

# Event Program

## NSW All Schools Diving Championship

SCHOOL  
sport

2023





# 5Rs response to concussion

The 5Rs is an easy to remember concussion management strategy to support the health and wellbeing of students of all ages.

Parents and carers can use the 5Rs to support the response to a suspected concussion.



Concussion is defined as “a form of mild-traumatic brain injury that occurs as a result of a direct impact to the head or the body that causes transmission of forces to the head and brain”. Early recognition is the key to successfully responding to and managing a concussion. Signs and symptoms may not show up until 24-48 hours after the head injury.



To protect the health and wellbeing of the competitor, medical advice states that the competitor is removed from play and monitored for signs and symptoms. The signs of concussion include: appearing dazed or stunned, repeating questions, confusion, drowsiness, headache, blurred vision, nausea, loss of balance or just does not seem right.



Any signs or symptoms should be assessed by a doctor. It is important that signs and symptoms are recorded. Doctors will need to know when each sign or symptom was noticed, how long it lasted and whether the sign or symptom was mild or severe.



Medical advice states that anyone who suffers a concussion needs complete physical and cognitive rest for at least 24-48 hours. This includes a break from exercise, use of computer screens, video games or study. Time away from school and sports should follow doctor's advice.



A gradual and staged return to school and sporting activities should be planned by the young person's doctor. This plan should be shared and followed by parents, carers, school staff and coaches.

# NSW All Schools Diving Championships



**Sydney Olympic Park Aquatic Centre**

**Thursday 1 June & Friday 2 June 2023**

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 message from the NSWCHSSA Diving Convener

Welcome to Sydney Olympic Park for the 2023 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. Diving would like to thank EYELINE for their continued support



Sue Milford  
Diving Convener  
NSWCHSSA



## NSWCHSSA Executive

Role	Elected representative
President	Simon Warren
Vice President	Margot Brissenden
Vice President	Jacqui Charlton
Vice President	Brett Austine
Vice President	Mark Skein
Treasurer	Gavin Holburn
Executive Officer	Jacky Patrick
NSWCHSSA Diving Convener	Sue Milford

## Association point score

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



## 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

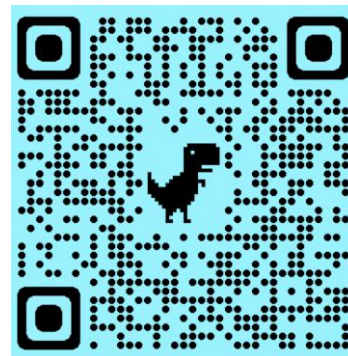
**ONLINE NOW**

*Souvenir  
Diving  
Apparel*

**Great  
gift  
idea**

**NSWCHS  
DIVING**

**\*while stocks last**



**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](#)**

# General competition information

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## 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 May 28.
- Check all information carefully and any questions contact Sue Milford

NSW All Schools Diving Convener [susan.milford@det.nsw.edu.au](mailto: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.

# NSWCHSSA Diving Team

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## School Sport Australia Diving Championships Selection Information

To be eligible for selection in the NSWCHSSA diving team students must

- Be enrolled at a NSW school.
- Be born 2013-2004. (Age determined as at 31 December 2023)
- Compete at NSW All Schools (12-19 years) on 1-2 June, 2023
- 12 years will be combined with 13 years for team selection.
- A team will be announced at the end of each event.
- 3 competitors per event will be selected on springboard and platform.
- Perform the required number of dives pertaining to the correct age group to a suitable standard.
- Students unable to trial due to representation at a state or Australian level or medical considerations may make application in writing for consideration for NSWCHS selection.
- **All divers selected in the team are expected to compete in their individual event, synchronised event, team event, knockout and take part in the educational component of the School Sport Australia Championships in Sydney August 21-27, 2023.**

## 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, 1 June 2023	
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, 2 June 2023	
8.00am	<b>Warm up</b>
9.00am	16 Years Boys and Girls Springboard
10.15am	15 Years Boys and Girls Springboard
-	<b>20 minute general warm up</b>
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

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## Thursday, 1 June 2023

### Event No 1 - Girls 17-19 Years Platform

No	Name	Assoc	School	Score	Place
1	Ellie Cole	CIS	PLC Sydney		
2	Sofia Al Hassan	CIS	PLC Sydney		
3	Brooke Cassidy	CHS	Blackwattle Bay Secondary College		
4	Sofia Knight	CHS	Sydney Distance Ed HS		
5	Hannah Smith	CCC	Brigidine College		
6	Nicola Puhl	CIS	Pymble Ladies College		
7	Nina Pappalardo	CIS	PLC Sydney		

