

Pymble Ladies' College

Co-curricular
Transition Guide
Years 8 to 11 2021



CONTENTS

Registration	Page 4
Contacts	Page 5
Sport.....	Page 5
Non-Saturday Sports	Page 6
Saturday Sports.....	Page 6
Performing Arts.....	Page 7
Dance	Page 7
Drama	Page 8
Language Arts	Page 8
Music.....	Page 9
Speech and Drama	Page 9
Extended Learning	Page 10
Experiential Learning.....	Page 10



WELCOME TO CO-CURRICULAR



The Co-curricular Department at Pymble provides students from Kindergarten to Year 12 the opportunity to participate in a wide range of programs in addition to their classroom studies and cater to a broad range of interests, abilities and aspirations. All programs offered aim to positively impact on each student's physical, social, emotional and intellectual development. Opportunities from social to competitive programs are available for students with any level of experience from beginners to elite. The programs are offered in four distinct portfolios – Sport, Performing Arts, Extended Learning and Experiential Learning – each of which are outlined in greater detail below.

REGISTRATION

Each program requires a student to register to participate, with all registrations completed through our online system on a first come first served basis. Our registrations open towards the end of each term. Programs are offered in a variety of commitment periods including termly (one term), semesterly/seasonal (two terms) or yearly (four terms).

Detailed information about each program is available within the Co-curricular pages on *MyPymble* in the weeks prior to registrations opening. Registration periods are communicated in the College newsletter. After each registration period closes, all successfully registered participants are sent an email to confirm their registered program/s.

If you miss a registration period, need to withdraw, or want to transfer between programs, we accept these requests via a form on *MyPymble*. Requests are subject to a strict approval process and families are notified of the outcome via email.

The fees for each program and when they are charged, are advertised in the program information within the registration system. Program fees are added to your College account and will be visible on your invoice at the end of each term.

Registrations for 2021 programs, including Term 1, Semester 1, Yearly programs and Term 2 Saturday Sports will open at 12.00pm on Wednesday 2 December.

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SPORT

At *Pymble*, we offer a wide range of Co-curricular Sport opportunities, allowing students to learn new team or individual sports, participate in social or competitive sport, and provide pathways for our elite sportswomen to strive and excel. We have some of the sporting industries best coaches and world-class sporting facilities, including a state-of-

the-art indoor aquatic centre for swimming, diving and water polo, a fully equipped gymnastics centre, a synthetic hockey field, multipurpose courts and various ovals.

The sports on offer each term vary depending on the season, with several sports also offered year-round. Specific information about each sport is available to view on *MyPymble* within the Co-curricular Programs pages.

AFL
Artistic Gymnastics*
Athletics and Cross Country*
Badminton
Basketball
Cricket
Diving*
Equestrian*^
Fencing*
Football and Futsal
Golf*
Health and Fitness*
Hockey
Netball
Rhythmic Gymnastics*
Rowing*
Rugby Sevens
Sailing
Snowsports
Softball
Surfing
Swimming*
Taekwondo*
Tennis*
Touch Football
Triathlon^
Volleyball*
Water Polo

* These sports are offered year-round

^ These sports are provided on a membership basis only for competitions; we do not offer training.

At *Pymble*, we offer two distinct types of sports – Non-Saturday Sports and Saturday Sports.

SPORT

Non-Saturday Sports

A wide range of non-Saturday Sports are offered each term, with competitive options available in most programs. These sports have set sessions either before school, during lunch, or after school during the week, with a limited number of programs also offering Saturday morning sessions (Diving, Competitive Artistic Gymnastics, Sailing and Swimming). Registrations are required in the term before the program begins. Swimming squad registrations are completed directly through the Aquatic Centre and are accepted at any time.

Saturday Sports

Pymble has an extensive weekend interschool competitive sport program, with most played through the Independent Girls Schools' Sports Association (IGSSA), of which *Pymble* is a member. While it is not compulsory, we strongly encourage students to participate in Saturday Sport, regardless of their level of ability or experience, to enrich their overall experience at *Pymble*.

Our experienced coaches guide students through the rules and skills of their chosen sport during twice weekly training sessions held before or after school.

Saturday Sports (continued)

For most sports, games are held on Saturday mornings against teams from other IGSSA schools at various Sydney locations, including *Pymble*. Students can participate in one sport with morning games and one sport with afternoon games each term. Students who select Rowing – Summer cannot participate in another Saturday Sport.

Registration for Saturday Sport is required two terms in advance of the competition. The registration timeline allows for trials and grading to occur in preparation for teams to be submitted to the associations before the start of the season. For this reason, registration into a Saturday Sport confirms your commitment to that sport. The College will only consider withdrawals after registrations close for medical reasons or extenuating circumstances.

