Inaburra offers weekly sport to all Years 7-10 students on a Tuesday afternoon during School hours.

**GOALS OF THE INABURRA SPORTING PROGRAM**

- Providing a pathway for students to excel
- Building community spirit
- Increasing awareness and enjoyment of physical activity
- Glorifying God in our collective efforts and talents

**GOAL: PROVIDING A PATH FOR SPORTING EXCELLENCE: REPRESENTATIVE SPORT**

As part of our representative sport program, the school is an active member of the Christian School Sporting Association (CSSA) and Combined Independent Schools (CIS) pathways.

**CSSA COMPETITION**

We compete strongly in the CSSA competitions in a number of sports including Athletics, Basketball, Cricket, Cross Country, Football, Netball and Swimming.

**SWIMMING**

The Inaburra Swimming Carnival is held at the start of each year. It is a fabulous day to develop community connections and commence the pathway for our stronger swimmers. Students who finish in the top two in their age division progress through to represent the school in CSSA and CIS Competitions to State Level. Elite swimmers have the opportunity to represent Inaburra at the All Schools State Championships.

Below: Brendan Ding, who competed at the School Sport Australian Championships in Darwin bringing home five silver medals and a bronze.
CROSS COUNTRY

The Inaburra Cross Country is a combined Junior and Secondary event held at the end of Term 1. The top four runners in each age division progress through to the CSSA event. At Inaburra, we also see the value in running for everyone. The School enters teams in events such as the Oatley Fun Run, Sutherland2Surf and the Sharks10 where students, teachers and parents participate and compete together.

ATHLETICS

The Inaburra Athletics Carnival is held in Term 2 each year. Successful athletes compete in CSSA and CIS Competitions to State level. Further representation is available through to the All Schools State Championships. The Pacific Games are held every four years.

TRAINING AND DEVELOPMENT

Inaburra utilises qualified sports coaches to work with our sports teams in preparation for representative sport. Training and development squads play a significant role in developing team spirit, allowing students to acquire new skills, sharpen existing ones and enhance performance.

Participation in development squads is also open to students not yet competing at representative level who wish to further their skills.

A new focus has been implemented in the past few years on development squads for those CSSA sports in which Inaburra competes, namely Basketball, Cricket, Football and Netball.

Other competitive teams take part in Inter-school or Gala Day competitions in the following sports:

- Hockey (Girls and Boys);
- Tennis (Girls and Boys);
- Oztag (Girls and Boys);
- Touch Football (Girls and Boys);
- Volleyball (Girls and Boys);
- Softball (Girls and Boys); and
- Triathlon (Girls and Boys)
GOAL: INCREASING AWARENESS AND ENJOYMENT OF PHYSICAL ACTIVITY

There are many demands on a student’s time. The school wishes to encourage students to keep physically active to keep their bodies and minds fit and healthy. It’s a great way to spend time with friends, meet new people, feel good and break up long stretches of sitting and studying.

Being active every day can help:
- improve heart health and fitness;
- develop strong muscles, bones and good posture;
- maintain a healthy weight;
- improve concentration and memory;
- learn new skills;
- increase self-confidence;
- reduce stress;
- make and keep friendships; and
- improve sleep.

The school offers a range of weekly recreational sports, including:

<table>
<thead>
<tr>
<th>PILATES</th>
<th>BEACH FITNESS</th>
<th>BUSH WALKING</th>
<th>DANCING</th>
<th>FITNESS CIRCUITS</th>
<th>CANOEING</th>
</tr>
</thead>
<tbody>
<tr>
<td>SURF SURVIVAL</td>
<td>BRONZE LIFESAVING</td>
<td>BADMINTON</td>
<td>SWIMMING</td>
<td>ZUMBA</td>
<td>ARCHERY</td>
</tr>
</tbody>
</table>

GOAL: BUILDING COMMUNITY SPIRIT

Sport plays an important role in building the Inaburra community spirit through teamwork, persistence, resilience, even coping with injury. Inaburra holds intra-school competitions where students (and staff!) compete on behalf of their (home and year groups), including annual swimming, cross country and athletics carnivals.

GOAL: GLORIFYING GOD IN OUR COLLECTIVE EFFORTS AND TALENTS

At Inaburra there are so many things to be thankful to God for. Our response is to glorify, and make God known more in our community, through our actions and attitudes in all aspects of life. Sport and physical activity is an excellent avenue to do this. Whether this is in the way we train and prepare (dedication, teamwork, innovation, respect) or in competition (in our respectful interactions with officials or opponents, humility and generosity in victory or defeat, commitment to personal best) we at Inaburra aim to represent God well.
There are a wide range of sports available for secondary students to pursue. Information for these will be posted on the sports noticeboard (next to the secondary library), being updated each Tuesday.

**DOWNLOAD THE APP**

Keen sports families are strongly encouraged to download the CSSA and CIS apps which have a wide range of sports information (dates, trials, upcoming events and rules).

