



## SECONDARY SPORT

Sports and physical fitness are regarded as key areas for student participation and personal growth at Wollondilly. It is our contention that healthy bodies support healthy minds and that sport can contribute a great deal to the Academic Program. Students at Wollondilly have the opportunity to participate in a wide range of sport and leisure activities to improve both health and skill related components of fitness.

Secondary students have an opportunity to be involved in weekly competitive sport against other Independent Schools to enhance team building, fitness and to promote friendships across the area. Students compete in the MISA (Macarthur Independent Schools Association) competition each Tuesday across an array of sports. These sports include Cricket, Oz Tag, Basketball, Volleyball, Softball, Soccer, Netball, Rugby League and AFL. Our teams have enjoyed outstanding success within this competition and the opportunity has paved the way for ongoing champions to represent at higher levels and to be recognised for their talents and hard work.

Pathways also exist for students in a variety of sports through to National level. Students compete in College Carnivals for Cross Country, Swimming and Athletics. Students who perform well may qualify to represent the College at NASSA (New Anglican Schools Sports Association). Successful students will then progress through to AICES (Association of Independent Co-educational Schools). In turn, talented athletes represent AICES at NSW CIS (New South Wales Combined Independent Schools), at NSW All-Schools and finally National levels.

Team sport pathways also exist through to National level for most sports in secondary. As part of the NASSA sporting organisation, students have the opportunity to compete in Gala Days for sports such as Touch Football, Soccer, Netball, Basketball, AFL, Cricket and Volleyball. Students can also trial for NASSA representative teams in the above sports as well as non-Gala Day sports such as Softball, Tennis, Water Polo, Rugby Union and Hockey.

With sport being such a focus at the College, it is not surprising that we have celebrated with State and National champions. To date we have had multiple National Representatives in sports such as Rugby League and Cycling to name a few. In addition, students are offered a wide range of recreational pursuits on a weekly basis depending on the season and availability. These include Gymnastics, Swimming, Tennis, Kick Boxing, Weights, AFL, Personal Fitness, Bush Walking and many other non-competitive team sports.

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