

NSW All Schools Diving Championships



Sydney Olympic Park Aquatic Centre

Thursday 22 May & Friday 23 May 2025

New South Wales Combined High Schools Sports Association in conjunction with
the NSW Department of Education School Sport Unit



Education

<https://app.education.nsw.gov.au/sport/>

Welcome from the NSW All Schools Diving Convener

Welcome to Sydney Olympic Park for the 2025 NSW All Schools Diving Championships. I would like to thank Diving NSW for their continued support of these Championships. The support from our sponsors is always greatly appreciated. I would like to thank them for their continued effort.



Sue Milford
Diving Convener
NSW ALL SCHOOLS



General competition information

Age

Age is determined by age turned during the year of competition.

Events

17+ Years Boys and Girls
16 Years Boys and Girls
15 Years Boys and Girls
14 Years Boys and Girls
13 Years Girls
13 Years Boys
12 Years Girls
12 Years Boys
12-13-14 years Boys and Girls Platform
15-16 Years Boys and Girls Platform
17-19 Years Boys and Girls Platform

- There will be separate boys and girls competitions in each age group.
- Medals will be awarded for the first 3 places in each competition.
- Associations may enter 3 divers per event.
- All dive sheets are to be entered using “Dive recorder” online sheets by 15 May 2025.
- Check all information carefully and any questions contact Sue Milford

NSW All Schools Diving Convener susan.milford@det.nsw.edu.au

Judiciary

In the event of any circumstances requiring a judiciary, the judiciary shall consist of the Championship convener and a representative from each association.

Competing associations



Est. 1889

**New South Wales
Combined High Schools
Sports Association**

navy and sky blue



**Catholic Sports
New South Wales**

navy and sky blue



**New South Wales
Combined Independent
Colleges**

navy, red and white



NSWCHSSA
Website event for
further information.

**NSW All Schools
Diving Souvenir
Apparel will not
be available at the
championships.**



[NSWCHSSA Diving souvenir apparel online store available here](#)

NSW All Schools Diving Team

Further information, including results and selected teams, can be found at the NSW All Schools Diving page.

School Sport Australia Diving Championship – Selection Information

All divers selected and accepting a position in the NSW All Schools team are expected to **attend the duration** of the School Sport Australia Diving Championship being held in Brisbane, QLD from Saturday 26 July-Friday 1 August 2025.

Divers are expected to be available to compete in their individual event, synchronised event, team event and knockout, as well as participate in the team championship experience.

To be eligible for selection in the NSW All Schools diving team, students must:

1. Be enrolled at a NSW school
2. Be born between 2006 and 2015 (Age determined as at 31 December 2025)
3. Compete at the NSW All Schools Championship a. Students unable to trial due to representation at a higher level may make a written application to be considered for selection. This application must be received by **15 May 2025**. A decision will be announced prior to the commencement of the event.
4. Perform the required number of dives pertaining to the correct age group to a suitable standard.

Please note:

- 12 years divers will be combined with 13 years divers for team selection.
- The NSW All Schools team for each age group will be announced at the end of each event at the NSW All Schools Diving Championship.
- Three competitors per event will be selected on springboard and platform.

Association point score

Place	Points
1 st place	10 points
2 nd place	8 points
3 rd place	6 points
4 th place	4 points
5 th place	2 points
All other places	1 point

Diving requirements

Age	Event	Limited Dives	Unlimited Dives
12	1m and/or 3m	3 dives from different groups @ 5.4 DD limit	plus 2 dives from different groups unlimited DD
13	1m and/or 3m	3 dives from different groups @ 5.4 DD limit	plus 2 dives from different groups unlimited DD
14	1m and/or 3m	3 dives from different groups @ 5.4 DD limit	plus 3 dives from different groups unlimited DD
15	1m and/or 3m	4 dives from different groups @ 7.6 DD limit	plus 3 dives from different groups unlimited DD
16	1m and/or 3m	4 dives from different groups @ 7.6 DD limit	plus 4 dives from different groups unlimited DD
17/19	1m and/or 3m	4 dives from different groups @ 7.6 DD limit	plus 4 dives from different groups unlimited DD

Platform

Age	Event	Limited Dives	Unlimited Dives
12-14	Platform 5m &/or 7.5m	3 dives from different groups @ 5.4 DD limit	plus 2 dives from different groups unlimited DD
15-16	Platform 5/7.5/10m	3 dives from different groups @ 5.5 DD limit	plus 3 dives from different groups unlimited DD
17-19	Platform 5/7.5/10m	4 dives from different groups @ 7.6 DD limit	plus 3 dives from different groups unlimited DD

Program

Order of events

Please note these times will be approximate.