NSW CSSA or CIS Individual trial nominations are available across nearly 20 sports. Inaburra students are welcome to nominate for individual trials in their chosen sport. There are strict deadlines with these associations that must be followed. For students and families interested in finding out more regarding specific sports offered, individual trials and other association information please go to the relevant websites:

**NSW Christian Schools Sports Association (CSSA) [http://www.cssa.net.au](http://www.cssa.net.au)**


Need to find out more? Call 9543 2533

K-6 Sports Coordinator - Matt Tolhurst

7-12 Sports Coordinator - Belinda Wilsher
Inaburra students in Years 7-10 participate in our weekly sports program each **Tuesday afternoon** during normal school hours (12:25pm – 2:38pm).

All sports are played at local venues in the St George and Sutherland Shire. Students are transported by bus to and from these venues under the supervision of Inaburra staff and coaches.

Sports rotate each Term, with students selecting their preferred options at the end of the previous Term. Some sports/activities have limited spots available due to venue size, staff ratios and student safety procedures.

Representative teams will be selected by the coach (or coaching staff) after 2-3 trial sessions. Students who are not selected are encouraged to join the Development Squad in that sport, to continue to strengthen their skills and understanding of the game. Students in Representative Teams must uphold the Schools standards on and off the sports field at all times. Failure to do so will result in their place on the team be under review from the Sports Coach, Director of Sport, Year Director and Deputy Principal.

### Year 7

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Development</strong></td>
<td>Football Netball Basketball Athletics Cross Country</td>
<td>Cricket Basketball Athletics Oztag</td>
<td>Triathlon</td>
</tr>
<tr>
<td><strong>Recreational</strong></td>
<td>Home Group Team Challenge</td>
<td>Dance Futsal Oztag/Touch Archery Squash Tennis</td>
<td>Pilates Zumba Team Sport Challenge Ten Pin Bowling</td>
</tr>
</tbody>
</table>

### Year 8

<table>
<thead>
<tr>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming Football Hockey Volleyball Touch</td>
<td>U/15 Football U/15 Netball U/15 Basketball Athletics Cross Country U/14 Futsal</td>
<td>Basketball Oztag Athletics Cricket Tennis</td>
<td>U/15 Cricket Softball Triathlon</td>
</tr>
<tr>
<td><strong>Development</strong></td>
<td>Football Cross Country/Running Hockey</td>
<td>Football Netball Basketball Athletics</td>
<td>Basketball Oztag Athletics Cricket Netball</td>
</tr>
<tr>
<td><strong>Recreational</strong></td>
<td>Pilates Dance Tennis Basketball</td>
<td>Dance Racquet Sports Comp Flag Gridiron Archery Squash Tennis</td>
<td>Futsal-Round Robin Zumba Bushwalking Ten Pin Bowling</td>
</tr>
</tbody>
</table>
## SENIOR SCHOOL
### WEEKLY SPORTS PROGRAM

<table>
<thead>
<tr>
<th>Year 9</th>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
</table>
| **Representative** | Swimming  
Football  
Hockey  
Volleyball  
Touch | U/15 Football  
U/15 Netball  
U/15 Basketball  
Athletics  
Cross Country  
U/14 - U/16 Futsal | Basketball  
Oztag  
Athletics  
Cricket  
Tennis | U/15 Cricket  
Softball  
Triathlon |
| **Development** | Football  
Cross Country/Running  
Hockey | Football  
Netball  
Basketball  
Athletics | Basketball  
Oztag  
Athletics  
Cricket  
Netball | Cricket  
Touch  
Triathlon |
| **Recreational** | Pilates  
Surf Awareness  
Beach Walking  
Beach Fitness  
Canoeing  
Surfing | Indoor Sports Comp  
Fitness Circuit  
Oztag Skills and  
Round Robin  
Surf Awareness  
Surfing  
Duke of Edinburgh | Pilates  
Zumba  
Spin Class  
Fitness Circuit  
Futsal-Round Robin  
Golf  
Bushwalking  
Boxercise | Surfing  
Tennis  
Canoeing  
Beach Walking  
Beach Fitness/Running  
Pilates/Dance  
Oztag-Round Robin |

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Term 1</th>
<th>Term 2</th>
<th>Term 3</th>
<th>Term 4</th>
</tr>
</thead>
</table>
| **Representative** | Swimming  
Football  
Hockey  
Volleyball  
Touch | U/15 Football  
U/15 Netball  
U/15 Basketball  
Athletics  
Cross Country  
U/16 Futsal | Basketball  
Oztag  
Athletics  
Cricket  
Tennis | U/15 Cricket  
Softball  
Triathlon |
| **Development** | Football  
Cross Country/Running  
Hockey | Football  
Netball  
Basketball  
Athletics | Basketball  
Oztag  
Athletics  
Cricket  
Netball | Cricket  
Touch  
Triathlon |
| **Recreational** | Pilates  
Surf Awareness  
Beach Walking  
Beach Fitness  
Canoeing  
Surfing | Indoor Sports Comp  
Fitness Circuit  
Oztag Skills and  
Round Robin  
Surf Awareness  
Surfing  
Duke of Edinburgh | Pilates  
Dance  
Spin Class  
Fitness Circuit  
Ballroom Dancing  
Golf  
Futsal-Round Robin | Surfing  
Tennis  
Canoeing  
Beach Walking  
Beach Fitness/Running  
Pilates  
Dance |