

P&C Extra Curricular sports program offers North Sydney Girls the chance to participate in a number of sports, get fit, play in a team with their friends and represent their school.



SCHOOL SPORT

School sports offered are: Tennis, Yoga, Sailing, Stand-up Paddle Boarding, Dance, Rock Climbing, Rollerblading, Squash, Boxercise, Zumba, Surfing, Table Tennis, Volleyball, Kayaking, Gymnastics, Netball, Oztag, Touch Football, Softball, Soccer, Cricket, Basketball, Urban Walking and Lifesaving. Professional coaches are engaged for many of these sports and are of the highest calibre.

There is also the opportunity to compete in Zone Grade sport teams. The grade sports are Netball, OzTag and Soccer.

The Year 7 sport programme includes weekly swimming lessons in Term 4.

Year 7 and 8 students participate in annual Zone Games Days, Years 9 and 10 Coach and Officiate.

P&C EXTRA-CURRICULAR SPORT

The following are all the sports available. For further information about each sport please refer to the website

<https://web2.northsydgi-h.schools.nsw.edu.au/pnc/sport>

DANCE—OPEN CLASS

When: All Year (Class Schedule will be distributed in Week 1 Term 1)
Where: Local Studio
Training: Various before & after school

DANCE—ENSEMBLES

When: All Year (Dance Information meeting in Week 1 Term 1)
Auditions: Week 2 Term 1
Classes Start: Week 3 Term 1
Where: School Gym
Training: Various before or after School
Classes are supplemented by online resources available to registered students.
Performances: Include Eisteddfods, Festivals and various School functions

NETBALL

Competition: Northern Suburbs Netball Association
Season: March—September
When: Saturdays
Where: Willoughby Leisure Centre
Training: NSGHS before or after school.

INDOOR HOCKEY

Competition: Sydney Indoor Hockey Association
Season: Terms 1 and 4
When: Wednesday nights
Where: Ryde Aquatic Centre & Ascham School
Training: One morning a week at NSGHS
Safety: Players provide own hockey stick, Shin guard, gloves and mouth guards.

BASKETBALL

Season: 2 competitions per year
 Competition 1: Feb to June
 Competition 2: July to early Dec
When: Friday night (some divisions may play on Saturday)
Where: Northern Sydney Indoor Sports Centre (Rooftop) or Willoughby Leisure Centre
Training: NSGHS before or after school.

VOLLEYBALL

Competition: Schools Cup
When: Terms 1 to 4
Where: Homebush
Training: Wednesday after school NSGHS courts.

TOUCH FOOTBALL

Competition: Northern Suburbs Touch Football
When: Play Term 3 & 4, on Thursday or Friday nights
Where: Artarmon Oval
Training: At St Leonards Park, before or after school
Learn to Play: Term 1, St Leonards Park

ROWING

'Have fun, make new friends, increase your fitness'

- When:** All Year 7 welcome to our fun and popular Learn to Row Day on Sunday, 12th December 2021 from 7.30am to 11.30am. We also run a longer Learn to Row course in Term 1 2022
- Where:** UNSW Boatshed, Waruda Place
Huntley's Cove (Hunters Hill)
- Competition:** Various weekend regattas during season (School Term 4 & 1) including Schoolgirl Head of the River and Combined High Schools Championships. Regattas are usually Saturday mornings.
- Cost:** TBC. There are different fees for the various rowing courses.
- Email:** nsghsrowing@gmail.com

TABLE TENNIS

- When:** Thursday afternoons
- Where:** Willoughby Squash Club
- Equipment:** Provided by the school

TAE KWON DO

- Where:** School Gym
- When:** Monday for beginners and Tuesday for higher levels
- Cost:** \$110 per term/\$90 for uniform

NORTH SYDNEY GIRLS HIGH SCHOOL



SPORT 2022

Pacific Highway
Crows Nest NSW 2065
Ph: 9922 6666
Fax: 9957 5098

School Sport Coordinator
Mrs Gayle Parnaby
9922 6666 ext 132
NSGHS (PD/H/PE Dept)

Sport Captain: Amber Lin
Vice Captain: India Christian

NSGHS SWIMMING CARNIVAL

15th February 2022
Drummoyne Pool

ZONE SWIMMING CARNIVAL

2nd March 2022
Ryde Aquatic Centre

NSGHS ATHLETICS CARNIVAL

2nd April 2022
Homebush

ZONE ATHLETICS CARNIVAL

TBA
Homebush

NSGHS CROSS COUNTRY EVENT

7th April 2022
St Leonards Park

ZONE CROSS COUNTRY EVENT

20th May 2022
Meadowbank Oval