



**Extracurricular Handbook**  
**SPORTING**  
**TERM THREE**  
**Prep to Year 12**



## Table of Contents

---

There are a wide range of activities organised and run by the College. Furthermore, several external providers also offer activities. Activities offered by these providers are run and supervised by external staff, who are covered by their own insurance and bound to their Risk Management.

## APS Sports

Saint Stephen's College has a compulsory Sports Program for all students in Years 4 to 12. Saint Stephen's College is part of the Associated Private Schools (APS) which conducts regular competitions each Thursday (Years 4 to 6) and Fridays (Years 7 to 12). Most sports have no cost other than bus transport which is included in College fees each term and the College provides all playing equipment except personal protective equipment such as mouth guards and shin pads etc. Please refer to the Sports Booklet for APS each Season for any additional information.

Years 4 to 6	
Season 1	Season 2
Hockey	AFL
Netball	Basketball
Rugby	Cricket
Soccer	Softball/TBall
Tennis	Touch Football
Volleyball	

Years 7 to 12	
Season 1	Season 2
Hockey	AFL
Netball*	Basketball
Rugby ^	Cricket
Soccer	Softball*
Tennis	



## **Basketball Club**

Saint Stephen's College enters basketball teams into the North Gold Coast Seahawks

Chess Year

## Chess – Years 7 to 12

***If you enjoy playing chess, then this is the club for you!***

Chess Club is open to any student, in Years 7 to 12, who enjoys chess and would like to develop their skills. Students will also compete in Interhouse, APS and Interstate Chess Competitions. Chess training session from 3.30pm to 4pm will be held every Wednesday afternoon.

Every lunchtime, students can also come to the downstairs Webinar room in the LOTE Centre, to enjoy a game of casual chess. Tutorials will also be offered on demand.

Numbers are limited so sign up quickly!

<b>Activity Organiser:</b>	Mr Keiichiro Onoe, Chess Coordinator
<b>Year Levels Available to:</b>	Years 7 to 12
<b>Time and Length of Activity:</b>	Ongoing throughout the year
<b>Performance/Competition:</b>	Interstate APS chess Competition three times per year (dates to be advised when decided by Gardiner Chess)
<b>Cost:</b>	\$16 (if hosted by SSC) to \$24 per round for the Interstate Chess Competition
<b>Enrolments:</b>	Please contact Keiichiro Onoe at the College Email <a href="mailto:konoe@ssc.qld.edu.au">konoe@ssc.qld.edu.au</a>

## Gym

All senior students can use the Gym. A specialist coach is available for programs and supervision. Specialist classes are also offered and will be advertised to students via email.

If your student is new to the gym they do need to complete an induction session and there are permission forms to be collected from our Sport Office.

**Year Levels Available to:** Years 7 to 12

**Time and Length of Activity:** On going throughout the year.

**Open Hours:** FROM Week 2 of Term Three  
Monday to Friday 6.30am to 8am  
Monday to Thursday 3.15pm to 4.15pm

**Cost:** Nil

**Enrolments:** For more information, please contact Allison in our Sport Office [aduck@ssc.qld.edu.au](mailto:aduck@ssc.qld.edu.au)



## **Netball – Saint Stephen’s College Netball Club**

The aim of this Club is to promote and enjoy the Sport of Netball in an external Competition, with the expectation that Netball will become a force to be reckoned with in the College APS Competition.

**College Activity Organiser:** Ryan Soars, Director of Sports  
Carolyn Gentle, Club President

**Available to:** Students 7-year-olds and above

**Time and Length of Activity:** February to early September

**Practice/Training:** Thursday afternoons Multipurpose Hall pos ltr4(C)-5 (9451 (-)]TJ 6

**Runners Club**

**Year 4 to Year 12**

S



## **Speed and Agility**

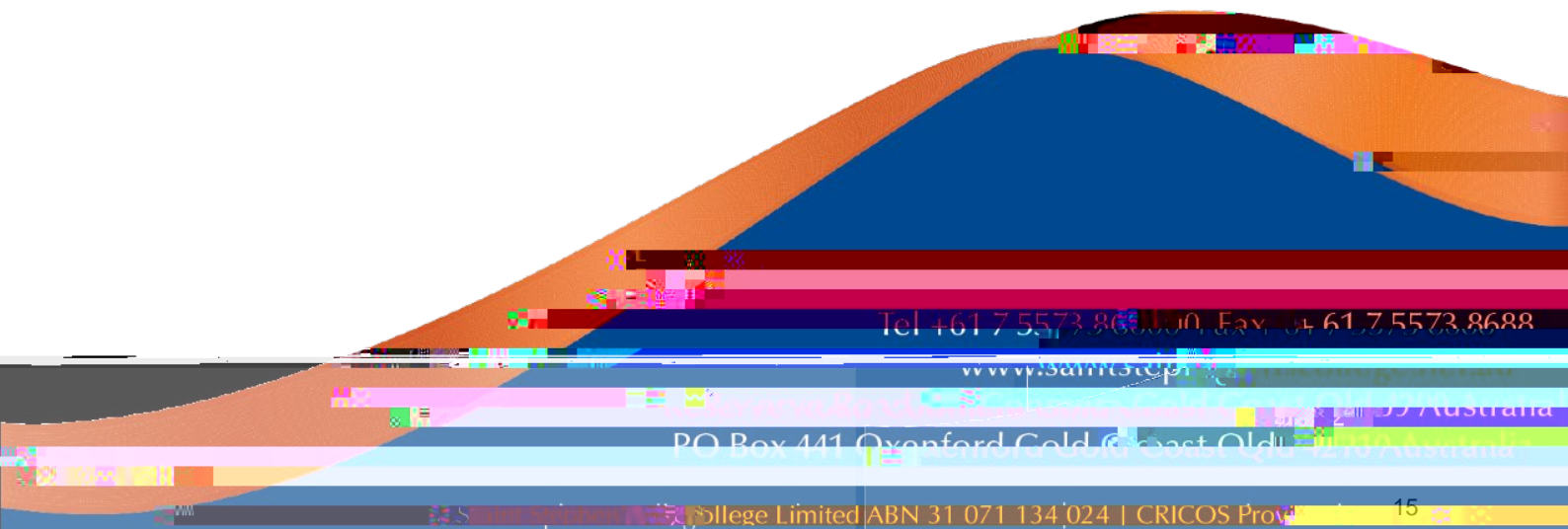
### **Year 4 to Year 12**

A great addition to students Optima program or simply to improve fitness and running style and speed. Students will engage at the level of fitness that works for them and progress as the sessions allows. Taking place on the College grounds.

## Taekwondo *\*External Providers*

Taekwondo is available at the College as an afeauhD 1 >>BDC /TT/MCID 3





Tel +61 7 5573 8688, Fax +61 7 5573 8688

[www.saintscop.edu.au](http://www.saintscop.edu.au)

PO Box 441, Owenford Gold Coast, QLD 4210 Australia