**2016 Term 2 Sport Selections**

Sport selections for Term 2 will take place on Wednesday, Term 1, Week 11. The table below is an outline of the sports being offered and each sport’s requirements and costs. Please discuss your selections with your 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 all Year 7 students take part in a school based sport program during Terms 1, 2 and 3 and will not select a sport until the end of Term 3. This is to develop their skills and knowledge in various sports before joining Sport Program.

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| SPORT | DESCRIPTION | COST PER WEEK |
| Soccer | **Walk to/from Toormina Oval-** Soccer | FREE |
| Oztag | **Walk to/from Toormina Oval-** Touch, Frisbee,Vortex, T-ball | FREE |
| Chess/ Board games | **At school-** A variety of board games and card games | FREE |
| Self Defence | **At school-** Self-defence techniques based on MMA taught by qualified MMA instructors | $5 |
| Gym Activities | **Walk to/from Coffs Coast Health Club -** use of cardio equipment and weights | $5 |
| Superstar sports | **Walk to/from Coffs Coast Health Club ‘Springloaded’ -**  gymnastics and trampoline activities | $5 |
| Walking/ Beach Games | **Bus to/from Jetty/ Sawtell beach.** Beach walking and various beach sports and activities, **no swimming allowed** | $4 |
| Ice Skating | **Bus to/from The Big Banana** - skates hired at venue each week. Beginners welcome - training frames available (no extra charge). Students may wear long pants for protection. | $4 for Bus  $6 for Activity |
| Indoor Games | **Bus to/from Indoor Cricket Centre –** students participate in a range of indoor games eg; futsal, volleyball, indoor cricket,dodgeball | $4 for Bus  $4 for activity |
| Kegal | **Bus to/from Kegal (9 pin bowling)–** rotate through match games with your team against other teams from our school group. | $4 for Bus  $4.50 for activity |
| Learn to Surf | **Bus to/from Beach** - students will be taught how to surf or standup paddleboard by instructors, board and rash vests provided. **Initial cost of $75** **required by the end of week 3 or student will be withdrawn.** | $4 for Bus  $75 (to front office) |
| Surfing | **Bus to various beaches - must provide own surfboard/body board, swimwear and rash shirt, f**lippers are optional. For safety reasons, students **MUST have completed and passed the THS Surf Survival Course or OSSA prior to entry** into surfing group. | $4 for Bus |
| Tennis | **Bus to/from Sawtell Tennis Club** – Students participate in group coaching and activities under instruction from Qualified ATA coaches. **Own tennis racquet required.** | $4 for Bus  $5 for activity |