



SENIOR SCHOOL SPORTS UPDATE

Athletics Carnival

I would like to extend a heartfelt thanks to everyone who participated in our recent Senior School Athletics Carnival. It was an incredible day filled with sportsmanship, talent, and enthusiastic support from all involved.

The spirit of healthy competition was evident throughout the day as students cheered for their peers, offering words of encouragement and displaying outstanding sportsmanship.

The Athletics Carnival featured a wide range of track and field events that highlighted the diverse talents of our students. From thrilling sprints and nail-biting teacher races to impressive long jumps, high jumps, shot put, and discus throws, each event showcased the dedication and hard work of our athletes.

Not only did students compete individually, but they also represented their respective houses in the house competitions. A special mention goes to the Lewis House that emerged victorious at the end of the day, earning the coveted Athletics Carnival trophy.

I would like to congratulate all participants for their outstanding efforts. Whether you achieved a personal best, set a new record, or simply enjoyed the experience of being part of a team, your commitment and perseverance were truly inspiring.



In particular, I would like to highlight the achievements of the below students:

Athletics Champion Of Champion Female: Emilija P

Athletics Champion Of Champion Male: Jonathan V

Athletics Age Champions

12 Years: Alana M, Christian M

13 Years: Sara E, Ryder W

14 Years: Liliana C, Silas T

15 Years: Hannah T, Matthew M

16 Years: Mia T, Daniel M

17 Years+: Zoe G, Jake H

Athletics 2023 Record Breakers

Track Events

800 Meter Run

2:49.59 Christian Mi - Lewis

2:55.72 Ella W - Liddell

2:52.40 Joshua F- Lewis

1500 Meter Run

6:03.37 Zac F - Wilberforce

6:14.83 Ella W - Liddell

5:30.58 Charlie K - Lewis

6:08.06 Brodie V - Wilberforce

5:24.01 Levi G - Carmichael

8:54.68 Zoe G- Liddell

Field Events

High Jump 1.77m Alistair N - Liddell

Long Jump 5.91m Luke M- Wilberforce

Discus Throw 33.20m Matthew M - Wilberforce

Discus Throw 33.86m Jake H- Wilberforce

Javelin Throw 9.24m Alana M - Lewis

Javelin Throw 21.62m Sara E - Carmichael

Shot Put 8.40m Jonah I - Liddell

MISA Players of the Term

MISA has been a tough competition and we are proud of what we have achieved as a College. In particular we want to congratulate the following students who have been named the MISA Player of the Term.

Basketball Girls - Ashleigh K

Basketball Boys - Cody N

Volleyball Div 1 Girls - Seraphina T

Volleyball Div 1 Boys - Elijah W

Volleyball Div 2 Girls - Antonia A

Volleyball Div 2 Boys - Liam T

Softball Boys - Rylan M

Cricket Girls - Arya K

OzTag Girls - Jessica M

AICES Football Gala Day

Our football players have also been very busy in the Bill Turner Cup, CIS Cup and AICES Football Gala Days. They have had some highs and lows but impressively our U15s boys have made it to Round Three of the Bill Turner Cup, we are really looking forward to seeing how they shape up against Freeman College!

We want to congratulate Maksim N, Levi G, Connor G and Zoe G for all being selected into the AICES Team and will go on to compete at the CIS Football Gala Day.



Upcoming Sporting Events

Week 5	Wednesday 24th May	AICES Opens Netball
	Thursday 25th May	NASSA Cross Country Carnival
Week 6	Monday 29th and Tuesday 30th May	CIS Senior Football Gala Day

Upcoming Sporting Events		
	Thursday 1st June	CSSA Gymnastics
Week 8	Wednesday 14th June	U14s Boys and Girls Futsal Gala Day
	Thursday 15th June	U16s Boys and Girls Futsal Gala Day
	Friday 16th June	Opens Boys and Girls Futsal Gala Day

Mrs Irene Focas

Sports Coordinator - Senior School