



WYVERN SPORT TERM 1 - WEEK 6, 2015

Round 5 Summer Sport Saturday 7 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 Koola Park, Koola Avenue, East Killara

The Newington Preparatory Schools' Cross Country will be held at Koola Park on Wednesday 18 March. **Buses will leave school at 8.30am sharp.** 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. 12:00noon 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 28 March.

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)

South Harbour Invitation Swimming Carnival

The final audition for the IPSHA Carnival saw Trinity as the host venue for the South Harbour Invitational. A smaller pool of schools for this one, but still the big two of Trinity and Scots to contend with, meant some more great practice for the young black and white brigade.

Sebastian Parhash kicked things off again and swam superbly in the 200 Individual medley, narrowly missing a place in recording a time of 3:15.70 seconds. Tom Oates then went a whisker of breaking 3 minutes in his IM event.

The freestyle began with the young guns firing once more! Liam West and Joel Zipeure finished 2nd and 3rd in their respective events, before the quartet of Oscar Neale,

Jamie de Botton, Daniel Johnson and Harry Forsyth took to the pool. Neale and Johnson proving the practice is paying off as they both finished 3rd in their events. Johnson was particularly impressive, finishing in a time of 41.80 seconds.

The brilliant 10 years team was next to take centre stage, and they did not disappoint, finishing 1st, 1st, 1st, and 5th in their 4 freestyle races. The team of Jayden Stanton-Keir, Henry Isherwood, Nicholas Venetoulis and Sebastian Parhash proved once more that they are a relay team that could really push for a CIS berth this year.

Parhash was then joined by Lewis Saupin in the backstroke, where he was excellent in finishing 1st, with Parhash just as good finishing 2nd in the A division. Venetoulis and Parhash were at it again in the breaststroke, with Venetoulis pushing the envelope with an excellent swim of 47.80 seconds. Isherwood joined the exhausted Parhash for the butterfly events, where they finished 4th and 3rd respectively.

Harrison Loeffler, Will Gray, Lachlan Hull and Tom Oates swim impressively in the very competitive 11 years age group, finishing just outside the places in each event. Gray and Oates joined forces for the backstroke where both just missed a placing once more. The breaststroke bore more fruit for the impressive Oates as he finished 2nd in his most preferred event with Flynn Gannon also swimming extremely well in finishing 3rd. The butterfly rounded things out with Oates and Hull stroking well, with Oates 3rd in his A division event.

The Opens saw the Ronan/Mina train continue with both swimmers sharing the honours once more. In the freestyle Jarrah and Chris were joined by Thomas Baird and the highly impressive Fallon Fotaras in place of Will Rumi. Fotaras was particularly impressive finishing 1st in his division with a swim of 32.90 seconds. Mina narrowly pipped Ronan for time, swimming a 30.70 in finishing 3rd in his event.

Mina and Ronan were together in the backstroke, with both swimmers finishing 3rd in their respective events. Fotaras joined Ronan for the breaststroke where the Trinity and Grammar swimmers appeared to be swimming in a different pool. The 100m Freestyle saw a close finish for both Ronan and Mina, with Ronan ahead by the barest of margins.

The butterfly saw the powerful Mina in a class of his own as he finished 1st, ahead of a very impressive Trinity swimmer, and a scintillating time of 32.50 seconds. Ronan was also first in his event, finishing in a time of 36.10 seconds.

The relays finished off proceedings, with Lipina Ata helping his team to victory in the first event. This was followed by a 2nd in the B division and 3rd in the A division. The senior relays saw an identical performance across

the grades, with the C relay finishing 1st with another great swim from young Gannon, before the B relay finished 2nd, with the final group finishing 3rd.

So after two weeks of quick, but effective competition, we all head to the hallowed water of Sydney Olympic Park, eager to see which charger writes his name into Newington folklore.

IPSHA Swimming Carnival Report -SOPAC 4 March 2015

After 2 strong lead up carnivals, the Newington swim team, lead by Captains Thomas Oates from Wyvern and Jarrah Ronan from Lindfield, were ready to take on other Independent Schools at the IPSHA swimming carnival at SOPAC.

With high anticipation, junior relay members Sebastian Parhash, Nicholas Venetoulis, Jayden Stanton-Keir and Henry Isherwood, were first to enter the pool. The boys swam in the fastest heat, finishing 5th with a never give in performance. The boys resolve was rewarded with a top 5 finish, qualifying the team for the CIS carnival. Obviously spurred on by the younger brigade, Newington's senior relay went out all guns blazing. Jarrah Ronan, Thomas Oates, Thomas Baird and Christopher Mina blitzed the 2nd heat finishing 1st in a super time that also qualified the boys for CIS as 4th fastest.

Sebastian Parhash swam a great race in the junior 200m Individual Medley to finish 5th in his heat. Thomas Oates followed in the senior Medley with a solid swim in 8th place. With both relay teams already through to CIS and our Medley swimmers competing so bravely, the Newington swim team was primed for a huge day of competition.

