



Wyvern Sport Term 1 - Week 6, 2016

Round 5 Summer Sport Saturday 5 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 1222) and it can be called after 6:30am on the morning of the match. For early matches a message will be left prior to 6:30am.

Newington Preparatory School Cross Country at Newington Senior School Campus

The Newington Preparatory Schools' Cross Country will be held at Newington Senior School on Wednesday 16 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. 12:00noon Carnival finishes

Boys' may enter their event on the day but may only enter one event. Boys are encouraged to enter the Championship races if they are able to run the distance, with the fun run event for students who would find the race too difficult. 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 6-10 boys in each age group will be invited to attend the IPSHA Cross Country at Kings on Saturday 2 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 not compulsory. Parents are asked to discuss with their children which event they would feel 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)

Scots Invitational & South Harbour Swimming Carnivals Report 2016

Traditionally the Scots Invitational held 19 February and South Harbour Swimming Carnival held 26 February are used as a solid warmup for the IPSHA Swimming Carnival the following week. This year the Newington swimming team approached the meets with the same mindset, matching themselves against others schools in a competitive format.

Both swimming meet programs are the same with junior and senior medleys the first events scheduled. Lewis Saupin finished 2nd in the 200m junior individual medley at both carnivals with Jaydan Stanton-Keir 4th at Scots and improving to finish 3rd at South Harbour in the senior event. Both boys showed stamina and determination with fine swimming displays.

Patrick Jones enjoyed his first inter-school swimming carnival competing in the 8 years 50m freestyle event at Scots. Patrick swam a super 6th at Scots, even after managing to complete not one, but two tumble turns at the end of the pool.

The 9 years 50m freestyle events saw some good results with Sam Chittendon 2nd and 1st, Orlando Mina 3rd and 1st, Liam West 4th and 3rd and Joel Zipeure 5th and 5th in the A division. The 10 years competitors Harry Forsyth, Toby Torrible, Matthew May all performed well finishing just out of the placing's. Lewis Saupin came home in 3rd place at South Harbour improving nicely from a week earlier. The 11's saw great results with Matthew Torrible



3rd & 2nd, Sebastian Parhash 4th & 2nd, Nicholas Venetoulis 3rd & 2nd, Jaydan Stanton-Keir 5th & 3rd in the A division. These swimmers, including Henry Isherwood is a strong group we expect to improve with more competition. The under 12 division included consistent results during the two carnivals with improving times a good sign. Luca Di Cristo, Lachlan Hull, Harrison Loeffler and Alexander Costa enjoyed the opportunity to swim against other boys their age.

The junior events for boys 10 years and younger included 50m backstroke, butterfly and breaststroke. Lewis Saupin was a constant in these races finishing with two 3rd's and a 2nd placing. Orlando Mina swam in the butterfly and backstroke against older rivals to place 3rd in the fly event. Toby Torrible and Daniel Johnson competed in the breaststroke event both doing well in fast races. The 11 year age group saw Sebastian Parhash do well to podium at both carnivals in the backstroke with Henry Isherwood swimming well in the A division. Breaststroke included Jaydan Stanton-Keir 3rd at South Harbour and Nicholas Venetoulis 3rd & 2nd doing particularly well. Henry Isherwood and Jaydan Stanton-Keir were back for the butterfly with both boys placing 2nd & 3rd at both events. The 12 year olds swam with energy to just miss out on ribbons in these events. Lachlan Hull swam the backstroke and breaststroke with Harrison Loeffler swimming backstroke and butterfly and Cody Rixom swimming breaststroke and butterfly.

The senior 100m freestyle saw 11 year olds Nicholas Venetoulis and Jaydan Stanton-Keir again take to the water. Both boys improved during the South Harbour carnival to achieve a 3rd placing in their races. This was a super effort considering they were a year younger than many of their opponents.

The relays rounded out the programme with Newington tasting success at the South Harbour carnival in the junior A division 3rd and the senior B division 2nd. As usual, the relays were the perfect way to finish the day with all boys displaying "Newington Spirit" whilst representing their school. So it is on to the IPSHA carnival with the swim team well poised for some great results.

IPSHA Swimming and Diving Carnival - SOPAC

The Olympic pool at Homebush filled with eager participants, hungry to challenge themselves against the upper echelon of junior swimmers from NSW Independent Schools. The Newington swim team, led by inspirational Newington swimming captain Nicholas Venetoulis, arrived keen and excited to try hard and swim for personal bests.

The relay events were the first to take place, with junior swimmers Lewis Saupin, Joel Zipeure, Liam West and Orlando Mina involved. The boys swam a great race to finish in 6th position with a super team effort. The Newington senior boys relay team included Lachlan Hull, Jaydan Stanton-Keir, Nicholas Venetoulis and Sebastian Parhash. The team tried hard to match it with their older counterparts to finish in a respectable 7th place.

