



SUNSHINE BEACH HIGH – SPORT NEWSLETTER

Term 3 Week 10 2018

SCHOOL SPORT

7 Interschool Sport – success at the Finals Day

Sunshine Beach High won the overall champion school at the Yr 7 Finals at Nambour with some absolutely outstanding performances by all of the teams. Our two touch teams made it to the finals and both teams finished 2nd. The girls' volleyball team just won their first game to qualify for the final and ended up 2nd to Burnside in the final. The boys' basketball team finished 3rd overall defeating Burnside in their final game and the girls' team had a strong win against Coolum 38-32. Our soccer teams were super impressive with the girls defeating Noosa 1-0 and the boys defeating Nambour 5-2. Finally a huge thanks to the Yr 10 Sport & Rec class for their coaching assistance throughout the season and obviously to our super coaches – Mr Walsh, Ms Zordan, Mr Bradford and Mr Jamieson



Basketball

Congratulations to our **Basketball Teams** on their outstanding success on Friday Night against the private schools:-

Open Boys A Grade defeated Sunshine Coast Grammar

Intermediate Boys defeated St Andrews

Junior Boys defeated Matthew Flinders

School Water Polo

The new Sunshine Coast Schools Water Polo website is active, so this will be a great space to check out how teams are progressing in the lead up to the finals <https://scschoolwaterpolo.com.au/>

Below is a list of each team's current positions in each division, showing 6 of our 8 teams in the top 4 as we get closer to the finals. To qualify for the semi-finals, teams need to be in the top four with the exception of the Junior Girls who need to be in the top 2.

- 1st Junior Boys B
- 2nd Junior Girls B North
- 4th I Boys A
- 3rd I Girls A
- 8th I Girls B
- 1st Open Boys F
- 4th Open Girls F





SUNSHINE BEACH HIGH – SPORT NEWSLETTER

After the Holidays, our first day back (Monday 8th October) is the final round before the start of the finals rounds. Semis are scheduled for 15th October, and winners of the semi-finals proceed to the finals. Finals – 22nd October, which is also a Student Free Day.

Schools Surf League – Regional Competition

Sunshine Beach SHS will be entering teams in the **Surf Life Saving Queensland 2018 University of Queensland Secondary School Surf League Program**. The dates and venues have been confirmed for the 2018 Regional Competition is **Sunshine Coast – Friday 19th October @ Mooloolaba**. The program has been created to introduce students to surf lifesaving skills and competition, whether they are a lifesaver or not. The format of the league will certainly challenge students and will enable students to test their abilities against themselves, the environment and students from other schools across Queensland. The UQ Secondary School Surf League will encompass activities relating to surf swimming, beach sprints and flags, board paddling and rescue disciplines. Interested Students are invited to sign up for the competition in WAIMEA staffroom.

Table Tennis

Do you know that Table Tennis is a highly competitive sport and Australia selects a national team to compete at World Championships and the Commonwealth Games? Well now that we have one permanent table and are looking into getting a few more, there seems to be a bit more interest in developing skills in the sport. So if you would like to have an opportunity to get some free skills coaching at school, well you are in luck. **The Noosa Table Tennis Club** will be holding some sessions at school during Term 4 Week 2 (Term 4) at Morning Tea and or Junior Lunch. To sign up to participate in the clinics go to WAIMEA staffroom and register.

Sunshine Coast Region School Sport

Regional Triathlon Trials & Training - have you represented the school in both swimming and cross country or distance running? If so this means you may have potential in the sport of Triathlon. The Regional Trials for Triathlon are being held at Kawana on Sunday 28th October and it would be fantastic if we had a large contingent from Sunshine Beach SHS at the event. Some of you may already be involved in the sport and have a club coach, if not Ms Beckinsale (Level 2 Triathlon Coach) is willing to conduct some school based sessions in the lead up to the event. Age groups are based on the age you will turn in 2019:- Junior 13/14yrs - 300/10/2; Intermediate 15/16 Yrs – 500/15/4; Senior 17 & Over - 750/20/5. Please see Ms Beckinsale in Waimea for more information and the trial notice.

SPORTS AWARDS RSVP's

Letters will be sent home this week for sports awards night, students are asked to return their RSVP to the BOX in WAIMEA staffroom before the end of the term.





SUNSHINE BEACH HIGH – SPORT NEWSLETTER

National Ride to Work Day 2018 – Wednesday 17th October – click on the ride to work picture below to register.



So, why not start riding now? You will be surprised how great you feel after a bit of physical activity before school. Riding is great for your health & fitness and at the same time you do your bit to reduce pollution and congestion around the school at drop off and pick up times. Please don't forget to wear a well fitted helmet and bring a bike lock to secure your bike.





SUNSHINE BEACH HIGH – SPORT NEWSLETTER

SCHOOL SPORT Date Claimers Term 3

Monday Night Water Polo Fixtures Continue (to week 10)
 Wednesday Night – Girls Rugby 10's Div 2 Finals vs St Teresa's 6pm @ Noosa Dolphins
 Friday Night Basketball

SCHOOL SPORT Date Claimers Term 4

Futsal Regional Trials 13 Girls & Boys 11th October 2018 (District Trial TBC)
 Water Polo – Semi Finals – Monday 15th October
 Sports Awards Night – Thursday 18th October
 Schools Surf League Maroochydore – Friday 19th October
 Water Polo Finals – Monday 22nd October (Student Free Day)
 Triathlon Regional Trials 13-19 Yrs Kawana- Sunday 28th October 2018
 Water Polo Regional Trials 13-17yrs 31st October 2018
 15-19 Cricket Regional Trials 2nd November 2018

Sport Dates Term 1 2019

School Swimming Carnival – Friday 1st February (Week 1)
 District Swimming Carnival – Wednesday 20th February (Week 4)
 Regional Swimming Carnival – Wednesday 6th March (Week 6)

North District Year 7 Finals Day - Overall Champion School 2018

	Boys Volleyball		Girls Volleyball		Boys Basketball		Girls Basketball		Boys Soccer		Girls Soccer		Boys Touch		Girls Touch		Points	Overall Place
Burnside	1	10	1	10	4	6	5	5	5	5	5	5	4	6	4	6	53	5
Coolum	4	6	4	6	1	10	2	8	3	7	4	6	1	10	3	7	60	2
Nambour	3	7	3	7	2	8	3	7	2	8	3	7	5	5	5	5	54	4
Noosa	2	8	5	5	5	5	4	6	4	6	2	8	3	7	1	10	55	3
Sunshine	5	5	2	8	3	7	1	10	1	10	1	10	2	8	2	8	66	1

Points Allocation

- 1st = 10 pts
- 2nd = 8 pts
- 3rd = 7 pts
- 4th = 6 pts
- 5th = 5 pts