### Event No 2 – Boys 17-19 Years Platform

No	Name	Assoc	School	Score	Place
1	Zac Aubry	CCC	St Patricks Dundas		

### Event No 3 - Girls 15-16 Years Platform

No	Name	Assoc	School	Score	Place
1	Ilaria Crowley	CIS	Distance Education		
2	Lily Finch	CHS	Concord High School		
3	Ella Hafford-McGovern	CCC	St Scholastica's		
4	Harriet Kaan	CIS	Abbotsleigh		
5	Sarah Malcolm	CIS	PLC Sydney		
6	Chloe Gao	CCC	Domremy College		

### Event No 4 - Boys 15-16 Years Platform

No	Name	Assoc	School	Score	Place
1	Massimo Bottos	CCC	Marist Catholic College Penshurst		
2	Rory Flanagan	CIS	Trinity Grammar		
3	Nathan Lewsam	CHS	Cardiff High School		
4	Joshua Lee	CIS	Nothern Beaches Christian School		
5	Anthony Del Popolo	CIS	St Patricks College		



**Event No 5 - Girls 12-14 Years Platform**

No	Name	Assoc	School	Score	Place
1	Mea Shires	CIS	Pymble Ladies College		
2	Chloe Smith	CHS	Pennant Hills High School		
3	Kayla Davies	CHS	NBSC Mackellar Campus		
4	Rose Tan	CIS	PLC Sydney		
5	Deanna Drake	CHS	Blaxland High School		
6	Kyah Chalmers	CIS	Lakes Grammar		

**Event No 6 - Boys 12-14 Years Platform**

No	Name	Assoc	School	Score	Place
1	Vincent Pappalardo	CIS	St Patricks Strathfield		
2	Lucas Dawes	CCC	De La Salle College		
3	Owen Whitbread	CHS	Woolaware High School		
4	Dominic Briscas	CCC	Marist College Kogarah		

**Event No 7 - Girls 17 Years Springboard**

No	Name	Assoc	School	Score	Place
1	Sofia Al Hassan	CIS	PLC Sydney		
2	Brooke Cassidy	CHS	Blackwattle Bay Secondary College		
3	Jade Kember	CCC	St Andrews College		
4	Nina Pappalardo	CIS	PLC Sydney		
5	Anya Rudenko	CIS	Barker College		
6	Lucy Finch	CHS	Concord High School		
7	Sofia Knight	CHS	Sydney Distance Education HS		
8	Hannah Smith	CCC	Brigidine College		

**Event No 8 - Boys 17 Years Springboard**

No	Name	Assoc	School	Score	Place
1	Joshua Leverton	CIS	Trinity Grammar		
2	Zac Aubry	CCC	St Patricks Dundas		
3	Finn McGillicuddy	CIS	St Aloysius College		
4	Lachlan Nguyen	CIS	Trinity Grammar		

# Friday, 2 June 2023

## Event No 9 – Girls 16 Years Springboard

No	Name	Assoc	School	Score	Place
1	Charlotte Seghers	CCC	Kildare Catholic College		
2	Clara O'Reilly	CHS	NBSC Mackellar Girls		
3	Sarah Malcolm	CIS	PLC Sydney		
4	Philomena Grigg	CCC	Mater Dei Catholic College		
5	Harriet Kaan	CIS	Abbotsleigh		
6	Lily Finch	CHS	Concord High School		
7	Ella Hafford-McGovern	CCC	St Scholastica's		
8	Tahlia Jeffery	CIS	MLC School		

## Event No 10 - Boys 16 Years Springboard

No	Name	Assoc	School	Score	Place
1	Anthony Del Popolo	CIS	St Patricks College		
2	Thomas Williams	CHS	NBSC Balgowlah Boys		
3	Lachlan Abbott	CIS	Barker College		
4	Nathan Lewsam	CHS	Cardiff High School		
5	Joshua Lee	CIS	Northern Beaches Christian College		
6	Banjo Taylor	CHS	NBSC Balgowlah Boys		

