

# H I G H S C H O O L N O T E S



## From the Principal

### High Talent

Congratulations to Nathan Leong on his selection as a NSW representative to compete in the U-17 National Badminton Championships later this month. Well done to the Road Safety Art Competition top ten entries: Andrew Chan, Andrew Hau, Arthur Wang, Anthony Ho, Austin Ly, Peter Nguyen & Anthony Ho, Jonson Wang, Swei Tang & Ishan Nadkarni, Daniel Park and Kevin Le / Arthur Wang.



### School Uniform

I was disappointed to learn that quite a few boys in Year 10 are still wearing the junior tie. Please purchase senior ties and wear them appropriately if you want to be treated as senior students. White shirts with logos are now the official uniform for senior students. All Year 10 boys should be wearing them. I expect all seniors needing a new shirt to buy the correct uniform. All staff members are asked to remind boys of their responsibility to wear correct school uniform.

### Discussion on proposed uniform changes

At a recent Executive Meeting the following proposals in respect of uniform were discussed. The Year 12 jersey is currently able to be worn from the commencement of the Trial HSC. There has been a request for this practice to be allowed earlier. I have no objection to the jerseys being worn from the beginning of Term 3 on the condition that the practice of putting nicknames and cryptic words on the back of them ceases. A full or abbreviated surname of a student would be acceptable. Many delays to the production of the jerseys are caused by staff having to monitor and replace unacceptable words on the backs of jerseys.

School PE uniform on sports days. Given the participation rates by students in the sports and training programs provided by the school, it was felt by many Head

Teachers that allowing students to wear their PE uniforms on sports days was reasonable. In winter, these uniforms would be complemented by wearing the school tracksuit. Some were concerned about boys abusing the privilege on non sports days; others about seniors not wearing appropriate clothes in the absence of a PE uniform.

White shirt with logo and no tie in terms 1 and 4. This proposal was contentious and elicited mixed responses.



There were those who argued that ties were oppressive in hot weather, the boys wore them inappropriately loose anyway and that the fashion was anachronistic and breaking down in some societies. Others argued that this was the 'thin end of the wedge', that enforcement of the policy would prove very difficult and that full school uniform all the time was an expectation of our school community. It was felt by some that school staff needed to set a better example in what they wore to work if they were being asked to enforce wearing of school uniform.

We are seeking parental and student feedback on these proposals before proceeding to implement any or all of them. Please email me if you have an opinion on these matters.

Dr K A Jaggar

### Chinese Eisteddfod reminders

Years 7 to 12 students are invited to take part in the annual National Chinese Eisteddfod. Entries close Friday 7 March. Speak to Chinese teachers about it.

W Zhang  
LOTE

## SYDNEY BOYS' HIGH SCHOOL: THE FOUNDATION YEARS

### The Headmaster

Joseph Coates, referred to as "Joey" by the boys, arrived as Headmaster at Sydney High in January 1884, having previously been Headmaster of Newington College, 1877-1883. Because Newington would not release Coates from his duties until the end of 1883, John Waterhouse, Coates' assistant at Newington, acted as headmaster at Sydney High for the first 3 months. Waterhouse then went on to become the first headmaster of the newly-established Maitland Boys' High School at the beginning of 1884.

Coates made his reputation as a headmaster in an era when formal qualifications were not yet essential for a career in teaching. This is exemplified by the statement of one of his early pupils at Sydney High:

Without any exaggeration, I can say that his gift for teaching was never excelled by any teacher that I have ever been under, either in Sydney or in Edinburgh. Without being perhaps a profound scholar, he possessed to a remarkable degree the gift of passing on everything he knew to his pupils. And how he understood boys!

Born at Huddersfield, in Yorkshire, England, on 13 November 1844, the son of a cordwainer (or shoemaker), Coates received his final years of education at an academy called Huddersfield College. As a senior boy, in 1863, he received a gold medal for history, a silver medal for mathematics and a silver medal for second place in classics. He matriculated to London University, but never undertook a course of study at this or at any other university.

In 1864, he arrived in Australia and was employed at the newly-established Newington College. During his first stint at Newington, Coates played in the College's sporting teams – cricket and also Rugby when Newington became the first Australian school to field a Rugby team in 1869.

In 1873, he entered the service of the NSW Council of Education and, after a quick succession of appointments to public schools, became Headmaster of the flag-ship Fort Street Public

School in 1876. However, a year later, in 1877, he became Headmaster of Newington College, supervising its move to the new site at Stanmore in 1880. The move to Sydney High, prompted no doubt by a substantial pay rise from £450 to £600 per annum, was a significant blow to Newington College which had also lost Coates' assistant, John Waterhouse, to Maitland High School. Coates' personal following at the College was so great that seven of the senior boys transferred with him. These boys, who were much older and larger than the Sydney High School boys, provided a much needed support to the school's early sporting program.

Coates himself was an inter-colonial cricketer of some ability, and was Captain of the NSW side on numerous occasions. He played 32 matches against England and the other Australian colonies between 1867 and 1880. He is credited with having introduced to NSW the type of bowling known as the "Yorker" (named after the County of his birth). His best innings was in 1878 when he made 73 runs and took 11 wickets for 69 runs. One pupil, writing in an 1888 edition of the school magazine, wryly observed that the school's half-holidays always fell "on a day when there happens to be a cricket match on at the Association Cricket Ground". Coates himself was one of the original members of that ground, now known as the Sydney Cricket Ground.

He was known widely as a "firm disciplinarian". The use of such a phrase today cannot adequately describe a violent streak on the part of "Joey" that would leave most modern readers distinctly uncomfortable.

Numerous accounts survive of Coates' discipline. One from an old boy who enrolled in 1884:

In those days the punishment was made to fit the crime. It was the daily habit of "Joey" to meander round various class rooms - which were separated by big drop baize blinds - and round up the boys like brumbies who were frequently adorning the floor instead of their

class, and drive them into "his room", there to be well trounced.

The worst punishment of all that we boys dreaded was the return to the school on Saturday morning at 9.15 am and to be detained until 11 am, which not only broke our morning but fairly broke our heart

Another, from an old boy who enrolled in 1883:

On another occasion the Head, good old Joey, caught Os Bell and I (we two were always up to some devilment or other) throwing pens into the ceiling, a favourite pass time, and we were called out together. Joey approached us with that set look of his and his teeth together and bared, and quick as a flash Os got one from that swift left hand on the right ear. I was successful in dodging mine, but, as I turned, the foot scored where the hand had failed, and I received a beauty in the rear.

One former colleague recalled:

The left arm that had been the terror of many a Victorian batsman in the Interstate games, became a greater terror to erring youth, when the ball became a stick. Coates had some constitutional weakness that worried him a lot, and an occasional excess of wrath under provocation was not unnatural. One morning among those marshalled for the stick was an old offender, who was insolent. Up came that "dirty" left, and the open palm caught the culprit fair and square, and lifted him clean off his feet. We are more lady-like now, and less effective.

The same accounts go on to state that he was "very just and fair", "a great friend of the boys, and well beloved by all of them", "a just and upright man", and "a grand, clever, painstaking, lovable man". Indeed, Coates opened his house, at 24 Moore Park Road, to some of the boys who had enrolled from the country to stay there as boarders. It was in this house that the boarders had Mrs Coates choose between two proposed schemes for

the school colours – "light blue, dark blue and gold" or "chocolate and blue".

By the time the school moved from Castlereagh Street at the beginning of 1892, Coates' health was noticeably deteriorating. He had a distinct limp, the result of muscular paralysis, and was already having trouble in stumping about with the aid of an umbrella. Yet he lived another 5 years, dying shortly after his retirement from the School in 1896, at the age of only 51.



*Joseph Coates, Headmaster of Sydney Boys' High, 1884-1896.*



## SCHOOL STUDENT TRANSPORT SCHEME (SSTS)

School Student Code of Conduct – Students travelling on buses must:-

- Dip school bus pass or pay the fare when joining the bus. This is particularly important as the data collected from the on bus fare collection system may be used for service planning purposes
- Use school specials when provided
- Vacate seats for adults when requested
- Follow the driver's instructions about safety on the bus
- Respect the needs and comfort of other passengers

- Behave appropriately at all times (e.g. no offensive language, no throwing things)
- Protect bus property (e.g. no vandalism)

Students are reminded to:-

- Only use the school bus pass for its intended purpose i.e. for travel between home and school (does not include travel to and from sporting activities)
- Maintain possession of the school bus pass at all times.

During 2008, authorised officers will be deployed to inspect Code of Conduct compliance on school bus services in the Eastern Region. Students who are found to have breached their obligations may lose their travel entitlement and possibly incur an infringement.

#### SRC of 2008:

The Sydney Boys High School SRC of 08 has not been in effect for any long period of time, but one thing that can be deduced from this short stretch is that 2008 looks like a very good year. Change was already thick in the air when students across grades 8-12 learnt that their SRC members would be elected through an electronic voting system (which was received incredibly well) in an effort to encourage fairer and more efficient elections. And after only one week after the first meeting, the SRC teacher (Ms Branigan) displayed her mind for efficiency by sending three Year 11 students to a zone SRC meeting.

A zone SRC is a step up in the hierarchy of Student Representative Councils and is comprised of a variety of schools in our geographical area. This particular meeting was a gathering of the school's in the North-East Zone of Sydney where approximately 10 schools in total were represented. The students chosen to go to this prestigious event were Pat Desmond, David Nam and Nicholas Wong. The SRC will certainly be very grateful to Ms Branigan for her active involvement in sending representatives from Sydney Boys, as the zone SRC meeting included SRC members from a great mix of schools. All three of us were lucky enough to learn a lot about other SRCs and their activities, and how we can learn from each other and ultimately improve our school and our student body. Conversely, it was a great opportunity for Sydney Boys to become more interactive with other schools in our region and to show how our school functions and what we do well. Overall, it was nothing but a positive impact on our SRC and will surely lead to positive results.

