



INTERNATIONAL  
GRAMMAR SCHOOL



# Sports Handbook

## IGS Sports Handbook 2023

The IGS Sports department offers students a wide range of sporting opportunities to facilitate health and wellbeing, while creating a safe place for students to be active and engaged with their peers. Providing students with a variety of vibrant sporting opportunities, students are encouraged to participate and enjoy these recreational activities while developing character, building resilience skills and forming relationships.

Linked in with the sport, co-curricular and wellbeing program, students have the opportunity to participate in weekly trainings, various scheduled sports and external competitions. For those students wanting to progress into higher levels of competition, representing the school in both team and individual categories, IGS participates in the Association of Independent Co-Educational Schools (AICES) and the Combined Independent Schools (CIS) pathway schemes.

This document is designed to inform all parents, caregivers and students about the sporting opportunities IGS offers throughout the year and how to become involved in them. This includes both training and representative pathways.

All trainings are signed up via the Engage Portal. IGS teams are selected and determined from students at training, with students selected for representative pathways also developed from our training activities. If your child is unable to attend training or is involved in a sport not included in this document, but wishes to be nominated, please contact the PDHPE Department.

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**IGS Sport Opportunities and Representative Pathways**

**High School Sport Opportunities**

IGS offers a range of sporting opportunities for students including gala days, representative pathways, external competitions and training sessions. A summary of sports for each opportunity and pathway can be found below.

**Gala Days**

Single day competition against other NSW High Schools.

- Basketball
- Cricket
- Futsal
- Netball
- Soccer
- Tennis
- Touch
- Volleyball

**Training**

- Basketball
- Cricket
- Cross Country
- Fitness
- Futsal
- Netball
- Soccer
- Volleyball
- Tennis
- Rugby

**Tuesday Sport  
(Year 7 and 8)**

- Dance
- Hiking
- Futsal
- Karate
- Netball
- Rugby
- Skating
- Table Tennis
- Yoga
- Tennis

**External Competitions**

Competitions against other NSW High Schools, extending for multiple weeks.

- Futsal
- Soccer
- Volleyball

**IGS School**

- Athletics Carnival
- Cross Country Carnival
- Swimming Carnival

**CDSSA**

- Athletics
- Basketball
- Cross Country
- Soccer
- Netball
- Rugby (Boys)
- Swimming
- Tennis
- Touch Football

**AICES**

- Athletics
- Basketball
- Cross Country
- Soccer
- Netball
- Swimming
- Tennis
- Touch Football

**CIS**

- AFL
- Athletics
- Basketball
- Cricket
- Cross Country
- Soccer
- Swimming
- Tennis
- Touch Football
- Volleyball

**NSW ALL SCHOOLS**

- AFL (selected by CIS officials)
- Athletics
- Swimming
- Cross Country
- Volleyball

Students excelling in their sporting fields have the opportunity to represent the school at the various levels. Please note this is not the full list of sports offered at AICES and CIS, additional sporting opportunities can be found at the [CIS](#) and [AICES](#) website.



## Contents

High School 2023 Events Calendar	5
AFL	8
Athletics	9
Basketball	12
Cricket	14
Cross Country	15
Fitness, Boxing & Yoga	16
Futsal and Soccer	16
Netball	18
Rugby	18
Swimming	19
Tennis	20
Touch Football	21
Volleyball	22
Players Code of Conduct	23



Month	Event	Week	Date
February			
	AICES Girls Tennis	2	9 February
	AICES Boys Tennis	2	10 February
	AICES Basketball Cup	3	16 February
	CDSSA Opens Basketball Championships	3	17 February
	AICES Boys Open Basketball Championships	5	28 February
March			
	CDSSA Tennis Championships	6	8 March
	AICES Girls Open Basketball Championships	6	8 March
	CDSSA Touch Football Championships	6	9 March
	AICES Touch Football	7	14 March
	CDSSA Swimming Championships	7	20 March
	CDSSA 15s & Opens Netball Championships	9	27 March
	AICES Swimming	9	29 March
April	IGS Cross Country Carnival - High School	10	4 April



