

Dear Parent/Carer,

The school's sports program is held each **Wednesday** afternoon for Years 7 to 11. The program offers a variety of sport and recreational choices. Students can select a **Grade Sport** where they compete against other schools in the St George SSSA Zone **or** a **Recreational sport**.

### WINTER GRADE SPORT COMPETITION

Winter Grade	Home venue	Cost for the Summer Season
Basketball	CGHS COLA	<b>\$45 (Years 7-11)</b> To be paid at Office A within the first 4 weeks after the season has commenced.
Netball	Croydon Park Netball Courts, Brighton St Croydon Park	
Soccer	Lees Park, Ashbury or Croydon Park	
Table Tennis	CGHS Canteen Area	
Volleyball	CGHS COLA/MPC	

**Game draws** are posted on the **Sports Notice Board** before each round, usually each Monday.

**Competitor Schools:** Beverly Hills Girls, Blakehurst High, Kingsgrove High, Kingsgrove North, Kogarah High, Moorefield Girls, Peakhurst High, Penshurst Girls and St George Christian School.

**Grade Venues:** Home venues are indicated in the table above.

**Travel:** Students walk to home venues or take a school organised bus to the competitor venue.

**Grade times:** Grade Sport played at our home venues may finish as early as 2.00- 2.30pm and students can be dismissed from the home venue directly. If a student would like permission to be dismissed from the home venue at the conclusion of the game and make their own way home, a note is required from a parent/carers (overleaf). **Permission to leave competitor (away) venues is not permissible**, students must return to school with their team coach on the bus. The bus does make a stop at **Canterbury Station** where students may alight.

### WINTER RECREATIONAL SPORT

Recreational Sport	Years	Venue	Costs per session
Rotational Sport	7	Lees Park Cnr Hay St and Harmony St Ashbury OR Canterbury Girls High School oval	Free
Badminton	11	Canterbury Girls High School	\$2
Ice Skating	10-11	Canterbury Olympic Ice Rink Phillips Ave, Canterbury	\$10 CARD ONLY (supervised -no lessons)
Dance Company	8-11	Canterbury Girls High School - Cantabrian Hall	Fee will be advised
Gym at School	10	Canterbury Girls High School Playfair Gym	\$4
Power Walking	8-11	Lees Park/Croydon Park/Ewen Park	Free
Tennis Lessons	9-10	Lees Park Tennis Courts Cnr Hay St and Harmony St Ashbury	Fee will be advised (professional instructor)
Pilates	9-10	Canterbury Girls High School or St Paul's Church Hall-Church St Canterbury	\$10 (\$2 extra for mat hire) (professional instructor)
Yoga (2 separate groups)	9, 11	Canterbury Girls High School	Free
Fitness/Dance Activities	7-8	Canterbury Girls High School	Free
Boxercise	10-11	Canterbury Girls High School	Free
Gardening	7-8	Canterbury Girls High School grounds	Purchase own gardening gloves

*Activities may be subject to availability and depend on external providers as well as student numbers/interest.*

**Recreational Transport:** Students walk to and from the venue. Dismissal time from school based sport programs is **2.47pm**. Students at venues away from the school are dismissed at **2.30pm** to accommodate for any student that needs to walk back to the school for a 2.47pm dismissal. If a student would like permission to be dismissed directly from the venue at the conclusion of the sport to make their own way home, a note is required from a parent/carers (below).

**Uniform:** All students are required to wear full school sports uniform and appropriate sport footwear. Some sports require safety equipment, which students will need to provide themselves. Students need sun protection and water for sport. Students who do not wear full school sports uniform will be unable to participate in sport and will be sent to Sport Theory until 3.10pm.

**Sportsmanship:** All students are to always display good manners and good sportsmanship. Unacceptable behaviour/attire may result in permission to attend being withdrawn and the cost of sport will still apply.

### PARENT/CARER CONSENT FORM

By signing this consent form, I acknowledge that I have read all the conditions, I accept the **costs** and arrangements for sport and give permission for the student below to participate in the sport program indicated below for the full duration of the Winter Sport period. I grant permission for the teacher in charge to seek medical assistance should it be necessary.

<b>Student Name</b>	
<b>Year</b>	
<b>Sport Choice</b>	
<b>Permission To Be Dismissed From The Home Venue</b>  <b>Tick the appropriate box</b>	<input type="checkbox"/> <b>Yes</b> , I give permission for this student to be dismissed from the home venue at the conclusion of the sporting activity and make their own way home. <i><b>For Grade sports</b> dismissal is only for the HOME VENUE - not from competitor venues. The bus does make a stop at Canterbury station where students can alight if permission for dismissal has been granted by ticking this box.</i> <i><b>Power Walkers</b> must return to school for dismissal, there is no early dismissal from the park.</i>
	<input type="checkbox"/> <b>No</b> I require this student to return to Canterbury Girls High School and remain in the allocated classroom to be supervised until <b>2.47 pm</b>
<b>Student Medical Conditions</b>	
<b>Print Parent/carer name</b>	
<b>Parent/carer signature</b>	<b>Date:</b>

### ICE SKATING ONLY Important Safety information

Parents/carers that consent to the student above participating in Ice skating acknowledge the conditions of entry and the activities undertaken by referring to the venue website and by completing the waiver form provided by the sports coordinators on behalf of Canterbury Olympic Ice-Rink. <https://www.canterburyolympicicerink.org.au/> **Condition of entry is that all skaters skate at their own risk.**

-With ice skating, skaters may fall over from time to time. Whilst most falls are harmless, there is always the possibility that a fall may result in an injury. Skaters should wear protective helmets, available at the ice rink. Skaters are also encouraged to wear RollerBlading elbow, knee pads and wrist guards to minimize injury.