## Event No 11 – Girls 15 Years Springboard

No	Name	Assoc	School	Score	Place
1	Emily McHale	CCC	Monte		
2	Lily Whalan	CIS	Loreto Normanhurst		
3	Lucia Pappalardo	CCC	Santa Sabina College		
4	Ivy Taylor	CHS	Cessnock High School		
5	Tiana Beaumont	CHS	Whitebridge High School		
6	Chloe Gao	CCC	Domremy College		
7	Angela Xenofontos	CIS	Pymble Ladies College		
8	Charli Nagle	CHS	Riverside Girls High School		
9	Aurora Caie	CIS	Abbotsleigh		

## Event No 12 – Boys 15 Years Springboard

No	Name	Assoc	School	Score	Place
1	Hamish Turner	CIS	Trinity Grammar		
2	Massimo Bottos	CCC	Marist Catholic College Penshurst		
3	Ewan Fouracre	CIS	Trinity Grammar		

**Event No 13 – Girls 14 Years Springboard**

No	Name	Assoc	School	Score	Place
1	Mea Shires	CIS	Pymble Ladies College		
2	Amelia Strudwick	CIS	PLC Sydney		
3	Miya Newman	CHS	Figtree High School		
4	Arabelle Mumford	CCC	Mt St Benedicts College		
5	Deanna Drake	CHS	Blaxland HS		
6	Annie Fallon	CCC	Monte		
7	Mariah Photi	CCC	Bethlehem College		
8	Eve Morgan	CHS	Riverside Girls High School		
9	Rose Tan	CIS	PLC Sydney		

**Event No 14 – Boys 14 Years Springboard**

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

**Event No 15 – Girls 13 Years Springboard**

No	Name	Assoc	School	Score	Place
1	Kyah Chalmers	CIS	Lakes Grammar		
2	Bridget Mahony	CHS	Lisarow High School		
3	Rachael Griffiths	CCC	St Andrews College		
4	Kayla Davies	CHS	NBSC Mackellar Campus		
5	Tegan Schultz	CCC	Trinity Catholic College		
6	Hannah Moodie	CIS	PLC Sydney		
7	Chloe Smith	CHS	Pennant Hills High School		
8	Claire De Vos	CCC	St Andrews College		
9	Addison Woods	CIS	Pymble Ladies College		



### Event No 16 – Boys 13 Years Springboard

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

### Event No 17 – Girls 12 Years Springboard

No	Name	Assoc	School	Score	Place
1	Analise Gregoriou	CCC	St Andrews College		
2	Olivia Rawlins	HUN	Belmont HS		
3	Olivia Spano	CIS	PLC Sydney		
4	Sienna Goldie	CCC	Mackillop College		
5	Sasha Dubrovina	CIS	Pymble Ladies College		
6	Ada Savage	CIS	MLC School		

### Event No 18 – Boys 12 Years Springboard

No	Name	Assoc	School	Score	Place
1	Eesa Mir	CCC	St Andrews College		



## 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 Matrville 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.
<b>1991 World Wide Web goes public</b>	
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.
<b>2000 Sydney Olympic Games</b>	
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

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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.



# PLAYERS, TEACHERS, COACHES AND SPECTATORS CODE

YOUNG PEOPLE INVOLVED IN SPORT  
HAVE A RIGHT TO PARTICIPATE IN A  
SAFE AND SUPPORTIVE ENVIRONMENT



- ✳ The goals of the game are to have fun and improve skills.
- ✳ Be modest in success and generous in defeat.
- ✳ Play for the fun of it.
- ✳ Play by the rules and always respect the decisions of officials.
- ✳ Make no criticism either by word or gesture.
- ✳ Deliberately distracting or provoking an opponent or player is not acceptable or permitted in any sport.
- ✳ Be a good sport. Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- ✳ Condemn unsporting behaviour and promote respect for opponents.
- ✳ Condemn the use of violence in any form.
- ✳ Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- ✳ Ensure any use of social media about or around this event/team/management is responsible and appropriate.
- ✳ Place the safety and welfare of the participants above all else.
- ✳ All school sports events are alcohol and smoke free zones.

For more information and results of all events, please see  
<https://app.education.nsw.gov.au/sport>



# SCHOOL Sport

TEAM WORK • FAIR PLAY  
GOAL SETTING AND ACHIEVING

 <https://app.education.nsw.gov.au/sport>  <https://www.facebook.com/NSWschoolsportunit>