**Term 2**

<b>May</b>	NSW CIS Swimming	2	1 May
	NSW CIS Swimming	2	2 May
	CDSSA Football Championships - VSP	2	2 May
	CDSSA Rugby Trials	2	3 May
	AICES 15s Netball	2	3 May
	AICES Rugby	2	4 May
	AICES Open Girls and 16yrs Boys	3	11 May
	AICES Open Boys and 15yrs Girls	3	12 May
	CDSSA Cross Country	4	18 May
	AICES Open Netball	5	24 May
	IGS Athletics Carnival - High School	6	31 May

<b>June</b>			
	AICES Cross Country	6	1 June
	NSW All Schools Swimming	6	1 & 2 June
	NSWCIS Cross Country	7	8 June

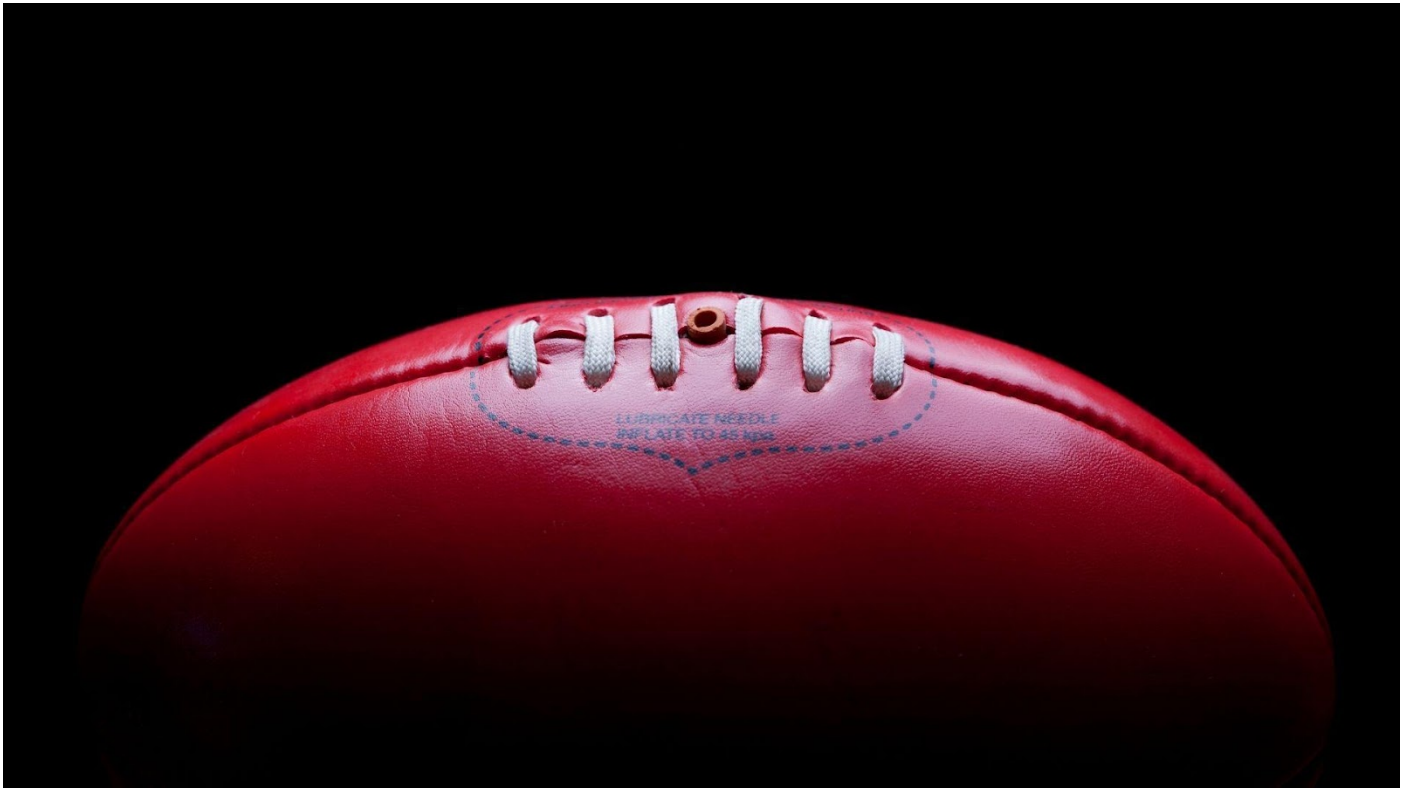


### Term 3

Month	Event	Week	Date
July	NSWAS Cross Country	1	21 July
August	AICES Netball Cup	3	2 August
	CDSSA Athletics	6	24 August
September	AICES Athletics	8	5 September
	NSWCIS Athletics	10	19 September

