



## TAS Summer Co-Curricular Information Term 1 2024

### Sports Choices Years K-5

Ball Skills	Basketball	Cricket
Gymnastics	Indoor Hockey	Tennis

### Sports Choices Years 6-12

Basketball	Cricket	Futsal	Golf*	Music Ensembles*
Pilates	Senior School Musical*	Shooting*	Strength and Conditioning*	Swimming
Tennis	Volleyball*			

*\* Indicates these activities have limited numbers or specific entry requirements*

### TAS Weights Room

Students Years 6-12 can access the weights room (in addition to their sport choice, not in place of a choice) to help improve Health, Fitness, Strength & Conditioning. The Weights Room is open Monday - Thursday afternoons 3.45-5.15pm and Tuesday - Friday mornings 6.00-7.30am.

### Co-Curricular Fees

All TAS Co-curricular activities will incur fees for each student. These costs are levied at the end of each term and placed onto accounts. Please note there will be additional entry fees for specific events and activities. MICs will outline these costs when event/competition information is distributed.

### NSW Government Active Kids Vouchers

The Active Kids program provides two \$50 vouchers for families each year. You may apply for a voucher in January and July of each year. Not all sports are able to use your Active Kids Vouchers - please check in the information below for those sports applicable. To apply, or for more information regarding these vouchers please go to: <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

### Student Illness

Students who are absent from school, with an illness, will not be available to play sports that day or in the case of being off school on a Friday that student will not be available to play on the weekend.

## **JUNIOR SCHOOL Co-Curricular Activity Information Years K-5**

For all Junior School Sports information, please contact

Mrs Christine Wright, Junior School Sports Coordinator, at [cwright@as.edu.au](mailto:cwright@as.edu.au).

Any applications for exemptions from sport must be directed to both Mrs Wright and Mr Chittenden.

### **Ball Skills Years K-2 Only**

Ball Skills will be based around the skills required for games such as tennis, cricket, basketball, and netball. Children will participate in the Monday afternoon training session at TAS. There are no costs associated with Ball Skills.

### **Basketball Years 3-5**

Students in Years 2-5 will have the opportunity to play in a Primary School Competition. Competition games are held at 'The Den', Armidale Secondary College. Costs include registration, insurance, competition, court fees, umpiring and a singlet (provided each week). Families are able to use the Active Kids voucher during the registration process. All equipment is supplied. A TAS minibus will transport players to the games each Monday. Parents must collect their children from the Den at 5pm. There will be NO return bus. Costs for Junior School basketball will be approximately \$150 per term.

### **Cricket Years 3-5**

Students in Years 3 to 4 will have the opportunity to play in an Under 11 Cricket team (numbers will dictate our ability to enter a team in the local competition).

TAS Junior Cricket commitments include attendance at one weekly after-school training sessions, and one game each Saturday. Junior games will be played on Saturday mornings, between 9am and 12pm and are played throughout the Armidale district. Registration costs cover player insurance, equipment, ground, and umpire fees, and will be approximately \$150 for all junior players.

### **Gymnastics Years K-5**

Gymnastics is held at the Armidale City Gymnastic Club. Sessions are run by qualified Level 1 coaches provided by Armidale Gymnastics Club. Children will travel by bus to and from the gym with staff members supervising all sessions and travel. Children may be collected at 4:45pm from the gym. Costs for gymnastics will be approximately \$100 per term.

### **Indoor Hockey Years 3-5**

This is a mixed comp with games occurring on Friday afternoons at either TAS gym or 'The Den' Armidale Secondary College between the hours of 4-6pm. It is not necessary to have played outdoor hockey to play the indoor game. The pace of the game makes it very attractive and keeps the participants focused the whole game. Costs depend on venue and transportation, to be confirmed at the start of the season.

### **Tennis Years K-5**

Students will participate in tennis coaching by Brandon Burey each week. Brandon ensures students have an enjoyable experience by offering small group sessions in a positive and fun based environment. The approximate cost for tennis will be \$100 per term for all Junior School players.

## MIDDLE & SENIOR SCHOOLS

### Co-Curricular Activity Information Years 6-12

All students may select one of the following only

#### Basketball

**MIC: Mr. Huon Barrett** [hbarrett@as.edu.au](mailto:hbarrett@as.edu.au)

Basketball this season will involve one training session per week and playing in an afternoon or evening competition during the week. Armidale Basketball Association runs competitions in which all our teams will compete. Competitions will be divided into Seniors (Year 11/12) and Juniors (Years 7-10) - Years 3-6 will also play in a Junior School Competition. Competition games are held at 'The Den' at Armidale Secondary College.

**Years 3-6:** play on Monday afternoon between 4.00-6.00pm

**Years 7-10:** Boys play on Tuesday evening between 4.00-8.30pm

**Years 11-12:** Boys play on Monday evening between 6.00-9.00pm

**Girls:** play on Tuesday evening between 4.00-8.30pm

A school minibus will operate to transport players to and from the venue & games run for 45 minutes (20 min halves).

