



SNOWY
MOUNTAINS
GRAMMAR
SCHOOL
CHALLENGE BELONG EXPLORE

September 28th 2009

SPORT OPTIONS Term 4 2009

Students in Years 9 to 12 will be participating in a 2 hour sport session each Wednesday afternoon as part of the School Sports Program. Students will be divided into groups according to their preferences, chosen from the list of available sports for the term. Staff members and Outside Providers qualified in these sports will give instruction to students. **This program will run for 6 weeks, beginning in Week 1.** During Week 7 students will be involved in a training session in preparation for the **Thredbo Run** which will be held **on Wednesday 9th December.**

The sport choices for the term are:

1. **Boot Camp** – an interactive program of fitness activities run by Manuela Berchtold
2. **Dance** – Popular forms of dance with instruction given by an qualified professional.
3. **Golf** – games will be played at Coolamatong and at the Sport and Rec courses each week
4. **Tennis** – Students will spend time improving their skills, playing games with fellow peers.
5. **Squash** – an opportunity for students to play some games of squash and racquetball at the local courts.
6. **Aviation** – The school program will continue with regular trips to Canberra for on site training. Please see Mr Ryrie if you are interested in joining this term.
7. **Mountain Bike Squad** –this squad is run by the team from SE Mountain Bike Company in conjunction with Mr Levick. Students may use their own bikes or they may hire equipment Training will also be available on a number of weekend days. Please see Mr Levick if you require further information regarding our Mountain Bike Squad. **Cost: billed directly by the provider**
8. **Equestrian Program** – This term, horse riding sessions will again be held at the Jindabyne Pony Club Grounds. A comprehensive program of instruction will be undertaken and **students are required to bring their own horses.** The Equestrian Program will run on Tuesday afternoons after school and during sport time on Wednesdays. Please refer to the separate information sheet (available from Mrs West) for more detail regarding this option. **Cost : \$20 per session**
9. **Dragon Boating** – this team will be picked and will train outside of sport times to enable students to choose this and another sport for the term.

The cost of activities will be added to Student accounts for Term 4.

Mrs S West
Director of Sport.



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SPORT PREFERENCE FORM – Term 4 2009
Years 9 – 12 only

Name: _____ Year: _____

Please indicate your choices by placing the numbers 1 – 4 in the boxes below.

| SPORT | CHOICE |
|---|---------------|
| 1. Boot Camp | |
| 2. Dance | |
| 3. Golf | |
| 4. Tennis | |
| 5. Squash | |
| 6. Aviation | |
| 7. Mountain Biking | |
| 8. Equestrian Program | |
| 9. Dragon Boat Training (extra choice) | |

Please return this form by the end of this week to your Head of House.
No Form, no sport, so don't forget.

I have read the above information and concur with my child's choice of sport for Term 4. I understand that the cost of this activity will be charged to my account for the term.

Signed _____
Parent/ Guardian

Date: _____