Thursday, 22 May 2025	
Time	Event
12.00pm	Warm Up-General
1.00pm	17-19 Years Platform Girls and Boys
1.40pm	15-16 Years Platform Girls and Boys
2.30pm	12-14 Years Platform Boys and Girls
3.00pm	17-19 Years Boys and Girls Springboard
Friday, 23 May 2025	
8.00am	Warm up
9.00am	16 Years Boys and Girls Springboard
10.15am	15 Years Boys and Girls Springboard
-	20 minute general warm up
11.40am	14 Years Boys and Girls Springboard
1.00pm	12/13 Years Girls Springboard
2.00pm	12/13 Years Boys Springboard

Program of events

Thursday, 22 May 2025

Event No 1 - Girls 17-19 Years Platform

No	Name	Assoc	School	Score	Place
1	Misha Behi	CIS	MLC School		
2	Ilaria Crowley	CIS	Wahroonga Adventist School		
3	Chloe Gao	CCC	Domremy College		
4	Sarah Malcolm	CIS	PLC Sydney		
5	Ella Hafford-McGovern	CCC	St Scholastica's		

Event No 2 – Boys 17-19 Years Platform

No	Name	Assoc	School	Score	Place
1	Ewan Fouracre	CIS	Trinity Grammar		
2	Massimo Bottos	CCC	Marist Catholic College Penshurst		
3	Joshua Lee	CIS	Northern Beaches Christian School		



**NSW All Schools
Secondary Diving
Championships 2025**
Website event link



Event No 3 - Girls 15-16 Years Platform

No	Name	Assoc	School	Score	Place
1	Claire De Vos	CCC	St Andrews College		
2	Rose Tan	CIS	PLC Sydney		
3	Rachael Griffiths	CCC	St Andrews College		
4	Amelia Strudwick	CIS	PLC Sydney		
5	Miya Newman	CHS	Figtree HS		
6	Hannah Moodie	CIS	PLC Sydney		

Event No 4 - Boys 15-16 Years Platform

No	Name	Assoc	School	Score	Place
1	Vincent Pappalardo	CIS	St Patricks College Strathfield		
2	Dominic Briscas	CCC	Marist College Kogarah		
3	Caleb Andrews	CHS	Castle Hill HS		
4	Oliver Newton	CIS	Trinity Grammar School		
5	Lucas Dawes	CCC	De Lalle Salle College Revesby		
6	Luke Leadbetter	CHS	Swansea HS		
7	Owen Whitbread	CHS	Woolaware High School		

Event No 5 - Girls 12-14 Years Platform

No	Name	Assoc	School	Score	Place
1	Indie Leon-Searle	CIS	Northholm grammar		
2	Mia Colussi	CCC	Rosebank College		
3	Nylea Barjola	CHS	Concord HS		
4	Tilly Adams	CCC	St Scholastica's		
5	Megan Ye	CIS	PLC Sydney		
6	Lillian Cormack	CHS	Pennant Hills HS		
7	Georgia Wenke	CHS	Belmont HS		
8	Ava Savage	CIS	MLC Burwood		

Event No 6 - Boys 12-14 Years Platform

No	Name	Assoc	School	Score	Place
1	Paul Karlos	CIS	Trinity Grammar School		
2	Zachary Chan	CHS	Marsden HS		
3	Jesse Andrews	CHS	Castle Hill HS		
4	James Pritchard	CIS	Knox Grammar		
5	Leo Longman	CHS	Port Hacking HS		
6	Nicholas Ward	CIS	The Kings School		