### Term 4

Month	Event	Week	Date
October			
	CDSSA 15s Basketball	3	24 October
	CDSSA Ultimate Frisbee Championships	4	31 October
November			
	AICES 15s Basketball	6	15 November
	AICES 15s Girls Tennis	7	23 November
	AICES 15's Boys Tennis	7	24 November



## AFL

Pathways	When	Venue	Cost	Transport
CIS U15 Boys and Girls Trials* 5 May	Nominations due 29 April	Blacktown International Sports Park	N/A	Provided by the school

\*Please note that only representative players will be put forward for CIS Trials.





### Athletics

Training and Pathways	When	Venue	Cost	Transport
IGS School Athletics Carnival	31 May	ES Marks Athletics Field	N/A	Provided by the school
CDSSA Athletics Carnival	24 August	ES Marks Athletics Field	N/A	Provided by the school
AICES Athletics Championships	5 September	Sydney Olympic Park Athletics Stadium	N/A	Provided by the school
NSWCIS Athletics	19 September	Sydney Olympic Park Athletics Stadium	N/A	Provided by the school



## Athletics Carnival Pathways



- IGS School Athletics Carnival
- CDSSA (Combined Districts School Sports Association)
- AICES (Association of Independent Co-Educational School)
- CIS (Combined Independent Schools)
- NSW All Schools

### **IGS School Athletics Carnival**

The IGS School Athletics Carnival is a compulsory carnival held every year in Term 2. Students are encouraged to participate in as many events as possible and receive a participation house point for each event entered. The winning house of the carnival is determined from points earned for participation and results from each event. IGS Age Champion medallions will be presented at an assembly after the carnival.



### **CDSSA Athletics Carnival**

CDSSA is the first athletics pathway following the School Carnival. The top two boys and girls in each age group for each event are eligible to compete at CDSSA (except 400m and relay, where four boys and girls will compete).

### **AICES Athletics Championships**

The AICES Championships is the next pathway after CDSSA. The top three boys and girls per event, per age group, are eligible to compete at AICES. If your child would like to nominate to compete in the triple jump event at the AICES Athletics Carnival, please send through their verified distance to the PDHPE Department.

### **CIS Athletics Championships**

The CIS Championships is the next pathway after AICES. The top three boys and girls per event, per age group, are eligible to compete at CIS. If your child would like to nominate to compete in the hurdles event at the CIS Athletics Carnival, please send through their verified time to the PDHPE Department by early September.

### **Multi Class Events**

Athletes with a disability can compete at AICES with the first three places at AICES being nominated to compete at CIS. These places will be decided by Athletics NSW. All multi class athletes must have their classification number provided prior to nomination.



## Basketball

### **Basketball Pathways and Opportunities**

#### CDSSA Basketball Trials

Date: 17 February

Venue: PDHPE Department

CDSSA Basketball trialists are selected from school training, with successful players at the trial going on to play for CDSSA at the AICES Championships in either the U15 or Open age groups. Please email the PDHPE Department if your child does not/has not attended any training and you believe they should be eligible for the trial.

### **AICES U15 Basketball Championships**

Date: 28 February

Venue: Hills Basketball Championships

Players who have been selected to play in the U15 Boys and Girls CDSSA Basketball Team will go on to play in the AICES Championships.

### **AICES Open Girls Basketball Championships**

Date: 8 March

Venue:

Once selected into the AICES team, players will go on to play at the CIS Basketball Championships. Selectors will then select 10 girls to represent CIS at NSW All School Basketball Championships which are held early in June.

### **AICES Boys Open Basketball Championships**

Date: 28 February

Once selected into the AICES team, players will go on to play at the CIS Basketball Championships. Selectors will then select 10 boys to represent CIS at NSW All School Basketball Championships which are held early in June.



