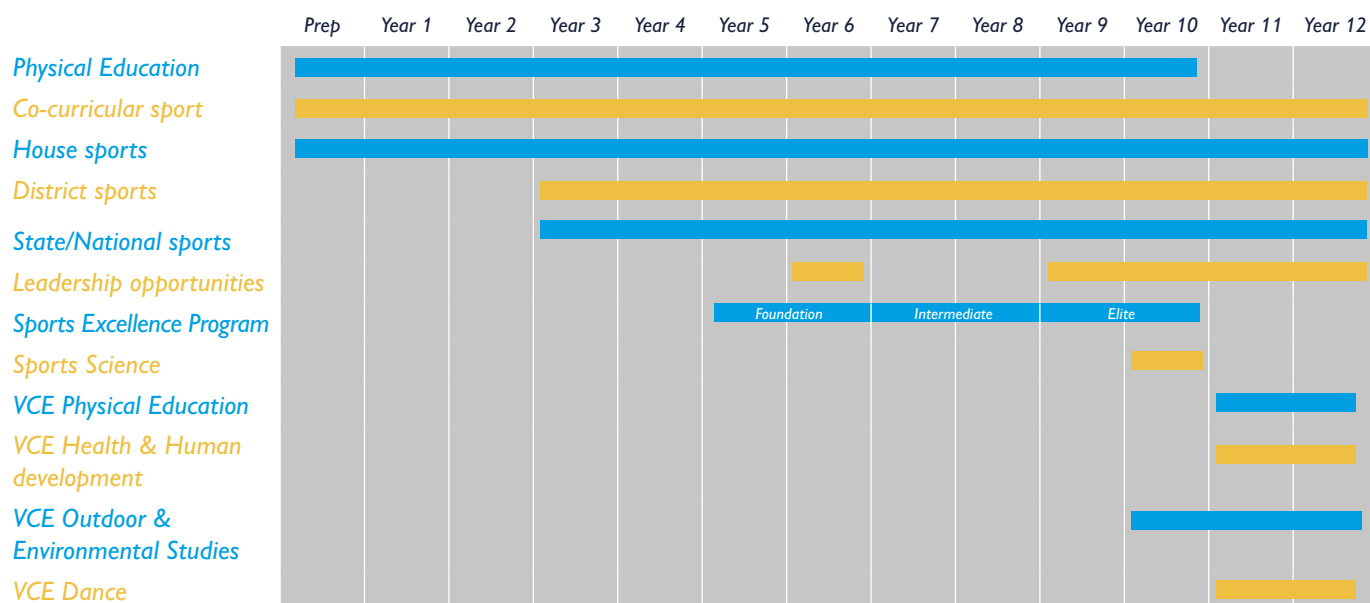


SPORT HAPPENS HERE





SPORTS AT GIRTON - FROM PREP TO VCE



SPORTS AT GIRTON

The history of human evolution shows a definitive link between our physical health and psychological well-being. As technology develops our lives become more sedentary. Never before have the benefits of being physically active been more important.

The advantages of human movement are well known. Physical skills, co-ordination, and fitness help students gain a sense of enjoyment and satisfaction from individual and team sporting activities.

There is new science that links active lifestyles with better academic outcomes for children, which is another important reason for Sport to be an integral part of every student's life at School. Active children are more likely to mature into physically active adults so it's vitally important that we set young people on the right course from an early age.

Sport at Girton Grammar is offered as part of the curriculum, co-curriculum and, for aspiring athletes, the Girton Sports Excellence Program provides avenues for extension that allow students to augment their academic studies and pursue their sporting goals.

