



## **WYVERN SPORT TERM 1 – Week 7, 2017**

### **Round 6 Summer Sport Saturday 18 March**

(Last round of summer sport for Term 1)

The Wyvern fixture sheet for Term 1 sport can be accessed via the 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 6:30am on the morning of the match. For early matches a message will be endeavoured to be left prior to 6:30am. A wet weather Spaces article is also set up on the Wyvern Sport page on weekends where doubt surrounds games going ahead.

### **Parking at Newington – Saturday 18 March**

Please note the following for parking at Newington College on Saturday 18th March.

- Head of the River buses will be departing at the front of the school from 8am so there will be limited access to the main road and school area.
- A Gifted and Talented Conference will be operating from 8am in the drama centre and Tupou Centre so **no onsite parking for parents will be available.**

The front of the school will be very busy, parents are advised to park along Newington Road.

### **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 22 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 1 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)



## **IPSHA Swimming and Diving Carnival- SOPAC**

This week, 19 boys from Wyvern made their way to Sydney Olympic Park Aquatic Centre to compete at the IPSHA swimming carnival. After 2 solid warm up carnivals in preparation, the 2017 Newington swimming team was eager to do their best. With long training sessions and hard work behind them, it was time to aim for another personal best against hundreds of talented swimmers from around NSW.

The relay events were first to start and the junior relay team of Joel Zipeure, Liam West, Orlando Mina and Sam Chittendon made their way to the marshalling area full of energy. The boys did very well to finish 1<sup>st</sup> in their heat to place 9<sup>th</sup> overall. The senior boys relay involved 2017 Newington swimming captain Lucas Pollard, Jaydan Stanton-Keir, Lewis Saupin and Matthew Torrible. The team swam a superb heat, streaking away to win and place a fantastic 7<sup>th</sup> overall.

Orlando Mina and Lucas Pollard were next to compete in the Junior and senior 200m individual medley. Both boys had an extensive programme in front of them, with both boys swimming in many races. Orlando finished just outside the placing's in a fast heat, managing an excellent 5<sup>th</sup> overall. Lucas came home in 3<sup>rd</sup> place and 14<sup>th</sup> overall in a highly competitive senior event.

The age 50m freestyle heats involved our youngest competitors from Wyvern. Aleksander Barlin and Lionel Falk-Brown donned a Newington swim cap and ventured to the start for their U/8 race. Aleksander was first in the water finishing with a red ribbon for 2<sup>nd</sup> place and 9<sup>th</sup> overall. Lionel swam a much improved time from the school carnival to finish 17<sup>th</sup> overall. Our U/9 division finished with Sam Rudd leading the way followed by James Hoskins, Charlie Appleyard and Finn Cathcart. James and Finn deservedly earning ribbons with podium finishes in their heat. The U/10 team finished with Joel Zipeure fastest, followed by Liam West 2<sup>nd</sup> in his heat, Orlando Mina and Sam Chittendon. The U/11 freestylers all performed well, surpassing their personal best times to bring a sense of achievement and smiles. All boys finished either 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their heats, with special mention to Lewis Saupin finishing 4<sup>th</sup> overall and qualifying for the CIS carnival in the process. Toby Torrible 2<sup>nd</sup> in heat, Daniel Johnson 2<sup>nd</sup> in heat, and Charlie Roberts 3<sup>rd</sup> in heat, all swam beautifully, with the Torrible lane 4/Roberts lane 5 match race in heat 7 a battle for the ages. Lucas Pollard had caught the "PB bug" winning his U/12 heat to place 11<sup>th</sup> overall. Jaydan Stanton-Keir and Matthew

Torrible also finished towards the top of the overall placing's with gutsy 50m swims.

Junior backstroke saw Joel Zipeure and Orlando Mina back in the water. Joel finished with a huge effort to place a tremendous 6<sup>th</sup> overall. This was agonisingly close to qualifying for CIS, with the top 5 going through, but Joel showed his true resilience to shake off the disappointment to support his fellow teammates. Orlando finished out of the top placing's, but looked forward to his remaining races. Lewis Saupin and Sebastian Pidcock showed their class finishing 7<sup>th</sup> and 24<sup>th</sup> overall respectively, with Lewis narrowly missing out on another CIS qualifying time in the U/11 division. Lucas Pollard performed admirably once more, showing his versatility and improvement, with 3<sup>rd</sup> in his heat and 11<sup>th</sup> overall in the 12 years age group.

