



WYVERN SPORT TERM 1 - WEEK 6, 2014

Round 5 Summer Sport Saturday 8 March

The Wyvern fixture sheet can be accessed via the sport page on the Wyvern Newsletter.

All team lists, venues, starting times and opposition teams are listed. On rare occasions there may be unavoidable last minute changes to fixtures. Please check these fixtures on a Thursday evening and contact Joel Wilson through the office if you have any questions or problems.

In the case of wet weather a message will be recorded on the **WET WEATHER NUMBER (9432 6460)** and it can be called after 7:00am on the morning of the match. For early matches a message will be left prior to 7:00am.

Newington Preparatory Schools' Cross Country at Newington Senior School Campus

The Newington Preparatory Schools' Cross Country will be held at the Newington Senior School Campus on Wednesday 19 March. This will involve boys in Years 3-6.

The carnival program is:

1. 10:00am Junior Cross Country Race - 2000m (8/9 and 10 Year olds)
2. 10:30am Senior Cross Country Race - 3000m (11 and 12 Year Olds)
3. 11:00am Fun Run - 1000m (Juniors and Seniors)
4. 11:30am Presentation
5. 12:00 noon Carnival finishes

Boys' may enter their event on the day but may only enter one event. All boys who participate in any of the above races will contribute points for their House. Boys entering the Championship Race will gain more points for their House than boys entering the Fun Run. Any child who wishes to be considered for selection in the Combined Newington IPSHA Cross Country team should enter in the appropriate Championship race for their age group. The first

10 boys in each age group will be invited to attend the IPSHA Cross Country at Kings on Saturday 5 April.

In addition to the Newington Cross Country Championship Trophy and the Wyvern House Trophy for Cross Country, Age Champions will be recognised in the 8's/ 9's , 10's , 11's and 12's age groups.

Participation is encouraged but is not compulsory. Parents are asked to discuss with their children which events they feel would be appropriate for their son/s to compete in before this day.

If there are any health concerns leading up to the carnival or medication that is required prior to, before or after the carnival these need to be discussed with the child's teacher and written instructions provided. In addition to this, any child who feels unwell, light headed or dizzy during the race, will be reminded prior to commencing the race to stop and go to the nearest staff member who will be located at regular intervals around the course. Children suffering asthma will be asked to carry their "puffers" with them during the run.

With the races commencing in the morning this year we ask that the boys eat an appropriate light breakfast prior to attending school and take regular sips of water throughout the morning before and after their race.

There will be no sport training after the cross country on this day. Upon returning, the boys will resume normal classroom lessons and be dismissed at 3:15pm.

WHAT TO BRING:

- PE uniform and House coloured polo shirt
- PE Tracksuit if it is cold
- White Newington sun hat
- sun cream
- water bottle
- light snack/nibbles
- lunch for after race
- medication eg ventolin inhalers (if required)

NCP Swim Carnival Record

Amidst the feverish competition of the Newington Inter-house Swimming Carnival, a record swim failed to be recognised. U/9 Champion swimmer, Sebastian Parhash broke Jack Rudkins' 4 year old record in the U/9's 50m butterfly event. Sebastian bettered the old

mark of 49.08s by over half a second, with his new record time of 48.46s. Congratulations Sebastian!

South Harbour Invitation Swimming Carnival

Unfortunately due to storms last Friday this carnival was cancelled. There may be a possibility to reschedule the carnival during Term 4.

IPSHA Swimming and Diving Carnival - SOPAC

Excitement aplenty, as the Newington swim team arrived at Sydney Olympic Park Aquatic Centre for the IPSHA swimming carnival. This is a huge day for many schools, with their best swimmers competing for glory.

Our 8 - 10 years relay team was first to take to the pool. Flynn Gannon swam a huge first leg hitting the wall hard, before William Gray entered 2nd for the team. Newington were midfield in the fastest relay heat when our 3rd swimmer Thomas Kennedy continued to make even strokes, before 4th swimmer Thomas Oates pulled in the other teams with every stroke. Newington's junior relay finished a close 6th overall in a great start to the day.

Newington's senior relay swam next in lane 8 of the 2nd heat. Jarrah Ronan positioned the team well after the first lap with a solid swim.

