



Sacred Heart College Sports Institute 2012

Expression of Interest -Tennis & Rowing

(Deadline : Friday 5th August 2011)

TENNIS & ROWING

In 2012 we are looking in to the possibility of extending the Sports Institute to include Rowing (Years 8 & 9) and Tennis (Years 7-10).

Before this is finalised, we are seeking an expression of interest from boys who may be interested in either of these two Institutes.

As yet no details are confirmed, although there is a strong possibility that the sessions for these two sports would take place before school (like the Water Polo is at present) and **not** during the school day like Football, Cricket and Rugby.

As with the other codes already involved in the Institute, there would be a clear expectation that boys would represent the College in their chosen specialist sport, and would meet the necessary standards of behavior and achievement in their other academic subjects.

Please indicate below if your son would be seriously interested in being considered for either of these additional sports in 2012: -

Name:

Current Year Level or SHC Homeroom:

Tennis

Rowing

YEAR 8 ROWING

We are also looking to start some ROWING coaching sessions for a group of Year 8 rowers in term 3 this year. Sessions would run from 7.15am to 8.30am, Tuesday and Friday. Boys would be expected to be in class for the start of period 1.

The sessions would look at basic conditioning, posture and technique. A pre-requisite of being involved in these sessions is that the student can swim 100m fully clothed without stopping, and have a decent level of fitness with his running. A basic test may be needed to assess these two requirements.

Any boy who attends this programme will be expected to attend the January rowing training camp. Details around this will follow later in the year.

Please indicate below if your son would be interested in attending this programme.

Name:

Current Year Level or SHC Homeroom:

Rowing Programme, Term 3 2011