



## **WYVERN SPORT TERM 1 – Week 1, 2017**

### **Wyvern House Sport Handbook**

The Wyvern House Sport Handbook has been updated with a number of small changes made. Most noticeably the evolution of Wyvern Sporting Honours & Awards has been included. Our awards now include a Wyvern Spirit Award and the awarding of Co-Curricular Colours awards for Year 6 students has been withdrawn.

The 2017 handbook will shortly be issued to new parents of children in Years 3 – 6. It is designed to assist you with understanding the day-to-day organisation of sport at Wyvern. The updated 2017 Sport Handbook will also be accessible via the Wyvern sport page on Spaces.

Please familiarise yourselves with this booklet as it will answer many of those questions that you may have during the year about sport and the school's requirements from your son.

### **Summer Sport Team Allocation Training – Saturday 4<sup>th</sup> February**

This Saturday Wyvern will hold a summer sport team allocation training to help determine our teams for the upcoming season. The allocation process will continue on Monday and Wednesday the following week before our first round on 11<sup>th</sup> February.

All teams for the first round will be announced on Thursday before the first round. We do allow 2 weeks to make any adjustments to teams before settling on a squad for the season. This enables coaching staff the opportunity to gain a more intimate understanding of each boy's level of play in order to allocate teams accurately.

### **Cricket at Snr School**

Year 3 - Johnson Oval Nth, 7.00am - 8.30am  
Year 4 - Johnson Oval Nth, 7.00am - 8.30am  
Year 5 - Johnson nets, 7.00am - 9.00am  
Year 6 - Johnson nets, 7.00am - 9.00am

### **Basketball**

Year 3/4 - Wyvern courts, 7.00 - 9.00am  
Year 5/6 - Senior school Space-frame, 7.00am - 9.00am

### **Tennis**

Year 3/4 - Newington senior school courts, 7.00am - 8.00am  
Year 5/6 - Newington senior school courts, 7.00am - 8.30am  
Selected tennis players – Sydney Centre of Tennis, Mallet Street, Camperdown, 7.00am – 8.30am

### **Water-Polo**

Year 5/6 - Newington Senior School Pool, 7.00am - 8.30am

## **Round 1 Summer Sport commences Saturday 11 February**

We have had a limited amount of time available to allocate our summer teams before round 1 each year. Wyvern and senior school staff will do their best to place boys in a suitable team for their current level of play and fitness. This is important in providing an enjoyable, safe, and beneficial experience through sport. However, it would be naïve to assume that one or two errors in judgement will not be made. Accordingly, we will make changes to teams if obviously necessary. This means all teams will not be fixed until Round 3 of the IPSHA competition.

The Wyvern fixture sheet for Term 1 sport can be accessed via the Wyvern sport page on Spaces. 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 6:45am on the morning of the match. For early matches a message will be left prior to 7:00am.

### **School Sport is Compulsory and Punctuality is Expected:**

Some of our boys are involved in club sport outside of Newington and this can be very beneficial to their development. I do not want to discourage this practice, however, I feel it is necessary for there to be an early reminder that school sport is compulsory at Newington and it must take priority over outside club commitments. Any requests for 'Leave from Sport' must be made in writing and addressed to the Head of Campus (Mr Ian Holden). It is also expected that the boys arrive in their correct sport uniform 30 minutes prior to the match commencing to allow sufficient time for the team to warm up and prepare for the match.

### **Newington Preparatory Schools' Inter-House Swimming Carnival:**

#### **PLEASE NOTE: 8:00AM Departure from Wyvern**

The annual NCP Inter-House swimming Carnival is scheduled for Wednesday 15<sup>th</sup> February at the Ryde Aquatic Centre, Victoria Rd, Ryde. Students from Years 3 – 6 will be departing Wyvern by bus for the Aquatic Centre at **8:00am sharp** and returning by 3:00pm for dismissal. Parents are welcome to attend.

Boys can enter 50m freestyle and breaststroke events on the day and if they are one of the eight fastest swimmers from the heats, they will progress to a final. The 100m Freestyle, 200m Individual Medley, 50m butterfly and 50m backstroke events will be straight finals on the day and selection for these finals will be held in week 2 at the Senior School Pool (Refer below for details regarding swim trials).



## Program of events...

50m Butterfly Finals for U9 – U12

50m Backstroke Finals for U9 –U12

Junior 200m Ind. Medley FINAL

Senior 200m Ind. Medley FINAL

U8 50m F/S HEATS

U9 50m F/S HEATS

U10 50m F/S HEATS

U11 50m F/S HEATS

U12 50m F/S HEATS

Junior 100m F/S FINAL

Senior 100m F/S FINAL

U8 25m BR/S HEATS

U9 50m BR/S HEATS

U10 50m BR/S HEATS

U11 50m BR/S HEATS

U12 50m BR/S HEATS

50M Freestyle Finals for U8 – U12

50M Breaststroke Finals for U9 – U12

The carnival is scheduled to commence at 9:00am and conclude by 2:15pm. Please be advised that there is a spectator fee charged by the Aquatic Centre and that the parking is sometimes limited. There is free parking for 4 hours from 10:00am, after that the car park is patrolled by Rangers who will issue fines.