Event No 7 – Girls 17 Years Springboard

No	Name	Assoc	School	Score	Place
1	Ilaria Crowley	CIS	Wahroonga Adventist School		
2	Philomena Grigg	CCC	Mater Dei Catholic College		
3	Charli Nagle	CHS	Riverside Girls High School		
4	Ella Hafford-McGovern	CCC	St Scholastica's		
5	Clara O'Reilly	CHS	NBSC Mackellar Girls		
6	Sarah Malcolm	CIS	PLC Sydney		
7	Lucia Pappalardo	CCC	Santa Sabina College		
8	Anna Tran Dinh	CHS	Ryde Secondary College		
9	Misha Behi	CIS	MLC School		

Event No 8 – Boys 17 Years Springboard

No	Name	Assoc	School	Score	Place
1	Massimo Bottos	CCC	Marist Catholic College Penshurst		
2	Joshua Lee	CIS	Northern Beaches Christian College		
3	Ewan Fouracre	CIS	Trinity Grammar School		
4	Hamish Turner	CIS	Trinity Grammar School		

Friday, 23 May 2025

Event No 9 – Girls 16 Years Springboard

No	Name	Assoc	School	Score	Place
1	Rose Tan	CIS	PLC Sydney		
2	Annabelle Twyman	CIS	Abbotsleigh		
3	Deanna Drake	CHS	Blaxland HS		
4	Annie Fallon	CCC	Monte St Angelo		
5	Miya Newman	CHS	Figtree High School		
6	Mariah Photi	CCC	St Vincents College		
7	Amelia Strudwick	CIS	PLC Sydney		
8	Matilda Seal	CHS	Wagga Wagga HS		

Event No 10 - Boys 16 Years Springboard

No	Name	Assoc	School	Score	Place
1	Domenic Briscas	CCC	Marist College Kogarah		
2	Samuel Seghers	CCC	Kildare Catholic College		
3	Samuel Tan	CIS	Knox Grammar School		
4	Caleb Andrews	CHS	Castle Hill High School		
5	Lucas Dawes	CCC	De La Salle College		
6	Patrick Lewsam	CHS	Cardiff HS		
7	Darcy Dawson	CIS	Waverley College		

Event No 11 – Girls 15 Years Springboard

No	Name	Assoc	School	Score	Place
1	Sophie Rollinson	CIS	PLC Sydney		
2	Matilda Davidson	CHS	Killara HS		
3	Charlotte Ward	CIS	Loreto Normanhurst		
4	Elizabeth Streitberger-Sams	CHS	Cessnock HS		
5	Hannah Moodie	CIS	PLC Sydney		
6	Claire De Vos	CCC	St Andrews College Marayong		
7	Rachael Griffiths	CCC	St Andrews College Marayong		
8	Scout Heckendorf	CCC	Mater Maria Catholic College		

Event No 12 – Boys 15 Years Springboard

No	Name	Assoc	School	Score	Place
1	Oliver Newton	CIS	Trinity Grammar School		
2	Owen Whitbread	CHS	Woolaware HS		
3	Xavier Grigg	CCC	Mater Dei Catholic College		
4	Leith Graham	CIS	Trinity Grammar School		
5	Vincent Pappalardo	CIS	St Patricks Strathfield		
6	Luke Leadbeatter	CHS	Swansea HS		

Event No 13 – Girls 14 Years Springboard

No	Name	Assoc	School	Score	Place
1	Tilly Adams	CCC	St Scholastica's		
2	Georgie Winterbine	CHS	Warners Bay HS		
3	Analise Gregoriou	CCC	St Andrews College		
4	Lillian Cormack	CHS	Pennant Hills HS		
5	Lara Manuel	CIS	Pymble Ladies College		
6	Ava Henderson	CCC	Mount St Benedicts		
7	Eleanor Mason-Jones	CIS	Pymble Ladies College		
8	Ada Savage	CIS	MLC School		
9	Georgia Wenke	CHS	Belmont HS		

Event No 14 – Boys 14 Years Springboard

No	Name	Assoc	School	Score	Place
1	Eesa Mir	CCC	St Andrews College Marayong		
2	Sam Worthley	CHS	Killarney HS		
3	Dominic Azar	CCC	St Andrews College Marayong		
4	Zachary Chan	CHS	Marsden HS		
5	Terence Ho	CIS	Trinity Grammar College		
6	Leo Longman	CHS	Port Hacking HS		
7	Matthew Lemura	CCC	St Andrews College Marayong		