Jonathon Carr kept up the tempo before giving Christopher Mina a chance to pull back some time. Eden Horne was last in, swimming a super split to finish in 6th place.

The 200m individual medleys were next events scheduled. Thomas Oates was back in the water in the 8 - 10 years event. His swim was inspirational, Thomas fought all the way the finish of the gruelling event, touching the wall in a ridiculously close 4th place, missing 2nd place by less than half a second. Eden Horne and Christopher Mina were our representatives in the senior event, giving Newington supporters plenty to cheer for, competing in the same race. Christopher Mina flew out of the blocks and turned after the completion of the butterfly leg in 2nd position. Eden Horne paced himself early before steadily making ground through the field eventually missing 3rd place by 1 one hundredth of a second to finish 4th. Christopher Mina eventually finished in 9th position against older and more experienced opposition.

Freestyle was next with the young under 8 brigade competing first. Daniel Johnson swam well in the first heat finishing 5th in a competitive race. Newington's youngest team

member, Callan Rixom competed in the following heat. Callan got a flyer and held his form to take out the race in a PB performance, some 6 seconds faster than his time recorded at the Newington carnival. If Callan's improvement continues at this rate Wyvern will have a Year 4 student competing at the next Olympics!



Daniel Johnson and Callan Rixom

In the 9 years 50m freestyle, Newington had great success! Sebastian Parhash and Nicholas Venetoulis led the way with outstanding heat swims finishing 1st and 2nd respectively. Both boys qualify for the CIS carnival with Sebastian 3rd overall and Nicholas 5th overall. The future looks bright for this age group with Eric Carney 6th and Thomas Fraser 7th also competing extremely well in their heats.



Nicholas Venetoulis and Sebastian Parhash

Thomas Oates led the way in the 10 years age group with an awesome 3rd in the 2nd heat. Flynn Gannon swam bravely to finish 2nd in his race, missing top spot by 1 one hundredth of a second. Thomas Kennedy and William Gray represented the school well with fine swims.

William Gray winning his race cheered on by the Lindfield faithful.

In the under 11's Jarrah Ronan and Christopher Mina went head to head in the 3rd heat. Side by side, the Newington swimmers battled for the lead, with Lindfield's Jarrah Ronan proving his fitness is returning from a broken arm to finish a fantastic 2nd with a PB. Christopher's fine performance to finish 4th was also franked with a PB time. Gaelen Dorigo 1st, got one back for Wyvern just tipping out Jonathon Carr 2nd with a super swim in heat 5.

Eden Horne, Alexander Rumi, Simon Latham and Jackson Sumich were next to take all before them in the 12 years division. Eden swam brilliantly finishing 1st. He was followed by a special swim from Alexander Rumi when he finished 2nd. Simon Latham kept up the deluge of podium finishes with a 2nd in his heat, and Jackson Sumich led from start to finish winning his heat in a huge performance.

Backstroke was next event with Thomas Oates and William Gray in the 8 - 10 year event. Although outside the placings, both boys were right in the finish.

Christopher Mina and Jonathon Carr competed extremely well in the 11's backstroke with Jonathon finishing a commendable 2nd in his heat.

Eden Horne and Alexander Rumi both swam well in their 12 years races without finishing on the podium.

Breaststroke events were next with Thomas Oates and James Whiteing swimming in the 8 - 10 years event. Thomas finished 5th in the first heat which was an extremely fast race and qualified for CIS in the process. After a long wait for his race, James Whiteing went within a whisker of a ribbon, when he also finished 5th in his heat. Without much of a rest, Jarrah Ronan and Jonathon Carr were back in the pool for the 11years event. Jarrah finished outside the placings in a fast race, whilst Jonathon won his heat in an improved time from the Newington carnival. Eden Horne and Alexander Rumi were back in the pool for the 12's. Eden 2nd in his heat swam a PB and Alexander swam into 1st place in his heat with an excellent time.

The day was not over for Eden Horne or Christopher Mina as they left the blocks once more in the 100m freestyle finals. Eden

finished 7th in heat 2 and Christopher 3rd in heat 4 received a well-deserved IPSHA ribbon.

