

INFORMATION AND PERMISSION NOTE

SCHOOL SPORT TERM 3 - 2018

Sport Selection for Years 9 & 10 2018 - students are to make their sport selection on **Friday 8 June** in the hall. On this day, they will be removed from class for a short period of time to select their sport. Students must bring their permission note to hand in on or before the selection day. Students wishing to participate in paid sport will now need to make payment AFTER the selection day (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 **Friday 8 June** to the HSIE staffroom, office OR on the sports selection day.

Payment – Following sport selections on Thursday 23 November, students will need to make payments between **Friday 15 June & Friday 29 June** to ensure their position in paid sports. Payment can be made at the office or online using the sport title as the reference. Payments over the phone will no longer be accepted. 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 3**
24/07/18 – 25/09/18 (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 **Friday 8 June**

Waiver for Kincumber Gym OR Pulse Climbing

Payment between **Friday 15 June & Friday 29 June**

TERM 3 SPORT & PHYSICAL ACTIVITY OPTIONS

SPORT	VENUE	REQUIREMENTS	COST
Surf survival	KHS & Kerta Rd Pool Limit: 20	Students to be accredited in Surf Survival so they can participate in surfing in the future terms.	\$30 – cost of qualification
Tenpin/Lasertag	Wyoming Limit: 30	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.	\$100 – bus and entry
Tennis and Multi Sports: Avoca	Haslett Park Avoca Limit: 20	Students to catch bus to Avoca and participate in a variety of sports, including tennis, each week. Students will be able to walk home from venue upon completion with paper work.	\$ 45.00- 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.	\$30. 00 – Entry to Indoor Centre
Yoga	KHS Limit: 25	Students will complete relaxation, flexibility and core strength activities.	\$40 – cost of instructor
Gym	Kincumber Gym Limit: 25	Students will walk to and from the gym under teacher supervision. They will have the opportunity to participate in fitness classes or use gym equipment.	\$60.00 (Members no cost)
Pulse Rock climbing	West Gosford Limit: 25	Students will catch a bus to West Gosford and participate in bouldering (rock climbing), under the instruction of fully trained and experienced staff.	\$100.00 – bus & instructors
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
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
Basketball/ Netball	KHS Courts Limit 30	Students will participate in organized games of Basketball and Netball at school.	No cost
Touch/Oz Tag	KHS Oval Limit: 50	Students will participate in modified touch games school oval.	No cost
Soccer	KHS Oval Limit: 50	Students will participate in a variety of soccer games on the school oval.	No cost