Event No 15 – Girls 13 Years Springboard

No	Name	Assoc	School	Score	Place
1	Veronica Adamecki	CCC	St Andrews College Marayong		
2	Ava Black	CHS	Warners Bay HS		
3	Megan Ye	CIS	PLC Sydney		
4	Despina Thimiopoulos-Wilson	CCC	St Andrews College Marayong		
5	Marissa Georgakis	CIS	PLC Sydney		
6	Nylea Barjola-Iglesias	CHS	Concord HS		
7	Stella Borg	CCC	St Andrews College Marayong		
8	Amelie Rahme	CIS	Pymble Ladies College		

Event No 16 – Boys 13 Years Springboard

No	Name	Assoc	School	Score	Place
1	Jacob Mammoliti	CCC	St Andrews College Marayong		
2	Jesse Andrews	CHS	Castle Hill HS		
3	James Bassett	CIS	Knox Grammar School		
4	Noah Kinnas	CCC	St Andrews College Marayong		
5	Nicholas Ward	CIS	The Kings School		
6	Andrew Berude	CHS	Hunter School of Performing Arts HS		
7	Paul Karlos	CIS	Trinity Grammar School		
8	Lotan Shmaltz	CHS	Turramurra HS		

Event No 17 – Girls 12 Years Springboard

No	Name	Assoc	School	Score	Place
1	Lauren Griffiths	CCC	St Andrews College Marayong		
2	Zoe Rudolph	CIS	Abbotsleigh		
3	Coco Tan	CIS	PLC Sydney		
4	Mia Colussi	CCC	Rosebank College		
5	Sophia Hayek	CIS	Ascham		
6	Elaina Kirkham	CCC	St Andrews College Marayong		

Event No 18 – Boys 12 Years Springboard

No	Name	Assoc	School	Score	Place
1	Isaiah Halvagi	CIS	Trinity Grammar School		
2	Liam Borg	CCC	St Andrew's College Marayong		
3	Beau Ellis	CCC	St Gregory's College Campbelltown		
4	Dominic Russo	CCC	St Andrew's College Marayong		



School Sport Australia 10-19 Years Diving Championships 26 July - 1 August 2025

Venue: Sleeman Sports Complex
Old Cleveland Rd &, Tilley Rd, Chandler QLD 4155

History of school sport

Prior to the establishment of the competitive school sport program in 1889, (which was prior to the commencement of the modern Olympic Games in 1896), most schools conducted games, dancing, gymnastics and rhythmic movement programs for students.

Schools also implemented both internal sporting programs and arranged competitive matches against other local schools. Many country schools travelled long distances to ensure young people experienced the challenges, benefits and enjoyment provided by competitive sporting opportunities.

In 1889, the NSW Public Schools Amateur Athletic Association was formed by a group of dedicated teachers to co-ordinate school sport in NSW. For the first 25 years the one single event that took pride of place on the calendar was the Annual Sports Carnival which took place at the Sydney Cricket Ground and the Sydney Showground (formerly Agricultural Grounds and now Fox Studios) at Moore Park.

Crowds of 40,000 – 50,000 spectators would gather to watch 12,000 students participating in events that included sprinting, walking, sack races and throwing a cricket ball, along with military type drill competitions. From these humble beginnings school sport has evolved into the current program that is organised by the NSW Primary Schools Sports Association and the NSW Combined s Sports Association. These organisations now offer over 60 state championships and 80 knockout competitions; involving over 300,000 students annually.

The timeline below reflects the place of school sport in the history of NSW and Australia and how public school sport graduates have progressed to represent their state and country in some of the major sporting events held globally over the past 130 years.