Registration, insurance, competition, court fees, umpiring fees and singlet hire will be approx. \$150 per term. Families are able to use the Active Kids voucher during the registration process. All equipment is supplied.

Students are required to wear TAS Navy shorts, white socks and a TAS singlet will be provided each week.

#### Cricket

**Contact: Mr Harry Dobson** [hdobson@as.edu.au](mailto:hdobson@as.edu.au)

The Cricket program at TAS looks to support those students who are passionate cricketers and are keen to improve their cricket skills in a friendly and competitive environment, whilst upholding the "spirit" of Cricket.

The Armidale School Cricket commitments include attendance at two weekly after-school training sessions, and one game each week. Junior games will be played on Saturday mornings, between 9am and 12pm, while Senior fixtures begin after lunch and are played through the afternoon. Registration costs cover player insurance, equipment, ground, and umpire fees, and will be approximately \$150 for junior players, and \$200 for seniors (opens).

'Team Kits' are provided to all teams but equipment is limited and essentially provided to support those players who are yet to purchase their own equipment. It is also expected that players bring their own practice ball to training and their own box. TAS Cricket provides the opportunity to represent the School in the Wiburd Shield in 2023-24 for students up to Year 10. Selection for this team is based upon students choosing to play for TAS in the weekly Armidale District Cricket Association competition as well as commitment, ability and attitude toward training. There will be additional costs for travel, meals and accommodation for this competition.

## Futsal

Contact: [dcc@as.edu.au](mailto:dcc@as.edu.au)

### **Futsal is open to GIRLS ONLY in Years 7-12.**

This season Futsal will involve one training per week and each team will play in a mid-week competition game. It is expected that games will take place at PLC after school between 4.00pm and 6.00pm. A school minibus will operate to transport players to and from the venue. The approximate cost of Futsal for the season will be \$80 per term. This includes hire of uniform, equipment, registration, and court hire.

Seniors - Years 10-11 Tuesday Games

Juniors - Years 7-9 Wednesday Games

## Golf

Contact: [dcc@as.edu.au](mailto:dcc@as.edu.au)

### **Golf is only open to students currently in Years 11 and 12**

Golf this season will involve one training per week (at TAS or Doody Park) and Thursday afternoon at the Armidale Golf Club 4.00-6.00pm. Students are required to have their own clubs and equipment, the focus of the sport will be on technique, skills, etiquette, scoring and the rules of golf. Numbers are limited and students will be eligible based on their ability and potential. The cost for the season is approximately \$180 which includes junior membership and green fees.

## Music Ensembles

Contact: [lroobol@as.edu.au](mailto:lroobol@as.edu.au)

### **Music Ensembles are open to students currently in Years 6-12.**

Students who are engaging in music as a co-curricular activity would need to be involved in a **minimum of two ensembles a week e.g. 2+ sessions per week, for the duration of the term**, which may include several performances each term. Individual practice and/or lessons do not contribute to this co-curricular activity.

**Ensembles include:** Senior Concert Band, Camerata, Senior Jazz Combo, Contemporary Bands and Choirs.

Students are reminded that they are required to take part in at least one TAS sport during the course of the year (Summer or Winter in addition to their Music Ensembles).

## Pilates

Contact: [dcc@as.edu.au](mailto:dcc@as.edu.au)

### **Pilates classes are open to students currently in Years 11 and 12.**

Students would be expected to attend Pilates classes TWO times per week. Pilates is a form of low-impact exercises that aims to improve postural alignment and flexibility whilst strengthening muscles. Pilates classes will be held twice a week on Tuesday and Thursday afternoon for one hour per session 3.45-4.45pm.

Pilates classes will provide students with variety and a range of skills they can use for the rest of their life. The approximate cost for Pilates will be \$150 per term.

## Senior School TAS Production “Chicago”

The TAS Production is open to all students in Years 9 - 12 in Term 1, 2024 and is an activity that welcomes both brand-new faces to the stage and passionate performers. As well as developing skills in acting, dance, and singing, it is a collaborative and fun experience that is for many the highlight of their school experience. TAS will be staging “Chicago”, a blockbuster musical with an iconic soundtrack, striking choreography, and a host of amazing and daring characters that will be a blast to perform.

Roles in the production are broken into ‘Leads’, ‘Supporting’, and ‘Ensemble’, with those roles ordered in size of commitment. Students must commit to the rehearsal schedule to be involved in the production, which may mean prioritising the show over other commitments. The rehearsal schedule is generally as follows (full rehearsal schedule sent as part of the audition pack):

- Tuesday & Thursday - Leads, Supporting, and select Ensemble
- Wednesday - Featured Dancers (and select Leads)
- Sunday - Full cast

Students interested in Lead roles should choose TAS Production as their full-time co-curricular activity for Summer. Anyone can choose TAS Production as their full-time co-curricular activity - if not a lead they will be expected to attend the featured dance rehearsals to ensure their involvement is equal to a full-time activity.

