

NSW Combined High Schools  
Sports Association

# Diving Championships



Est. 1889

**Sydney Olympic Park Aquatic Centre**

**Wednesday 3 May 2023 – Thursday 4 May 2023**

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



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

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# Welcome message from NSWCHSSA President

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Sport continues to play a significant role in building the Australian character and that of the youth of today, not only in swimming but also in all the sports that the NSWCHSSA conducts. The Association endeavours to provide a wide range of sporting activities and opportunities for all students in our public high schools. For over 130 years, competition has been provided at a variety of levels by willing and dedicated teachers to help the pupils in our schools reach their potential at their selected sport.

At this stage, I must thank all those principals, coaches, managers, parents, officials and participants who have strived so hard to make our championships successful. Much of this time is done on a voluntary basis and it is greatly appreciated.

2023 sees a return to some type of normality and it is wonderful to see our students back on the sporting field. I would like to thank all the Executive Officers for their efforts in getting NSWCHSSA sport back up and running, thank you also to all parents and students as your understanding and compliance to the new normal is appreciated.

Finally, I would ask all competitors to reflect on their achievement as reaching the NSWCHSSA level is an outstanding milestone and is not to be underestimated, well done. It is unlikely that you have got to this point on your own, so please take a moment to thank those around you who have supported you on this journey. Congratulations on reaching this elite level of competition and best of luck.

## **Simon Warren**

Deputy Principal, Brisbane Water Secondary College

President, New South Wales Combined High Schools Sports Association



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# Welcome message from the NSWCHSSA Diving Convener

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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 efforts.

Diving would like to thank **EYELINE** for their continued support.



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Sue Milford  
**Diving Convener**  
**NSWCHSSA**



## NSWCHSSA Executive

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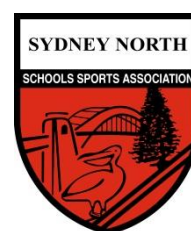
President	Simon Warren
Vice President	Margot Brissenden
Vice President	Jacqui Charlton
Vice President	Brett Austine
Vice President	Mark Skein
Treasurer	Gavin Holburn
Executive Officer	Jacky Patrick
NSWCHSSA Diving Convener	Sue Milford

# Competing associations

Association	Colours
Sydney East	red / white / royal blue
Riverina	black / white
The Hunter	royal blue / gold
South Coast	aqua / yellow / navy
West Darling	maroon / white / yellow
North Coast	gold / green
Sydney North	black / red
Sydney West	blue / black / gold
Sydney South West	bottle green / white
Western	red / green
North West	sky blue / black



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# NSWCHSSA 2023 Diving program

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## CHECK EVENTS CAREFULLY

### Day one – 3 May 2023

Time	Events	Description
8.00am	All divers	General warm up
9.00am	12 and 13 years boys and girls	Competition
9.40am	12 and 13 years girls 13 and 14 years boys	Knock out warm up
10.10am	12 and 13 years girls 13 and 14 years boys	Knock out comp
10.40am	14 and 15 years boys and girls	Warm up
11.00am	14 and 15 years boys and girls	Springboard event
11.40pm	14 and 15 years girls	Knock out warm up
12.00pm	14 and 15 years girls	Knock out comp
12.30pm	Team synchro	Warm up
1.10pm	Team synchro	Competition

### Day two – 4 May 2023

Time	Events	Description
8.00am	All divers	General warmup
9.00am	16 and 17 years boys and girls	Springboard event
9.40am	16 and 17 years boys and girls	Knock out warm up
10.00am	16 and 17 years boys and girls	Knock out comp
10.45am	Team synchronised	Warm up
11.15am	Team synchronised	Competition
12.00pm	Platform	Warm up
12.30pm	Platform	Competition
1.00pm	Champion of Champions	Warm up
1.15pm	Champion of Champions	Competition

- **Warm ups will follow on from the previous event**
- **All competitors attending on May 3 are eligible to compete in team synchro**
- **Champion of champions competitors arrive by 12pm or earlier**

# NSWCHSSA Handbook

Amended 2022

## 4.9 Diving - NSWCHSSA Championships

### 4.9.1 Championship Requirements

#### (a) Boys/girls dives

Springboard diving shall be from either the one metre and/or three metre boards.