1889 Formation of the school sport program as we know it today	
Victor Trumper Cricket Crown Street Public School	Selected in the 1889 Australian team that toured England. Considered one of the most naturally talented cricketers to have played the game. At the 1895 NSWPSAAA Annual Sports Carnival, Trumper won the fielding / throwing of a cricket ball competition.
Herbert (Dally) Messenger Rugby Union/ Rugby League) Double Bay Public School	Considered one of the greatest ever players in either Rugby Union or Rugby League. Messenger played 2 Rugby Union tests and 7 Rugby League tests. Transferred from Rugby Union to Rugby League to become a professional player.
Harold Hardwick Swimming Fort St Model School	All Schools Swimming Championships Gold Medallist 1905. Stockholm Olympic Games (1912) - Gold medallist 4 x 200m freestyle relay. Department of Education- Director of Physical Education (ret 1953).
Fanny Durack Swimming Crown Street Public School	From 1910 – 1918, Fanny was considered the world's greatest female swimmer over all distances. Won a Gold Medal at the Stockholm Olympic Games for the 100m freestyle
1914 – 1918 The First World War	
Andrew 'Boy' Charlton Swimming Manly Village Public School	Attended three Olympic Games – 1924, 1928 and 1932, winning a total of five medals including one Gold.
1929 – 1939 Great Depression	
Sir Donald Bradman Cricket Bowral Public School	Acknowledged as the greatest cricketer of all time. His extraordinary achievements lifted the nation during the Great Depression. After World War II, at 37 years of age Bradman returned to Test Match cricket in the 1945-46 series against England and again for the 1947-48 Invincibles Tour of England. Bradman's presence in these matches again raised the spirits of Australia.
1939 – 1945 The Second World War	
Ken Rosewall (MBE) (AM) Tennis Rockdale Public School	Won his first Australian Open Tennis Championship in 1953, repeating this effort in 1955, 1971 and 1972. He also won the French Open in 1953 and 1968, US Open winner 1956 and 1970. In all he won 23 Tennis majors including 8 grand slam singles.
Arthur Buchan Rugby Sydney Technical HS	Selected for the 1946 Wallabies. Played 10 Rugby tests for Australia. Also became Deputy Director General, NSW Department of Education.
Marjorie Jackson-Nelson (AC)(CVO)(MBE) Athletics (Track) Coffs Harbour and Coerwull Public Schools, Lithgow High	1952 Helsinki Olympic Games, won 2 sprinting Gold Medals. Became Governor of South Australia.

1956 Melbourne Olympic Games		
Betty Cuthbert (MBE) (AM) Athletics (Track) Ermington Public School / Parramatta Domestic Home Science School		Triple Athletics Gold medallist in Melbourne (100m, 200m, and 4 x 100m relay) Gold medal in Tokyo (1964) in the 400m.
Dawn Fraser Swimming Birchgrove Public School /Leichhardt High		Won her first 100m Gold Medal at the Melbourne Olympics. Subsequently won Gold Medals in Rome 1960 and Tokyo 1964. (one of only three swimmers to win the same event at three Olympic Games)
Lew Hoad Tennis Glebe Public School		Won the Australian Open Tennis Championship in 1956. Won 4 major Tennis titles and was a part of 3 Davis Cup victories.
Arthur Summons Rugby Union/ Rugby League Homebush Boys HS	Norm Provan Rugby League Willoughby PS Crows Nest PS Technical College	Arthur Summons along with Norm Provan immortalised on the trophy presented to the winners of the NRL Grand Final. The trophy was modelled off the photo taken by John O’Grady after 1963 Grand Final.
Sir Jack Brabham Motor Racing Hurstville Boys HS		In 1959 won his first of 3 Formula 1 World Motor Racing Championships. The first Australian ever to win the world title.
Bernard (Midget) Farrelly Surfing Manly Village Public School		Won the 1964 inaugural World Surfing Championships. Considered a pioneer of surfing in Australia.
Heather McKay Squash Queanbeyan West Public School Queanbeyan HS		In 1962 won her first British Open (at that time considered the World Championship) and then held this title for 15 consecutive years.
1969 Neil Armstrong becomes the first man to walk on the moon		
Evonne Goolagong (MBE) (AO) Tennis Barellan CS Willoughby Girls HS	Won her first Wimbledon title in 1971. In total Evonne won 7 grand singles titles.	
1972 Munich Olympic Games		
Graham Windeatt Swimming East Hills Boys HS	At the 1971 NSWCHSSA Swimming Championships Graham broke the World 800m freestyle record. He went onto represent Australia at the 1972 Munich Olympic Games where he won a silver medal in the 1500m.	
Shane Gould Swimming Miranda Public School, Epping North Public School Turramurra HS	Shane competed at the Munich Olympic Games while a student at Turramurra HS winning 3 Gold medals, 1 silver and 1 bronze. Gail Neall also from Turramurra High also won a gold medal in the 200m Butterfly. What an extraordinary double.	
David Woods Water Polo Birchgrove Public School Drummoyne Boys HS	David represented at the 1972 Munich Olympic Games and the 1976 Montreal Olympic Games. He also represented at 2 World Championships and coached the Australian Women’s team which included his daughter Taryn, whilst son Gavin has represented Australia in Water Polo at 4 Olympic Games. David was President of the NSWCHSSA from 1984 until 1991.	
1980 Moscow Olympics		
Michelle Ford Swimming St George Girls HS	At the 1980 Moscow Olympics Michelle won the Gold medal in the 800m freestyle and a Bronze medal in the 200m Butterfly	
Inaugural Rugby League Immortals announced in 1991	Rugby League immortals include Bob Fulton (Unanderra Public School and Dapto HS) Reg Gasnier (Sydney Technical HS	
1983 Australia II wins the Americas Cup		
Kevin Nichols Cycling Grafton/South Grafton HS	Captain of the 1984 cycling team that competed at the Los Angeles Olympic Games. Was a member of the Gold Medal winning Pursuit team.	
Mark, Gary, Glen and Marcia Ella Rugby and Netball La Perouse Public School Matraville HS	The Ella family came to prominence when Mark, Gary and Glen Ella represented Australia in Rugby Union and were part of the 1984 Grand Slam winning team. In 1986 Marcia Ella represented Australia in Netball against New Zealand.	