Sydney Boys' SRC of 2008 is only starting to kick into gear, and we recognize that we have a big year ahead of us. We aspire to become a reliable asset to the school with the help of the student body and know we can realize our dream. Hopefully 08 will be the year for us.

David Nam



#### Hospital attendances for asthma have tripled!!

February has seen a dramatic rise in the number of school students (aged 5-16 years) attending Accident & Emergency departments across NSW. During the past few weeks the number of asthma-related visits has risen from an average of 25 per day to 75. Statistics show that this phenomenon happens in February/ March every year, and this year has shown some of the highest numbers seen for some years.

Although asthma affects everyone differently, the very changeable weather could be a factor. People with asthma are very vulnerable to changes in temperature. Stress, the change of environment as children start or move schools, the cocktail of germs, cold and flu viruses that children can pick up once they come together can all trigger an asthma attack.

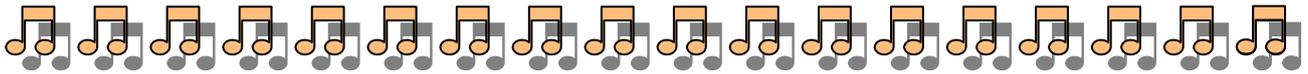
Good asthma management every day, along with people knowing what to do in an emergency could significantly reduce the number of children needing to go to hospital with their asthma. Seeing the family GP on a regular basis and getting an up to date written asthma action plan could avoid a deterioration occurring, and at the very least may help recognise the warning signs. It's also vital to take medication as directed, and have a reliever inhaler available at all times, just in case.

If you have any questions, or for further information contact Asthma Foundation NSW.

T: 1800 645 130

E: [ask@asthmansw.org.au](mailto:ask@asthmansw.org.au)

W: [www.asthmansw.org.au](http://www.asthmansw.org.au)



# MUSIC NOTES

Our Annual Cabaret night will be held on Saturday 29<sup>th</sup> March 2008 at 7pm in the school's Great Hall. We would like to invite you to come and listen to the wonderful variety of jazz music by our fabulous ensembles. This enjoyable evening showcases our jazz bands performing a wonderful range of music. Please join us for a fantastic night to listen or dance to the swing of the music. We hope you will be able to attend and take this great opportunity to meet and chat with other parents of music ensemble members, especially our new Year 7 parents.

Please bring a plate of nibbles and drinks to share with friends and family.

Tickets can be purchased through the school's main office and once payment is received, please bring the receipt to the music staff for ticket collection.

*Please complete and return the form below by Wednesday 19<sup>th</sup> of March 2008 for this fun-filled evening.*

Price: \$10.00 Single  
\$25.00 Family

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## ***Cabaret Night Ticket Order***

Name of Student: \_\_\_\_\_ Roll Class: \_\_\_\_\_

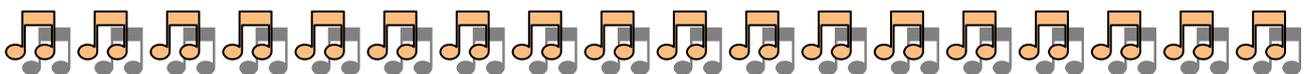
Number of tickets required: \_\_\_\_\_ Total cost: \_\_\_\_\_

Type of payment: Cheque  Cash  B/Card  M/Card  Visa   
(Please tick one)

Name on Card: \_\_\_\_\_ Expiry Date: \_\_\_ / \_\_\_ / \_\_\_

Card No.    \_ \_ \_ \_ \_    \_ \_ \_ \_ \_    \_ \_ \_ \_ \_    \_ \_ \_ \_ \_

Signature: \_\_\_\_\_



# SBHS DEBATING

## WANT TO JOIN DEBATING in 2008?

It's easy. You need to start attending coaching on Friday after school, see below. Collect a registration pack and return the forms accordingly. Join the email list and you are in.

## CHECK YOUR EMAIL – GET IN THE LOOP!

If you are NOT ALREADY receiving emails from us about debating each week you need to email [sbhsdebating@gmail.com](mailto:sbhsdebating@gmail.com) and request to be added to the listing. Tell me what Year you are in and if you are a parent or student. Parents, please encourage your sons to check their emails and reply where appropriate. This year communication via email will be of utmost importance.

## STRUCTURE AND STAFFING in 2008.

Debaters will be referred to as either Juniors (Years 7-9) or Seniors (Years 10-12). Juniors will have a rotating workshop and seminar program to supplement their specific debating coaching, as of Feb 29.

I am not teaching at High in 2008, but will continue to administrate and oversee the program. I will coordinate all of the "external"/ Friday night debates and supervise coaching. I am only at school on Friday afternoons but can be contacted via email almost 24 hours a day! Debates held during school time ("internally") will be managed by Ms Barry in English.

## COACHING HAS COMMENCED.

Year	Coach	Room
7	Workshops- Kaivan Vaidya Ellie Bath Blaise Davidson Mel Brooks	603 Senior study 1 606 214
8	Workshops- Dr Finnie Alice Dixon Romesh Abey Suriya Mike Selway	608 212 Senior study 2 607
9	Workshops- Tanvir Uddin Kelvin Yu Michael Coutts	TBC 506 507
10	Elizabeth Ames Will Clegg	401 403
11 /12	Sriram Srikumar Tom Kaldor	404

Any boy who wishes to Debate this year and is not doing a summer sport which conflicts with coaching should be attending on Friday afternoon.

All the juniors are required to have a workbook dedicated to debating this year and BRING it to coaching every week.

I suggest getting a display book and using loose leave pages to create your own unique file documenting your learning throughout the season.



[www.sydneyhigh.org.au/debating](http://www.sydneyhigh.org.au/debating)  
Ms Jocelyn Brewer – MIC Debating  
[sbhsdebating@gmail.com](mailto:sbhsdebating@gmail.com)

## FITNESS ASSESSMENT FEBRUARY 2008

The PDHPE Department has again assessed the physical fitness levels of our junior students. The most important health-related test is the 1.6km run for cardiovascular endurance. Our standard Moore Park West course was used for the assessment.



An assessment of 90% or better required a student to run the 1.6km in a time of 6 mins 30 secs, approximately, depending on the age of the student. An assessment of 50% or better, required a time of between 7 and 8 minutes, depending on age. A result of 10% or less means the 1.6km run was completed in a time greater than 9 mins 30 seconds. Each student in Years 7 – 9 should have a copy of their assessment schedule and results for February 2008 in their PDHPE theory books. Parents are encouraged to review their son's results with them.

There were some outstanding performances again this semester including:

Arjun Puneekar (7M) 6m 08s, Kenny Kuang (7M) 6m 30s, Andreas Purcal (8.4) 6m 08s, Vincent Ye (8.2) 6m 19s, Sam Lane (9.3) 5m 46s, Luke Vlatko (9.1) 5m 52s, Michael Ambrose (10.6) 5m 24s, Brian Kelly (10.4) 5m 35s.

\* Fastest times are held by Year 10 Paul Watzlaff 5m 00s (2003), Year 9 Michael Ambrose 5m 24s (2007), Year 8 Sam Lane 5m 28s (2007) and Kieran Taylor 5m 55s (2005).

### 1.6km results for February 2008

Percentile band	No. of students in each percentile band			
	Year 7	Year 8	Year 9	Year 10
90 – 99	5	4	8	29
80 – 89	9	8	12	14
70 – 79	1	5	18	14
60 – 69	11	10	14	17
50 – 59	10	14	20	26
40 – 49	12	13	24	13
30 – 39	16	22	30	12
20 – 29	15	29	26	20
10 – 19	60	27	19	11
0 – 9	36	34	27	9
Non-starters	3	11	5	13

### Mean results for each year group 2005, 2006, 2007 and 2008.

	Feb. 05	Oct. 05	Feb. 06	Oct. 06	Feb. 07	Sept. 07	Feb. 08
Year 10	56%	62%	57%	65%	59%	55%	65%
Year 9	49%	60%	43%	52%	56%	63%	47%
Year 8	36%	49%	41%	52%	49%	50%	38%
Year 7	32%	46%	29%	48%	38%	44%	34%

It is our goal to have all Year 10 students by the end of 2009 able to score a minimum of 50% for cardiovascular endurance and run the 1.6km in 7 minutes or better.

# Healthy homework

As part of the New South Wales government's Fresh Tastes @ School initiative, our students learn to categorise foods as **green**, **amber** and **red** according to their nutritional value. **Green** foods are 'everyday foods', such as fruit, vegetables, lean meats and grains. **Amber** foods provide some nutrients, but can be high in energy (such as a burger). **Red** foods include food and drinks that are high in fat, sugar and sodium (salt)

Below are some ideas from children's health advocacy group The Parents Jury that you can try at home, so that your children can practise healthy eating homework.

1. Let your children assemble their own lunch box and ask them to define which foods are green foods, which are amber foods and which are red foods.

Then, ask your child to think of healthier alternatives to the amber and red foods, such as replacing sweet biscuits with a healthy muffin, or a pack of chips with some dried apples.

By doing this, your child is more likely to eat all their food because they chose it themselves, while reinforcing their nutritional education.

2. When you're grocery shopping, ask your child to describe the food in the trolley as green, amber or red

For older children, also ask them why the food is classified in that way. Is it high in sugar, or does it contain whole-grains? Is it full of vitamins?

By teaching you something, your child is reinforcing their nutritional education and taking an active interest in their household food.

3. For young children, keep a chart of their fruit and veg intake, as well as any treats, to help them monitor their own daily intake. Place a gold star on the chart for every serve of fruit or vegetables they have in a day, and red star for every treat they have.