Butterfly was the final discipline of the carnival. The 8 a 10 years saw Thomas Oates narrowly missed out on another CIS qualification with a 6th in the fastest heat. Sebastian Parhash performed well once again with a solid 5th in his heat against much older swimmers. Christopher Mina 7th in his heat, unfortunately missed out on qualifying for CIS in his pet event. Nonetheless it was a fabulous day in the pool for Christopher representing Newington superbly in 6 events. Now it was at last time for Will Rumi to dive in and swim hard. Will had been waiting all day for his one and only race. Although he was a little disappointed with 5th, it was clear he swam with determination and pride all the way to the finish. Eden Horne finished a huge personal program with a tiring finish to his 7th race. The Newington swimming captain led the way for the team with a big performance in each of his races. Jackson Sumich was the last competitor for the day, finishing a respectable 7th in a hotly contested race.

Very pleasing to see the Newington swim team gracing the podium regularly in what is an extremely competitive carnival, with some outstanding talent on show. All boys represented themselves and the school extremely well with brilliant performances throughout the day. Special congratulations to Sebastian Parhash, Nicholas Venetoulis and Thomas Oates who will progress to the CIS carnival in a few weeks.

Mr Joel Wilson – Sports Coordinator, Wyvern

NSWCIS Basketball Trials

Representatives from Wyvern attended the IPSHA Basketball trials held at St Pius College late last month. Grayson Richardson, Mack Addabbo, Jake Peterson and Alex Solomolu played matches in a trial format against boys from many different schools. Congratulations to Mack Addabbo from Year 6 and Angus Ole from Year 5. These boys were successful in making the IPSHA basketball team and went on to trial for CIS basketball last week. Unfortunately neither boy was able to gain selection in the CIS team, but all 4 boys represented themselves well and will improve their basketball from the experience.

NSWCIS Cricket

Ned Barnett-Hepples from 6K is currently away competing with CIS in the NSWPSSA primary school cricket championships. The CIS boys had

a good first up win earlier in the week against Sydney South West. CIS held them to 9/109 from 50 overs on a very slow field. Ned bowled well taking 1/10 from 8 overs. CIS chased the runs down in approximately 34 overs for 4 wickets. Ned didn't get a bat although to the credit of the opposition they agreed to bowl the 50 overs out to give the remaining CIS boys a bat. Ned batted for 6 overs at the end for 6 not out. The CIS boys had a very close win in their next match against Hunter. They bowled Hunter out for 85 and managed to get the runs with 1 wicket and 1 ball to spare. Ned again bowled well taking 2/14 from 8 overs. Ned was the nominated 12th man so didn't get to bat. Another cliff-hanger followed with CIS managing to sneak home with another win over Sydney East, with 2 overs and 2 wickets to spare in a very low scoring game. Ned again bowled well taking 1/14 off 8. Ned got to bat at the death and managed to hit a few valuable 2s before holing out chasing the last runs. They team play Sydney North on Thursday.

Wyvern Trials for IPSHA football nominations

The due date for nominating players to attend the IPSHA football trials is prior to our winter sport season commencing. It is for this reason that our Director in Charge of Football Coaching (Ian Crook) will conduct trials next week on Monday 10th and Wednesday 12th March to determine which Wyvern boys we will nominate to attend. Please note that these trials will not be an indication of which school team your son will play in this year.

Summer Sport Photos

Summer sport team photos will be held at school on Monday 17 March. Boys are required to bring their summer sport uniform to get changed into for their photo.

Winter Sport: (Draw completed 13 March)

Monday 24 March marks the beginning of our preparation and team allocation for the winter sport season. Training sessions will be held at the Newington Senior School during our normal Monday and Wednesday afternoon sport training times (1:45 – 2:45pm).

During this time, coaches will be observing and assisting the boys to learn the game and demonstrate their skills. They will ensure all boys are given an equal and fair opportunity to demonstrate their abilities. There will be a series of skill assessments followed by mini games and modified match situations to test the boys' match play skills. Students will be allocated teams during this time to allow ample

time for teams to prepare for Round 1 which will be on Saturday 3 May after we return from holidays. Consideration will be given to previous form eg In the event of a student being injured before the trials and unable to participate, but it must not be presumed that because a student played in a particular team last year, that he will automatically be selected in that equivalent team this year.