Craig Johnston Football Booragul HS	Scored a goal for Liverpool in their 3-1 victory over Everton in the 1986 FA Cup Final. A pioneer for Australian players securing contracts to play Football overseas.
Anne Sargeant Netball Forestville PS / Killarney Hts HS	Australian Netball player. Represented from 1978 until 1988, captaining the team for 6 years.
Steve and Mark Waugh Cricket Panania Public School East Hills Boys HS	Steve and Mark were both awarded CHS cricket Blues in 1984. In 1983 Steve won a CHS Soccer Blue and the President's Award. The twins represented the Australian Cricket team with distinction with Steven captaining the team in 57 test matches and 106 One Day Internationals.
Kerry Saxby AM Athletics Ballina HS	Elite race walker whose career spanned 1980 and 1990's. Kerry won 2 Commonwealth Games Gold Medals and set 32 world records during her career.
Layne Beachley AO Surfing Balgowlah Heights Public School Mackellar Girls HS	In 1990 Layne won the first of her 7 World Surfing titles. Layne inducted into the Australian Sports Hall of Fame in 2011.
1991 World Wide Web goes public	
Alyson Annan Hockey Macquarie Fields PS & HS	In 1996, Alyson won her first of two Olympic Gold medals in Atlanta. She also won two World Cup Golds and four Champions Trophy Golds. Alyson represented Australia in 228 international matches.
2000 Sydney Olympic Games	
Ian Thorpe Swimming Milperra Public School East Hills Boys HS	At the 2000 Sydney Olympics Ian won Gold Medals and set 2 World Records in swimming. In total won 5 Gold Medals and 11 World Championships.
Lauren Jackson Basketball Thurgoona Public School Murray HS	The Sydney 2000 Olympic Games were her first Olympic Games. Lauren has subsequently has played in 3 more Olympics; 2004, 2008 and 2012
Debbie Watson Water Polo Mackellar Girls HS	Captained gold medal winning Australian Women's Water Polo team (other team members were Taryn Woods (Fort Street), Bronwyn Mayer (Hunters Hill), Yvette Higgins (Riverside Girls) and Simone Hankin (Picnic Point)
Kurt Fearnley Paralympic Athlete Blayney Public School Blayney HS	At the Sydney 2000 Olympic Games he won 2 silver medals). In total Kurt competed at 5 Olympic games winning 3 Olympic Gold medals.
Tim Cahill Football Bexley Nth / Annandale Nth PS Tempe and Kingsgrove HS	Tim has represented Australia on 104 occasions, scoring 50 goals. He has had a stellar career playing for various overseas and Australian teams.
Torah Bright Snowsports Cooma North Public School	Torah won an Olympic Gold medal in the Half Pipe at the 2010 Vancouver Winter Olympic Games.
John Longmire Australian Rules Corowa PS / Corowa HS	After a successful playing career, John coached the Sydney Swans to the AFL Premiership flag in 2012 Grand Final.
James Spithill Sailing Pittwater HS	Youngest ever skipper to win the America Cup in 2010. He defended this title in 2013. Was the helmsman of Comanche which won the Sydney to Hobart in 2017.
Steven Smith Cricket Alfords Point Public School Menai HS	Steven Smith is considered one of the most outstanding cricketers of any era. He was appointed as Australian Cricket Captain in 2015. Steven joins a number of Australian Cricket Captains to graduate from NSW Public Schools. Others include Bill Brown (Petersham PS), Sir Donald Bradman (Bowral PS), Arthur Morris (Canterbury Boys HS), Ian Craig (North Sydney Boys HS), Richie Benaud (Jugiong PS and Parramatta HS), Bob Simpson (Earlwood PS and Tempe HS), Allan Border (North Sydney BHS), Mark Taylor (Chatswood HS), Steven Waugh (Panania South PS and East Hills Boys HS), Adam Gilchrist (Deniliquin PS and Kadina HS), Michael Clarke (Marsden Rd PS and Westfields Sports) and Brad Haddin (Karabar HS)