“Girton Grammar School is committed to providing a well-rounded education and Physical Education plays an important role in this”

MATTHEW F. MARUFF
HEADMASTER



“The benefits of sport and physical activity for children include reduced risk of obesity, increased cardiovascular fitness, improved coordination and balance, better sleep and improved social skills,”

MR SHAUN McCARTHY
HEAD OF PHYSICAL EDUCATION



SPORT IN THE CURRICULUM

Physical Education classes help students develop a range of skills from basic ball handling to life skills such as swimming. They also teach healthy habits and the importance of fair play in a competitive, friendly environment. Motor skills, strategic thinking, self discipline and even math skills are learned by playing sports.

Stepping out of the classroom is fun. Physical activity at Girton Grammar School commences in prep with all students participating in regular lessons run by specialist teachers.

At the early levels PE classes focus on participation, teamwork and trying new things. Later, classes emphasise physical fitness and the range of sports on offer in

the curriculum is hugely varied to appeal to and expose students to a wide range of sporting options including croquet, wheelchair basketball and orienteering.

Students learn about resilience, goal setting and teamwork and they develop strengthened peer relationships. These classes underpin the School's Physical Education program.

CO-CURRICULAR SPORT

At Girton Grammar we foster an appreciation of Sport, Art, Music, Drama and cultural endeavour and aim to have every student participating in at least two co-curricular activities. Currently there are over 850 students participating in co-curricular sport at Girton and at least 100 senior students participating in community sports outside of school.

In addition to the timetabled Physical Education classes, students are offered a choice of around 20 co-curricular sports catering to a range of abilities.

In the early years Girton students participate in dance, tennis and aerobic gymnastic classes. In Year 2 netball and basketball teams are offered and in the upper junior years the School fields teams in hockey and lacrosse.

Our four largest sporting clubs - basketball, volleyball, netball and hockey - compete weekly in the domestic competition. The netball, basketball and volleyball clubs together host more than forty teams ranging from Under 12 to Under 18. Participants have the opportunity to represent Girton in State Championships.

The Girton volleyball club, for example, regularly competes in State and National Championships and were recently ranked fourth in Victoria and fifth in Australia.

Our distance athletes train twice a week in preparation for the renowned 14km City2Surf run. Most years, more than 70 students and staff make the journey to Sydney and this has become one of the most popular co-curricular activities at the School.

“From aiming for a personal best in an individual sport through to the fun, friendship and excitement of team sports, there is a sport for everyone at Girton Grammar School”

MR DAN SLATER
HEAD OF CO-CURRICULUM



The co-curriculum sports currently available are:

- Aerobic Gymnastics
- Badminton
- Basketball
- City2Surf
- Dance
- Equestrian
- Girton Racing Team (GRT)
 - Human Powered Vehicles (HPV)
 - Energy Efficient Vehicles (EEV)
 - Cycling
- Group Fitness
- Hockey
- Netball / Netball Umpiring
- Rowing
- Squash
- Table Tennis
- Tennis Lessons
- Volleyball
- Weights
- Yoga

Also on offer at Girton Grammar is "A Sporting Chance". This is an inclusive sport and physical education programme structured for young individuals who have an Autism Spectrum Disorder (ASD). A Sporting Chance helps the participants learn the language, rules and skills of a variety of sports that are commonly played in Australian schools. Girton students from Years 9-12 participate as coaches who teach sport specific skills to students from Girton and other local schools.



HOUSE SPORT

For students who enjoy sport, competing is where all the hard work can pay off and where the bonding between team players really happens. The thrill of competition fosters co-operation, integrity and sportsmanship, forming lifelong memories of a job well done.

Girton hosts major annual Sports carnivals for Athletics, Swimming and Cross Country, where students compete within their much loved Houses. On top of points for placing, every student that participates in an event earns points for their House. Participation is the key message.

Students dress in their House colours, often to a theme. House carnivals are a lot of fun. A long history of friendly House rivalry ensures that the carnivals are keenly anticipated by every student, with students dressing up in House colours and competing for both the sporting contest trophy and the Spirit Cup.

The Spirit Cup is a hotly contested war-cry competition involving the whole House. Passionate chants are set to a theme, rehearsed during House assemblies and choreographed.

