

INFORMATION AND PERMISSION NOTE

SCHOOL SPORT TERM 1 - 2019

Sport Selection for Years 9 & 10 2019 - students are to make their sport selection via the online links for Google forms which will be emailed to all students, as well as being made accessible through the school Facebook page and the school app Flexibuzz. Students will be given a period of 48 hours from when this link is made live (Tuesday 20 November) to make their selections. Students must bring their permission note to hand in on or before the selection period. Students wishing to participate in paid sport will need to make payment AFTER the selection period upon confirmation of their selection (see details below). Students who do not return necessary items or who do not select a sport by the end of the term will have a sport allocated for them. Students should choose their sport carefully, as they will not be able to change their selection.

Permission notes (attached below) - for all sports being conducted off the school grounds students MUST hand in a permission note on or before **Tuesday 20 November** to the HSIE staffroom, office OR on the sports selection day.

Payment – Following sport selections on **Tuesday 20 November**, students will need to make payments between **Monday 4 December & Friday 14 December** to ensure their position in paid sports. Payment can be made at the office or online using the sport title as the reference. Payments made outside this time frame WILL NOT be accepted. Students who have chosen a paid sport who do not pay within this period will be assigned to a different sport.

ALL STUDENTS MUST WEAR FULL SPORT UNIFORM AND APPROPRIATE FOOTWEAR TO ALL SPORTS.

I give my child _____ of Year _____

Roll class _____ permission to attend the following school sport on **Tuesdays Term 1**
05/02/19 – 09/04/19 (10 weeks)

(Write Sport Here)

I understand that there may be times when students are not in the direct line of sight of teachers during Sport.

Medical problems to be aware of:

Emergency contact: _____

Phone number: _____

Please sign if you give permission for your child to walk home directly from the venue for off-site sports. Signature:

Parent/Carer signature: _____

Checklist for items to return:

Permission note signed by Tuesday 20 November

Waiver for: Pulse Climbing; Surfing

Payment between Monday 4 December & Friday 14 December

TERM 1 SPORT & PHYSICAL ACTIVITY OPTIONS

SPORT	VENUE	REQUIREMENTS	COST
Surfing	Avoca Limit: 20	Students will catch a bus to and from the venue. Students must hold current Surf Survival Certificate or higher. Students supply own boards.	\$50 – cost of bus
Beach Games	Avoca Beach Limit: 40	Students will travel to Avoca Beach to participate in a variety of recreational games. Please note there will be <u>no swimming</u> involved.	\$50 – bus only
Tennis and Multi Sports: Avoca	Haslett Park Avoca Limit: 30	Students to catch bus to Avoca and participate in a variety of sports, including tennis, each week.	\$ 50.00- Bus and court hire
Indoor Sports	Kincumber Indoor Limit: 40	Students will walk to and from the Indoor Centre under teacher supervision, and participate in soccer, cricket, volleyball and dodge ball.	\$50. 00 – Entry to Indoor Centre
Anytime Fitness Gym	Kincumber Anytime Fitness Limit: 18	Students will walk to and from the gym under teacher supervision. They will have the opportunity to use gym equipment in a circuit activity.	\$65.00 (Members no cost – Fitness passports not included)
Pulse Rock climbing	West Gosford Limit: 20	Students will catch a bus to West Gosford and participate in bouldering (rock climbing), under the instruction of fully trained and experienced staff.	\$120.00 –bus & instructors
Tenpin/Lasertag	Wyoming Limit: 20	Students will catch a bus to and from the venue. Students will alternate between game/s of Tenpin bowling or Laser Tag each week. Students must wear enclosed shoes.	\$115 – bus and entry
Element Fight Fit	KHS Limit: 20	Boxing & kickboxing for fitness. Students will learn technique, build fitness and have the opportunity to put together some mind clearing, body-blasting combos.	\$55 – cost of instructor
Yoga	KHS Limit: 25	Students will complete relaxation, flexibility and core strength activities.	\$40 – cost of instructor
Self-Defence	KHS Limit: 20	Students will be taught a range of self-defence moves by a qualified instructor.	\$50 - cost of instructor
Dance	KNC Limit: 25	Students will participate in a range of dances, led by an experienced teacher and with various guest instructors throughout the term. NOTE: this is a Term 1 & 2 commitment.	\$35.00 – venue & guest instructors
Walking	Broadwater Limit 30	Students will walk to and along the Broadwater.	No cost
Court Sports	KHS Hall Limit 30	Students will develop the skills to participate in a variety of ball games in sport.	No cost
Drama	KHS TLS Limit: 25	Students will participate in a range of drama and theatre games culminating in a competition in Term 2. NOTE: this is a Term 1 & 2 commitment.	No cost
Yr10 Multi	KHS Oval Limit: 50	Students will participate in a range of modified ball games on the school oval.	No cost
Basketball/ Netball	KHS Courts Limit 30	Students will participate in organized games of Basketball and Netball at school.	No cost
Yr9 Multi	Frost Oval Limit: 50	Students will participate in a variety of modified ball games at Frost oval.	No cost