School sport - for parents

Welcome and thank you for attending these championships and supporting your child. Parents, caregivers, coaches, teachers and volunteers play a significant role in the motivation and development of young people.

Due to the regularity of contact and the influence parents and caregivers have as role models for young people, they particularly have an opportunity to shape the behaviours, enthusiasm and respect young people demonstrate in their sporting endeavours.

Please find below some suggestions that might enhance the enjoyment of all those involved in the school sporting pathway.

- Enjoy the journey.
- Sport is a journey that provides physical, social and emotional benefits for children. Enjoyment and having fun with friends is their greatest reward. You also share in this enjoyment.
- It's better if the first question you ask your child is "did you enjoy it?" rather than "did you win?"
- Not every child is going to become a champion but every child has the opportunity to continue enjoying sport through coaching, managing or supporting.
- Model good behaviours and never accept poor sportsmanship from your child or their coach.
- Children learn more by seeing than hearing, particularly from people they care about. No matter what the circumstances, be someone they can admire and respect.
- Parents aren't judged on their child's accomplishments; however, parents are often held responsible for their child's behaviour.
- Your child's results should not affect your mood.
- Never get upset after an event where results don't go the way of your child.
- Give your child space to grow and mature.
- All children are different. Accept your child for who they are. Fault finding makes the child question their self-worth. Letting a child know how much you care about them makes them proud and builds resilience.
- Focus on the processes rather than the outcomes.
- Parents should understand that the best athletes focus on the process, because the result is often out of their control.
- Avoid going over the top about your child's talent.
- Every sport has talented athletes, but for various reasons they do not always reach the pinnacle.
- Encourage good attitudes.
- Good attitudes carry over into all aspects of life.
- Support the coach, especially in public and in front of your child.
- If there is a disagreement, settle it privately.
- Negatively discussing other parents or coaches in front of your child can be detrimental.
- No matter how private conversations are, they can become public very easily.
- Build good relationships with other parents.
- Parents of your children's friends will often become your friends.
- You should not compare your child's journey to another child's journey.
- Children mature at different rates. All children are different. Try to understand your child's views of the world around them.
- If your child makes mistakes, let them experience the consequences of their actions.
- This is how they learn and grow and become independent, resourceful and confident.
- Set-backs and failures are opportunities for improvement. Explain to your child that continued effort, practice and learning are the keys to success.
- Recognise your child's results don't define you.
- Your child's success or disappointment does not change other parents' views of you.
- Develop your child's strengths.

Help your child to identify their strengths and develop them. These children experience success, become inspired, confident and resilient.