The freestyle events were next and it didn't take long before Newington were celebrating once more. Joel Zipeure flew down the pool in the U/8's finishing in 2nd position and qualifying for CIS. Liam West swam in the following heat swimming a PB to finish a super 2nd in his race. In the U/9's events our boys swam extremely well. Heat placings were Harry Forsyth 4th, Daniel Johnson 5th, Jamie de Botton 6th and Oscar Neale 1st. The U/10's were next with Sebastian Parhash swimming in the fastest heat. Nicholas Venetoulis and Henry Isherwood both had podium finishes in their heats, whilst Jayden Stanton-Keir finished 1st in a fast time in his heat. Thomas Oates kept the momentum going with another 1st place finish in heat 2 of the U/11's freestyle. Lachlan Hull, William Gray and Harrison Loeffler all swam well in the following heats. Christopher Mina and Jarrah Ronan recommenced their Inter-House rivalry finishing 4th and 5th respectively, in the fastest heat of the U/12's. With these fine performances, both boys qualified for CIS in the 50m freestyle event. Thomas Baird and Will Rumi also swam awesome races in the following heat, finishing on the place getters heels.

Backstroke was the next event scheduled, with Sebastian Parhash finishing 5th in his heat just missing out on a CIS qualification with 6th overall. Lewis Saupin took out his heat, a great accomplishment against many older swimmers. Thomas Oates just missed on a CIS qualification in the U/11's backstroke finishing 5th in his heat. William Gray swam next with a commendable 7th in his. Jarrah Ronan and Christopher Mina were next with 2 more outstanding swims. The boys once again qualifying for CIS with Jarrah 3rd and Christopher 4th overall.

Newington's breastroke participants were riding a wave of success when the time for their event came. Nicholas Venetoulis and Sebastian Parhash started off in the the early heats with good efforts. Thomas Oates then continued his successful meet with a CIS qualification after a sensational 4th overall. Flynn Gannon swam in a later heat finishing just behind the placings. Jarrah Ronan and Fallan Fotaras finished off the breastroke discipline with an 8th and a 5th placing respectively. The open 100m freestyle was next with Jarrah Ronan in 5th and Christopher Mina 7th continuing their fine form.

Butterfly was the final stroke contested as the program came to a close. Henry Isherwood 9th and Sebastian Parhash 8th were in the fastest heat, with Sebastian managing to reverse their finishing order from the Inter-House carnival. Thomas Oates in the U11's again earned CIS honours with a tremendous 4th overall. Lachlan Hull did well in a later heat finishing midfield. As the carnival drew to an end, Newington's brave warriors Jarrah Ronan and Christopher Mina contested yet another hot race. In the U/12's butterfly Jarrah came in a close 5th to round off a tremendous day. Christopher left nothing in the tank to finish a brilliant 2nd overall and yet again qualify for CIS.

This was far and away Newington's most successful IPSHA carnival for many years. Not only did both relays progress through to CIS, but we have a participant in every stroke over 3 different age groups. It was great to see all boys support each other and swim with such determination and pride, PB's falling by the wayside.

NSWCIS Basketball Trials

Representatives from Wyvern attended the IPSHA Basketball trials held at St Pius College late last month. Alec Peterson, Will Rumi, Conor Corcoran, Toby Phillips and Angus Ole played matches in a trial format against boys from many different schools. Angus Ole, Conor Corcoran and Will Rumi were selected to attend the CIS trial a week later in North Sydney. Despite great performances from Conor and Will, unfortunately neither boy was able to gain selection in the CIS team. Congratulations must go to their Wyvern counterpart Angus Ole who was successful in making the CIS team. Angus will now go on to compete at the NSWPSA titles in Wollongong at the end of April. Congratulations to all boys

who represented themselves well and will improve their basketball from the experience.

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 (Brian McCarthy) will conduct trials next week on Monday 9th and Wednesday 11th 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. We hope to select 4 boys to attend the trial.

Summer Sport Photos

Summer sport team photos will be held at school on Monday 16 March. Boys are required to bring their summer sport uniform to get changed into for their photo.

Winter Sport: (Draw completed 13 March)

Monday 23 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 (1:45pm – 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 2 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 program for boys in Years 1 and 2 to help develop their skills before entering inter-school sport in Year 3. Flyers will be sent home later this month with online registration details. Students will have the opportunity to participate in a 12 week program held after school on Friday afternoons during Term 2 and 3. More details will be on the flyer and parents are asked not to approach Fast Football until this flyer has been advertised, in order to provide an equal opportunity for registration.

Shining Stars:

- On Sunday 22 February, Aidan Principe represented Newington at the NSW Fencing Association's first schools fencing competition of the year – the Roberta Nutt Shield. Aidan competed in two categories:
Under 13 – Mixed Epee
Under 11 – Boys Foil and took home the gold medals in both competitions.
Well done Aidan!



- Will Rumi has been a Bronte Nipper since age 6 and has represented Bronte at the NSW State Carnival for the past 4 years. This carnival is held in Umina and Will has been selected to compete in the "A" Board and swim team. We wish Will the best of luck.
- 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:

- Thursday 5 March – AFL Paul Kelly Cup
- Saturday 14 March – Last round of Summer sport for Term 1
- Monday 16 March – Summer Sport team photos (please remember to bring sport uniform)
- Wednesday 18 March – Newington Prep Inter-House Cross Country – Koola Park
- Thursday 19 March – Sydney Rugby 7's at Sylvania (selected students)
- Thursday 19 March – CIS swimming carnival
- Monday 23 March – Winter sport training commences (team allocations)
- Saturday 28 March – IPSHA Cross Country at Kings – (selected students)

Neil Brunton

Newington College – Wyvern Sportsmaster