Age / Division	Dives
12/13 years boys and girls	2 dives from 2 groups @ 3.6 plus 2 dives from 2 groups with no limit on degree of difficulty
14/15 years boys and girls	3 dives from 3 groups @ 5.4 plus 3 dives from 3 groups with no limit on degree of difficulty
16/17+ years boys and girls	4 dives from 4 groups @ 7.6 plus 4 dives from 4 groups with no limit on degree of difficulty
Open platform (5m and/or 7.5m and/or 10m)	3 dives from 3 groups @ 5.6 plus 3 dives from 3 groups with no limit on degree of difficulty
Champion of Champions	2 dives from 2 groups @ 3.6 plus 2 dives from 2 groups with no limit on degree of difficulty

#### (b) Association point score

The points system is as follows:

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

### 4.9.2 General Rules

#### (a) Age

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

#### (b) Team list

Team lists are to be submitted at least 10 days prior to the competition.

#### (c) Dive sheets

The dive sheets must be entered on dive recorder by the Wednesday prior to the championships.

# NSWCHSSA Handbook continued

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## (d) Events

### Day One

12 years boys and girls  
13 years boys and girls  
14 years boys and girls

15 years boys and girls  
Knockout (rules below)  
Junior team synchronised (rules below)

### Day Two

16 years boys and girls  
17+ years boys and girls  
Open platform boys and girls

Champion of Champions boys and girls  
Knockout (rules below)  
Open team synchronised (rules below)

## Champion of Champions

The winner of each competition division is eligible to contest the Champion of Champions. In the event that a diver wins both a springboard and a platform eligibility event they may choose to do springboard and/or platform.

Dive sheets for this event should be submitted to the state convener at the conclusion of the respective event.

## (e) NSWCHSSA team

A NSWCHSSA team will be selected at the championships. This team will comprise of the first 3 placegetters in each event as long as they have fulfilled the requirements. The team will represent NSWCHSSA at the NSW All Schools Diving Championships.

### 4.9.3 Judiciary

In the event of any circumstances requiring a judiciary, the judiciary shall consist of the state convener, the championship organiser and the association manager or their representative.

### 4.9.4 Entries

Each association may enter five (5) competitors in each competition.

### 4.9.5 Eligibility

Competing divers must be bone fide secondary students of schools affiliated to NSWCHSSA.

### 4.9.6 Knockout rules

(a) All divers to compete

(b) Events for each age i.e. 12 boys, 15 girls, 12 girls etc. will be conducted. If there are less than 6 divers in a single age group, age groups and genders may be combined. If groups are combined medals will be awarded in one group only not separate divisions.

(c) 3 rounds

(i) Round 1 limited dd of 1.5 or less

(ii) Round 2 limited dd of 2.0 or less

(iii) Round 3 unlimited dd

(d) At the end of each round several of the lowest scoring competitors will be eliminated resulting in 3 left for round 3 e.g. 10 in the event will result in 4 eliminated in round 1, 3 in round 2 leaving 3 in the final round. In the event of small number competitors some round no eliminations will occur.

(e) Each round will be stand alone and scores will **not** carry forward.

(f) Boards to be used

(i) 12 years 1m and/or, 3m and/or, 5m Knockout

(ii) 13-14 years 1m and/or, 3m and/or, 5m and/or, 7.5m

(iii) 15-19 years 1m and/or, 3m and/or, 5m and/or, 7.5 and/or, 10m

(g) Any dive groups can be used.

(h) No repeat dives permitted.

(i) NSWCHSSA medals will be awarded to 1st, 2nd and 3rd in final round.

#### 4.9.7 Team synchronised rules

Junior 12-15 years on Day One

Open event on Day Two

All divers are encouraged to compete in team synchronised event.

Day 1 (12-15 years)

Day 2 (12-19 years)

Event specifics

- There are four (4) competitors per team;
- Teams will be drawn randomly and posted during the day of NSWCHSSA championships;
- Each team member must synchronise with each other member i.e.: six (6) dives per team;
- Any dives may be used;
- Repeat dives are permitted;
- One dive sheet to be submitted per team;
- Dives may be performed from springboard and/or platform.



