



## Middle Years and Senior Years Sports Program



At Caulfield Grammar School we believe that sport plays an integral role in the social, emotional and physical development of our students. Our sporting culture focuses on enjoyment, participation and community, equipping students with essential life skills to develop and maintain health and wellbeing, as well as creating a lifelong love of sport.

### Middle Years Sport (Yrs 7-9)

Our Middle Years core sports program is largely based around Associated Public Schools (APS) Competition Sport. Students select their sports preferences each year for three sports seasons: Summer, Winter and Spring. While developing technical abilities and game-sense, the opportunity to represent Caulfield Grammar School at regular weekend APS fixtures creates a strong sense of pride and community.

### Senior Years Sport (Yrs 10-12)

Senior students are encouraged to commit to year-round physical activity, as regular exercise is integral to academic success and personal wellbeing.

Yrs 10-11 students are required to participate in a minimum of two seasons of APS Sport (Spring, Summer and/or Winter). Yr 12 students must participate in a minimum of one APS Sports season (Spring, Summer or Winter).

Students have opportunities to participate in a range of sport-specific regional, state and national interschool competitions, as well as sports camps and tours both within Australia and internationally. Students can specialise in their chosen sport and have access to highly credentialled specialist coaches to develop individual skills and capabilities for higher-level competition.

### GIRLS SPORT

Summer	Winter	Spring
Badminton	Basketball	Athletics
Cricket	Cross Country	GAP Program* (Yrs 7-9)
Diving	Football	Gymnastics
Softball	Gymnastics	Water Polo
Competitive Swimming	Hockey	
Cycling	Netball	
Lawn Bowls (Yrs 10-12)	Soccer	
Rowing (Yrs 8-12)		
Table Tennis (Yrs 10-12)		
Tennis		
Touch Football		
Volleyball		

### BOYS SPORT

Summer	Winter	Spring
Badminton	Basketball	Athletics
Cricket	Cross Country	GAP Program* (Yrs 7-9)
Diving	Football	Water Polo
Futsal	Hockey	
Competitive Swimming	Soccer	
Cycling		
Lawn Bowls (Yrs 10-12)		
Rowing (Yrs 8-12)		
Table Tennis (Yrs 10-12)		
Tennis		
Touch Football		
Volleyball		

\* The GAP Program is a multisport introductory program offering the opportunity for students to experience a range of sports, delivered by experienced coaches, throughout the Spring Season. There is no Saturday commitment for those students that select the GAP program.



## Junior School Sport



Sport in Junior School is designed to engage students in a range of different recreational and competitive sports to develop physical literacy and key foundational skills, such as teamwork, confidence, physical competence, sportspersonship, resilience and leadership.

Associated Public Schools (APS) Competition Sport begins in Year 5. Students take part in four terms of sport involving training and fixtures against other APS schools. Students attend a weekly compulsory training session and participate in competition against other schools on Wednesday afternoons during school time.

Through our House Sport programs including swimming, athletics and cross-country carnivals, and their participation in APS interschool competition (Yrs 5-6), students can further refine their sporting and life skills with the support and guidance of expert coaches.

Students participate in a new chosen Sport each term from the following diverse options:

### SPORT OPTIONS FOR 2022

#### Term 1

Tennis  
Table Tennis  
Cricket  
Softball  
Swimming

#### Term 2

AFL  
Netball  
X-Country  
Volleyball

#### Term 3

Basketball  
Hockey  
Soccer  
Handball

#### Term 4

Athletics  
Badminton  
Touch Football  
WaterPolo