Successful athletes from the House sporting carnivals may go on to represent the School in the School Sports Victoria (SSV), Loddon Mallee, regional and state competitions.

“Sport at Girton Grammar helps students discover personal strength, both physical and emotional, and to understand that through competition comes camaraderie”

LIAM RICHARDSON
JENKIN HOUSE CAPTAIN



*“Sport is good for children
of all ages – it’s social, it’s
physical, it builds confidence
and it helps children let off
steam”*

MR MARCUS SMALLEY
PHYSICAL EDUCATION TEACHER
AND GIRTON SPORTS EXCELLENCE
PROGRAM FACILITATOR





DISTRICT, STATE AND NATIONAL OPPORTUNITIES

Students who excel at sports in the School sporting carnivals are invited to go on to represent the school at a higher level.

Some of these opportunities to compete include:

Sandhurst Division (School Sport Victoria), where the School competes in a variety of sports throughout the year with teams selected from combined year levels. Some SSV representative sports include: Swimming, Athletics, Cross Country, Basketball, Cricket, Netball, Hockey, Table Tennis, Volleyball, Football, Soccer, Badminton, Tennis.

Girton Grammar also competes in the Independent Country Co-Educational Schools (ICCES) Summer and Winter competitions, in the following sports: Swimming, Athletics, Cross Country, Football, Soccer, Netball, Basketball and Hockey

GIRTON SPORTS EXCELLENCE

The Girton Grammar Sports Excellence Program has been developed by experts who understand what it takes to be a top athlete. It has been designed to meet the all-round needs of aspiring and elite athletes in their chosen sport.

The program covers strength and conditioning work and provides tailored physical training, education workshops and recovery sessions. Education on food fuels and energy systems, nutrition, fatigue and recovery, sports psychology, leadership and performance enhancement methods are included.

Girton Sports Excellence Program's objective is the long term development of athletes, with emphasis on core stability, fundamental movement, aerobic fitness and body movement patterns, all of which become more complex as the student progresses through the program.

Girton Sports Excellence consists of three sequential levels, as follows. Students may enter the programme at any level.

FOUNDATION LEVEL

The Foundation Level course is open to all students in Years 5 and 6 who are interested in improving their sporting performance.

Classes take place twice a week, before school.

The Foundation level feeds seamlessly into the intermediate level, providing program continuity in the transition to Senior School.

INTERMEDIATE LEVEL

The program supports and augments students' Physical Education classes and co-curricular activities. The Year 7 programme is open to all interested students with sessions taking place before school. In Year 8 the program starts to attract students who show exceptional promise in sporting ability. Year 8 sessions replace some Physical Education classes.

ELITE LEVEL

In Years 9 and 10 the program is for athletes who compete at the State, National or highest Regional level. Sports Excellence takes place during school hours, as an elective subject, leaving outside school hours for academic work and complementary sports training.

ENTRY

Entry to all levels is by application and the full programme outline can be found in the separate "Girton Sports Excellence" brochure.





*“The Girton Grammar
Basketball Club is going from
strength to strength with skill
levels improving all the time and
a great sense of camaraderie
between players”*

MR BEN HARVEY
BENDIGO BRAVES COACH &
GIRTON BASKETBALL PROGRAM MENTOR

LEADERSHIP OPPORTUNITIES

Through a common love of sport friendships flourish and form the foundation for having fun and trying new things. House Captains at Girton help to encourage broad participation and foster team spirit while Sports Captains help co-ordinate teams for the various sporting competitions.

There are a range of leadership opportunities for students who are involved in Sport at Girton, with 24 Junior School and 24 Senior School House Captains and House Vice-Captains and around 26 Sport Captain or Vice Captain positions each year, aligned with the various co-curriculum sports.

Sport has the ability to bring together people from all over the School, with a range of ages and interests. Sports Captains and Vice Captains are expected to nurture this diversity and to bring students together through their common love of Sport.





