

INFORMATION AND PERMISSION NOTE

SCHOOL SPORT TERM 4 - 2017

Sport Selection - students are to make their sport selection on **Thursday 24 August** 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 Thursday 24 August to the HSIE staffroom, office **OR** on the sports selection day.

Payment – Following sport selections on Thursday 24 August, students will need to make payments between **Monday 4 & Friday 15 September** 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 4**
10/10/17 – 12/12/17 (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 Thursday 24 August

Waiver for Kincumber Gym

Payment between Monday 4 – Friday 15 September

TERM 4 SPORT & PHYSICAL ACTIVITY OPTIONS

| SPORT | VENUE | REQUIREMENTS | COST |
|--------------------------------|---------------------------------|--|-----------------------------------|
| Beach Games | Avoca Beach Limit: 40 | Students will travel to Avoca Beach to participate in a variety of recreational games. | \$45 – bus only |
| Surfing | Avoca Beach 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. | \$45 – cost of bus |
| Ice Skating | Erina Fair Limit: 30 | Students will catch a bus to Erina Ice Arena. They will skate for 1 hour. | \$95 – bus and entry |
| Gymnastics | Matcham Limit: 20 | Students will catch a bus to Gosford Gymnastics, Matcham. They will be instructed in gymnastics techniques by qualified coaches. | \$75 – bus & coaching |
| Self-Defence | KHS Limit: 20 | Students will be taught a range of self-defence moves by a qualified instructor. | \$50 - cost of instructor |
| 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. 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 Yr 9-10 only | 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. | \$55.00 (Members no cost) |
| Touch/Oz Tag | KHS Oval Limit: 40 | Students will participate in modified touch games school oval. | No cost |
| Soccer | KHS Oval Limit: 40 | Students will participate in a variety of soccer games on the school oval. | No cost |
| Girls Multi Sport | Frost Reserve | Students will participate in a variety of different ball games including soccer, cricket and softball at frost reserve. | No cost |
| Boys Multi Sport | Frost Reserve | Students will participate in a variety of different ball games including soccer, cricket and softball at frost reserve. | No cost |
| Walking | Broadwater Limit 40 | 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 |