# NSWCHSSA 2023 Diving program

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## CHECK EVENTS CAREFULLY

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10.10am	12 and 13 years girls 13 and 14 years boys	Knock out comp
10.40am	14 and 15 years boys and girls	Warm up
11.00am	14 and 15 years boys and girls	Springboard event
11.40pm	14 and 15 years girls	Knock out warm up
12.00pm	14 and 15 years girls	Knock out comp
12.30pm	Team synchro	Warm up
1.10pm	Team synchro	Competition

### Day two – 4 May 2023

Time	Events	Description
8.00am	All divers	General warmup
9.00am	16 and 17 years boys and girls	Springboard event
9.40am	16 and 17 years boys and girls	Knock out warm up
10.00am	16 and 17 years boys and girls	Knock out comp
10.45am	Team synchronised	Warm up
11.15am	Team synchronised	Competition
12.00pm	Platform	Warm up
12.30pm	Platform	Competition
1.00pm	Champion of Champions	Warm up
1.15pm	Champion of Champions	Competition

- **Warm ups will follow on from the previous event**
- **All competitors attending on May 3 are eligible to compete in team synchro**
- **Champion of champions competitors arrive by 12pm or earlier**

# General

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**Entries:** Each Association may enter five (5) competitors in each competition.

**Eligibility:** Competing divers must be bonafide students of schools within the association they represent.

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

## Association Point Score:

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

# Champion of Champions

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**Eligibility:** The winner of each competition division is eligible to contest the Champion of Champions. In the event that a diver wins both a springboard and a platform event they may choose to do springboard and/or platform.

Dive sheets for this event should be submitted to the championship organiser at the conclusion of the respective event.

## Dive Requirements - Springboard

Age	Event	Limited Dives	Unlimited Dives
12	1m and/or 3m	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
13	1m and/or 3m	2 dives from different groups @ 3.6	plus 2 dives from different groups unlimited DD
14	1m and/or 3m	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
15	1m and/or 3m	3 dives from different groups @ 5.4	plus 3 dives from different groups unlimited DD
16	1m and/or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD **
17/19	1m and/or 3m	4 dives from different groups @ 7.6	plus 4 dives from different groups unlimited DD **

## Dive Requirements – Platform

Age	Event	Limited Dives	Unlimited Dives
Open	Platform 5/7.5/10	3 dives from different groups @ 5.6	plus 3 dives from different groups unlimited DD

# Day One - 3 May 2023

## EVENT ONE - 12 years Girls Springboard

No	Name	Assoc	School	Score	Place
1	Olivia Rawlings	HUN	Belmont HS		

## EVENT TWO - 12 years Boys Springboard

No	Name	Assoc	School	Score	Place
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## EVENT THREE - 13 years Girls Springboard

No	Name	Assoc	School	Score	Place
1	Mia Bell	HUN	Belmont HS		
2	Kayla Davies	SN	NBSC Mackellar Campus		
3	Lillian Hamilton	HUN	Belmont HS		
4	Amelia Bellamy	HUN	Belmont HS		
5	Chloe Smith	SN	Pennant Hills HS		
6	Bridget Mahoney	SN	Lisarow HS		

## EVENT FOUR - 13 years Boys Springboard

No	Name	Assoc	School	Score	Place
1	Jett James	HUN	Belmont HS		
2	Aiden Rawlings	HUN	Belmont HS		
3	Owen Whitbread	SE	Woolaware HS		
4	Jesse James	HUN	Belmont HS		
5	Luke Leadbetter	HUN	Swansea HS		

## EVENT FIVE - 12-13 years Girls Knockout

No	Name	Assoc	School	Score	Place
1	Lillian Hamilton	HUN	Belmont HS		
2	Kayla Davies	SN	NBSC Mackellar Campus		
3	Olivia Rawlings	HUN	Belmont HS		
4	Chloe Smith	SN	Pennant Hills HS		
5	Amelia Bellamy	HUN	Belmont HS		
6	Mia Bell	HUN	Belmont HS		
7	Bridget Mahoney	SN	Lisarow HS		