“Having the opportunity to grow and develop as a leader is something that I really enjoy, and it has given me the confidence to get others involved”

DECLAN ROCHFORD
ATHLETICS CAPTAIN



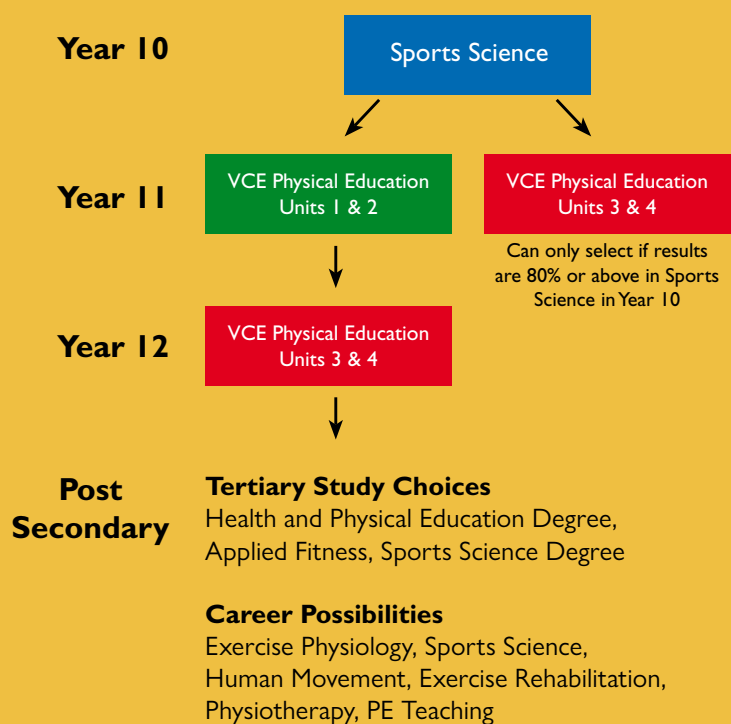
SPORT IN THE PRE-TERTIARY YEARS

By the time a student enters Year 10 many have developed an understanding of where their sporting future lies. As study loads increase students may elect to embed sport related subjects into their curriculum to complement their sporting pursuits outside the classroom.

Opportunities for leadership positions within co-curricular sporting teams increase at this stage, providing students with further opportunity to foster team spirit and take on responsibility for helping to coordinate teams and competitions.

In Year 10 the Physical Education curriculum becomes broader and many classes take place off school campus at specialised facilities. Roller Hockey, Self Defence and Ballroom Dancing are a few examples.

In Years 11 and 12 students are making curriculum choices for future careers. Their sporting pursuits are catered for in the curriculum through the five VCE Health Science subjects and in the co-curriculum through the huge array of sports on offer.



YEAR 10



SPORTS SCIENCE

Sports Science is a theoretical subject that aims to develop competence in the understanding of key learning areas within the study of Physical Education. It is offered as an elective subject from Year 10 as a precursor to studying VCE Physical Education.

VCE HEALTH SCIENCES



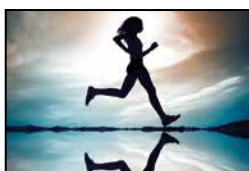
HEALTH & HUMAN DEVELOPMENT

A study of the complex interrelationships between individuals in communities around the world including an examination of physical and social environments.



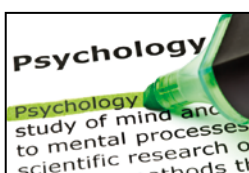
OUTDOOR & ENVIRONMENTAL STUDIES

A study of how humans interact with the outdoors, including an examination of environmental sustainability, environmental history, ecology and the social studies of human relationships with nature. Includes theory and practical classes.



PHYSICAL EDUCATION

A study of the biological, physiological, psychological, social and cultural influences on performance and participation in physical activity. Includes theory and practical classes.



PSYCHOLOGY

An exploration of how people think, feel and behave including an examination of classical and contemporary research.