Participation is not limited to the stage - key student leadership roles of Assistant Director(s), Choreographer(s), Assistant Technical Director, and Stage Manager are essential to the success of the project. Students can also have full involvement in the show by being part of the band or as part of the technical and stage team (often, but not always, members of the Technical Production Team). In all of these roles students can select TAS Production as their full-time co-curricular activity for Summer.

Timeline of the 2024 TAS Production:

- End Term 3, 2023 - Student Leadership interviews and appointment
- Start Term 4, 2023 - Auditions
- Term 4 2023, Term 1 2024 - rehearsals
- End Term 1 2024 Holiday - Production Camp (students **must** attend)
- Performances 3, 4, 7 (Boarding Performance), 10, 11 May 2024

### Shooting

MIC: Mr David Lawrence

[dlawrenc@as.edu.au](mailto:dlawrenc@as.edu.au)

The TAS Rifle Club shooting program this summer will include Clay Target Shooting (Shotgun) at the Guyra Gun Club as well as Smallbore (.22 LR) target rifle shooting conducted two afternoons per week. We will also be conducting Fullbore (.308 win and .223 rem) target rifle practice at Wollomombi and various prize shoots throughout northern NSW and southern Queensland. **Numbers will be limited in Clay Target Shooting.**

**The opportunity to be a part of the TAS Rifle Club is open to students from Year 9 with younger students by application directly to Mr. Lawrence.**

The Smallbore shooting program is focused on developing competent shooters, providing a positive lead into the Fullbore shooting season. The highlight of this is the prestigious AAGPS Fullbore Shooting Premiership held in Sydney in July each year. If you require further information, please contact Mr. Lawrence by email.

Competition cost will vary depending on location and entry fee. Other costs to be confirmed but as a guide:

*Smallbore \$ 60.00 per term*

*Fullbore training \$40.00 per training session*

*Clay Target Shooting \$45.00 per session.*

Students doing Clay Target shooting are required to become members of the ACTA (Australian Clay Target Association).

## Strength & Conditioning Classes

Contact: Mr Ben Cook [bcook@as.edu.au](mailto:bcook@as.edu.au)

**S & C classes are open to students currently in Years Years 11-12.**

Students would be expected to attend TWO sessions per week. Classes may include **High-Intensity Interval Training Classes** (a great way to improve cardio-vascular endurance, anaerobic capacity and mobility), or **lifting techniques and training**, a great way to improve power and strength. The estimated cost for the season will be \$100 per term.

The sessions will take place on Tuesday and Thursday afternoons from 3.45-4.45pm

## Swimming

Contact: [dcc@as.edu.au](mailto:dcc@as.edu.au)

Swimming provides students with the opportunity to train in squads through the James Harwood Swim School at TAS. Students must be competent swimmers and be prepared to swim for an hour (this is NOT a learn to swim program). Students will be grouped into ability levels and set sessions to complete under a trained swim coach.

Students are required to have TAS swimmers, goggles and a towel. Fees for swimming will be approximately \$150 per term.

## Tennis

MIC: Mr Christian Nexo [cnexo@as.edu.au](mailto:cnexo@as.edu.au)

Tennis this season will involve students participating TWO afternoons per week (Tuesday, Wednesday, or Thursday) in a school-based competition. Students from Junior School up to year 12 will receive a group lesson from Mr. Brandon Burey as part of their school-based competition. In addition to the scheduled sessions students are invited to arrange private lessons with Mr. Brandon Burey should you wish to do so – these lessons can be held at TAS. Tennis fees will be approximately \$150 per term, with private lessons at an additional cost. In Term 1 there will be an opportunity to participate in the NCIS competition held in Grafton for selected players.

## Volleyball

MIC: Mr Stephen Thompson [sthomps1@as.edu.au](mailto:sthomps1@as.edu.au)

This Season, Volleyball is open to all students in Year 7 to 12. This will be the first season that years 7 and 8 are eligible to play. All players will be placed into teams with a range of divisions in the Armidale competition on offer.

Game times for the senior students (Years 10-12) will be Monday evening at Sports UNE and dependent on the competition organisers (UNE Volleyball). A new Junior competition (years 7-9) will be starting this summer and will be held Thursday evenings at Sports UNE. TAS volleyball caters for all students from beginners to advanced with the possibility next year of selection and representation in Regional and State squads. Transport will be offered for all players on a TAS minibus, with students able to organise their own way with permission. There will be two training sessions per week, times to be confirmed. Fees for Volleyball are approximately \$140 per season, with additional costs for weekend competitions and NCIS games.