## EVENT SIX - 13-14 years Boys Knockout

No	Name	Assoc	School	Score	Place
1	Luke Leadbetter	HUN	Swansea HS		
2	Jesse James	HUN	Belmont HS		
3	Owen Whitbread	SE	Woolaware HS		
4	Patrick Lewsam	HUN	Cardiff HS		
5	Jett James	HUN	Belmont HS		
6	Aiden Rawlings	HUN	Belmont HS		
7	Caleb Andrews	SW	Castle Hill HS		

# Day One - 3 May 2023

## EVENT SEVEN - 14 years Girls Springboard

No	Name	Assoc	School	Score	Place
1	Eve Morgan	SN	Riverside Girls HS		
2	Scarlett Nangle	SE	Newtown Performing Arts HS		
3	Deanna Drake	SW	Blaxland HS		
4	Hala Wall	SE	Newtown Performing Arts HS		
5	Miya Newman	SC	Figtree HS		

## EVENT EIGHT - 14 years Boys Springboard

No	Name	Assoc	School	Score	Place
1	Patrick Lewsam	HUN	Cardiff HS		
2	Caleb Andrews	SW	Castle Hill HS		

## EVENT NINE - 15 years Girls Springboard

No	Name	Assoc	School	Score	Place
1	Charli Nagle	SN	Riverside Girls HS		
2	Matilda Granato	HUN	Belmont HS		
3	Ivy Taylor	HUN	Cessnock HS		
4	Tianna Beaumont	HUN	Whitebridge HS		

## EVENT TEN - 15 years Boys Springboard

No	Name	Assoc	School	Score	Place

## EVENT ELEVEN - 14 and 15 years Girls Knockout

No	Name	Assoc	School	Score	Place
1	Eve Morgan	SN	Riverside Girls HS		
2	Matilda Granato	HUN	Belmont HS		
3	Ivy Taylor	HUN	Cessnock HS		
4	Hala Wall	SE	Newtown Performing Arts HS		
5	Deanna Drake	SW	Blaxland HS		
6	Tianna Beaumont	HUN	Whitebridge HS		
7	Charli Nagle	SN	Riverside Girls HS		
8	Miya Newman	SC	Figtree HS		
9	Scarlett Nangle	SE	Newtown Performing Arts HS		

# Day Two - 4 May 2023

## EVENT TWELVE - 16 years Girls Springboard

No	Name	Assoc	School	Score	Place
1	Lily Finch	SN	Concord HS		
2	Clara O'Reilly	SN	NBSC Mackellar Campus		

## EVENT THIRTEEN - 16 years Boys Springboard

No	Name	Assoc	School	Score	Place
1	Banjo Taylor	SN	NBSC Balgowlah Boys HS		
2	Nathan Lewsam	HUN	Cardiff HS		
3	Thomas Williams	SN	NBSC Balgowlah Boys HS		
4	Joe Hicks	HUN	Newcastle HS		

## EVENT FOURTEEN - 17+ years Girls Springboard

No	Name	Assoc	School	Score	Place
1	Lucy Finch	SN	Concord HS		
2	Steph Arnold	HUN	Maitland Grossmann HS		
3	Sofia Knight	SE	Sydney Distance Ed School		
4	Layne Wilkins	HUN	Whitebridge HS		
5	Brooke Cassidy	SE	SSC Blackwattle Bay		

## EVENT FIFTEEN - 17+ years Boys Springboard

No	Name	Assoc	School	Score	Place

## EVENT SIXTEEN - 16 and 17 years Girls Knockout

No	Name	Assoc	School	Score	Place
1	Layne Wilkins	HUN	Whitebridge HS		
2	Clara O'Reilly	HUN	Whitebridge HS		
3	Sofia Knight	SE	Sydney Distance Ed HS		
4	Lucy Finch	SN	Concord HS		
5	Steph Arnold	HUN	Maitland Grossmann HS		
6	Lily Finch	SN	Concord HS		
7	Brooke Cassidy	SE	SSC Blackwattle Bay		