DANCE

A course designed to develop physical skills, personal movement vocabulary and application of choreographic and analytical principles. Includes theory and practical classes.

“There is a fantastic team atmosphere amongst the sports staff at Girton and we work with wonderful students and first rate facilities”

MS SALLY MONICHINO
SPORTS EXCELLENCE PROGRAM
FACILITATOR AND TEACHER OF
PHYSICAL EDUCATION AND
SPORTS SCIENCE



SPORTING FACILITIES

Girton Grammar School is well equipped to meet a huge range of sporting needs.

With a purpose built gymnasium featuring two full size basketball courts, a fully equipped weights room and two classrooms, the multi-purpose gymnasium is a centre piece for the School.

The Junior School features multi-use astro turf areas to accommodate a range of sports such as tennis, basketball, four square and netball and in the Senior School students have access to Londonderry Oval for field sports.

The School's indoor 25 metre pool that is used extensively by Junior School students for their curricular swimming classes and is leased to a private operator at other times. A dance studio in the Performing Arts building accomodates a range of curricular and co-curricular dance classes.



SPORTS MENTORS AND COACHES

Girton athletes have the opportunity to be mentored and coached by current and former sports professionals who are passionate and dedicated to improving the standard of Girton sport teams.

Combined with in-house teaching staff (each with expertise in the sport), the coaching programs focus on teaching technical skills, developing a strong sense of resilience and determination, teamwork and social responsibility.

Intensive training clinics for sports like netball are offered to students wanting to take their game to the next level.

Hockey, Badminton, Table Tennis and Volleyball are all coached by State or National representatives and Rowing is coached by an ex-Olympian.

Representatives from the Bendigo Braves and Bendigo Spirit are weekly mentors for the boys and girls basketball teams.

- Basketball – Braves Head Coach, Ben Harvey and Australian Opals player, Tessa Lavery
- Netball – Sydney Giants & Suncorp Super Netball player, Sarah Wall and high performance Coach, Melissa Ryan
- Rowing – 2008 Beijing Olympian, Sarah Heard
- Badminton – Australian badminton squad player, Craig Graham
- Hockey – State player, Sam Webb 2016
- Table Tennis – Accredited coach, Paul Green



STAFF

All Girton Grammar Physical Education staff are fully qualified as specialist sports teachers, bringing with them the knowledge required to develop the physical and social skills that allow every student to fully participate in Physical Education classes.

Many teachers have additional qualifications and areas of expertise such as Group Fitness and Personal training, BodyPump and RPM instructing and accredited qualifications offered by the Australian Strength and Conditioning Association.



