



Glendale Technology High School

Sport Information – Years 7-10

Term 4, 2023

Dear Parents/Carers/Guardians,

The new rotation of sport for Term 4 will commence on **Thursday 12th October (Week 1)** for 10 weeks.

At **3.15pm, Monday 4th September (Week 8)**, families and students will receive an email providing a link to make sport selections. Through this link, you will need to:

1. Select the preferred sport and payment method.
2. Make the payment (if required) via the school website or select to pay at school (cash or card).
3. Complete and hand in the signed permission note and any venue waivers (if required) to Student Services.

To ensure the selection is accepted, both payment and required notes MUST be received within 48 hours of submitting your online form – if they are not received in this time, the place will be opened, and you will need to make a new selection. Payment without selecting your sport via the form does not secure your spot. All notes and waivers are available on the GTHS website and at the Student Services office.

Sport choices are on a 'first come, first served' basis – once a sport is full it will be removed from the online form and students will need to select an available sport.

Students attending sport off site will require parental/carer permission (note attached) to attend. This is mandatory under the State Sport Policy and some sports require further venue waivers (see over for details).

Cost

Due to rising fuel prices and the shortage of bus drivers across NSW, all bus companies have substantially increased their hire fees. As a result, the price per student for any School Sport that involves the use of a chartered bus, continues to rise. We understand that this change may result in fewer students participating in offsite sports that require the use of a bus, and so, we have increased the number of free sports options that students can elect to take part in onsite or within walking distance of the school.

All sports requiring bus transport incur an upfront fee of **\$65** for the 10 weeks. Some sports also incur a weekly venue fee (see over for further information). Please consider this when you are making your choices.

If a student is unable to pay their weekly venue fee, they must report to myself (Mrs Irish), in the PDHPE staffroom **prior to roll call** on sports day for placement in an alternate school sport for the week.

The following sports are currently on offer and will only run if there is enough interest. All choices must be finalised by **3:15pm, Wednesday 13th September (Week 9)**, when the online form will close.

NOTE: Any students who do not make an online selection and/or return the required permission note/s on time will be allocated to mixed house sports on school grounds.

Note: Depending on availability, students may be able to change their sport selection after Week 3, Term 4.

Regards,
Mrs Bec Irish
School Sport Coordinator

Sport Option	Venue	Description	Bus	Weekly Cost	Spaces Available	Permission Note	Waiver
Dance Cardio	School - Classroom	Students engage in Just Dance activities.	N/A	N/A	30		
Table Tennis	School – Classroom/ Peace Park	Students participate in a table tennis competition.	N/A	N/A	30		
Pilates	School - Classroom	Students participate in structured Pilates lessons.	N/A	N/A	20		
Indoor Recreational Activities	School - Classroom	Students engage in a range of indoor recreational sports such as table tennis, indoor bocce, dance cardio & yoga.	N/A	N/A	30		
Outdoor Recreational Activities	School - Handball Squares/Oval Path	Students engage in a range of outdoor recreational sports such as handball, bocce, cornholes & finksa.	N/A	N/A	30		
Gardening	Ag Plot/Around the School	Students work together to help improve the gardens around the school & in the agriculture plot. Horticultural & Landscaping skills may be learnt & applied.	N/A	N/A	10		
Theatre Sports	School - Classroom	Students engage in improvisational play-based physical activity where they will develop skills in focus, body-control, confidence & collaboration.	N/A	N/A	15		
BodyWorks	School – Classroom	Students engage in a weekly fitness circuit, using predominantly their own body weight to build muscle strength, control & confidence.	N/A	N/A	20		
House Sports	School – Sport Venues	Students engage in a weekly round robin sports competition in house groups, sports include touch football, cricket, soccer, basketball etc. <i>If you are unsure about which house to select – refer to the roll call letter, ie: B4 is Booth, J8 is Johnson etc</i>	N/A	N/A	N/A		
Aboriginal Dance	School - Classrooms	Aboriginal and Torres Strait Islander students create & choreograph their own traditional dance routines for the Dinewan dance group, to perform at school functions & community events.	N/A	N/A	30		
All Stars Footy & Fitness	School Oval/Gym and Bill Bower Oval	Students are taken through a guided Touch Football & Gym Fitness program in a safe & supportive environment. <i>*Staff & students will have the opportunity to walk to Bill Bower Oval to train.</i>	N/A	N/A	30	✓	
Bushwalking	Local bushland and Tramway Track	Students utilise the local bushland & walking trails outside of school.	N/A	N/A	30	✓	
Walk & Draw	Local area	Students take a clipboard & walk to various locations around Glendale to draw what they see.	N/A	N/A	30	✓	