200m individual medley's were next with Lewis Saupin putting in a cracking performance in the junior race to finish 3rd and at the same time giving him a possibility of qualifying for the NSWPSA carnival. Sebastian Parhash and Jaydan Stanton-Keir took to the water next in the senior medley. The boys swam in the same heat, with Sebastian finishing in 1st with Jaydan 2nd and making it a Newington one-two.

The 50m freestyle events followed, with Newington's youngest, Patrick Jones swimming in the 8years event. After a big effort, Patrick gleefully accepted a ribbon after finishing 2nd in his heat. The 9's were next with Newington's contingent performing at a high standard. Sam Chittendon 3rd in his heat and 31st overall, Orlando Mina 4th in his heat and 14th overall, Liam West 12th overall and Joel Zipeure 9th overall swam with pride. The under 10's took to the blocks and dived in with Matthew May, Harry Forsyth, Toby Torrible and Lewis Saupin 7th overall fighting hard the entire 50m. Newington's 11 year olds all posted pleasing results with Sebastian Parhash 22nd overall, Jaydan Stanton-Keir 36th, Nicholas Venetoulis 37th and Henry Isherwood 38th. The 12's concluded the 50m freestyle with Lachlan Hull beating home his Newington teammates Harrison Loeffler, Alexander Costa and Cody Rixom.

Lewis Saupin and Orlando Mina were back in the water for the junior backstroke event. Orlando 30th overall and Lewis 10th overall both swam impressively. Sebastian Parhash 10th overall and Henry Isherwood 20th overall were equally as impressive in the 11 years event. Lachlan Hull 34th overall and Harrison Loeffler 41st overall found it a little tougher in the 12's race, but still gave whole hearted efforts.

The technically challenging breaststroke was scheduled next giving Daniel Johnson and Lewis Saupin the opportunity to swim in the junior race. Both Newington boys produced excellent form to swim handy times with Daniel 26th overall and Lewis 10th overall. Jaydan Stanton-Keir 17th overall and Nicholas Venetoulis 19th overall, finished ahead of most, with their 11 year breaststroke swim. Cody Rixom 31st overall and Lachlan Hull 40th overall pushed themselves all the way to the supporters cheers in the 12's event.

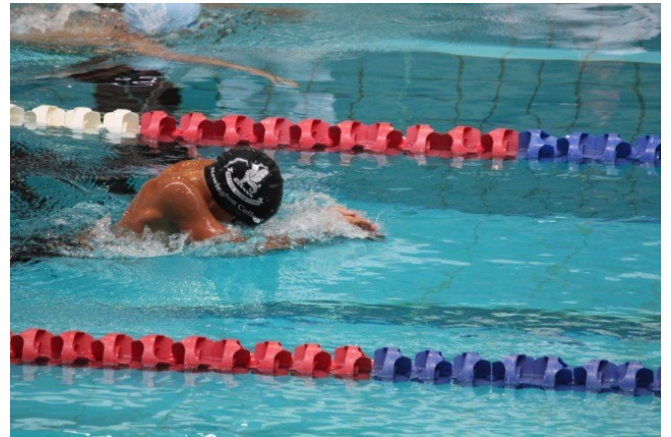
Nicholas Venetoulis 24th overall and Jaydan Stanton-Keir 37th overall had no time to rest as they were marshalled for the 100m senior freestyle event immediately after finishing breaststroke. Against older opponents and after a full race card, the boys once again put in big performances to finish well.

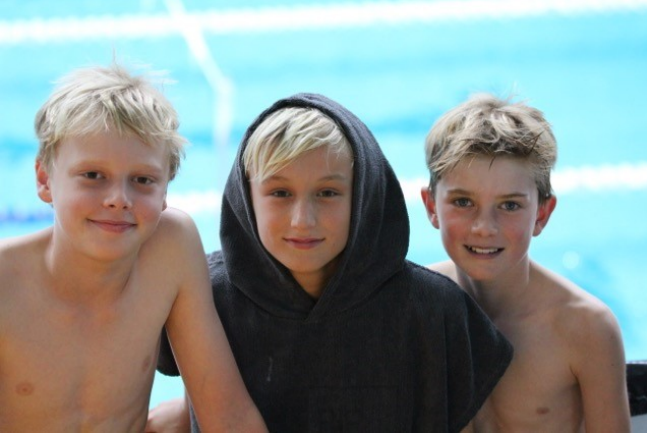
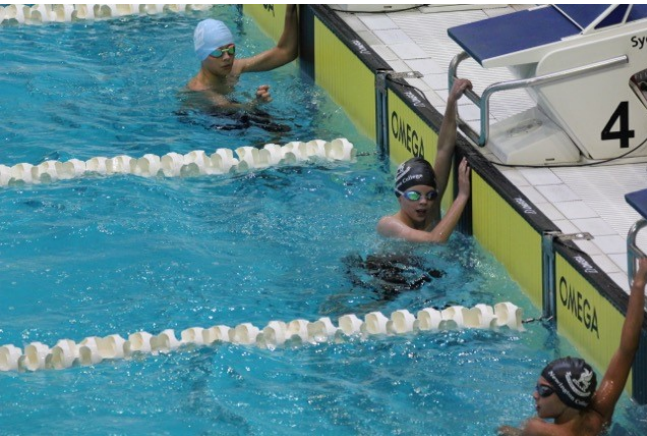
50m butterfly events were the last to complete the action packed carnival. Lewis Saupin and Orlando Mina represented in the junior butterfly event. Orlando swam a super 24th overall and Lewis finished with another top 10 placing in 7th overall. Lewis had an extremely successful carnival by finishing with a top 10 placing overall in every event. Jaydan Stanton-Keir and Henry Isherwood were obviously spurred on to complete their day with big