MR SHAUN McCARTHY

Head of Physical Education

Teacher of Physical Education, Sports Science and Outdoor Education

Frew House Tutor



MRS ERIN BUCKERIDGE

Teacher of Physical Education and Psychology

Frew House Tutor



MR JOHN DOHERTY

Teacher of Physical Education

'A Sporting Chance' Program Facilitator



MRS CARMEL HAMILTON

Teacher of Physical Education

Riley House Tutor



MS SALLY MONICHINO

Sports Excellence Program Facilitator

Teacher of Physical Education, Sports Science and History

Frew House Tutor



MS HOLLY SPEED

Personal Assistant to the Head of Co-curriculum



MS KRISTY NICHOLS

Sports Excellence Program Facilitator

Teacher of Mathematics and Physical Education

Jones House Tutor



MR MARCUS SMALLEY

Sports Excellence Program Facilitator

Teacher of Physical Education

Riley House Tutor



MR DAN SLATER

Head of Co-curriculum

Teacher of Physical Education



MRS LUCY WARFE

Teacher of Physical Education and VCE Outdoor and Environmental Studies

Jenkin House Tutor



MRS DEIRDRE TUNZI

Gym and Sports Administrator



SPORTING CALENDAR

TERM ONE

	Week	Year level	Location
Girton Senior School Swimming Trials	1	7-12	Bendigo Aquatic Centre
Junior School Swimming Trials	2	3-6	Paul Sadler Swimland
Junior School Swimming Carnival	4	P-6	Bendigo East Swimming Pool
Girton Junior School Swimming Carnival	3	P-6	Bendigo East Pool
Girton Senior School Swimming Carnival	3	7-12	Bendigo Aquatic Centre
Girton Senior Cricket vs Sandhurst Teams	4	10-12	Strathfieldsaye
Primary Schools Divisional Tennis Carnival	5	4-6	Bendigo Bank Tennis Complex
Sandhurst Division Intermediate Boys Cricket, Volleyball, Tennis	5	9-10	Various external Bendigo venues
Sandhurst Division Intermediate Sports Day	5		Junortoun
Sandhurst Division Swimming Carnival	5	7-12	Bendigo Aquatic Centre
ICCES Swimming Carnival	6	7-12	Melbourne Sports and Aquatic Centre
ICCES Badminton & Table Tennis	6	7-12	Melbourne Sports and Aquatic Centre
Primary Schools Divisional Swimming Championships	6	3-6	Bendigo East Swimming Pool
Sandhurst Division Intermediate Girls Tennis	7	9-10	Lawn Tennis Bendigo
Girton v GVGS Summer Sports Day (Tennis/Cricket)	7	7-12	Shepparton / Bendigo (alternating)
Sandhurst Division Year 7 Boys Tennis	7	7	Lawn Tennis Bendigo
Sandhurst Division Junior Sports Day	8	7-8	Junortoun / Strathfieldsaye
Sandhurst Division Year 7 Girls Tennis	8	7	Lawn Tennis Bendigo
Girton Senior School Athletics Carnival	8	7-12	La Trobe Athletics Track Bendigo
SSV Loddon Mallee Swimming Carnival	8	7-12	Swan Hill
Sandhurst Division Junior Sports Day	8	7-8	Bendigo Stadium
Girton v Ballarat Grammar Cricket Match	9	4-6	Cricket Willow

TERM TWO

	Week	Year level	Location
Girton Senior School Cross Country	1	7-12	Quarry Hill Golf Course
School Sports Victoria Sport Trials	2	5-6	Various locations
State Swimming Championships	2	3-6	Melbourne Sports and Aquatic Centre
Junior School Athletics Carnival	2	P-6	Flora Hill Athletics Track
Sandhurst Division Cross Country	2	7-12	Sebastian Recreation Reserve
School Sports Victoria State Swimming	2	10-12	Melbourne Sports & Aquatic Centre
Sandhurst Division Athletics Carnival	3	7-12	La Trobe Athletics Track Bendigo
Primary Schools Divisional Cross Country	4	3-6	Bendigo Jockey Club
SSV Loddon Mallee Volleyball Intermediate Finals	4	7-10	Mildura
Gymnastics Program (PE classes)	4-10	P-6	Palmers Gymnasium (3-6) / Jets Gymnastics (P-2)
Sandhurst Division Intermediate Sports Day	4	9-10	Eaglehawk Badminton, Golden City, Epsom
Sandhurst Division Year 7 Boys/Girls Soccer	4	7-12	Epsom
ICCES Athletics Carnival	5	7-12	Lakeside Stadium Melbourne
Primary Schools District Athletics Carnival	5	3-6	Flora Hill Athletics Track
Primary Schools Divisional Futsal Tournament	5	7-12	Bendigo Stadium
Sandhurst Division Junior Sports Day	6	7-12	Epsom, Golden City, Eaglehawk
Junior School Cross Country Carnival	6	P-6	Beischer Park Ovals
Primary Schools Divisional Soccer Tournament	8	4-6	Epsom Soccer Reserve
SSV State Intermediate Volleyball Finals	8	9	Dandenong
Regional Primary Schools Cross Country	8	3-6	Lords Raceway, St Arnaud
SSV Loddon Mallee Regional Cross Country	8	7-12	Lords Raceway, St Arnaud
Primary Schools Divisional Hockey Tournament	9	3-6	Albert Reserve, Bendigo
Sandhurst Division Junior Girls Football	10	7-12	Marist College Bendigo
School Sports Victoria State Cross Country	10	7	Bundoora Park
Sandhurst Division Intermediate Girls Football	10	7-8	Marist College Bendigo
Sandhurst Division Year 8 Boys Football	10	7	varies
ICCES Winter Sports Tour	10	7-12	Shepparton McEwen Reserve

