

Overnewton Anglican Community College



MIDDLE SCHOOL INFORMATION EVENING
COLLEGE SPORT 2016

What sporting opportunities are available for Middle School students at Overnewton?

- House sport
- Inter-school sport
- Melbourne City FC College of Football
- Sport training opportunities

House Sport – Major Carnivals

Event	Date	Location
KC House Swimming Carnival	February 11 (Term 1)	St Albans Leisure Centre
TLC House Swimming Carnival	February 17 (Term 1)	St Albans Leisure Centre
TLC House Athletics Carnival	March 11 (Term 1)	Keilor Athletics Track
KC House Athletics Carnival	March 18 (Term 1)	Keilor Athletics Track
College 4-6 House Cross Country	April 20 (Term 2)	Brimbank Park
College 7 – 12 House Cross Country	June 15 (Term 2)	Brimbank Park

A variety of House Lunchtime Sporting competitions are also offered at each campus throughout the year.

Students will be advised of the opportunities available to them by House Coordinators and Lunchtime Sport Coordinators.

House
↓
District
↓
Division
↓
Region
↓
State
↓
National

School Sport Victoria
Competition Pathway
for Year 5/6 students



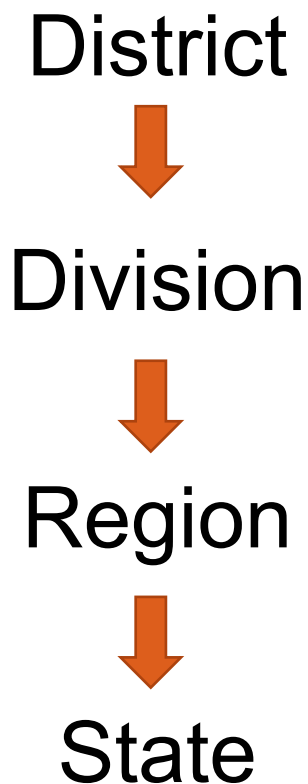
**Amanda Wrou, Year 5 student
National Athletics representative 2015**

5/6 District Interschool Sport

Season 1 (played in Terms 1 and 2)	Season 2 (played in Terms 2 and 3)	Non-competitive options
Football	Basketball	5/6 Musical
Soccer	Volleyball	Sport Development
Netball	European Handball	
T-ball	Kanga Cricket	
Hot Shots tennis	Softball	

In Term 4, all Year 5 students play in a 'Year 5 only' inter-school sport competition

5/6 School Sport Victoria Competition Pathway



**Keilor Campus 5/6 Boys Soccer Team
State Finalists 2012**

7/8 ACS Interschool Sport (boys)

Summer Season (played in Terms 1 and 4)	Winter Season (played in Terms 2 and 3)	Non-competitive options
20/20 Cricket	Football	Play On! (gaming)
Table Tennis	Soccer	Acting Up! (drama)
Hockey	Tennis	Sport Development
Softball	Volleyball	Sport Recreation
Basketball	Cheer Dance	

7/8 ACS Interschool Sport (girls)

Summer Season (played in Terms 1 and 4)	Winter Season (played in Terms 2 and 3)	Non-competitive options
Soccer	Basketball	Play On! (gaming)
Tennis	Netball	Acting Up! (drama)
Volleyball	Table Tennis	Sport Development
Softball	Hockey	Sport Recreation
	Cheer Dance	

5/6 Sport Training Opportunities

‘Fun and Games’

Friday mornings (8 – 8.45am) – Terms 1 - 4

- Focus: sport specific skill enhancement through game play
- All welcome to attend

‘Cross Country and Athletics’ Sport Training

- Wednesday mornings (8 – 8.45am) – in lead up to representative carnivals
- Focus: varied running techniques to enhance speed, agility and endurance and event-specific training
- All welcome to attend (representative athletes will receive a special invitation)

The meeting point for both programs is the Campus Gymsnasiums.

Melbourne City College of Football

The Melbourne City College of Football Program delivers elite, development and community football offerings for talented male and female footballers from Years 4 – 12.

For more information click on the Melbourne City College of Football Banner on the College Website or contact the College Sport Office



5/6 Sport Training Opportunities

‘Fun and Games’

Friday mornings (8 – 8.45am) – Terms 1 - 4

- Focus: sport specific skill enhancement through game play
- All welcome to attend

‘Cross Country and Athletics’ Sport Training

- Wednesday mornings – selected dates in Terms 2 & 3 only (8 – 8.45am) – in lead up to representative carnivals
- Focus: varied running techniques to enhance speed, agility and endurance
- Athletes who perform well at house carnivals and selected for representative teams will receive a special invitation

The meeting point for both programs is the Keilor Gymnasium.

7/8 Sport Training Opportunities

'Swimming, Cross Country and Athletics' Representative Squad Training

- Morning training programs offered in lead up to representative carnivals (dates for each program vary and are listed on the College Calendar)
- Focus: event-specific training (swimming, cross country & athletics) delivered by fitness professionals and specialist coaches
- Athletes who perform well at house carnivals and selected for representative teams will receive a special invitation

Keeping informed

- Whispers (Activate Pages)
- College Middle School noticeboards
- College Intranet (Middle School page) - fixtures
- College website www.overnewton.vic.edu.au
(Our College – Co Curriculum – Sport)
- College AP (instructions to download can be found in Whispers)