Orlando Mina 16<sup>th</sup> overall, and Liam West did their best in the junior breaststroke. The 11's breaststroke division of Lewis Saupin 11<sup>th</sup> overall and Daniel Johnson 2<sup>nd</sup> in his heat and 18<sup>th</sup> overall posted some quality results. Lucas Pollard 19<sup>th</sup> overall in the 12's once again gave all he had with another solid swim.

The open 100m freestyle was the next event with Wyvern represented by Lewis Saupin. Swimming against boys mostly a year older than himself, Lewis swam an amazing race with another top 10 overall finish.

With the long day drawing to a close, the butterfly events were all that remained for the boys to challenge themselves once more. Liam West and Orlando Mina represented in the junior 50m butterfly race. Both these boys showed their true Wyvern Spirit with huge efforts. Liam swam a giant PB to finish with an amazing 6<sup>th</sup> overall, unfortunately just missing CIS selection. Orlando also swam his best race of the day to place 13<sup>th</sup> overall. The U/11's saw the ever consistent Lewis Saupin finish with another excellent overall finish with 8<sup>th</sup>. Callan Rixom also swam immensely well to finish with a 2<sup>nd</sup> place ribbon and 22<sup>nd</sup> overall. Fittingly, it was Lucas Pollard who finished the day with his final race in the 12's butterfly event. After 5 events prior, Lucas managed to resist the pain and fatigue to post a PB and deservedly qualify for CIS with 4<sup>th</sup> overall, in what was a stirring effort.

Congratulations to all boys from Wyvern who participated with such pride and determination at IPSHA. I am proud to say that not only were our boys the best behaved, but every one of our boys swam





up to and above many personal best performances and expectations. We all hope Lewis Saupin and Lucas Pollard enjoy the challenge of the CIS carnival and post yet another personal best.







## **Summer Sport Photos**

Summer sport team photos will be held at school on Monday 20 March. Boys are required to bring their summer sport uniform to get changed into for their photo.

## **Winter Sport: (Draw completed 31 March)**

Monday 27 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 29 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

### **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.

### **CIS AFL Trials**

Harry Earwaker, Lipina Ata and Felix Hochuli travelled to Canberra last week to trial for the CIS AFL team. Our 3 Wyvern boys displayed their attributes extremely well, competing hard for selection throughout the day. Congratulations to Lipina Ata who was successful in making the CIS team. Harry Earwaker narrowly missed out but was selected as an emergency reserve. Lipina will now compete at the NSWPSA AFL Championships held in Parkes in May.



### **IPSHA Football Trials**

Well done to Thomas Blanken, Arlo Merewether and Frankie Alafaci. These boys were chosen to participate at the IPSHA football trial this week. Whilst no Wyvern boys made selection this year, all 3 boys remarked on how enjoyable and challenging the experience was to be involved in. Well done boys!

### **Shining Stars**

- After a long summer season of Track Cycling Jaydan Stanton-Keir was finally heading to Dubbo to contest the Junior State Track Championships. Due to the extreme weather conditions the event was postponed to last weekend and meant that Jaydan had to put in another months training.

Jaydan was expecting some very strong country competition and had committed to a demanding training program over the Xmas Holidays consisting of 3 x 2hr sessions a week at Dunk Gray Velodrome, Club Racing at Lidcombe Velodrome, a weekly 50km ride along with open events at metropolitan and regional venues.

The Junior Track Championships consist of a Time Trial [1 lap from a standing start], a Scratch Race [2 heats and a final] and the Sprint Derby [groups of 4 riders contest series of heats, repechages, semi-finals, more repechages and finals]. The competition was strong and the racing was thrilling but Jaydan has come away from the event with GOLD in the NSW Junior U13B Sprint Championship and also collected the Bronze Medal in the Scratch Race Championship. Well done Jaydan!



- Arlo Merewether is a member of the North Bondi U11 boys Beach Relay Team who managed to defend their State Title last week at the State Nippers Championships. Arlo also came in 11th in the U11 Flags event, and 21st in U11 1km long distance run. Congratulations Arlo!
- 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 18 March – Last round of summer sport Term 1
- Monday 20 March – Summer Sport Photos
- Wednesday 22 March – Newington Prep Inter-House Cross Country at the senior school
- Thursday 23 March – CIS Swimming (Lewis Saupin and Lucas Pollard)
- Monday 27 & Wednesday 29 March – Winter sport training commences
- Saturday 1 April – IPSHA cross country at Kings. (selected students)

Joel Wilson  
**Newington College – Wyvern Sports Coordinator**