## EVENT SEVENTEEN - 16 Years Boys Knockout

No	Name	Assoc	School	Score	Place
1	Nathan Lewsam	HUN	Cardiff HS		
2	Thomas Williams	SN	NBSC Balgowlah Boys HS		
3	Joe Hicks	HUN	Newcastle HS		
4	Banjo Taylor	SN	NBSC Balgowlah Boys HS		

## EVENT EIGHTEEN - Team Synchronised

Teams to be decided on the day

# Day Two - 4 May 2023

## EVENT NINETEEN - Open Girls Platform ++

No	Name	Assoc	School	Score	Place
1	Deanna Drake (14)	SW	Blaxland HS		
2	Lily Finch (16)	SN	Concord HS		
3	Sofia Knight (18)	SE	Sydney Distance Ed HS		
4	Kayla Davies (13)	SN	NBSC Mackellar Campus		
5	Chloe Smith (13)	SN	Pennant Hills HS		
6	Brooke Cassidy	SE	SSC Blackwattle Bay Campus		

## EVENT TWENTY - Open Boys Platform ++

No	Name	Assoc	School	Score	Place
1	Patrick Lewsam (14)	HUN	Cardiff HS		
2	Nathan Lewsam (16)	HUN	Cardiff HS		
3	Owen Whitbread	SE	Woolaware HS		

## EVENT TWENTY ONE - Champion Of Champions Girls

			12		
			13		
			14		
			15		
			16		
			17+		
			PLATFORM		

## EVENT TWENTY TWO - Champion of Champions Boys

			12		
			13		
			14		
			15		
			16		
			17+		
			PLATFORM		

++ 3 divers will be selected in each age group 12-14, 15-16 and 17-19 years for All Schools Championsh

# Previous Champion of Champions

## Jack Barnett Diving Trophy (Boys)

1966	Warren Bean	1967	Warren Bean
1968	Greg Robertson (Grafton)*	1969	Ken Grove (Balgowlah)
1970	Ken Grove (Balgowlah)	1971	Ken Grove (Balgowlah) *
1972	Phil Cheetham (Arthur Phillip)	1973	John Buxton (Newcastle)
1974	John Chivers (James Cook)	1975	Eric Brooker (Maitland)
1976	Sandy Phipps (Sydney Boys)	1977	David Garvey (Whitebridge)
1978	Sandy Phipps (Sydney Boys) *	1979	David Garvey (Whitebridge)*
1980	Grant McGregor (James Cook)	1981	Grant McGregor (James Cook)
1982	Wayne Kennedy (Fairvale)	1983	Anthony Watson (Killara)
1984	Anthony Watson (Killara)	1985	Wayne Kennedy (Fairvale)
1986	Tony Lawson (Waratah)	1987	Tony Lawson (Waratah)
1988	Kevin Macindoe (North Sydney Boys)	1989	Keith Joseph (Concord) *
1990	Keith Joseph (Concord) *	1991	Troy White (Moorebank)
1992	Daniel Banks (St Clair)	1993	Daniel Banks (St Clair) *
1994	Daniel Banks (St Clair)	1995	Mathew Helm (Broadmeadow)
1996	Callum Docherty (Broadmeadow)	1997	Callum Docherty (Broadmeadow)
1998	Matthew Spinelli (Concord)	1999	Christian Brooker (Concord) *
2000	Matthew Spinelli (Concord)	2001	Joss Paling (Manly)*
2002	Craig Gaffney (Jamison)*	2003	James Crocker (North Sydney Boys)*
2004	Peter Hill (Concord)*	2005	Peter Hill (Concord)
2006	Jack Rickards (Concord)	2007	Shaun Swadling (Whitebridge)
2008	Angus Colloff (Concord)	2009	Shaun Swadling (Whitebridge)*
2010	Dean Ross (Castle Hill)*	2011	Liam Connelly (Belmont High)
2012	Dean Ross (Castle Hill)*	2013	Fred Pryor (Davidson High)*
2014	Fred Pryor (Davidson HS)	2015	Liam Heather (Warners Bay HS)
2016	Chris Bednar (Muirfield HS)*	2017	Chris Bednar (Muirfield HS)
2018	Chris Bednar (Muirfield HS)	2019	Flynn Lanz (Lambton HS)
2020	Covid-19	2021	Hendrix Starkey-Dosen (Belmont HS)