### **CDSSA Open Basketball Championship**

Date: 17 February

Venue: Bankstown Basketball Stadium, Condell Park

### **CDSSA 15s Basketball**

Date: 24 October

Venue: Bankstown Basketball Stadium

IGS will enter 4 teams into the CDSSA Basketball Championships in age groups U15 Boys, U15 Girls, Open Boys and Open Girls. The winning school teams from both the Opens Boys and Open Girls competition will go on to play at the AICES Schools Basketball Cup the following year. Students must attend training to be eligible to be selected to play in an IGS team at the CDSSA Basketball Championships.





## Cricket

### **Cricket Pathways**

CIS Open Girls Cricket Trials

Nominations Due: 5 February

Date: 18 February

Venue: Action Indoor Sports Mt Kur-ring-gai

The Open Girls pathway is straight to CIS so therefore you must play high level representative or club cricket. Students must be aged 15 years and over to nominate. If selected into the CIS team, players will then go on to play for CIS at the NSW All Schools Opens Championships in early March.

### **CIS Open Boys Cricket Trials**

Nominations Due: 16 February

Date: 28 February

Venue: Blacktown International Sportspark, Eastern Road Rooty Hill NSW 2766

The Open Boys pathway is straight to CIS so therefore you must play high level representative or club cricket. Students must be aged 15 years and over to nominate. If selected into the CIS team, players will then go on to play for CIS at the NSW All Schools Opens Championships in early March.



## Cross Country

Training	When	Venue	Cost	Transport
Cross Country training: morning session Kilometre club	Fridays 7.40am to 8.25am	Wentworth Park	\$100 per term (sign up through Engage).	Walk (meet at the school gate)

### Cross Country Pathways

#### IGS School Cross Country Carnival

Date: 4 April

Venue: Wentworth Park

The IGS School Cross Country Carnival is a compulsory carnival held every year in Term 1. The top 8 in each age group progress to the CDSSA Cross Country Carnival.



#### CDSSA Cross Country

Date: 18 May

Venue: Centennial Park

CDSSA is the first competitive Cross Country Pathway

for the Senior School. The top 10 boys and girls from each age group will then compete at the AICES Cross Country.

#### AICES Cross Country

Date: 1 June

Venue: Sydney Equestrian Centre

ACIES is the next competitive Cross Country Pathway for the Senior School. The top 10 boys and girls from each age group will then compete at the CIS Senior School Cross Country.



#### NSW CIS Cross Country

Date: 8th June

Venue: Eastern Creek Raceway

The top 10 boys and girls from the CIS Senior School Cross

Country will then go on to compete at the NSW All Schools Cross Country which will be held in late July.



### Gym and Fitness

Club	When	Venue	Cost	Transport
Open Gym Lunchtime	Monday, Tuesday, Thursday, Friday	IGS Fitness Facility	Free	N/A

### Soccer and Futsal

Training	When	Venue	Cost	Transport
Wednesday Wentworth Park Soccer	Wednesdays 7.00am to 8.15am	Wentworth Park Dog Track	\$150	N/A



St Andrews Cup IST XI 2022





### **NSW Regional Futsal Competitions**

Each year IGS competes in NSW Regional Futsal Competitions, often in May and June with the venues changing each year. If any IGS team places in the top two at these competitions they automatically qualify for the NSW State Futsal Competition. Teams are selected from trainings.

### **AICES Open Girls and 16yrs Boys**

Date: 11 May

Venue:

Players who have been selected to play in the CDSSA team will play at the AICES Championships.

### **AICES Open Boys and 15yrs Girls**

Date: 11 May

Venue:

Players who have been selected to play in the CDSSA team will play at the AICES Championships.



### **CIS Football Cup**

A knock out competition for senior players, IGS enters a team each year. If they win their match they progress to the second round. Venue and opponent changes each year. This competition takes place through Term 1 and 2.

### **Bill Turner Cup and Bill Turner Trophy**

A knock out competition for U15 players, IGS enters a team each year. If they win their match they progress to the second round. Venue and opponent changes each year. This competition takes place through Term 1 and 2.

