSSA top 1-4 teams, top Year 7 or Junior teams. Advanced squads are selected by **invitation only** and chosen on ability. Students will need to be at tournament level standard to be considered. This is an intense squad training which will include drills, match play and tactics. Please contact the Kris Radford-Kunce for all information on Advanced Squads and the selections.

Head Tennis Coach	Mrs Kristine Radford-Kunce kradfordkunce@pymblelc.nsw.edu.au
Term/s	Term 4
Years	Year 7 to 12
Days/Times	Monday and/or Wednesday 6.45am to 8.00am
Cost per term	1 day per week: \$240.00 2 days per week: \$430.00
Class Dates (Start/End)	Week 1 of Term 4 to Week 8 of Term 4
Equipment	PE uniform, Tennis racquet, Hat
Venues	All lessons will take place at the senior school courts (behind PE Centre) unless arranged differently.

Activities

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 4
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 14 October to Friday 2 December (8 weeks)
Minimum Students	5 Students
Maximum Students	10 Students
Venue	Demountable 10

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." (Tsuros, 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	Term 4
Years	Year 7 to 11
Day/Time	Wednesdays 3.30pm to 5.00pm
Cost	\$200.00 (additional costs for entry into competitions and challenges – optional)
Class Dates (Start/End)	Term 4: Wednesday 12 October to Wednesday 30 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.

Teacher	Dr Kristie Spence
Term/s	Term 4
Years	Year 7 to 11
Day/Time	Tuesday 3.30pm to 5.00pm
Cost	\$150.00 (there may be additional costs for materials)
Class Dates (Start/End)	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