# Previous Champion of Champions

## Rae Potter Trophy (Girls)

1934	Pat Hunt (Sydney Girls)	1935	Pat Hunt (Sydney Girls)
1936	Pat Hunt (Sydney Girls)	1937	Pat Hunt (Sydney Girls)
1938	N Steward (Crown Street)	1939	N Steward (Crown Street)
1940	D Quinton (William Street)	1941	D Quinton (William Street)
1942	No championship recorded	1943	S Steele (North Sydney Girls)
1944	S Steele (North Sydney Girls)	1945	H McLean (North Sydney Girls)
1946	H McLean (North Sydney Girls)	1947	H McLean (North Sydney Girls)
1948	No championship recorded	1949	D Mitchell (North Sydney Girls)
1950	J Archer (North Sydney Girls)	1951	R Eyre (Fort Street Girls)
1952	J Young (Tamworth)	1953	J Custard (Strathfield)
1954	J Strang (Albury)	1955	F Jackson (Burwood Girls)
1956	F Jackson (Burwood Girls)	1957	V Gibbs (Tamworth)
1958	Roslyn McKenzie (Cremorne Girls)	1959	No Competition Recorded
1960	Kerry Porter (Narrabeen)	1961	Ann Roby (Sydney Girls)
1962	Ann Roby (Sydney Girls)	1963	Aniella Klaverstyn (Fairfield Girls)
1964	Ann Roby (Sydney Girls)	1965	Pam Moses (Cheltenham Girls)
1966	Pam Moses (Cheltenham Girls)	1967	Pam Moses (Cheltenham Girls)
1968	Sandra Rogers (Cremorne Girls)	1969	Sarina Anderson (Dover Hts)
1970	Lynette Trehwella (Dover Heights)	1971	Karen Hill (Auburn Girls)
1972	Karen Hill (Auburn Girls)	1973	Karen Hill (Auburn Girls)
1974	Karen Hill (Auburn Girls)	1975	Karen Hill (Auburn Girls)
1976	Chris Bollinger (Macarthur Girls)	1977	Chris Bollinger (Macarthur Girls)
1978	Chris Bollinger (Macarthur Girls)	1979	Chris Bollinger (Macarthur Girls)*
1980	Chris Bollinger (Macarthur Girls)	1981	Deanne Delaney (Jesmond)
1982	Deanne Delaney (Jesmond) *	1983	Mia Jenkins (North Sydney Girls)
1984	Kerrie McGregor (Fairvale)	1985	Lisa Whitehouse (Davidson)
1986	Kate Henderson (Koorinal)	1987	April Adams (Beacon Hill)
1988	Kate Henderson (Moorebank) *	1989	Natasha Cope (Turramurra)
1990	Debbie Dolan (Murwillumbah)	1991	Kristen Webster (Concord)
1992	Kristen Webster (Concord) *	1993	Kristen Webster (Concord)
1994	Penni Murphy (Koorinal) *	1995	Amy Cloran (Fort Street) *
1996	Philippa Tosh (Carlingford) *	1997	Philippa Tosh (Carlingford) *
1998	Krystle Delaforce (Concord)	1998	Anna McIlwaine (Fort Street)
2000	Anna McIlwaine (Fort St)*	2001	Nadia Knight (Strathfield Girls)
2002	Annika Marks (Belmont)	2003	Crystal Streller (James Fallon)
2004	Olivia Wright (Newtown PA)*	2005	Olivia Wright (Newtown PA)
2006	Olivia Wright (Newtown PA)	2007	Tegan Heap (Blakehurst)
2008	Rhiannan Iffland (Concord)*	2009	Esther (Fan) Qin (Beverley Hills ILC)*
2010	Marlee Barber (Concord High)*	2011	Victoria Hunt (Concord High)
2012	Tamara Ambrose (Burwood Girls)*	2013	Tamara Ambrose (Burwood Girls)*