### **St Andrews Cup (Valentine Park)**

1st XI Tournament in Term 1 Holiday break



## Netball

Netball Pathways

### **CDSSA Netball Gala Day Team**

Date: 27 March

Venue: Minto Indoor Sports Centre

IGS enters a Junior and Senior Girls team as well as a Senior Mixed team. The winning U15 and Open team at the gala day will then go on to represent CDSSA and IGS at the AICES Schools Championships. The gala day also serves as selection for individual players into the CDSSA U15 and Opens Team. This team then competes at the AICES Championships.

### **AICES U15 Netball Championships**

Date: 3 May

Venue: Netball Central, Homebush

Players who have been selected to play in the CDSSA team compete at the AICES Netball Championship. AICES selectors then select the top 10 players to go on and play for AICES at CIS.

### **AICES Open Netball Championships**

Date: 24 May

Venue: Netball Central, Homebush

Players who have been selected to play in the CDSSA team compete at the AICES Netball Championship. AICES selectors then select the top 10 players to go on and play for AICES at CIS.

## Rugby

### **AICES U16 and Opens Boys Trials**

Nominations 27 April

Date: 4 May

Venue: T.G. Milner Fields

IGS Players with representative experience, and have played at CDSSA have the opportunity to trial for the U16 and Opens Rugby teams. The competition details are found here. To be considered for selection, students must be available for all competition dates.



## Swimming Swimming Carnival Pathways

### **IGS Swimming Carnival**

Date: 15 February

Venue: Ryde Aquatic Centre

The IGS School Swimming Carnival is a compulsory carnival held every year in Term 1. Students are encouraged to participate in as many events as possible as they will receive participation house points for each event. The winning house is announced based on participation points and results from each event. IGS Age Champion medallions will be presented at an assembly after the carnival.

### **CDSSA Swimming Carnival**

Date: 20 March

Venue: Warringah Aquatic Centre

The CDSSA Swimming Carnival is the first swimming pathway following the IGS Swimming Carnival. Each school is guaranteed two swimmers for 50m Freestyle and one swimmer in all other events. If there are spare lanes, swimmers will be allocated based on submitted times.

### **AICES Swimming Championships**

Nominations Due: 22 March

Date: 29 March

Venue: Sydney Olympic Park Aquatic Centre

The AICES Championships is the next pathway after CDSSA. The top three swimmers per event, per age group, from the CDSSA Carnival are eligible to compete at AICES. AICES have some additional events that are not swum at CDSSA and swimmers can nominate to enter those events. If students would like to enter any of the below events, please contact the PDHPE Department with official swim times, place and venue.

- 400IM
- 400m, 800m and 1500m Freestyle
- 100m and 200m Breaststroke
- 100m and 200m Butterfly
- 100m and 200m Backstroke

### **Multi Class Events**

Athletes with a disability can swim at AICES with only the first 3 places at AICES being nominated to CIS. All Multi Class swimmers must have their classification number to compete

### **CIS Swimming Championships**

Date: 1 and 2 May

Venue: Sydney Olympic Park Aquatic Centre

The CIS Championships is our next pathway after AICES. The top three swimmers per event, per age group, are eligible to compete at CIS. There are several events swum at

All Schools that are not swum at CIS which are selected by CIS through a nomination process. Please contact the PDHPE Department with swim times, place and venue of where you competed, should you wish to nominate your child. Nominations close 4 of April.

- 1500m Freestyle
- 800m Freestyle
- 400m Freestyle
- 400m IM

## Tennis

### **CDSSA Tennis Gala Day (School Team Pathway)**

Date: 9 March

Venue: Tennis World North Ryde

The CDSSA Tennis Gala Day is the AICES Pathway with the top male and female team from the CDSSA Championships going onto AICES to play in the AICES Schools Cup. This is a team pathway, not an individual pathway. IGS enters teams in both junior and open categories.

### **AICES Tennis Cup**

Date: 9 March

Venue: Cintra Park, Concord

One male and one female team CDSSA can enter the AICES Tennis Cup. Top male and female team from the CDSSA Championship will progress into AICES.

### **CIS Tennis Cup**

Date: 28 February

Venue: Pymble Ladies College, Pymble

One male and one female team from AICES can enter the CIS Tennis Cup. Top male and female team from the AICES Championship will progress into CIS.

