



# THE WAY

## Senior School SPORTS UPDATE



### SENIOR SCHOOL SPORTS UPDATE

#### [CIS Girls Football Plate Cup - Semi Final - A fantastic Achievement from our Girls Team](#)

Our Senior Girls Football Team recently competed in the CIS Semi-Final, capping off a remarkable season with a hard-fought match against Arndell Anglican College. While the result didn't go our way, the girls showed incredible determination, teamwork, and sportsmanship right to the final whistle.



**Out of 16 schools in the competition, our team proudly finished in the top 4** – a tremendous achievement. Their journey to the semi-finals was filled with impressive wins, strong leadership on the field and a true sense of unity.

We are incredibly proud of how the team represented the College throughout the tournament, making Thomas Hassall History. Their efforts have set a strong foundation for future teams and have inspired many younger players coming through the program.

Congratulations to the girls and coaching staff on a fantastic season and thank you to everyone who supported the team along the way.

### **CIS Boys Football Cup Semi-Final – A Remarkable Season Comes to a Close**

Our Senior Boys Football Team took to the field for the CIS Football Cup Semi-Final on Wednesday, coming up against Central Coast Sports College. It was a thrilling and competitive match that unfortunately didn't fall in our favour. Despite a valiant effort and moments of brilliance throughout the game, the team narrowly missed out on a spot in the final.



While the loss was disappointing, the boys can hold their heads high. Out of 61 schools across NSW, our team finished in the top 3, an outstanding achievement that reflects their hard work and exceptional skill throughout the competition.

From the early rounds right through to the semi-finals, the team consistently demonstrated unity, determination and pride in representing the College. They've made Thomas Hassall History by making it this far and have set a high standard for future teams to follow, and their success this season will be remembered.

A huge thank you to Coach Sonny, Coach Goran and the supporters who contributed to such a memorable campaign – we are incredibly proud of you all!

### Outstanding Results at CSSA State Gymnastics Competition – Congratulations Isabella and Amelia!

We are thrilled to celebrate the achievements of two of our talented students, Isabella and Amelia, who recently represented the College at the NSW CSSA Gymnastics Competition.



Both girls demonstrated incredible skill, focus, and dedication across all events, proudly showcasing the results of their hard work and training. A special congratulations goes to Isabella, who delivered an exceptional performance to finish 1st overall in her division – an incredible achievement that highlights her talent and determination.

Amelia also performed strongly across all apparatus, displaying grace and strength throughout her routines. We are so proud of both students for representing our College with excellence, sportsmanship, and enthusiasm.

Well done Isabella and Amelia – your efforts continue to inspire our school community!

### **CASA Netball Gala Day – A Celebration of Team Spirit and Skill**

The CASA Netball Gala Day was a fantastic showcase of talent, determination, and sportsmanship, bringing together schools from across the region in a day full of fast-paced action and positive energy.



Our team took to the courts with confidence and unity, showing incredible teamwork and passion from the very first whistle. Each game was an opportunity to demonstrate skill, test new strategies, and lift each other up—win or lose.

Leading the team was our Sport Captain Laura M, a standout player who has proudly represented our school since Year 7. We also had Year 12 students, Mina T and Andrea K who showed leadership, experience, and calm presence on court and were instrumental in guiding and motivating the team throughout the day. Her commitment to the sport and to the team continues to inspire the next generation of players.

The day was more than just competition—it was about connection, growth, and school spirit. Our team represented the College with pride, resilience, and great sportsmanship, and we couldn't be prouder of their efforts.

### CASA Volleyball Gala Day

Last week, our students proudly represented the College at the CASA Volleyball Gala Day, and what an outstanding day it was!

Our Girls Team delivered an exceptional performance, going undefeated all day! Their teamwork, communication and determination on the court were unmatched, and they consistently outplayed their opponents in every game. Their efforts are a true reflection of their hard work during training and their commitment to supporting one another throughout the day. Congratulations to our girls on such an inspiring achievement!



Our Boys Team also showed great resilience and sportsmanship, finishing 4th overall in a highly competitive division. They played with heart and energy in every match, demonstrating strong skills and a positive attitude. While they just missed out on a top-three finish, their effort and enthusiasm were commendable, and they should be incredibly proud of how they represented the school.

Well done to all players involved, and thank you to the staff at Sparrows Volleyball who helped make the day a success.

## NSW All Schools - Ella W and Sara E

A huge congratulations to Ella and Sara, who proudly represented our College at the NSW All Schools.

Ella competed in the highly competitive NSW All Schools Netball Trials, showcasing her impressive skill and determination against the state's top players. Although she narrowly missed final selection, making it to the last round is a fantastic achievement and a true reflection of her hard

work and dedication.

Meanwhile, Sara represented the CIS Secondary Girls 18&U Football Team at the NSW All Schools Championship, performing strongly throughout the tournament and even scoring a goal for her team.

We are incredibly proud of both students for their outstanding efforts and the way they represented our College on the state stage.



Well done, Ella and Sara!

UPCOMING EVENTS IN TERM 3		
WEEK 3	Wednesday 6 August	Football Gala Day - Year 7 Boys and Years 7-8 & 9-11 Girls.
	Friday 8 August	Football Gala Day Years 8-9 & 10-11 Boys

<b>WEEK 5</b>	<b>Thursday 21 August</b>	CASA Athletics Carnival
<b>WEEK 6</b>	<b>Monday 25 August</b>	AFL Gala Day Years 7 - 9 Boys and Girls
	<b>Friday 29 August</b>	Basketball Gala Day CASA Open Boys and Girls
<b>WEEK 8</b>	<b>Friday 12 September</b>	Netball Gala Day Year 7 Girls

**Mrs Irene Focas**

*Senior School Sports Co-ordinator*