If they achieve two serves of fruit and five serves of vegetables a day, and only one treat per day over the course of a week, reward them with a family day out, a new book or toy they have been longing for.

Your children will have a better understanding of their food intake when it's recorded and they can take responsibility for achieving a goal.

*Remember to avoid using food as a reward, bribe or show of affection to your children.*

*Giving children lollies, sweets and other foods as behaviour rewards teaches them to eat in between set meal and snack times and they can associate eating with fulfilling emotional needs, rather than eating for hunger.*

To find out more about healthy eating in schools and your state's school nutrition policies, log on to The Parents Jury's 'Back to School with Healthy Food' campaign

at [http://www.parentsjury.org.au/tpj\\_article.asp?ContentID=back\\_to\\_school\\_campaign\\_page](http://www.parentsjury.org.au/tpj_article.asp?ContentID=back_to_school_campaign_page).

The Parents Jury is a web-based network of over 3,000 parents who are interested in improving the nutrition and physical activity environments of Australian children. It provides a forum for parents to express their views and to collectively advocate for change on current issues relating to children's nutrition and physical activity.

Membership is free and open to all parents, grandparents and guardians of children aged 18 years and under. Register online and have your say at [www.parentsjury.org.au](http://www.parentsjury.org.au).

## **Fruity treats make healthy lunches a breeze**

Living in Australia means we have access to a variety of fresh and delicious fruits which are the perfect addition to any child's lunch box.



Stone fruits like peaches, nectarines, cherries, apricots and plums are great for children as they are the right size for small hands and they're ready to eat because they don't require any peeling – they are the ultimate 'fast food'.

You can make other flavoursome fruits fun and easy for kids with some simple preparation:

- Mangos and melon pieces can be frozen overnight in a container. Your kids will love you for it on a hot day.
- Some children will devour an apple when it's cored and cut into pieces, but will not touch it whole, so why not prepare the apple before school, with a squirt of lemon juice to stop it going brown. If you keep it in a snap lock bag the fruit will still be fresh enough to eat during morning recess.
- Get your kids eating four fruits at once! Chop their favourites into cubes, and skewer them to make fruit kebabs. Refrigerated overnight in cling wrap, they'll stay fresh and cool in the lunchbox. *(Do this only if your kids can be trusted with skewers. Children should always eat while sitting down, never while playing or walking).*
- Treat your kids to a gourmet experience. Some fresh berries and a tub of yoghurt can provide lots of fun as they share the dipping delight with friends.

For more tips on healthy school lunchboxes and school nutrition policies around Australia, log on to The Parents Jury's 'Back to School with Healthy Food' campaign

at [http://www.parentsjury.org.au/tpj\\_article.asp?ContentID=back\\_to\\_school\\_campaign\\_page](http://www.parentsjury.org.au/tpj_article.asp?ContentID=back_to_school_campaign_page).

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### **An Invitation to Year 10 Parents**

The first meeting of the Year 10 Parent Group will be held on

**Thursday, 13th of March at 7:00 pm**

in the Staff Common Room (near the School Office).

Everyone is welcome and encouraged to attend.

At this first meeting we need to appoint parent representatives for Year 10 to the P&C Executive and do some planning for the remainder of the year.

Parent Group meetings are an ideal opportunity to meet other parents in your son's year, raise questions, make suggestions and air any concerns you may have.

Any specific agenda items may be emailed to [b.gordon@unsw.edu.au](mailto:b.gordon@unsw.edu.au) before 5 pm Tuesday 11<sup>th</sup> March.

## ATHLETICS 2008

### *Pre Season Information for Athletes and their Parents*

The Athletics season is approaching and the following is intended to assist boys and their families make decisions about participation.

- All boys should be involved in the School Athletics Carnival held at Sydney Athletic Field (Kensington) on Monday 17<sup>th</sup> March (all day) and Thursday 20<sup>th</sup> March (half day).
- Some of the participants at the School Carnival will qualify to compete in the Combined High School (CHS) competitions through Zone, Area and State Carnivals.
- Some boys will choose to participate in the prestigious GPS Athletics competition which begins on Saturday 29<sup>th</sup> March and concludes with the GPS Athletics Championships on Saturday 10<sup>th</sup> May.

### GPS Athletics

This is easily the best school Athletics competition in Australia. Championship Day attracts a much bigger crowd than professional Grand Prix Carnivals!

Athletics has a unique position in the GPS Sporting calendar, as competition occurs between the summer and winter seasons. It is an autumn sport! The season is short, but intense, and the boys involved always seem to enjoy the experience. Boys (and parents) considering Athletics in 2008 should be aware of the following points....

- Athletics does not compete with Soccer and Rugby. Boys are encouraged to do Athletics and another Winter GPS sport.
- All invitational carnivals are in the afternoon (1 o'clock start) and are at Homebush
- Athletics does not continue as a regular sport after the GPS Championships – 10<sup>th</sup> May.
- Boys are expected to take some responsibility for their own training outside these times.
- Boys are expected to compete in at least 3 Invitational Carnivals to be eligible for selection in the Championship team.
- Boys are expected to attend all training sessions and compete in at least 3 Invitational Carnivals to be eligible for the student award scheme.
- High will host an Invitational this year at Homebush, SIAC NO 1 – 5<sup>th</sup> April 2008. SBHS Athletics will need 15 parental helper/officials for the day. If you can help please contact Mr Devlin as soon as possible.
- Student helpers are needed for all carnivals - student award scheme points apply (see Mr Devlin in the History staffroom).

Any queries about Athletics will be answered promptly at [devlinr@sydneyboys-h.schools.nsw.edu.au](mailto:devlinr@sydneyboys-h.schools.nsw.edu.au)

Mr Devlin: MIC Athletics

### **SYDNEY BOYS HIGH SCHOOL - ATHLETICS CARNIVAL 2008**

### **SYDNEY ATHLETICS FIELD - Anzac Parade, Kensington**

PROGRAM OF EVENTS
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Monday 17<sup>th</sup> 2008

TIME	TRACK EVENTS	TIME	FIELD EVENTS
8.55am	Roll Call	8.55am	Roll Call
9.00am	<u>1500m Finals</u> 13 yrs, 14 yrs, 15 yrs, 16 yrs & 17 + yrs	9.00 am	17+ yrs Shot Put 16 yrs Long Jump 15 yrs Javelin 14 yrs Discus 13 yrs-no event 12 yrs High Jump

10.00am	<u>100m Heats</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	10.00am	17+ yrs Long Jump 16 yrs Javelin 15 yrs Discus 14 yrs-no event 13 yrs High Jump 12 yrs Shot Put
11.30am	<u>200 m Heats</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	11.00am	17+ yrs Javelin 16 yrs Discus 15 yrs-no event 14 yrs High Jump 13 yrs Shot Put 12 yrs Long Jump
1.00pm	<u>800 m Heats</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	12.00noon	17+ yrs Discus 16 yrs –no event 15 yrs High Jump 14 yrs Shot Put 13 yrs Long Jump 12 yrs –no event
2.00pm	<u>100m Semi-Finals</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	1.00pm	17+ yrs –no event 16 yrs High Jump 15 yrs Shot Put 14 yrs Long Jump 13 yrs Javelin 12 yrs –no event
2.30pm	<u>400m Heat/Finals</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	2.00pm	17+ yrs High Jump 16 yrs Shot Put 15 yrs Long Jump 14 yrs Javelin 13 yrs Discus 12 yrs –no event
3.00pm	Roll Call	3.00pm	Roll Call

PROGRAM OF EVENTS

Thursday, March 20<sup>th</sup> 2008

TIME	TRACK EVENTS	TIME	FIELD EVENTS
8.55am	Roll Call	8.55am	Roll Call
9.00am	<u>Hurdles : Heat/Finals</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	9.00 am	17+ yrs Triple Jump
10.00am	<u>200m Finals</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs	9.45am	16 yrs Triple Jump
10.30am	<u>Roll Class Shuttle Relays</u> (Time Permitting)	10.30am	15 yrs & under Triple Jump
11.00am	<u>100 m Finals</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs		
11.30am	<u>House Relay Finals</u> 12 yrs. 13 yrs, 14 yrs, 15 yrs, 16 yrs, 17+ yrs		
11.55am Presentation of House Shield to winning House Captain			
12.00 noon: Return to school for barbeque and X-Country			

## Carnival Rules & Information – 2008

### Aims of the Carnival

- Promote maximum student participation
- Promote fair competition between athletes and houses
- Promote a sense of pride in the achievements of fellow athletes and the school community.

### *Banned Items & Activities*

- Normal school rules apply
- No footballs or Frisbees on the days of the carnival
- Do not take valuables to this event, as theft at the carnival is a common occurrence
- Athletes are not allowed to run in bare feet

### *House Rules & Events*

- Athletes must come to the carnival in house colours. All athletes must run in house colours. No house colours, no house point. One point will be allocated for each student in house colours.
- House captains and vice-captains will be asked to organise their respective houses for formal events during the day.

Point score: Points will be awarded for the following places:

1<sup>st</sup> – 10pts, 2<sup>nd</sup> - 8pts, 3<sup>rd</sup> - 6 pts, 4<sup>th</sup> - 4 pts, 5<sup>th</sup> - 2 pts, 6<sup>th</sup> and all finishers – 1 pts. Double points for relays

Age Champions: The athlete with the most points in any Age Group will be declared the Age Champion.

Champion House: The house with the most point will be declared the Champion House.

Age Groups: An athlete ceases to be under 14 on the 31<sup>st</sup> December of the year in which he reaches the age of 14 years.

School Team: The school athletics team to compete at the GPS and CHS competition will be selected on the basis of performances at the school carnival, training sessions and the GPS invitational carnivals.

