

HIGH SCHOOL PDHPE, SPORT AND OUTDOOR EDUCATION



Bayady'u budyari First Nations yiyuragu ngurra bamalgu

WE PAY RESPECT TO THE FIRST NATIONS PEOPLE AND THEIR HOMELANDS

como los guardianes fuertes, resilientes e ingeniosos

AS THE STRONG, RESILIENT, AND RESOURCEFUL CUSTODIANS

qui transmettent leurs cultures, leurs histoires et leurs chansons depuis des générations

WHO HAVE PASSED ON THEIR CULTURES, STORIES, AND SONGS FOR GENERATIONS,

一直和国家相连，养育着土地，水和天空

ALWAYS CONNECTED TO COUNTRY AND NURTURING THE LAND, WATERS, AND SKIES.

わたしたちは、ガディガルにけいをひょうじます。

WE PAY OUR RESPECTS TO THE GADIGAL

auf wessen Land sich IGS befindet und wo wir uns bemühen, die Perspektiven zu würdigen

ON WHOSE LANDS IGS STANDS AND WHERE WE STRIVE TO VALUE THE PERSPECTIVES

delle culture più antiche ancor oggi esistenti nel mondo.

OF THE OLDEST SURVIVING CULTURES IN THE WORLD.

Baranyin yagu barribu Aboriginal bimalgu.

YESTERDAY, TODAY, AND TOMORROW, THIS IS ABORIGINAL LAND.



IGS SPORTS HANDBOOK 2024

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 training, 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.

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 SPORTS OPPORTUNITIES

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

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](#) websites.

	IGS SCHOOL	CDSSA	AICES	CIS	NSW ALL SCHOOLS
GALA DAYS Single day competition against other NSW High Schools.	Basketball Cricket Futsal Netball Soccer Tennis Touch Volleyball	Athletics Carnival Cross Country Carnival Swimming Carnival	Athletics Basketball Cross Country Soccer Netball Rugby (Boys) Swimming Tennis Touch Football	AFL Athletics Basketball Cricket Cross Country Soccer Swimming Tennis Touch Football Volleyball	AFL — Selected by CIS officials Athletics Cross Country Swimming Volleyball
TRAINING	Basketball Cricket Cross Country Fitness Futsal Netball Rugby Soccer Tennis Volleyball				
TUESDAY SPORT YEARS 7 & 8	Basketball Futsal Karate Netball OZ Tag Pilates Table Tennis Tennis Volleyball				
EXTERNAL COMPETITIONS Competitions against other NSW High Schools, extending for multiple weeks.	Futsal Soccer Volleyball				

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EVENTS CALENDAR 2024

EVENTS

TERM 1

MONTH	EVENT	WEEK	DATE
February	CDSSA 16s Basketball Championships	3	15 February
	AICES Boys 16s Basketball Championships	3	15 February
	CDSSA Opens Basketball Championships	3	16 February
	AICES Boys Open Basketball Championships	3	16 February
	AICES Girls Tennis	4	19 February
	AICES Boys Tennis	4	20 February
	IGS Swimming Carnival - High School	4	20 February
	CDSSA Touch Football Championships	4	22 February
	AICES Basketball Cup	4	23 February
March	CDSSA Tennis Championships	6	6 March
	AICES Girls Open Basketball Championships	6	6 March
	AICES Touch Football	6	8 March
	CDSSA Swimming Championships	7	12 March
	CDSSA 15s & Opens Netball Championships	9	26 March
April	AICES Swimming	10	5 April

EVENTS

TERM 2

MONTH	EVENT	WEEK	DATE
May	AICES 15s & Opens Hockey	1	1 May
	IGS Cross Country- High School	1	1 May
	AICES 15s Netball	2	6 May
	NSW CIS Swimming	2	6 May
	NSW CIS Swimming	2	7 May
	CDSSA 15s Girls and 16s Boys Football	2	9 May
	CDSSA Open Boys and Open Girls Football	2	10 May
	AICES Open Boys and Open Girls Football	3	15 May
	AICES 15s Girls and 16s Boys Football	3	16 May
	CDSSA Cross Country	3	17 May
	CDSSA Rugby Trials	4	22 May
	AICES Open Netball	4	23 May
	AICES Rugby	5	28 May
	AICES Cross Country	5	30 May
	NSW All Schools Swimming	5	30 & 31 May
June	NSWCIS Football	6	3 & 4 June
	NSWCIS Cross Country	6	6 June
	IGS Athletics Carnival - High School	7	14 June
	AICES Schools Netball Cup	8	17 June