Students travelling to and from school will wear full PE uniform including their House coloured polo shirt. They should already have their swimmers on underneath. Students will travel to the pool by bus. Any students wishing to travel directly to the pool from home may do so provided a note is given to the class teacher prior to the day. All students must remain at the carnival until it concludes at 2:15pm. Parents may depart the carnival with their son, provided you inform your son's classroom teacher prior to leaving.

The boys must bring their own recess and lunch and they will eat this during the carnival when there is an appropriate amount of time between events. **Students will NOT be permitted to visit the canteen during the carnival.**

### **PLEASE NOTE:**

### **Swimming Carnival Trials for Individual Medley, 100m Freestyle Events, 50m Backstroke and 50m Butterfly Events**

Please note that we will hold time trials prior to the swimming carnival to determine our finalists for the Junior and Senior Individual Medley, the Junior and

Open's 100m freestyle and the 50m Backstroke and Butterfly events.

Boys wishing to trial for these events must add their name to the lists on the Wyvern sport notice board. Trials will be held at the senior school pool on Tuesday 7<sup>th</sup> and Thursday 9<sup>th</sup> of February at 7.00am. Boys wanting to try out for these events who are unable to attend the Senior School pool next week should contact Mr Joel Wilson early next week to arrange an alternative time for a trial.

### **Newington Preparatory Schools' Swimming Team:**

Based on the results from the Inter-House swimming carnival, a Newington Swim team will be selected. These boys will be required to represent Newington at a number of swimming invitation carnivals and at the IPSHA swimming carnival.

Depending on the programme offered by the host school, the swim team may vary from carnival to carnival as we match up swimmers with the events on the programme. Our first invitation swimming carnival will be The Scots College Invitation on Friday 24<sup>th</sup> February. This will be followed by the South Harbour Invitation on Friday 3<sup>rd</sup> March. The IPSHA swimming carnival is scheduled for Tuesday 7<sup>th</sup> March.

A note will go home providing greater detail to all the boys selected in the swimming team, after our Inter-House Carnival.

### **Swimming Squad:**

As part of our Swimming program at Wyvern, we would like to offer you the opportunity to enrol your son in a swimming squad that will be held at the Senior School pool on Tuesday and Thursday mornings (7:00am) during Term 1. The first session will commence on Thursday 16<sup>th</sup> February. Swim squad will continue during Terms 2, 3 and 4, with new registrations before each Term. This swim squad will be coached by experienced coaches and there will be a charge of \$8 per session for their services. These charges will be deducted from your sons stage account upon receipt of his permission note and no refunds are given if your son does not attend or changes his mind.

Please note that this program is not a "Learn to Swim" program. It involves boys' who can already swim being assessed and graded into squads on ability.

Before boys can participate in the Swim Squad, online registration is required by Monday 13<sup>th</sup> February. Enrolments are accepted on a first in best dressed basis and positions are limited. Upon receiving your enrolment you will only be contacted if your enrolment is too late and the positions are filled or if there are insufficient swimmers attending for the squad to proceed.

<https://spaces.newington.nsw.edu.au/wyvern/sport/pages/589-extra-sport-activities>



### **Years 3–6 Wyvern Basketball Skills Coaching – Wednesday Mornings (7:30am – 8:10am)**

To assist in the development of young basketballers at Wyvern Preparatory School an additional skill session will be completed each Wednesday morning. This voluntary session will run from 7:30am – 8:10am and it is available for boys in Years 3 - 6.

This program will be overseen by the Director of Basketball at the Senior School, Rex Nottage.

It should be noted that no Preparatory School teachers will be present at these sessions and parents will be required to transport their boys from the Newington Senior School Gym to Wyvern following the completion of the training session. Alternately, you may grant permission for your child to walk back to Wyvern by indicating it on the bottom of the permission note. Senior School prefects supervise the pedestrian crossings between the Senior School and Wyvern at this time of the morning.

These sessions will begin on Wednesday the 3<sup>rd</sup> February and will continue for the duration of the basketball season in Term 1, finishing on the 9<sup>th</sup> March.

So that Coach Nottage can plan accordingly, can you please indicate if your son will be attending these skills sessions by completing the permission form and returning it to Mr Joel Wilson.

<https://spaces.newington.nsw.edu.au/wyvern/sport/pages/589-extra-sport-activities>

### **Year 3 – 6 Wyvern Cricket Skills Coaching – Year 3/4 Thursday Mornings & Y5/6 Friday Mornings, 7.00am – 8.00am**

Cricket skills sessions are planned for Year 3-6 students, who have either chosen cricket as their compulsory summer sport and are looking to improve their skill level; or students currently playing a different sport but looking to practice cricket with a view to play in the future.