Lane Draws: Will be determined by Marshals for all Heats and Heat Finals. Lane draws for Semi-Finals and Finals will be based on times and announced by the Recorders.

100m Heats/Semi/Finals: The fastest 16 competitors will contest the Semi-Finals. The Fastest 8 will progress to the finals. No points will be awarded for places in Heats or Semis – entry points only.

200m Heats/Finals: The fastest 8 will progress to the Finals. No points will be awarded for placing in the Heats.

1500m, 800m, 400m Heat/Finals: These will be conducted as Heat Finals. Where there is more than one heat, placing will be determined on times. Athletes are advised to run these races to the clock as Heat speed may vary.

Relays: House relays will be conducted as 4×100m. House captains and vice-captains are asked to organise the house relays well in advance of the scheduled start.

Lane draws will be:

Eedy: Lane 5	Fairland: Lane 1
Mackay: Lane 4	Ruby: Lane 3
Saxby: Lane 6	Torrington: Lane 2

### Zone Selection Criteria

The top two athletes from each event will be selected to represent the school at a zone level. The third placed athlete will be on the team as a reserve. Students wishing to represent at the zone carnival in an event not held at the school carnival must submit a time/distance to the Master in Charge of Athletics for selection. Students may compete in all events selected, but in the event of a full schedule, students may choose to withdraw from some events in order to concentrate on stronger events. In this case, the reserve would take the spot and the fourth place getter at the school carnival would become the reserve.

<b>Athletics Timetable - 2008</b>		
<b>Dates</b>	<b><i>Training sessions for Athletes</i></b>	<b><i>School Carnival</i></b>
<b><i>All Term 1, 2008 until the GPS Season Starts</i></b>	<p><b>Monday</b> Lunch time in the gym with Jason Tassell (Speed and Endurance Training) 3.30 - 4.15 pm High Harriers Running Club meet at Moore Park</p> <p><b>Wednesday</b> Lunch time – Shot Put for Juniors with Mr Codey Lunch time – juniors to Moore Park West</p> <p><b>Thursday</b> Lunch time – Shot Put for Seniors with Mr Codey Lunch time – Seniors to Moore Park West</p>	<p><b><i>Monday March 17<sup>th</sup> 2008</i></b> School Athletics Carnival, SAF (Kensington) (all day)</p> <p><b><i>Thursday March 20<sup>th</sup> 2008</i></b> School Athletics Carnival, SAF (Kensington) (am)</p>
<b>Dates</b>	<b><i>GPS Athletics Season – Training</i></b>	<b><i>GPS Carnivals</i></b>
<b><i>Week 9, Term 1</i></b>	<p><b>Monday</b> 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training) 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park</p> <p><b>Wednesday</b> Shot Put for Juniors with Mr Codey at lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p><b>Thursday</b> Shot Put for Seniors with Mr Codey at lunchtime 1.15 – 3.00 pm juniors to ESMarks</p>	<p><b><i>Saturday March 29<sup>th</sup> 2008</i></b> SJC Invitation Athletics 1.00pm Homebush</p>
<b><i>Week 10, Term 1</i></b>	<p><b>Monday</b> 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training) 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park</p> <p><b>Wednesday</b> Shot Put for Juniors with Mr Codey at lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p><b>Thursday</b> Shot Put for Seniors with Mr Codey at lunchtime 1.15 – 3.00 pm juniors to ESMarks</p>	<p><b><i>Saturday 5<sup>th</sup> April 2008</i></b> SBHS Invitation Athletics 1.00pm Homebush</p>
<b><i>Week 11, Term 1</i></b>	<p><b>Monday</b> 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training) 3.30 - 4.30 pm High Harriers Running Club meet at Moore Park</p> <p><b>Wednesday</b> Shot Put for Juniors with Mr Codey at lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p><b>Thursday</b> Shot Put for Seniors with Mr Codey at lunchtime 1.15 – 3.00 pm juniors to ESMarks</p>	

<i>First Week of Holidays</i>	<p>Monday 9.00 – 10.30am Jason Tassell (Speed and Endurance Training)</p> <p>Wednesday 10.00am – 12noon</p> <p>Friday 10.00am – 12noon</p>	
<i>Second Week of Holidays</i>	<p>Monday 9.00 – 10.30am Jason Tassell (Speed and Endurance Training)</p> <p>Wednesday 10.00am – 12noon</p> <p>Friday 10.00am – 12noon</p>	<p><i>Saturday April 26<sup>th</sup> 2008</i> TKS Invitation Athletics 1.00pm Homebush</p>
<i>Week 1, Term 2</i>	<p>Monday 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> <p>3.30 - 4.30 pm High Harriers Running Club meet at Moore Park</p> <p>Wednesday Shot Put for Juniors with Mr Codey at lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p>Thursday Shot Put for Seniors with Mr Codey at lunchtime 1.15 – 3.00 pm juniors to ESMarks</p>	<p><i>Saturday May 3<sup>d</sup> 2008</i> TSC Invitation Athletics 1.00pm Homebush</p>
<i>Week 2, Term 2</i>	<p>Monday 3.30 - 4.30 pm Jason Tassell (Speed and Endurance Training)</p> <p>3.30 - 4.30 pm High Harriers Running Club meet at Moore Park</p> <p>Wednesday Shot Put for Juniors with Mr Codey at lunchtime 1.15 – 3.00 pm seniors to ESMarks</p> <p>Thursday Shot Put for Seniors with Mr Codey at lunchtime 1.15 – 3.00 pm juniors 3.20 - 4.30 pm – seniors to ESMarks</p>	<p><i>Thursday May 8<sup>th</sup> 2008</i> Athletics Dinner (Great Hall) 6.30pm</p> <p><i>Friday May 9<sup>th</sup> 2008</i> GPS Athletics Assembly, Great Hall, 11:30am</p> <p><i>Saturday May 10<sup>th</sup> 2008</i> AAGPS Athletics Championships, SIAC 1 &amp; 2 (Homebush)</p>
		<i>CHS Carnivals</i>
		<p><i>Friday June 2008</i> Eastern Suburbs Zone Athletics, Hensley AF (East Gardens) (8:00am - 3:15pm)</p> <p><i>Monday August 2008</i> Sydney East Area Athletics Carnival, SIAC (Homebush) (pm)</p> <p><i>Tuesday August 2008</i> Sydney East Area Athletics Carnival, SIAC (Homebush)</p> <p><i>Friday September 8 2008</i> CHS Athletics Championships, Homebush</p>

Sydney Boys High School  
 Annual Cross Country Carnival  
 Bat & Ball, Mount Steele



1.15 - 3.00 pm  
 Thursday 20<sup>th</sup> March 2008  
 Mr Prorellis, Mr Kesting

## Student Information

Parents:	Your son will be dismissed earlier than usual on Thursday 20 <sup>th</sup> March 2008
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Program:	1.30 pm	17+ & OPENS	3 km	3 Loops
	1.45 pm	16 years	3 km	3 Loops
	2 pm	15 years	3 km	3 Loops
	2.15 pm	14 years	2 km	2 Loops
	2.25 pm	13 years	2 km	2 Loops
	2.35 pm	12 years	2 km	2 Loops

Directions:	<p>After the Athletics Carnival, students are to walk back to school.  <b>Students are to cross the road at lights only</b>          Stay in school grounds, then move over to the venue when the bell rings          When your race is called go to the starting area whether you are running or not.          Non runners will stay in the starting area until directed to move by the Marshals          At the finish you will be given a place ticket          If you are in the first 15 places you go to the first 15 table to have your position recorded.          All runners to proceed with finish ticket to your house table          Tell the teacher your name roll class and finishing position          After the race you will be dismissed by a teacher  <b>NON RUNNERS will have their attendance recorded at a separate table</b></p>
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Rules:	<p>Everyone attends          You must run in shoes          Stay on the course and follow directions from course marshals          Spectators must stay within 20m of Cleveland St and are not permitted on the course          Winning house determined by the lowest total of the first ten runners to finish  <b>To qualify for the Award scheme you must compete &amp; finish</b>          Top ten runners will comprise the provisional school team to compete at the zone.          Only the first 15 places will be timed          Cross Country Champions will be selected from this event (pending the outcome of any appeals that may arise). Any MIC ruling is final</p>
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Additional Info:	<p>The School Cross Country is the first qualifying event within the CHS Competition.          The first 10 runners for each age division will make up the school team for the Eastern Suburbs Zone Carnival. The first 10 runners at the Zone Carnival will compete at the Sydney East Regional Carnival and the first 10 runners from Regional Carnival go on to the NSW All Schools Carnival.</p>
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You are also invited to join the Sydney High GPS Cross Country Team. GPS Cross Country is a Winter Sport and three age divisions ( U14, U16, Opens) compete on Saturday mornings. The season spans across Terms 2 and 3 and involves 11 Saturday morning carnivals. All are welcome to join.