EVENTS

TERM 3

MONTH	EVENT	WEEK	DATE
July	NSWAS Cross Country	1	26 July
August	AICES Schools Rugby Cup	3	7 August
	CDSSA Athletics	5	22 August
	CDSSA Volleyball	6	30 August
September	AICES Athletics	8	10 September
	NSWCIS Athletics	10	24 September

EVENTS

TERM 4

MONTH	EVENT	WEEK	DATE
November	AICES 15's Boys Tennis	4	7 November
	AICES 15s Girls Tennis	4	8 November
	CDSSA Ultimate Frisbee Championships	6	18 November

AFL

Pathways and Opportunities

CIS U15 BOYS AND GIRLS TRIALS

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

NOMINATIONS DUE

1 May

DATE

8 May

COST

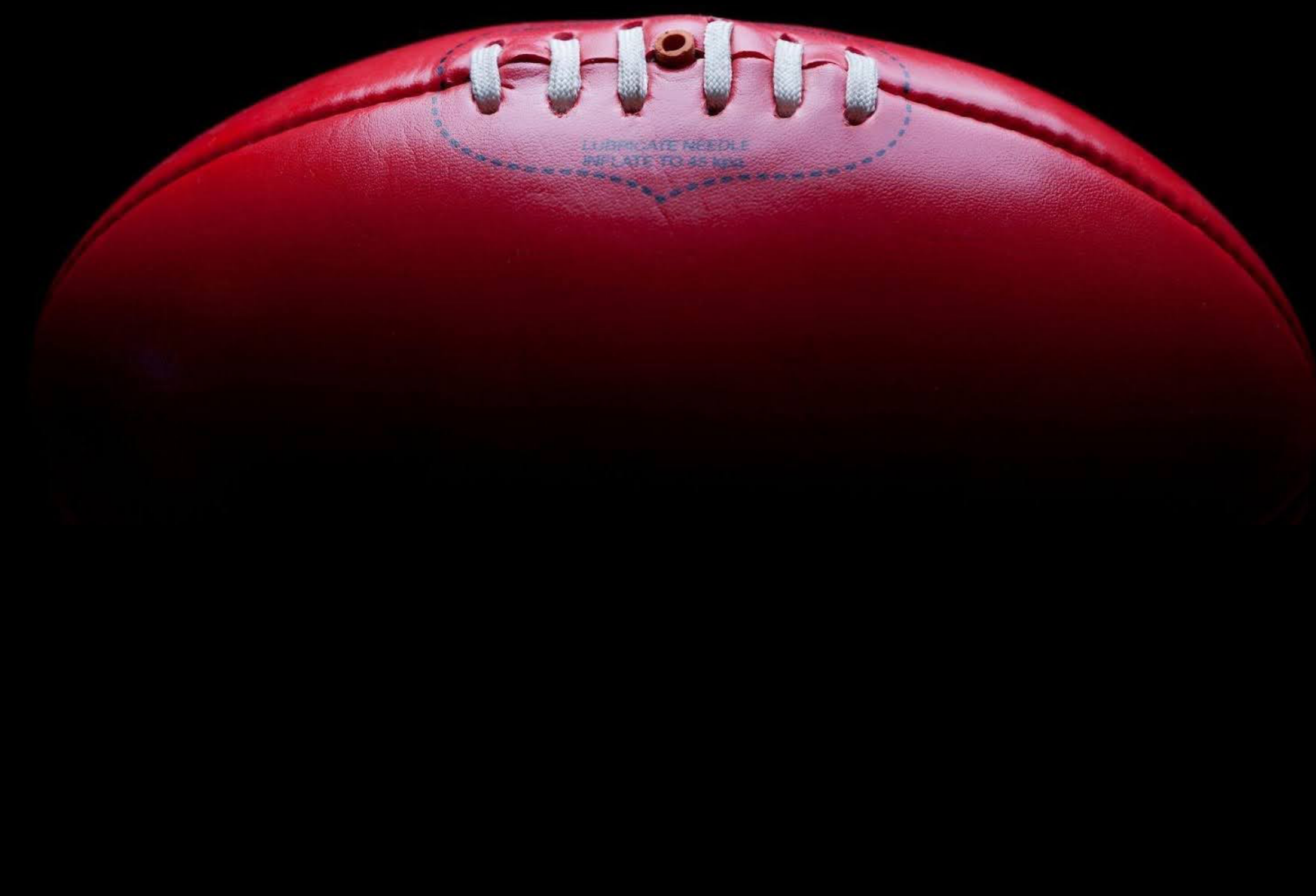
N/A

VENUE

Blacktown International Sports Park

TRAVEL

Make your own way



ATHLETICS

Pathways and Opportunities

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.