The Cricket Development Sessions will occur under the guidance of Newington's new Head of Cricket Mr. Ross Turner. Ross has vast playing and coaching experience in Australia and abroad.

The Development Sessions will focus on fine tuning acquired skills and improving fundamental batting, bowling and fielding techniques. We are confident these technical elements together with game strategies will better prepare students for match play.

As an outcome of the program the students will increase their knowledge, understanding and skills cricket-wise and in turn build confidence and enjoyment levels in readiness for competitive cricket.

Basic equipment will be provided however boys are encouraged to bring their own if they are able.

<https://spaces.newington.nsw.edu.au/wyvern/sport/pages/589-extra-sport-activities>

### **Flag Rugby – Play Rugby Australia – Y3/4 students on Friday afternoons, 3.30pm – 4.30pm**

We are excited to introduce a new sporting experience to Wyvern this Term for keen Y3 & Y4 boys. Christian Mayo has a wealth of experience setting up community rugby programs and coaching in the USA and has now returned to Australia.

During Term 1 Play Rugby Australia will offer a 6 week program on Friday afternoons 3.15pm – 4.30pm, beginning on Feb 10<sup>th</sup>.

Come and play Flag (non-contact) Rugby where everyone gets to run, catch, tag, pass and score! Dash down the field, side-step defenders, dart through gaps and work with your team-mates to reach the try line. This exciting and dynamic sport will involve lots of fun tagging, evasion and team-invasion games while learning all the basic fundamentals. Absolutely no rugby experience is required - you will learn everything from former semi-professional player, Christian Mayo, who has over 20 years coaching experience in Australia, UK and the USA.

#### **PROGRAM BENEFITS & OUTCOMES:**

##### **OFF FIELD:**

Learn self-awareness, positive identity, situational awareness, confidence, social skills and communication.

##### **ON FIELD:**

Learn ball handling, hand eye coordination, balance, footwork, game anticipation, game appreciation, decision-making, spatial awareness and athletic development. Please see link below for registration flyer

<https://spaces.newington.nsw.edu.au/wyvern/sport/pages/589-extra-sport-activities>

#### **Winter Sport Preference Survey**

A Winter Sport Preference Survey will be sent home next week. This form needs to be completed by all students in Years 3 – 6 and returned to their classroom teacher by Tuesday 14<sup>th</sup> February at the latest. Please ask your son to think carefully about their sport preference as the results from these surveys will be used to determine how many teams Wyvern will enter in each age group of the IPSHA competition. Students will not be allowed to change preferences once the survey has been returned.

#### **Flyers:**

The following flyers can be found on Wyvern Sport Spaces page “Extra Sport Activities” or collected from the display unit near the front reception.

- Y3 -6 Swim Squad
- Y3 -6 Basketball Skills
- Y3 -6 Cricket Skills
- Y3 & Y4 Flag Rugby



### **Shining Stars:**

- Well done to the boys from Wyvern who participated so well at a recent water-polo tournament in Wagga Wagga. Tom Carlisle, Lipina Ata, Eric Carney, Ryan Palmer, Josh Cartwright and Lucas Pollard were amongst the boys involved. The boys had a great time and are now keen to implement some of their fitness and new skills in the Wyvern water-polo season.
- 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:**

- Saturday 4<sup>th</sup> February – Summer Sport Team Allocations (details above)
- Tuesday 7<sup>th</sup> February – Swim Trials for 50m Butterfly, 50m Backstroke, Individual Medleys and 100m freestyle events at the Senior School Pool (7:00am).
- Thursday 9<sup>th</sup> February – Swim Trials for 50m Butterfly, 50m Backstroke, Individual Medleys and 100m freestyle events at the Senior School Pool (7:00am).
- Saturday 11<sup>th</sup> February - Round 1 Summer Sport.
- Tuesday 14<sup>th</sup> February - Winter Sport Preferences Survey due back to classroom teacher.
- Wednesday 15<sup>th</sup> February - Newington Prep Inter-House Swim Carnival at Ryde Aquatic Centre
- Thursday 16<sup>th</sup> February – Wyvern Swim Squad commences
- Friday 24<sup>th</sup> February – The Scots College Invitation Swimming Carnival at Scots
- Friday 3<sup>rd</sup> March – South Harbour Invitation Swimming Carnival at Trinity
- Tuesday 7<sup>th</sup> March – IPSHA Swimming Carnival at Homebush (selected students)
- Wednesday 15<sup>th</sup> March – Paul Kelly Cup AFL Gala Day (Selected Years 5 and 6 boys only).
- Wednesday 22<sup>nd</sup> March – Newington Prep Inter-House Cross Country

Joel Wilson

**Newington College – Wyvern Sports Coordinator**