# shootin' hoops

The weekly dose of court-side action

edition 59



## High VS Joeys

### Term 4 2007-(last time)-

TEAM	RESULT	SCORE	TOP SCORER
1st	LOSS	72-48	S.DONG 18, 11 REB
<b>2nd</b>	<b>WIN</b>	<b>60-48</b>	<b>L.TENG 12</b>
3rd	LOSS	42-30	A.YANG 11
4th	LOSS	43-26	B.YANG 8
6th	LOSS	47-15	TEAM EFFORT
<b>7th</b>	<b>WIN</b>	<b>20-14</b>	<b>TEAM EFFORT</b>
<b>8th</b>	<b>WIN</b>	<b>26-22</b>	<b>TEAM EFFORT</b>
<b>16A</b>	<b>Cancelled</b>	<b>-----</b>	<b>Poor conditions</b>
<b>16B</b>	<b>WIN</b>	<b>30-17</b>	<b>N.WANG 8</b>
16C	LOSS	27-38	H.TRAN 14
16D	LOSS	7-48	H.ZHUANG 2
16E	LOSS	15-26	H.VI
15A	LOSS	24-37	N.AUTAR 8
15B	LOSS	23-28	K.LU 8
15C	LOSS	12-40	H.TRAN 4
15D	LOSS	20-24	B.DO 6
15E	LOSS	20-44	B.LEO 6
14A	LOSS	44-18	D.LIANG 10
<b>14B</b>	<b>WIN</b>	<b>25-21</b>	<b>J.PARK 6, R.LIN 6</b>
<b>14C</b>	<b>WIN</b>	<b>35-15</b>	<b>A.FENG 8</b>
<b>14D</b>	<b>WIN</b>	<b>19-11</b>	<b>L.ZHAO 6</b>
14E	LOSS	11-37	N.LY 5
14F	LOSS	6-54	TEAM EFFORT

### Term 1 2008-(This week)-

TEAM	RESULT	SCORE	TOP SCORER
1st	LOSS	81-37	J.MEANAY 10
2nd	LOSS	44-39	P.DU 19
<b>3rd</b>	<b>WIN</b>	<b>37-36</b>	<b>D.PENG 12</b>
4th	LOSS	21-36	J.LAN 10
6th	LOSS	25-34	TEAM EFFORT
<b>7th</b>	<b>DRAW</b>	<b>27-27</b>	<b>Z.MANCENIDO 7</b>
<b>8th</b>	<b>WIN</b>	<b>34-22</b>	<b>B.LUNG 10</b>
16A	LOSS	46-39	TEAM EFFORT
<b>16B</b>	<b>WIN</b>	<b>42-39</b>	<b>TEAM EFFORT</b>
<b>16C</b>	<b>WIN</b>	<b>28-26</b>	<b>B.LY 14</b>
16D	LOSS	22-29	S.YUNG 6
16E	LOSS	12-21	H.KARUNAKARAN 5
<b>15A</b>	<b>WIN</b>	<b>69-33</b>	<b>E.NAAR 26,4 ASSIST</b>
<b>15B</b>	<b>WIN</b>	<b>49-39</b>	<b>TEAM EFFORT</b>
15C	LOSS	22-49	D.CHEUNG 16
15D	LOSS	28-9	TEAM EFFORT
15E	LOSS	18-39	TEAM EFFORT
14A	LOSS	19-56	D.LIANG 5
<b>14B</b>	<b>WIN</b>	<b>31-18</b>	<b>A.FONG 8</b>
<b>14C</b>	<b>WIN</b>	<b>58-17</b>	<b>TEAM EFFORT</b>
<b>14D</b>	<b>WIN</b>	<b>26-24</b>	<b>TEAM EFFORT</b>
14E	LOSS	12-22	F.LI 5
14F	LOSS	19-25	B.CHAU 13
13A	LOSS	77-11	TEAM EFFORT
13B	LOSS	9-46	D.CHEN
13C	LOSS	0-112	TEAM EFFORT
13D	LOSS	2-77	L.ZHU
13E	LOSS	4-62	B.LEUNG

### A Note to 13s Basketball Players:

When most of our athletes were in Year 7 they lost by dramatic margins similar to the ones you have been experiencing of late. As you develop through the program you will improve and you will be competitive. Keep your head up and realise that the teams you are playing in most cases have been training for many seasons together. I will be at your sessions with the old boys. We will be working on developing your skills and strategies to reduce the margins.

B Hayman

**MR HAYMAN'S PLAYER OF THE WEEK:  
DAVID PENG (3rds)**

David can shoot! If he applied himself he could be one of the best scorers in the school. On Saturday he hit a game winning three point shot on the buzzer. I was pleased to see third grade do so well. I encourage all team members to try to represent the school at the highest level they can next season.

David currently averages 13points per game with a field goal % of over 55% which is a very impressive figure even in the NBA! Along with an average of 2assists and 3steals.

**3rd Grade Match Report Against Shore**

*Score: 37-36 (WIN) Top Scorer: David Peng 12pts*

Like most other games on Saturday, High was switched on right after the tip off and pulled away the scores early in the first half. However Shore intensified their game and dragged High's lead back down to 5pts by the end of the first half.

The second half saw Shore slowly eat into our lead and gain control of the game, obtaining a lead of 6 at one stage before High got back into its game and pulled it back to 2 with less than 40 seconds to go. With one long swinging sequence, David Peng finally took a 3 point shot using Michael Feng's screen and sunk the winning 3 pointer on the buzzer.

It was a great game with Tim handling the ball well and beating Shore's press, Daniel and Jacky getting consecutive steals pressing back on Shore, Alan and Wilson making the crucial moments and of course David for making the win. Good job 3rds.



<- The "too easy" Ding dunk.  
ATTENTION: SBHS PLAYED BEFORE THE SYDNEY KINGS AT THE ENTERTAINMENT CENTRE LAST SATURDAY NIGHT-REVIEW OF THE GAME IN NEXT WEEK'S EDITION!!!!

Matt showing off his new dunking style ->

**BASKETBALL DINNER  
APPROACHING!!**

High will be having its 4<sup>th</sup> Basketball Dinner this year on Friday March the 28<sup>th</sup>. Students should pay ASAP as there are only 180seats!

It costs only \$30 per head to be part of this incredible night.

Students are **urged** to attend as the friendships and bonds made through High basketball last a lifetime.

**Donation to  
Raffle Prizes**

Anyone interested to donate to the raffle prizes at the basketball dinner please contact Mrs Tassell on 0411444191.

**Video Competition**

Record footages of your game this season!

The best video footage created will be shown at the basketball dinner!

Have your team's highlights shown to everyone at the great night's dinner!



~Brought to you by Johny Shih

~Thank you to Mr Hayman for all his contributions to basketball and information



## SYDNEY BOYS HIGH CRICKET



[www.sydneyboyscricket.info](http://www.sydneyboyscricket.info)

### **CRICKET DINNER and PRESENTATION of AWARDS - Friday 4th APRIL**

Bookings for the Cricket Dinner have now opened and payment is to be made through the School Office. Please ensure that you advise the office that it is to be deposited against the Cricket Dinner account. The cost for the Dinner is Adults \$25-00, Students \$20-00. Final date for payment for the Dinner is by **NO LATER THAN 12 Noon on MONDAY 31<sup>st</sup> MARCH 08** to enable the office to process the transactions to provide for pre-payment to the caterers. Arrival time is 6-30pm with dinner commencing at 7-0pm. Presentations will commence prior to Dinner being served and continue throughout the evening.

### **MATCH RESULTS and PARTICIPATION**

As you may be aware my role is to see that teams are properly selected in conjunction with coaches, advertised on our Website and on Saturdays, due to one or two teams being without regular support, I act in the role of manager/coach and/or umpire which prevents me from visiting all of our teams as I have in the past. This has occurred as we now field 17 teams (the largest cricket contingent in the AAGPS Competition group) and we in fact could field 3 more teams but do not have the ground facilities and support staff to conduct them. Therefore we have rotation groups in the younger age groups so that teams change regularly each week. As a result of this I must rely on team managers/team captains or a volunteer parent to submit a Fax or Email me with a Match Report with both team's scores, and the best batting and bowling performances of our players so that they appear in High Notes. However this is not happening regularly with some teams and I would ask all to note this and assist in getting a report to me by **NO LATER** than Monday evenings. The boys love to see their names in print when they achieve a significant highlight to them on the field.

### **TEAM STATISTICS – REMINDER**

All Team Statistics for the season are to be organized and completed by team Managers/Coaches or Scorers prior to Easter (22 – 25th March) and submitted **NO LATER** than **THURSDAY 21<sup>st</sup> March**. Awards will not be available for teams that do not submit stats.

### **SCHOOL CRICKET KITS**

All kits will either be collected by arrangement or can be delivered to the cricket store on the final day of competition on Saturday 15<sup>th</sup> MARCH 08. ALL MATCH BALLS and PRACTICE BALLS must also be returned as they will be issued for school sports days and team training in Term 4. Our cricket ball cost averages \$9000 per season and through people "souveniring" a ball, or leaving them around after practising at matches or training we are currently short of balls for sports days. This is a responsibility of all students in the section.

### **AROUND THE GROUNDS**

**1st XI HIGH 6/285 defeated RIVERVIEW 10/282**

*In a day when High stood tall, the determination, application and self-belief saw us achieve a sound all round performance to convincingly outplay the Riverview XI on their home ground. Our run scorers were Andy Liu (53), Razeen Ahmed (34), Karan Rao (65), Kerrod McPherson (36no), and Kogulan Sriranjana (38no)*

*Beginning Day 2 at 0-58, the two openers, Liu and Ahmed continued to build the total. With Andy Liu and Razeen Ahmed being dismissed, High lost two quick wickets (including a run out of Dasith Vithanage who was looking good) and slumped to 4-136. However, when a wicket fell, there seemed to be little panic in the side as the pitch was still very good and the ball not doing a lot. Sensible batting by the middle order of Karan Rao, Nakul Pednekar, Kogulan Sriranjana and Kerrod McPherson ensured that High kept to the plan. Our last wicket fell at 207 and the result did not look in doubt from there*

with Kerrod McPherson hitting the winning runs. Kogulan Sriranjana played an excellent captain's knock - solid from beginning to end. This was an outstanding run chase which showed maturity, patience and self-belief. We have now defeated St Joseph's and St. Ignatius (Riverview) chasing totals on their home grounds, an achievement in itself. This is evidence of the mental and physical ability of the team. Playing the last game at home v Newington will be a great opportunity for High to finish the season off well.