DATE

14 June

COST

N/A

VENUE

ES Marks Athletics Field

TRAVEL

Provided by the school

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).

DATE

22 August

COST

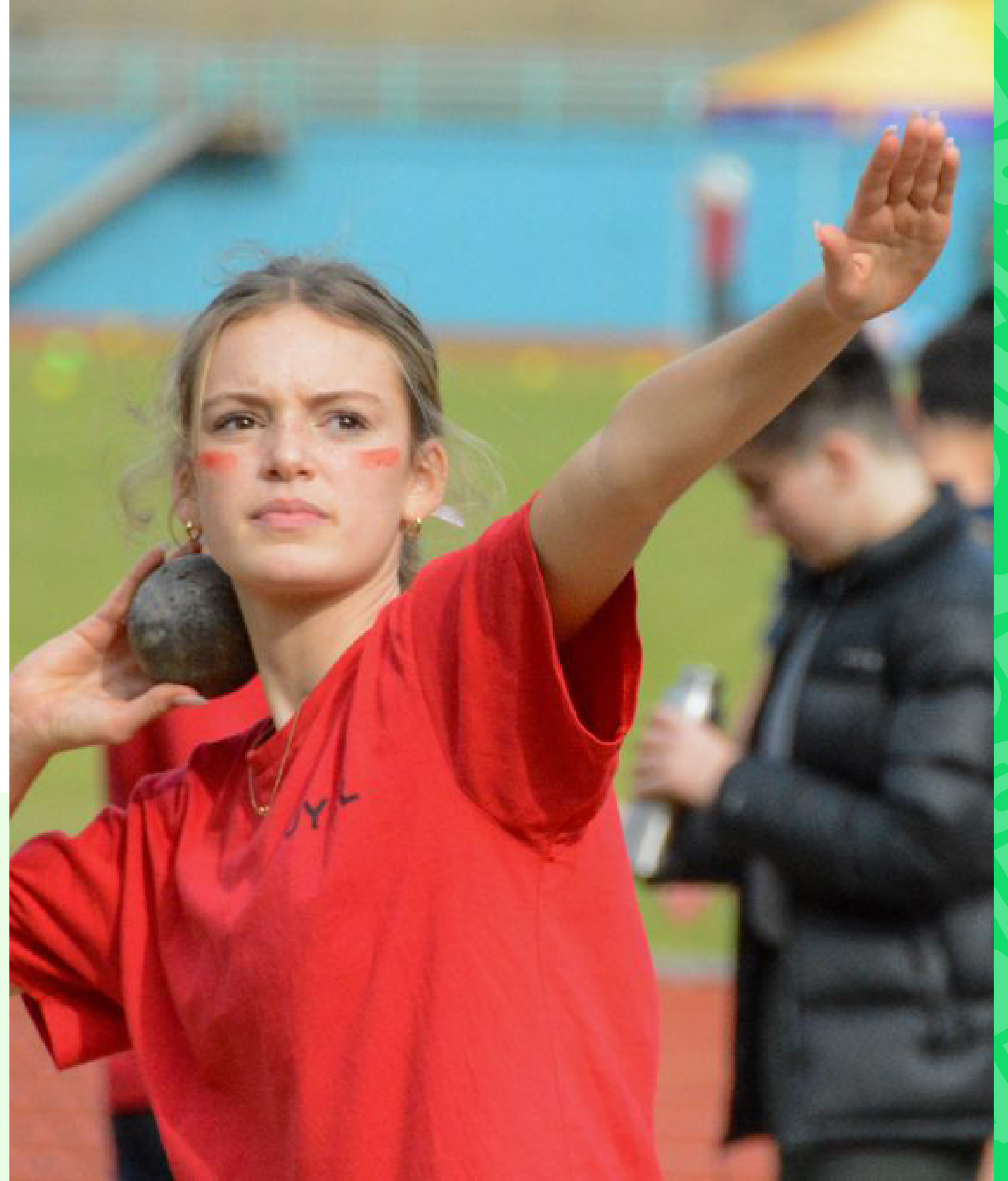
N/A

VENUE

ES Marks Athletics Field

TRAVEL

Provided by the school



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.



DATE

10 September

COST

N/A

VENUE

Sydney Olympic Park
Athletics Stadium

TRAVEL

Provided by the school

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.



DATE

24 September

COST

N/A

VENUE

Sydney Olympic Park
Athletics Stadium

TRAVEL

Provided by the school

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

Pathways and Opportunities

CDSSA BASKETBALL TRIALS

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.