Year 10 Sport	Various locations & sporting venues off site.	For their last term on school sport, Year 10 students have the option to participate in a variety of different sports each week. All sports are out of school, rotating between paid and non-paid venues. <i>*A rough schedule is attached below.</i>	\$65	Varies – see below	50	✓	✓
Ice Skating	Hunter Ice Skating	Supervised recreational skating for beginners & experienced students.	\$65	\$8	35	✓	
Pulse Climbing	Pulse Climbing, Warners Bay	Supervised recreational climbing for all abilities. <i>*Additional waiver required and completed online only.</i>	\$65	\$12	15	✓	✓
Ten Pin Bowling	Dullboys Warners Bay	Ten Pin Bowling competition in small groups.	\$65	\$8	30	✓	
Genesis Gym	Genesis Gym Warners Bay	Weekly rotation of workouts including use of the gym floor, cycle room & group fitness room. <i>*Additional waiver required.</i>	\$65	\$8	20	✓	✓
Beach Walking & Activities	Merewether Beach	Students engage in beach sports & activities, or enjoy walking along the beach.	\$65	N/A	38	✓	
Mountain Biking	Glenrock State Conservation Area	Students will learn how to maintain their bike & ride around Glenrock. <i>*Students must have a helmet that meets Australian standards, a mountain bike appropriate for offroad use and a bottle cage or similar, to transport water.</i>	\$65	N/A	12	✓	
Speers Point Park	Speers Point Park	Enjoy the local scenery by walking or engaging in recreational games & activities at Speers Point Park.	\$65	N/A	30	✓	
Lawn Bowls	Boolaroo Sports Club	Enjoy a weekly game of lawn bowls with the support of members from the bowling club	\$65	\$3	10	✓	
Fishing	Speers Point Park	Supervised recreational fishing for all abilities. <i>*Fishing reels, lures and sinkers can be provided by the school.</i>	\$65	N/A	10	✓	



GTHS SPORT PERMISSION NOTE

Term 4, 2023

PERMISSION NOTE FOR _____ OF YEAR _____

I give permission for my son/daughter to attend (sport chosen) _____

I have considered the venue/s, costs and possible risks involved in this sport and are aware that the chosen sport may require an additional waiver and may incur weekly venue costs, as outlined in the attached table.

I am aware that transport to and from sporting venues is by the allocated bus, unless indicated otherwise.

**Medical information or other special requirements needed (e.g. allergies, medication).
Please provide full details:**

Signed _____ Date _____

(Parent/Guardian)

The information provided is being obtained for the purpose of ascertaining relevant medical information, requirements and other health care related needs about a student who is currently enrolled at the school and who may participate in school excursions, sporting activities or other educational or school activities conducted by Glendale Technology High School. It will be used by officers of the NSW Department of Education and Training to assist planning, to support students, and to minimise risks when conducting school excursions, sporting or other school activities. The Department will not cover medical costs resulting from illness or accidents during the time of the excursion. Other persons or agencies that may be provided with this information include, but are not limited to, volunteers and members of external organisations who join with the school or are otherwise involved in the planning or delivery of the excursion, sporting or other school activity; and persons that may be called upon to provide health care treatment or other assistance during or as a consequence of such excursions or activities. Provision of this information is not required by law. However, a failure to provide the information may mean that your child can not participate in a particular excursion or school activity. In such circumstances, the school will make available a sound alternative educational experience. Provision of this information will significantly assist the school in planning a safer educational activity. It will be stored securely. If you have any concerns about provision of this information, please contact the school principal to discuss further.

Office Use Only

Selection Form Checked

Payment Received

Waivers Returned



GT HS YEAR 10 SPORT INFORMATION

Term 4, 2023

As Term 4 is the last term for Year 10 participation in School Sport, this is an opportunity for the cohort to choose a weekly sport option with their year group and further strengthen their relationships through participating in sport.

Students will travel off site each Thursday for school sport, rotating through a variety of paid and non-paid options. The schedule is outlined in the table below but is subject to change depending on weather conditions and events at specific venues.

Bus fee for the term \$65

Week	Date	Proposed Sport	Location	Venue fee
1	Thursday 12 th October	Ice Skating	Hunter Ice Skating Stadium, Warners Bay	\$8
2	Thursday 19 th October	Speers Point to Warners Bay Walk	Speers Point/Warners Bay Cycleway	Nil
3	Thursday 26 th October	Ten Pin Bowling	Strike Bowling, Charlestown	\$12
4	Thursday 2 nd November	Beach Sports & Activities	Merewether Beach	Nil
5	Thursday 9 th November	Revolution	Revolution Sports Park, Newcastle *Additional waiver required	\$10 + \$3.50 for compulsory grip socks
6	Thursday 16 th November	Bushwalking	Glenrock Conservation Area	Nil
7	Thursday 23 rd November	Tennis	Kotara Tennis Park	\$6
8	Thursday 30 th November	Activities in the Park	Speers Point Park *Work experience week	Nil
9	Thursday 7 th December	Golf driving range	Toronto Driving Range	\$10 for 60 balls
10	Thursday 14 th December	Fishing	Speers Point Park/Toronto Foreshore	Nil