**2ndXI RIVERVIEW 8/190 - defeated - HIGH 10/84 and 10/44**

In a forgettable performance High's patched-up 2nd XI meekly succumbed to Riverview through lack of concentration, determination and basic cricket skills. Unfortunately, due to regular line-up changes throughout the season, this team has not been able to establish a core of top order batsmen to allow it to be competitive even though the bowling element has been consistent. A learning process at this level for many who represented in this team.

**3rdXI HIGH v RIVERVIEW**

No Match report submitted

**16As HIGH 0/0 drew with RIVERVIEW 4/470**

A fitting result for a High team exposed to an unsportsmanlike approach to the sport and empathy for the members of the Riverview team who were not given the opportunity to participate in the match. However the weather conditions had the final say and the Draw was a just result. **16As (20/20 game) - HIGH All out 160 - defeated Riverview - RIVERVIEW All out 146**

Having turned up in case their match would be played and prepared to chase down the formidable 470 set the previous week High showed initiative and brokered a fixture with the assistance of the Riverview Sportsmaster on an adjacent pitch. High batted first and put together a challenging total with runs coming from Kishan Perera (57), Daniel Morgan (15) and Nafiz Chowdhury (14) plus sundries. Riverview then batted and were dismissed in their 17<sup>th</sup> over 14 runs short of the High total. Wicket takers were shared evenly over the whole team with Bill Wang and Daniel Morgan taking catches and Kishan Perera effecting a run-out. Well done to all concerned.

**15As HIGH v RIVERVIEW**

Match report not submitted.

**14As RIVERVIEW 10/174 - defeated - HIGH 10/57 and 10/209**

After being 2 wickets down after 4 overs, the 14As were off to a great start and the wickets kept on coming with Riverview being 4 down in the 12<sup>th</sup> over. Good bowling continued throughout the day, until a run out shut out Riverview's innings after 46 overs. With 18 overs to be bowled the 14As started well, with 10 from Ahdil Ansareen off the first over. The wickets then fell. At the close of play we were 3 for 35 chasing 175 to win, with T.Connolly 10\* and A.Hughes 1\* the not out batsman.

The highlight of the second day was the magnificent 94 by Sudam Dias. This powerful innings consisted of eight 4s and five sixes he shared a great 96 run partnership with Oliver Kirk whose 53 included seven 4s. This brilliant partnership saved what could have been a very dismal out-right loss for the 14 As. This match was played in great spirits as Sudam was clapped off the field by the St Ignatius boys capping off what was a great match.

## **GROUP 2. (One Day fixtures)**

**4thXI HIGH v SHORE**

Match report not submitted

**5thXI and 16Bs, Games abandoned due to weather**

**15Bs HIGH 5/102 - defeated - SHORE 10/101**

Losing the toss for the first time in the season, High were sent into field and started off well, restricting Shore to 4 - 52 in the process. The loss of regular wickets didn't get much better for Shore and they were all out for 101. However High's innings started off with a major blow, with one of openers being bowled on the first ball of the innings and a rebuilding phase then steadied the innings. High continued to reduce the Shore total and finally in the 27<sup>th</sup> over, passed the opposition for the loss of only 5 wickets. Wicket takers were Derek Wei 3-14(5), Ishman Bari 3-22(5), Shanaz Razeen 1-9

(3) and Subhdoh Weeratunge 1-13 (4). Run Scorers were Henry Sit (40n.o), Samuel Lane (21) and Sangeeth Subramaniam (10).

**15Cs HIGH 3/77 - defeated - SHORE 10/76**

Shore batted first and got off to a reasonable start before the parade of wickets fell regularly throughout the innings with the High Bowlers adding to their final score of all out for 74 with 13 sundries. However the catching and fielding made up for some of the wayward bowling by taking 5 catches and effecting a run-out. High then started the chase and some sensible batting early saw us lose our first wicket at 10 and then 2 wickets fell on 51 before we passed Shore with only 3 wickets down. Wicket takers were Iftiar Khan 3-14(4), Prashan Prabakaran 2-16(5), Casper Price 1-8 (5) and Sean Martin, Peter Tran and Sheikh Siddique each taking one wicket.

**15Ds HIGH v RIVERVIEW**

Match report not submitted,

**14Bs, 14Cs and 13Bs Games abandoned due to weather**

**13As RIVERVIEW 10/220 - defeated - HIGH 7/104**

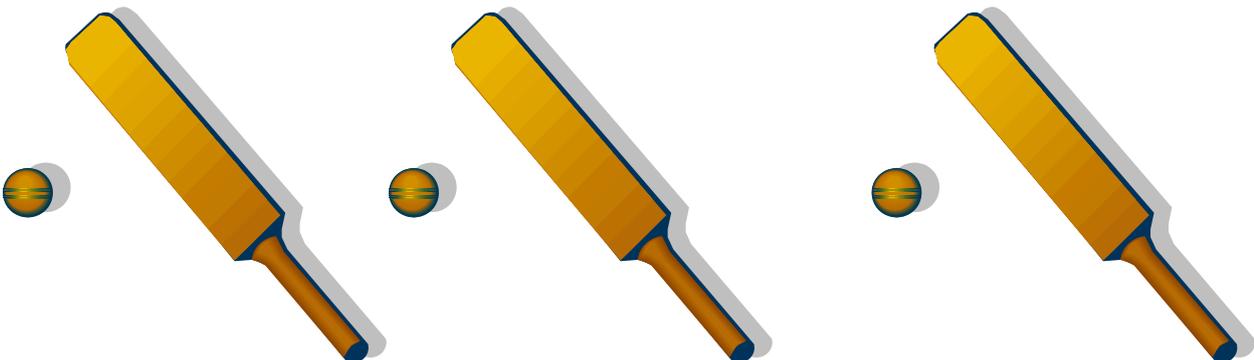
Shore batted first and were 1-66 at the first drinks break due to let-offs by High's fielding and catching but after the break we were unable to sustain the pressure and the Shore lower order had a hit-out culminating in a monster 220 (30 overs). High then batted tenaciously, aptly led by captain Owen Duffy who did not take a backward step in crafting a timely (61). High finished at 7/104 from their 30 overs, in a fine effort for this young team. Pick of the bowlers was Thilan Subasinghe with 1-20 (6)

**13Cs SHORE 3/200 - defeated - HIGH all out 15**

We won the toss and selected to bowl. Things were looking good with an early wicket to Chris Mao, however a series of dropped catches allowed Shore to blow out the total to 200. Darryl Chan was the pick of the bowlers, bowling good line and length and taking a well deserved wicket. Good bowling performances were shown also by Chris Mao, Ken Huang, Brian He and Danny Vo. There were some instances of good fielding, a great catch taken by Michael Li and a superb piece of fielding by Ricky Chan which led to a run out. Both Jason Zheng and Jason Hu also saved a countless amount of runs with their fielding performances. A big improvement in the field. Well done.

We weren't able to build any partnerships with the bat and got out to a good, diligent bowling display by Shore. James Chen and Michael Li batted well together at the top of the order scoring 4 and 2 respectively. Chris Mao chipped in well in the middle order with 3 runs as well as Darryl Chan who looked very solid for an unbeaten 2.

**Laurie Heil  
MIC Cricket**



## The 2008 SBHS Cricket Dinner

SBHS Cricket will celebrate the efforts and achievements of our boys as well as acknowledge staff, coaches and supporters at the SBHS Cricket dinner on Friday 4<sup>th</sup> 2008.

Players are asked to take responsibility on a team-by-team basis for any end-of-season gifts to their team's coach.

**The dinner will be held on  
Friday 4<sup>th</sup> April  
in the  
Great Hall  
at  
6.30 pm**

The cost of the dinner will be \$25 per adult and \$20 per student..

Please make your payment at the Main Office before 12noon 31<sup>st</sup> march 2008

Tickets are limited.

Boys are to wear school uniform at the dinner

Please detach the form below and hand it in with your payment at the Main Office

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### 2008 CRICKET DINNER

Student Name ..... Year/Roll Class .....

Cricket Team .....

TOTAL Number of adults ..... @ \$25 per adult = \$.....

TOTAL Number of students ..... @ \$20 per student = \$.....

TOTAL \$.....

Do you have any special dietary requirements?

Vegetarian       Other Please state .....

YES! I can help on the day with setting up the hall, table decorations etc.

Helper's name and contact details : \_\_\_\_\_

Email  
address: .....

Phone  
Numbers : .....

## YEAR 7 PARENT GROUP



### An Invitation to All Year 7 Parents

The first meeting of the **Year 7 Parent Group** for 2008 will be held on

**Wednesday 12th March from 6:30pm** in the **Staff Common Room**  
(near the School Office)

**Everyone is welcome and encouraged to attend**

Parent Group meetings are an ideal opportunity to meet other parents in your son's Year, raise questions, make suggestions and discuss any concerns you may have.

If you have any queries or require any further information please feel free to contact the year 8 parent group at:

[ktc777@gmail.com](mailto:ktc777@gmail.com)

We look forward to seeing you there!

## MALABAR COMMUNITY MARKETS

**Saturday 15th March 2008**

**9.00am – 2.00pm**

Then last Saturday of each month

To be held in the grounds of  
**St. Andrew's Primary School,**  
18 Prince Edward Street, Malabar

Come along and have  
a bite to eat and a browse!

Asian Food, Sausage Sizzle  
and Drinks



### Stalls include:

- Fresh Fruit and Vegies
- Fresh Flowers
- Arts and Crafts
- Bee Versatile Clothing
- The She Experience (Nuskin products)
- Baby Born Dolls Clothing
- Quality Kids Clothing
- Books
- Jewellery
- Pot Plants
- Homewares
- Handmade Cards
- Clothes and Bling for Teenagers

If you are interested in booking a stall (\$30 each) please contact Julia 0414 258 088.  
You will need to supply your own table and shade structure.