DATE

15 & 16 February

VENUE

Hills Basketball Stadium



AICES U16 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.



DATE

29 February

VENUE

Hills Basketball Stadium

AICES OPEN BASKETBALL CHAMPIONSHIPS

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.



GIRLS

DATE

6 March

VENUE

Hills Basketball Stadium

BOYS

DATE

28 February

VENUE

Hills Basketball Stadium

CDSSA 15s & OPEN BASKETBALL CHAMPIONSHIP

IGS will enter teams into the CDSSA Basketball Championships. The winning school teams from both the Open 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.

DATE

15 February
15s Championship

16 February
Open Championship

VENUE

Hills Basketball Stadium



CRICKET

Pathways and Opportunities

CIS OPEN CRICKET TRIALS

The Open Cricket 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.



GIRLS

NOMINATIONS DUE

19 November

DATE

26 November

VENUE

Norm O'Neill Cricket Centre

BOYS

NOMINATIONS DUE

20 November

DATE

27 November

VENUE

Norm O'Neill Cricket Centre

CROSS COUNTRY

Pathways and Opportunities

IGS SCHOOL CROSS COUNTRY CARNIVAL

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.

DATE

1 May

VENUE

Wentworth Park



CDSSA CROSS COUNTRY

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.

DATE

17 May

VENUE

Centennial Park



AICES CROSS COUNTRY

AICES 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.

DATE

30 May

VENUE

Sydney Equestrian Centre



NSW CIS CROSS COUNTRY

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.

DATE

6 June

VENUE

Eastern Creek Raceway



SOCCKER & FUTSAL

Pathways and Opportunities

WEDNESDAY WENTWORTH PARK SOCCER

WHEN

Wednesdays
7.00am - 8.00am

COST

\$150

VENUE

Wentworth Park Dog Track

TRAVEL

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 15YRS GIRLS AND 16YRS BOYS

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

DATE

11 May

VENUE

Valentine Sports Park



AICES OPEN BOYS AND OPEN GIRLS

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

DATE

12 May

VENUE

Valentine Sports Park



EXTRA COMPETITIONS



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 SPORTS PARK)

1st XI Tournament in Term 1 Holiday break

NETBALL

Pathways and Opportunities

CDSSA NETBALL GALA DAY TEAM

IGS enters a Junior and Senior Girls 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.

DATE

26 March

VENUE

Minto Indoor Sports Centre



AICES U15 & OPEN NETBALL CHAMPIONSHIPS

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.



DATE

2 May
AICES U15 Netball Championships

24 May
AICES Open Netball Championships

VENUE

Netball Central, Olympic Park

RUGBY

Pathways and Opportunities

AICES U16 AND OPENS BOYS TRIALS

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.

DATE

28 May

VENUE

T.G. Milner Fields



SWIMMING

Pathways and Opportunities

IGS SWIMMING CARNIVAL

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.

DATE

20 February

VENUE

Ryde Aquatic Centre



CDSSA SWIMMING CARNIVAL

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.



DATE

12 March

VENUE

Warringah Aquatic Centre

AICES SWIMMING CHAMPIONSHIPS

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



NOMINATIONS DUE

22 March

DATE

5 April

VENUE

Sydney Olympic Park
Aquatic Centre

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

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 on 4 of April.