If your daughter wishes to participate in a Term 1 2021 Saturday Sport and you have not yet completed the Google form, please contact ccsa@pymblelc.nsw.edu.au to discuss. When registrations open on Wednesday 2 December at 12.00pm, you will be able to select your daughter's Term 2 2021 Saturday Sport through the online registration system.

	Term 1	Term 2	Term 3	Term 4
When do I register?	End of Term 3 (year prior)	End of Term 4 (year prior)	End of Term 1	End of Term 2
When are the trials?	Mid Term 4 (year prior)	Mid Term 1	Mid Term 2	Mid Term 3
Sports (morning games) 7.00am to 12.00pm	IGSSA Softball IGSSA Tennis Interschools' Badminton <i>Pymble</i> Water Polo	IGSSA Basketball IGSSA Football	IGSSA Hockey IGSSA Netball	IGSSA Touch Football IGSSA Water Polo HKDTA Tennis Santa Sabina Volleyball
Sports (afternoon games) 12.00pm to 5.00pm	IGS AFL	IGS Rugby Sevens	IGS Rugby Sevens	Sydney Sixers' Cricket
Weekend Competitions	Rowing – Summer			Rowing – Summer

PERFORMING ARTS



Co-curricular Performing Arts at *Pymble* incorporates five disciplines; Dance, Drama, Language Arts, Music and Speech and Drama.

Dance

Our Co-curricular Dance program is well renowned for its diversity, high quality and holistic approach to Dance in Education. We offer many classes in different styles and levels to cater for a range of interests. The Stream structure assists to identify different aspects of our program with our classes grouped into **Onstage**, **Sidestage**, **Eisteddfod** and **Ballet** Streams. All Dance programs require a yearly commitment and are opened for registration towards the end of Term 4 for the following year.



Onstage Stream – The 'Onstage' Stream offers classes in a variety of styles, such as Jazz, Lyrical and Contemporary, that develop skills in technique and performance, and work towards performing a routine at the annual Dance Showcase.

Sidestage Stream – The 'Sidestage' Stream offers classes that help further improve student's technique and develop the dancer for the stage. These classes do not perform at the Dance Showcase.

Ballet Stream – The Royal Academy of Dance (RAD) Ballet Stream offers classes in the RAD syllabus. Students have the opportunity to complete a Class Award or an Examination and perform at the annual Dance Showcase.



Eisteddfod Stream – The 'Eisteddfod' Stream includes selective groups of talented and promising dancers who wish to excel, be challenged, and be a part of a dedicated Dance team. Entrance into a group is by audition only. All classes perform at Eisteddfods and the annual Dance Showcase. There are three Jazz and three Contemporary groups in Secondary School.

2021 Eisteddfod Auditions – Auditions for entry into the 2021 Eisteddfod Dance groups will be conducted in November 2020. The schedule for auditions and information pack can be found on the *MyPymble* Co-curricular pages. Registrations to audition have now closed. If you wish to audition, please contact dance@pymblelc.nsw.edu.au

PERFORMING ARTS



Drama

Students in the Secondary School can participate in a variety of Co-curricular Drama options. Secondary School students can hone their stagecraft and dramatic performance skills in Festival Teams, develop their improvisation skills in Theatresports, or learn cinematography, visual special effects and film direction in Film Making classes. Many classes provide students with the opportunity to participate in interschool competitions throughout the year to perform what they have learnt during their classes.

In Term 4, all Co-curricular Drama students participate in either the *On-Camera* Film Festival or the *Centre Stage* Drama Festival to showcase their year's work to their fellow students, family and friends.

All Drama programs require a yearly commitment and are opened for registration towards the end of Term 4 for the following year. We may also offer Term 2 and Term 3 intakes for the remainder of the year where spaces are available.

Language Arts

The Co-curricular Language Arts program at *Pymble* provides students with the opportunity to participate in a variety of different Language Arts programs and competitions in debating, public speaking and mock law.

Debating – We offer several invitational debating competitions through the year, including ISDA, Archdale and FED, as well as social debating classes in Semester 2. Entry into a team for debating competitions is by audition only, with auditions for the 2021 debating teams to be held in Term 1 Week 2 2021. To register to audition for a 2021 debating team, please complete *Language Arts 2021 Audition Registration* on the *Pymble Skoolbag* app.

Public Speaking – Classes in public speaking are held during Semester 1 each year. Selected students may also compete in public speaking competitions such as Rostrum.

Mock Law – We offer programs in Mediation, Mooting and Mock Trial, as well as advocacy and diplomacy activities in MUNA and HMUN. Each of our Mock Law programs are audition entry only, with auditions held in Term 1 Week 2 2021. To register to audition for Mock Law programs, please complete *Language Arts 2021 Audition Registration* on the *Pymble Skoolbag* app.