### **AICES U15 Tennis Championship (Individual Pathway)**

Nominations Due: 13 November

Date: Girls November 23, Boys November 24

The AICES U15 Tennis Championships will be open to any tennis player aged 15 years and under that plays a high level of competition Tennis. Interested players must see the PDHPE Office prior to the nomination due date. No late nomination will be accepted.

### **AICES Open Tennis Championships (Individual Pathway)**

Nominations Due: 29 January

Date: Girls 10 February and Boys 11 February

Venue: Cintra Park, Concord

The AICES Open Tennis championships will be open to any tennis players aged 15 years and older, and play competition Tennis. Interested players must see the PDHPE Office prior to 1 February. No late nominations will be accepted.

### **CIS Open Tennis Championships**

Date: 28 February

Venue: Pymble Ladies College, Pymble

Players must compete in the AICES Open Tennis Championships and be placed in the top six for both boys and girls to qualify for the CIS Championships.



## Touch Football

### CDSSA Touch Football Championships

Date: 9 March

(Venue: Heffron Park

The CDSSA Gala Day also serves as trials for CDSSA team selection. They are open to all students in Years 7 to 12. IGS enters teams in the U15 Girls, U16 Boys, Open Boys and Open Girls categories. If selected, they will then play in the CDSSA team at the AICES Championships.)

### AICES Touch Football

Date: 14 March

Players who have been selected to play in the CDSSA team will play at the AICES Championships. The AICES selectors will select an Open Girls team to represent AICES at CIS.

There is no further pathway for Open Boys.





## Volleyball

Training	When	Venue	Cost	Transport
IGS Volleyball Training	Fridays 7am to 8.20am	IGS Hall	\$10 per session (sign up through Engage)	N/A

## Volleyball Pathways

### NSW All Schools U15 Trials

Date: 6 April

Venue: Genea Netball Centre, Olympic Park

Nominations are straight to All Schools. NSW Combined Schools Sports Association will be holding a selection trials for all 15 Years and under. The purpose of these trials is to select the NSW All Schools Team. The All Schools team will compete at the School Sports Australia Volleyball Championships. Nomination selections will be made through training.

### CIS Open Boys

Date: 26 April

Venue: Sydney Grammar School, Darlinghurst Nomination selections will be made through training.





## IGS Sport Code of Conduct

IGS is committed to supporting our students to display the highest level of sportsmanship and respect when competing in all sporting endeavours.

The IGS Sport Code of Conduct is a set of practical guidelines which serves to support our core values of Diversity, Personal Achievement, Connectedness, Vibrancy and Authenticity.

### Respect

*All participants must:*

- Demonstrate the highest level of respect for all participants in all activities. This includes respect for the school, officials, coaches, your team, the opposition, the captain, and spectators.
- Always play in the spirit of the game, abiding by the rules and always respecting the official's final decision in all circumstances.
- Not engage in criticism (sledging) of the opposition, officials, coaches, supporters or a team mate. Retaliation to opposition sledging is not acceptable.
- Not engage in any deliberate acts of violence or serious foul play.
- Not use any foul language in any circumstances.
- Place the interests of your team above your own interests and give your best effort in all circumstances.
- Be punctual to trainings and games.
- Adhere to all dates for completion of transport arrangements & other organisational procedures.

### Uniform

It is the expectation that:

- Full IGS Sports Uniform or specific team uniforms will be worn for all sporting events.
- Students should not expect to take part in an event unless they are in full team uniform.

### Effort and Behaviour

It is the student's responsibility to:

- Ensure they do not fall behind on any class work missed while representing the school.
- See their teacher prior to their sporting event where possible. The student is responsible for making alternate arrangements with their teacher if the event clashes with an assessment.
- Maintain behaviour in class to an acceptable standard to be considered for selection. Students may be excluded from representing the school if their efforts in class are not satisfactory.

*Please note: Any student who does not demonstrate the values outlined in the Code of Conduct will jeopardise future sporting participation. Whilst teams are picked by the respective coaches and selectors the ultimate discretion will remain with the Head of Sport regarding selection of students into teams.*