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



DATE

1 and 2 May

VENUE

Sydney Olympic Park
Aquatic Centre

TENNIS

Pathways and Opportunities

CDSSA TENNIS GALA DAY

School Team Pathway

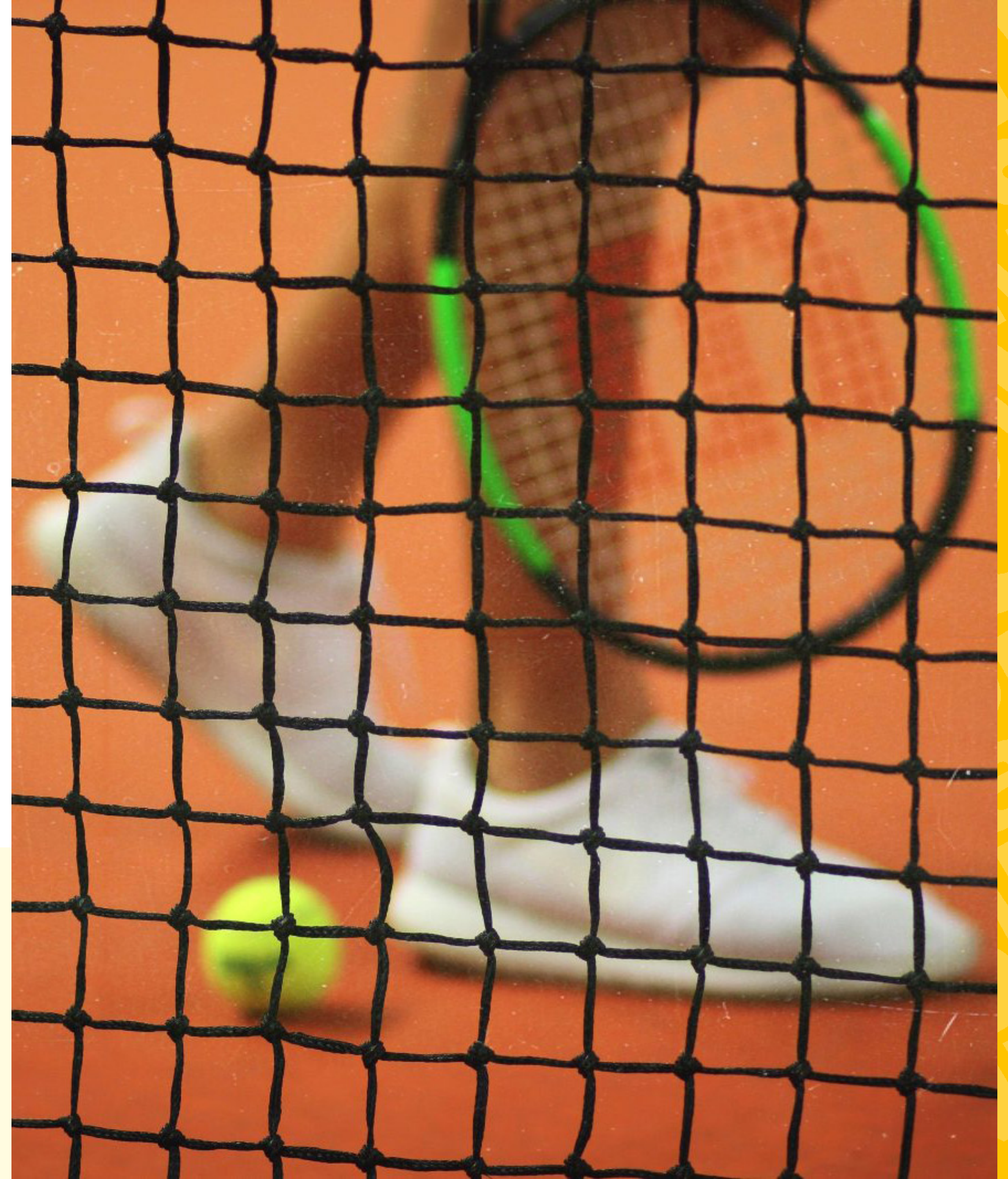
The CDSSA Tennis Gala Day is the AICES Pathway with the top male and female team from the CDSSA Championships going onto AICES to play in the AICES Schools Cup. This is a team pathway, not an individual pathway. IGS enters teams in both junior and open categories.

DATE

6 March

VENUE

Tennis World North Ryde



AICES TENNIS CUP

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.

DATE

19 March

VENUE

TBC



CIS TENNIS CUP

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.

DATE

27 February

VENUE

The Kings School



AICES OPEN TENNIS CHAMPIONSHIPS



Individual Pathway

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.

GIRLS

NOMINATION DUE

8 March

DATE

19 February

VENUE

The Kings School

BOYS

NOMINATION DUE

8 March

DATE

20 February

VENUE

The Kings School

CIS OPEN TENNIS CHAMPIONSHIPS

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.



DATE

27 February

VENUE

The Kings School

TOUCH FOOTBALL

Pathways and Opportunities

CDSSA TOUCH FOOTBALL CHAMPIONSHIPS

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.



DATE

22 February

VENUE

David Phillips Park

AICES TOUCH FOOTBALL

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.

DATE

8 March



VOLLEYBALL

Pathways and Opportunities

CDSSA VOLLEYBALL CHAMPIONSHIPS

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 Junior Boys & Girls and Open Boys & Girls categories. If selected, they will then play in the CDSSA team at the AICES Championships.

DATE

30 August

VENUE

TBC



NSW ALL SCHOOLS U15 TRIALS

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.



DATE
3 April

VENUE
Genea Netball Centre,
Olympic Park

CIS OPEN BOYS

Nomination selections will be made through training.



DATE

22 March

VENUE

Sydney Grammar School,
Darlinghurst

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

* **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.

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.



For information about the program,
please contact Walid Baghdadi.

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