## Rugby Committee meeting summary

The first meeting of the SBHS Rugby Committee for 2008 was held on 27/2/08.



The following is a summary of the meeting:

**Present:** Serdar Bolen, Kel O'Keefe, Christina Chow, Geoff Andrews, Peter Ambrose, Julie Blomberg, Katharine Deacon, Geoff Stein.

**Apologies:** Paul Koerber

**Election of office bearers for 2008** – Vice President's position still to be filled. Liz O'Hare will be asked to be the Canteen coordinator (Junior). There is a need for a junior player's parent to fill this role. If anyone is interested in filling this position please get in touch with G Andrews.

**Treasurer's report** - Current account balance is \$1454.77. **Parking transfer** – There was a request for parking proceeds from 4/1/08 (\$3978.21) to be transferred to the Committee.

**2008 plan and budget** – Principal is very supportive of rugby and our plan for 2008 in an effort to get three teams per age group.

**Player recruitment** – Year meetings to Kick off rugby to be held on Friday 7<sup>th</sup> March; Try rugby day for Year 7 to be held on 14/3/08 at McKay; After school touch football for Year 8 and 9 rugby players to be held on 27/3/08 at McKay after sport with a BBQ at 5pm.

**Coach recruitment** – Tom Mainprize has joined our junior coaches. Sydney University and ACPE coaching assistance is still being negotiated.

**Player leadership roles** – Several senior players are to be identified to take on leadership roles working with the Committee.

**Rugby communication** – Newsletters and High Notes Reports – are to be organised by student leaders.

**General Business** – Future parking dates are 7/3/08 and 5/4/08. Volunteers are asked to contact K Deacon if they can help. **Trial jerseys** – High Rugby Friends website to be put on the back of the jerseys. **Multiple DVD burner** – Committee to get quotes for a possible purchase.

Meeting concluded: 7.25pm. Next meeting: Wed. 26<sup>th</sup> March 2008, 6pm in Room 901. All parents are welcome to attend.

G Stein  
MIC Rugby, SBHS



### YEAR 8 PARENT GROUP MEETING

#### An Invitation to All Year 8 Parents

**Tuesday 18th March from 6:30pm** in the **Staff Common Room**  
(near the School Office)

Ms Gilmore will be our guest speaker

If you have any queries or require any further information  
please feel free to contact me on [ktc777@gmail.com](mailto:ktc777@gmail.com)

I look forward to seeing you there!

## **HIGH RUGBY READY TO KICK OFF**



**High Rugby is racing ahead this year**

- more players and more teams
- expert coaches and team support
- top quality training program

**Rugby is a safe, free flowing game for players of all sizes, shapes and ability**

- enjoyment, skill development and teamwork
- no experience necessary

**So get fit, make friends and play the game they play in Heaven!**

**Kick-off info meetings in Great Hall  
Friday 7 March**

**Try Rugby Days at McKay  
Year 7: Friday 14 March 9.30am-3pm  
Years 8 & 9: Thursday 27 March 1- 6pm  
with BBQ for players & parents**

**First Training: Wednesday 26 March**

**Be part of 100 years of High Rugby tradition**

**More information in *High Rugby Newsletter*  
at [www.sydneyboyshigh.com](http://www.sydneyboyshigh.com)**

## CALLING ALL SYDNEY HIGH SKIERS AND SNOWBOARDERS !!!

Each year Sydney Boys High enters ski and snowboard teams in the NSW Interschool's Snow sports Competition at either Thredbo or Perisher Valley. This year the competition runs from Wednesday 16th July to Saturday 19th July, 2008. (The last week of the school holidays). The team will travel to the mountains together on Monday, 14 July and return to Sydney on Sunday, 20 July. The racing will be at Perisher.



The Team will stay together in Jindabyne with at least two supervising teachers. The total cost for the week including travel, accommodation, most meals, lifts tickets and National Park entry will be around \$1000. Equipment hire would be an additional cost and is usually arranged prior to the trip through Rebel

Sports outlets.

The School Teams are open to all students from Years 7 to 12 in a range of skiing and snow boarding disciplines. You do not have to be an Olympic level skier or boarder to enter - just be able to get down the hill safely (!) and as fast as you can and be ready for a fantastic time in the snow representing your school

Interested boys and parents should contact Mr Jones (History), Mr Fuller (Maths) or parent Committee member Julie Connolly - [jcandjc@bigpond.net.au](mailto:jcandjc@bigpond.net.au) - as soon as possible to register your interest if you have not already done so. Further information can also be obtained at the Interschool's Snow sports website at [www.interschools.org.au](http://www.interschools.org.au) .

A parent / Committee meeting will be held in the Staff Common Room at 7.00 pm on Thursday, 13 March. All interested persons are welcome to attend.

Mark Jones  
Skiing

### YEAR 12 PARENTS

#### Surviving the HSC - a parent's guide

All Year 12 parents are invited to a seminar and social evening on Tuesday 11 March in the Great Hall.

"Surviving the HSC - a parent's guide" will be presented by Jane Sleeman, a psychologist and school counsellor specialising in stress management.

The evening is also a great opportunity to socialise with Year 12 parents and some staff and there will be plenty of drinks and great food to enjoy.

The drinks and food will be served from 6:15pm and the presentation will run from 7 to 8:15pm.

The cost of the evening is \$10 which is payable at the door.

Please RSVP by 4 March to Barbara Taylor

by email: [admin@gtmanagement.com.au](mailto:admin@gtmanagement.com.au)

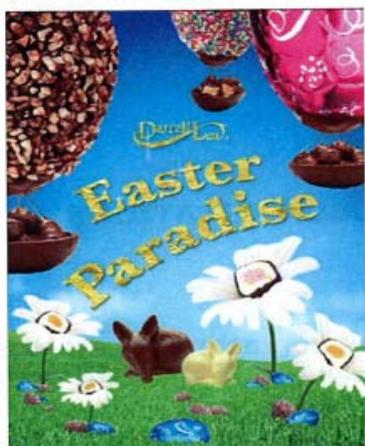
or phone: 0410 268 444

Barbara Taylor & Toni Lindeback  
Year 12 P&C parent reps

**For all your Easter Eggs supplies, check out  
Darrell Lea's "Easter Paradise" range now at  
Southpoint Pharmacy!**

**At Southpoint Shopping Centre  
(between Woolworths and Coles)  
238 Bunnerong Road Hillsdale**

**Open 7 days. Plenty of Parking. Easy Shopping**



*Cultural Care  
Au Pair*

## **Nanny in the USA**



**Join Cultural Care Au Pair and travel to the USA!**

- Are you 18-26?
- Do you love kids & have babysitting experience?
- Earn money living & working in the USA!



**Interested?**

Call us on 1800 677 373 or Sydney 02 9252 2977

**[www.culturalcare.com.au](http://www.culturalcare.com.au)**



SYDNEY BOYS HIGH SCHOOL ROWING COMMITTEE

## ROWING UPDATE

The rowing season is building to a climax. The senior crews travelled to SIRC last week for racing on the Sydney International Regatta Centre, Penrith Olympic course. The crews all performed creditably rowing up to their best.

- The first VIII had an improved effort and were with the field at the end.
- The second VIII confirmed their domination over Cranbrook.
- The IVs kept plugging away against talented opposition.
- Unfortunately the Year 10 second VIII could not start due to sickness.
- The Year 10 first VIII had one of their best rows of the season but will have to find something extra to finish ahead of other crews with the outstanding performance of all schools in this event.

The **Head of the River, Wednesday 19<sup>th</sup> March**, is fast approaching with the **Riverview Gold Cup on Saturday 15<sup>th</sup> March**. These are the final exciting GPS regattas of the season and our crews will appreciate family and friends attending and showing support.

On **Wednesday 12<sup>th</sup> March is the annual Boatshed Dinner** held in the Great Hall. It is a special evening with a formal introduction of our crews for this season, but also a great opportunity to socialise and show support for the boys in the lead up to the Head of the River. It is also an opportunity for the crews to thank their coaches, who have devoted care, time and energy into the High rowing program.

All the crews have put in a lot of training and commitment, and even though our results mostly don't reflect the effort, it is important for the boys to know we support them and are proud of their efforts. The boys certainly appreciate parents attending all rowing events.

Julie Blomberg  
President Rowing Committee



## Can you make a positive difference in a young person's life?

We have an urgent need for carers who can look after adolescents. We need carers to provide both short-term care and long-term care.

Children and adolescents enter into foster care because their parents cannot look after them. This may be because the children are being abused or not adequately cared for. As a result, it is common for young people entering into care to have experienced a lot of emotional upheaval, loss and rejection.

Fostering teenagers can be challenging but it can also be very rewarding. Many of the problems they have are what you would expect with any adolescent, and they need what all kids need – a stable, caring and consistent environment and lots of patience, acceptance and encouragement. Many of you may already be providing this environment for your own children and may feel you could help other young people build confidence and better self esteem, and develop the skills they will need to make the transition from childhood into adulthood.

Caring for adolescent children is often a less daunting task for adults who have already raised their own children. Professionals such as teachers, youth workers, social workers and nurses may also have valuable skills to assist teenagers in foster care.

All our carers receive training, support and financial assistance. If you'd like to know more, please contact us on 8303-7644 or visit our web site.

[www.community.nsw.gov.au/](http://www.community.nsw.gov.au/)

### Foster Care - Jason's Story

**"Jason" entered into foster care when he was 11 years old. Now aged 17, he has just received a university scholarship. The relationship between him and his foster carer has been inspirational, with the friendship continuing on.**

Jason says that living with a foster carer had changed his life for the better. "My carer was always involved with what was going on in my life and looked out for my best interests," he said.