PERFORMING ARTS

Music

Pymble has a long tradition of excellence in music and offers an array of bands, choirs, orchestras and ensembles for students to join, as well as private music tuition. Various groups receive performance opportunities through the year and attendance at performances is compulsory for all students in participating ensembles. Detailed information about Co-curricular Music can be found within the Secondary School Music page on *MyPymble*.

String Program – All string players in Years 7 to 12 will play in the String Orchestra. Depending on ability, students may also be invited to audition for or participate in more advanced ensembles, such as the Chamber Strings or String Quartet. In 2021, String Orchestra rehearsals will be on Monday from 6.50am to 8.10am.

Band Program – All Year 7 and 8 players will play in the Middle School Concert Band. Depending on ability, students may also be invited to audition for or participate in more advanced ensembles or bands, such as the Symphonic Wind Ensemble or the School Concert Band. In 2021, the Middle School Concert Band will have two sessions per week; rehearsals on Tuesday from 6.50am to 8.10am and tutorials on Monday from 3.30pm to 4.30pm.

Choral Program – The School Choir is open to any girls from Years 7 to 12 who enjoy singing with no audition necessary. Selected students may be invited to audition for The *Pymble* Chorale, an elite performing group of approximately 50 students in Years 8 to 12.

Other Instrumental Ensembles – Advanced players in their instrument may be invited to audition for other instrumental ensembles throughout the year, including Senior Flute Ensemble, Baroque Ensemble and the Symphony Orchestra.

Private Music Tuition – Private tuition in several instruments is offered as 60-minute, 45-minute or 30-minute lessons, depending on the level of the student. Registrations are completed via *MyPymble*, any time throughout the year, lessons are organised between the private teacher and the parent.

Speech and Drama

Conducted in small groups or individual lessons, Speech and Drama lessons help to develop confident speaking skills and improve communication and performance skills. AMEB examinations in Speech and Performance or Voice and Communication can be undertaken by students as part of the course and other performance opportunities are also offered.



EXTENDED LEARNING

The Extended Learning portfolio provides students with opportunities to increase their learning in the Co-curricular classes and clubs after school. Programs provide students with a wide variety of options from curriculum-related areas such as Art, STEM, TAS and Health, as well as special interest fields. In addition to classes, Extended Learning offers students the chance to join several clubs at *Pymble* where students can collectively discuss ideas, topics and subject matter in a safe and stimulating environment.

Art – Classes run by highly trained art teachers including oil painting, ceramics, cartooning, drawing and photography.

STEM – Students can select to learn coding, from beginner through to advanced. Or they can join our Robotics team to build and compete using VEX, FTC and FRC robots. Students learn skills such as driving, coding and building in a great team environment, and have opportunities to compete in local, national and international competitions.



TAS (Technological and Applied Studies) – Opportunities in textiles and food technology.

Health – Classes include Box-Fit, where students learn basic self-defence techniques, and Yoga for Stress Management to reduce anxiety, cope with stress and promote resilience.

Special Interest – We offer a number of other types of programs including Natural Skincare and Wellbeing where students make natural health and skincare products, Book Club, a Barista course and Cattle Team which provides opportunities for students to participate in Cattle shows and parade the *Pymble* cattle.

Clubs – Challenge Café, *Pymble* Business Club, Young Entrepreneurs Society (YES) and *Pymble* Model United Nations (PMUN).

EXPERIENTIAL LEARNING

The Experiential Learning department at *Pymble* delivers programs in partnership with each of the five sub schools, the care continuum and the Co-curricular department. The Co-curricular programs available to students include The Duke of Edinburgh International Award, Army Cadets and various adventure programs. Each are designed to challenge, provide achievement and growth by placing students outside their comfort zones and offer new and exciting experiences.

The Duke of Edinburgh's International Award – Open to students from the age of 14 years, The Award is delivered as an ongoing, multi-level program. Students participate in a broad range of activities, sports, camps and volunteer opportunities to earn their award/s from Bronze through to Gold.

Australian Army Cadets – Open to students from Year 8 and above, Army Cadets provides students with the opportunity to be a part of the *Pymble* Ladies' College Cadet Unit. Delivered as a full year ongoing program, students undertake training in a variety of Military skills with options to promote to a position of rank within the unit.

Adventure Programs – Open to students from Years 5 and above, the Experiential Learning portfolio provides opportunities in adventure sport programs such as Mountain Biking, Orienteering and Cross-Country Skiing and Biathlon. These programs teach students the basics of the sport, with some providing opportunities for local, interschool, state and national level competitions.

The Experiential Learning space is fast growing and there are plans for more adventure programs to be offered to *Pymble* students including advanced mountain biking squads, rock climbing and kayaking.







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*A school of the Uniting Church in Australia for girls from
Kindergarten to Year 12, with Boarding available from Year 7*

'All' Ultimo Lavoro' – Strive for the highest



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