# Previous Champion of Champions

## Rae Potter Trophy (Girls) continued

2014	Tiannan Pennini (Cronulla HS)*	2015	Jessica Pickering (Belmont HS)*
2016	Eliza Carey (Lambton HS)	2017	Grace Barrett (Muirfield HS)*
2018	Sofia Knight (Killara HS)*	2019	Sofia Knight (Killara HS)*
2020	Covid-19	2022	Sofia Knight (Killara HS)*

\*Denotes NSWCHSSA Diving Blue Recipient



This event will be  
livestreamed on  
Thursday 4 May 2023.

Please QR code to  
our website for the  
livestreaming link.

## 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 <b>Cricket</b> 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 <b>Rugby Union/ Rugby League)</b> 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 <b>Swimming</b> 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 <b>Swimming</b> 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 <b>Swimming</b> 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 <b>Cricket</b> 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) <b>Tennis</b> 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 <b>Rugby</b> 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) <b>Athletics (Track)</b> Coffs Harbour and Coerull Public Schools, Lithgow High	1952 Helsinki Olympic Games, won 2 sprinting Gold Medals. Became Governor of South Australia.

<b>1956 Melbourne Olympic Games</b>		
Betty Cuthbert (MBE) (AM) <b>Athletics (Track)</b> 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 <b>Swimming</b> 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 <b>Tennis</b> 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 <b>Rugby Union/ Rugby League</b> Homebush Boys HS	Norm Provan <b>Rugby League</b> Willoughby PS Crows Nest PS Tech 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 <b>Motor Racing</b> 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 <b>Surfing</b> Manly Village Public School		Won the 1964 inaugural World Surfing Championships. Considered a pioneer of surfing in Australia.
Heather McKay <b>Squash</b> 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.
<b>1969 Neil Armstrong becomes the first man to walk on the moon</b>		
Evonne Goolagong(MBE)(AO) <b>Tennis</b> Barellan CS Willoughby Girls HS		Won her first Wimbledon title in 1971. In total Evonne won 7 grand singles titles.
<b>1972 Munich Olympic Games</b>		
Graham Windeatt <b>Swimming</b> 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 <b>Swimming</b> Miranda Public School, Epping North Public School Turrumurra HS		Shane competed at the Munich Olympic Games while a student at Turrumurra HS winning 3 Gold medals, 1 silver and 1 bronze. Gail Neall also from Turrumurra High also won a gold medal in the 200m Butterfly. What an extraordinary double.
David Woods <b>Water Polo</b> 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.
<b>1980 Moscow Olympics</b>		
Michelle Ford <b>Swimming</b> 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)
<b>1983 Australia II wins the Americas Cup</b>		
Kevin Nichols <b>Cycling</b> 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 <b>Rugby and Netball</b> 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 <b>Football</b> 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 <b>Netball</b> Forestville PS / Killarney Hts HS	Australian Netball player. Represented from 1978 until 1988, captaining the team for 6 years.
Steve and Mark Waugh <b>Cricket</b> 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 <b>Athletics</b> 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 <b>Surfing</b> 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 <b>Hockey</b> 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 <b>Swimming</b> 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 <b>Basketball</b> 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 <b>Water Polo</b> 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 <b>Paralympic Athlete</b> 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 <b>Football</b> 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 <b>Snowsports</b> Cooma North Public School	Torah won an Olympic Gold medal in the Half Pipe at the 2010 Vancouver Winter Olympic Games.
John Longmire <b>Australian Rules</b> 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 <b>Sailing</b> 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 <b>Cricket</b> 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.

**1. 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.

**2. 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.

**3. 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.

**4. 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.

**5. 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.

**6. 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.

**7. 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.

**8. Encourage good attitudes.**

- Good attitudes carry over into all aspects of life.

**9. 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.

**10. Build good relationships with other parents.**

- Parents of your children's friends will often become your friends.

**11. 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.

**12. 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.

**13. Recognise your child's results don't define you.**

- Your child's success or disappointment does not change other parents' views of you.

**14. Develop your child's strengths.**

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