"He was both a friend and a parent figure to me. He also set boundaries for me. At first I hated it, but now I understand why I needed them and realised having boundaries changes your life for the better. If I didn't have boundaries, then I would have gone off the rails. I now have respect for myself - and for others."

Jason first came into a foster home after not being able to live with his parents due to behavioural issues. He has now been able to work through his personal issues plus have a better relationship with his parents.

"My carer has changed my life in such a positive way. If you knew me before I went into care, and know me now, then you'd know what a difference my carer has made to my life."

If you think you can help make a difference for a teenager like Jason, please contact The Department of Community Services on **8303 7644** or visit our website. All our carers receive training, support and financial assistance.

[www.community.nsw.gov.au/](http://www.community.nsw.gov.au/)

## DISCLAIMER

Products and services advertised in *High Notes* are not necessarily recommended or endorsed by Sydney Boys High School.

*"Richard and Joey Marc have simplified the confusion and offered parents an easy guide to providing and maintaining a healthy lifestyle for their children. I have no hesitation in recommending this book as a useful resource guide for any parent seeking helpful hints, to enable them to educate their children in a positive manner on maintaining and living an active and healthy life."*

Craig Wing, Australian rugby league representative

Keep your family trim and healthy  
**Please Mum, Don't  
SUPERSIZE ME!**



# Calling all parents

Join Australia's leading health and wellness duo,  
Richard and Joey Marc, as they discuss their debut book  
'Please Mum, Don't Supersize Me!'

Date: Thursday 27 March 2008

Venue: Bowen Library, 669 - 673 Anzac Parade, Maroubra

Time: 7:00pm - 8:00pm

Free event. Books for sale. Light refreshments will be provided.

Bookings: 93 14 4888

**DYMOCKS**  
Discover More





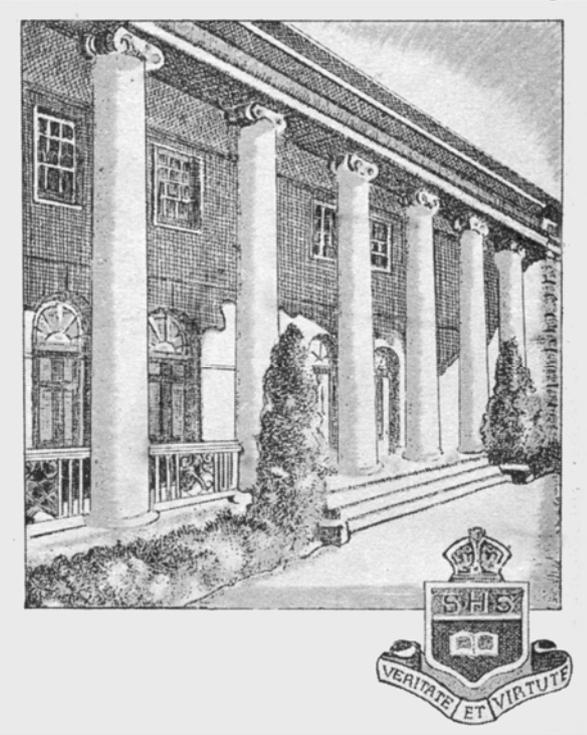
**We don't make  
super sized  
bars, because  
we don't want  
supersized kids.**



**RICHER RIPER RIPPER**

# SYDNEY HIGH SCHOOL OLD BOYS' UNION

## Life membership by instalments scheme



The Sydney High School Old Boys' Union (the OBU) was founded in 1892. Over the past 115 years, it has fostered and continued the friendships formed by students while at school and through this fellowship contributed something of value to the School's corporate spirit and well being.

Membership of the OBU will provide a lifetime of professional, social, sporting and academic connections with Sydney High, its network of old boys, and the alumni of other GPS schools.

Life membership can be secured by the payment of six small annual contributions throughout the passage from Year 7 to Year 12. Instalments are currently set at \$44.

If, for some reason, all six payments have not been made by the time of leaving, the OBU will contact you and allow a further 12 months to pay any outstanding instalments.

We trust that you will see fit to pay this year's instalment towards securing your son's life membership. Those of you who are already part of the scheme will know that the OBU posts copies of its quarterly magazine to all students who take part.

Please fill out and return the form below.

**PAYMENT ADVICE (tax invoice)**  
**Sydney High School Old Boys' Union Inc • ABN 22 652 291 509**

Student's name: ..... Final year: .....

Postal address: .....

..... Postcode: .....

E-mail Address: .....

Payment of \$44.00 by    Cheque                      
    Visa/Mastercard/Amex   

Complete if paying by credit card: \_ \_ \_ | \_ \_ \_ | \_ \_ \_ | \_ \_ \_    Expiry Date: \_ \_ / \_ \_

Name on card: .....

Signature: .....

Please return to SHSOBU, PO Box 1546, DARLINGHURST NSW 1300

# March/April 2008

07-03-2008

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7 B</b>	<b>10 ***</b> Year 8 Science Excursion to Botanical Gardens/Centennial Park pds 1 to 4 Year 12 Modern History Assessment Task, Great Hall, Period 1 NSW Cricket Association Championships CHS Baseball Championships ENCORE Concert, SOH, 7:30pm Senior A and B Camp,	<b>11 ***</b> Year 8 Science Excursion to Botanical Gardens/Centennial Park pds 1 to 4 NSW Cricket Association Championships CHS Baseball Championships Tennis: CHS Individuals, Penrith OCMC meeting, Board Room, 5:30pm HSC parents - Ms Jane Sleeman: 'Surviving the	<b>12 ***</b> Last day of Summer Sport Summer Sports Photos, 9:00am-12:30pm Summer Sport Reports to be submitted to Record Committee NSW Cricket Association Championships CHS Baseball Championships Tennis: CHS Individuals, Penrith Row B, C Boatshed Dinner, Great	<b>13 ***</b> Selective Schools Entrance Test for Year 7 2009, Great Hall Last day of Summer Sport Summer Sport Reports to be submitted to Record Committee NSW Cricket Association Championships CHS Baseball Championships Tennis: CHS Individuals, Penrith Row D, E, F	<b>14 ***</b> Mufti Day - Youth off the Streets [Year 12] NSW Cricket Association Championships MUNA, St Catherine's Chess selection trials in the Great Hall, all day Eastside Debating Competition, Round 3, SHS v SGS Friday Evening Debating, Round 3, BC v SHS GPS Swimming Carnival 5, SAC, Homebush, 7:00pm	<b>15</b> Sport Group 1 - SHS v NC Group 2 - SHS v TSC Gold Cup Regatta State debating trials, all day	<b>16</b> State debating trials, all day
	<b>8 A</b>	<b>17</b> Winter Sports Selections Senior A Camp, Abbotsford Basketball: GPS Rep Teams Trials School Athletics Carnival, ES Marks (all day)	<b>18</b> Rowing Assembly, Great Hall, 11:30am A, B, C Camp Swimming: MIC Meeting (CIS Selection) Foundation Meeting, Randwick Rugby Club, 6pm Year 8 parent group meeting in the Staff Common Room at 6:30 pm	<b>19</b> GPS Head of the River, SIRC Sydney East Swimming Championships, Homebush, 8:00am-2:30pm GPS v CAS Tennis, Homebush School Council Meeting, Board Room, 5:30pm P&C Meeting, The Great Hall, 7:30pm	<b>20</b> School Athletics Carnival, ES Marks (am) School Cross Country, Mount Steele (pm)	<b>21</b> Good Friday - Public Holiday	<b>22</b>
<b>9 B</b>		<b>24</b> Easter Monday - Public Holiday	<b>25</b> High Resolves - all Year 8, all day. Year 10 Geography excursion (Group 1) Tennis: NSW All Schools Information evening re English Extension 1 and Extension 2 for Year 12 2009, Great Hall, 7:00pm	<b>26</b> Change to Winter Sport Years 9, 10 drama excursion to 'The Kid', Stables Theatre, 11:00 am CHS Boys Inter-Regional Volleyball, SBHS Tennis: NSW All Schools Basketball: GPS Training and Dinner, TKS Rugby Committee Meeting, Room 901, 6pm Great Hall booking - evening	<b>27</b> Change to Winter Sport CHS Boys Inter-Regional Volleyball, SBHS Year 10 Geography excursion (Group 2)	<b>28 ***</b> CHS Boys Inter-Regional Volleyball, SBHS Jazz Workshop, Great Hall, all day Eastside Debating Competition, Round 4, SHS v SCEGGS Friday Evening Debating, Round 4, SJC v SHS Basketball Dinner, Great Hall, 6:30pm GPS Swimming Team Function, Shore Parking - Waratahs v	<b>29</b> SJC Invitation Athletics, SOPAC#2 Cabaret Night, Great Hall, 7:30pm State debating trials, all day
	<b>10 A</b>	<b>31</b> CHS Rowing Championships, SIRC Attendance and Progress Review (all Years) Year 10 Expedition Camp Hockey: Sydney East Trials Joint SBHS and SGHS Talent Quest, Great Hall, lunchtime	<b>1</b> CHS Rowing Championships, SIRC Year 10 Expedition Camp Debating Supporters Group Meeting, Common Room, 6:30pm	<b>2</b> Year 10 Expedition Camp Meet the Music Concert, SOH, 6:30pm Year 9 English incursion - Performance Poetry, period 1	<b>3</b> CHS Swimming Championships, Homebush	<b>4</b> CHS Swimming Championships, Homebush Cricket Dinner, Great Hall Eastside Debating Competition, Round 5, SHS v SGHS Friday Evening Debating, Round 5, TGS v SHS	<b>5</b> CHS Swimming Championships, Homebush High Invitation Athletics SOPAC#2 Parking - Waratahs v Blues State debating trials, all day Tennis Dinner in the Great Hall