



### Term 4 Sport Selections 2019

Term 4 sport selections will take place on Wednesday the 16<sup>th</sup> of October during periods 1 and 2. The table below is an outline of the sports being offered and each sports requirements and costs. Please discuss your selections with your child/parents/ guardians before committing to a sport. Remember you may not get your first choice so have a backup sport ready in case you miss out on your first preference this time.

Please note most year 10 students take part in a school based sport program during term 4. Any year 10 students who would like to select an out of school sport need to see Mr Schwartz to make arrangements on an individual case basis.

| SPORT                          | DESCRIPTION  | COST PER WEEK |
|--------------------------------|--|---------------|
| Field games                    | <b>Walk to/from Toormina Oval-</b> Soccer, Frisbee,Vortex, T-ball, Cricket etc   | FREE          |
| Oztag                          | <b>Walk to/from Toormina Oval-</b> Oztag   | FREE          |
| Theatre Sports                 | <b>At school-</b> Action packed drama based games.   | FREE          |
| Chess/ Board games/<br>Walking | <b>At school-</b> Walking followed by a range of board games and card games  | FREE          |
| Gym Activities                 | <b>Bus to/from Coffs Coast Health Club-</b> The use of cardio equipment and weights. Must bring own towel.   | \$12          |
| Spring loaded                  | <b>Bus to/from Coffs Health Club (spring loaded).</b> Gymnastics and trampoline activities   | \$12          |
| Ice Skating                    | <b>Bus to/from The Big Banana-</b> Ice skating - beginners' welcome- training frames available (no extra charge). Students should wear long pants for protection.  | \$12          |
| Ten Pin Bowling                | <b>Bus to/from Coffs Harbour Ten Pin Centre –</b> Students participate in Ten Pin Bowling  | \$14          |
| Cross Fit                      | <b>Bus to/from Coffs Cross Fit-</b> Students participate in a range of strength, flexibility and endurance activities  | \$14          |
| Futsal (indoor soccer)         | <b>Bus to/from Futsal Centre-</b> Students play indoor soccer/ futsal.   | \$8           |
| Laser tag                      | <b>Bus to/from The Big Banana-</b> Laser tag at the Big Banana.  | \$14          |
| Walking/<br>Beach Games        | <b>Bus to/ from Jetty/ sawtell beach.</b> Beach walking and various beach sports and activities. <b>No swimming allowed</b>  | \$4           |
| Tennis                         | <b>Bus to/from Sawtell Tennis Club –</b> Students participate in group Coaching and Activities under instruction from Qualified ATA Coaches. <b>Own Tennis Racquet preferred but can be borrowed if necessary.</b> | \$9           |
| Netball                        | <b>Bus to/ from Coffs Harbour netball courts.</b> Students play netball and may get the opportunity to compete against other schools   | \$6           |
| Surfing                        | <b>Bus to/from Sawtell Beach–</b> Students must bring own surfboard/ bodyboard with leash (and flippers if bodyboard). <b>Students must have completed OSSA or Surf Survival Course to select this this sport.</b> | \$4           |
| Golf Driving Range             | <b>Bus to/ from Coffs Harbour Driving Range-</b> Students practice hitting golf balls, clubs provided  | \$9.50        |