Where possible, coaches will select squads that include a number of placements for reserves. This is necessary to allow us to cover the absence of players due to sickness, injury etc. The team may be subject to change at any time during the course of the season.

Reserves will be rotated on and off the field each week throughout a match.

Depending on the size of the final squad it may be necessary to roster some students off from playing each week. This will be done on a rotational basis so all boys get an equal opportunity to play.

'Rostered Off' reserves are not required to attend the matches but their attendance to show support for their team mates is welcome. This ensures that all boys in attendance receive adequate game time and do not spend a large amount of time sitting off. We will do our best to ensure that all boys that have been selected for a particular game will be rotated throughout the game and play equal time. This may even itself out over a number of games so please do not become worried if it does not happen over the course of one game.

It is important, regardless of the team that your son ultimately finds himself selected in, that we encourage team camaraderie, good sportsmanship, a positive attitude and that we reinforce the values that working hard to achieve a goal will make the rewards far more appreciated.

UNIFORM REQUIREMENTS FOR MONDAY AND WEDNESDAY WINTER SPORT

Football (soccer)

- PE shirt, soccer shorts, Newington black and white striped socks and runners to and from school.
- Newington soccer shirt at training, shin pads and boots

Rugby

- PE shirt, rugby shorts, Newington black and white striped socks and runners to and from school.
- Newington rugby jumper at training, mouth guard and boots.

F.A.S.T Football Program for Years 1 and 2

During Term 2 Wyvern will once again be offering the F.A.S.T Football programme for boys in Years 1 and 2 to help develop their skills before entering inter-school sport in Year 3. The programme will begin with a free demonstration lesson during school time in early April for Y1 and Y2. Boys don't need to bring anything special for this day. Following this demonstration lesson, permission notes will be sent home and upon their return, students will have the opportunity to participate in a 12 week programme held after school on Friday afternoons during Term 2 and 3. More details and flyers are to follow.

AFL – Paul Kelly Cup

Next week three teams consisting of boys from Years 5 and 6 will be playing in the first round of the Paul Kelly Cup AFL Gala Day. Wyvern were initially entering 3 teams, however due to weather disruptions and sheer weight of numbers, we have decided to enter 3 teams with no one missing out. These Gala Days are aimed at giving the boys who may not have had a chance to play before, an opportunity to play AFL in a fun and enjoyable environment. We wish the following boys the very best of luck and trust they will enjoy this opportunity. Permission notes will be sent home this week and will need to be returned on Monday.

The Paul Kelly Cup will be held at Five Dock Park on Tuesday the 11th of March

Details for the day are as follows:

9:30am	Arrival
10:00am	Kick-off
12:30pm	Lunch
1:00pm	Games resume
2:00pm	Finals (and scratch matches)
2:30pm	Day concludes

Shining Stars

- Congratulations to Nick Venetoulis who was selected to represent Maroubra SLSC in the State Age Championships at Umina for both individual and team events.
- Congratulations to Aidan Principe who finished in 5th place at the Roberta Nutt U/11 Mixed Foil schools fencing competition. Aidan was coming 2nd after the poules, but got knocked out by the lefthander who went on to win the competition.
- Representing Balmain Little Athletics, Oliver Kleppich (Year 5), qualified for the State Championships in 10 Years Discus with a throw of 25.71m. Well done Oliver!
- If your son has had some successful sporting achievements outside of school, I would love to hear from you. They can be shared with the Wyvern community through this "Shining Stars" section of the Wyvern.

Coming Up:

- Tuesday 11 March – AFL Paul Kelly Cup
- Monday 17 March – Summer Sport team photos (please remember to bring sport uniform)
- Wednesday 19 March – Newington Prep Inter-House Cross Country – Newington Senior School
- Friday 21 March – Sydney Rugby 7's at Sylvania (selected students)
- Monday 24 March – Winter sport training commences (team allocations)
- Wednesday 26 March – CIS swimming carnival
- Saturday 5 April – IPSHA Cross Country at Kings – (selected students)

Neil Brunton
Newington College – Wyvern Sportsmaster