TERM THREE

	Week	Year level	Location
Primary Schools Divisional Football Tournament	1	3-6	Catholic College/Epsom Recreation Reserve
Primary Schools Divisional Netball Tournament	1	6	Golden City Netball Complex
Primary Schools State Netball Tournament	2	6	Melbourne Netball and Hockey Centre
Sandhurst Division Intermediate Football	2	9-10	Marist College Bendigo
Sandhurst Division Year 7 Football	2	7	Marist College Bendigo
Victorian Volleyball Schools Cup (States)	2	7-12	Melbourne Sports & Aquatic Centre / State Volleyball Centre
Senior Football vs Castlemaine Secondary	2	10-12	Castlemaine
Primary Schools Aeroschools Competition	3	2-6	Melbourne
Regional Primary Schools Soccer/Netball Championships	3	3-6	Swan Hill
Girton v Ballarat Grammar Netball and Football Matches	3	3-6	Girton or Ballarat (alternates)
ICCES Cross Country, Debating & Chess	3	7-12	La Trobe Bundoora & Bundoora Park
Girton Senior Football Team V Carey Grammar School	3-4	10-12	Carey Grammar School
Regional Primary Schools Football Championships	4	3-6	Swan Hill
Sandhurst Division Junior Sports Day	4	7-8	Bendigo Stadium, Garden Gully, Eaglehawk
City2Surf	4/5	9-12	Sydney
ICCES Football	5	7-12	TBA
Primary Schools Divisional Golf Championships	5	3-6	Bendigo Golf Course
Victorian Schools Netball Championships	6	7-12	State Netball Centre Melbourne
Primary Schools Divisional Basketball Tournament	7	4-6	Bendigo Stadium
Primary Schools Aerobic Challenge	7	2-6	Ivanhoe
Sandhurst Division Intermediate Sports Day	7	9-10	Bendigo Stadium, Garden Gully Hockey Complex
Girton V Ballarat Grammar Winter Sports Day	7	9-12	Ballarat
Primary Schools Divisional Athletics	10	3-6	Flora Hill Athletics Track
National Aerobic Championships	10	2-6	Bendigo

TERM FOUR

	Week	Year level	Location
Girton Grammar Sports Presentation Evening	1	3-12	Girton J. E. Higgs Hall
School Sports Victoria Loddon Mallee Athletics Carnival	1	7-12	La Trobe Athletics Track, Bendigo
Regional Primary Schools Athletics Championships	2	3-6	Flora Hill Athletics Track
School Sports Victoria State Athletics Carnival	3	7-12	Lakeside Stadium Melbourne
Primary Schools State Athletics Championships	4	3-6	Melbourne
Regional Primary Schools Tennis Championships	4	5-6	Swan Hill
Regional Primary Schools Basketball Championships	4	4-6	Swan Hill
Regional Primary Schools Golf Championships	6	4-6	Heathcote
Energy Breakthrough Cycling Maryborough	7	7-10	Maryborough
Australian Volleyball Schools Cup (Nationals)	9	7	Booroondara
Australian Volleyball Schools Cup (Nationals)	9	7-12	Melbourne Sports & Aquatic Centre / State Volleyball Centre



105 Mackenzie Street Bendigo Victoria 3550
Telephone (03) 5441 3114
Email reception@girton.vic.edu.au

www.girton.vic.edu.au