efforts. Jaydan came in 10th overall, only getting stronger over the last 15m of the race. Henry managed to finish 18th overall with a habitual gutsy effort. Harrison Loeffler 24th overall and Cody Rixom 36th overall finished the competition with yet another fine display.

The 2016 IPSHA Swimming Carnival was a highly challenging meet, with performances so impressive they were hard to believe. Our Newington boys were sensational! This year, many of our boys found they were competing against boys a year older in most events, thus providing a significant challenge. To their credit, the Newington swim team showed resilience and strength competing with pride and a positive attitude. Whilst we do not have anyone moving on to the CIS carnival, all of our boys swam their personal best to represent the school exceptionally well.





IPSHA Basketball Trials

Representatives from Wyvern attended the IPSHA Basketball trials held at St Pius College late last month. Alec Peterson, James Lukin and Connor Gonios played matches in a trial format against boys from many different schools. Despite great performances from Connor, James and Alec, unfortunately the boys were unable to gain selection. 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 7th and Wednesday 9th 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 3 boys to attend the trial.

Summer Sport Photos

Summer sport team photos will be held at school on Monday 14 March. Boys are required to bring their summer sport uniform to get changed into for their photo.

Winter Sport: (Draw completed 14 March)

Monday 21 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 30 April after we return from holidays. Consideration will be given to previous form e.g. 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)

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

Rugby

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

AFL

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

WYVERN SPORT CULTURAL FRAMEWORK

The **Vision** of Sport at Newington is: "To build a culture of 'Being your best' and doing it with humility, respect and enthusiasm".

We aim for boys to:

- Develop character through sporting experiences
- Participate in enjoyable, meaningful, safe and fair competition
- Reach their potential and experience their personal best
- Create life-long, memorable moments

The **Mission** of Sport at Newington is: "To help our boys to appreciate the benefits of sport encouraging them to be life-long participants and to make meaningful contributions towards society".

The Cultural Framework below outlines the character traits we are looking to develop and instil in boys at Wyvern. These are transferable to all aspects of their school life including co-curricular, pastoral, academic, and in life beyond Newington. Sport is a great vehicle to test these on a regular basis, providing wonderful learning experiences. Boys participating in sport at Wyvern with these attributes at heart, are doing so with a true '**WYVERN SPIRIT**'.

ENJOYMENT

Have fun
Encourage each other
Participate with a positive attitude
Scoreboards do not affect our effort or enjoyment

RESPECT

Always Show humility, win, lose or draw
Have empathy for others
Be honest with yourself and others
Referees and umpires should be thanked not criticised

TEAMWORK

Teamwork is great for every player's enjoyment
Enjoy mateship in good times and bad
Selfless teammates are fun to play with
Have pride for yourself, your team and your school

RESILIENCE

Never give in, regardless of the game situation
Show persistence and determination



Display courage
Push your fitness levels further

TRY YOUR BEST ATTITUDE

Show personal and team discipline
Always give your best effort
Participate with a “Wyvern Spirit” attitude
Be committed to working for the benefit of others

IMPROVEMENT

Be keen to learn
Challenge yourself and lead by example
Improve your standards

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 towards the end of Term 1 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

- Wyvern Year 5 student, George Houvardas participated at the 2016 Oztag state Championships held recently in Coffs Harbour. George went as part of the U11's St George team. George's team went through the pool stage of the tournament undefeated, winning all 6 games and were well placed to progress further in the knockout stages. The boys won their quarter final in a tight match against the ACT 4-3 but were unfortunate to lose the semi-final 5-3 against Souths. They came third overall in the state which is a great achievement. Well done George!



George Houvardas back row, far right

- Wednesday 9 March – Paul Kelly Cup AFL Gala Day – Queens Park (Selected Year 5 and 6 boys only)
- Monday 14 March – Summer Sport Photos
- Wednesday 16 March – Newington Prep Inter-House Cross Country – Newington Snr School
- Monday 21 March – IPSHA football trials (selected students)
- Monday 21 March – Winter Sport Training Commences
- Tuesday 22 March – CIS Swimming Carnival at SOPAC (selected students)
- Saturday 2 April – IPSHA Cross Country at Kings – (selected students)

Neil Brunton
Newington College – Wyvern Sportsmaster

Coming Up