



The *Reds* Rave

Friday 5 May 2017

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HOD Report

Welcome to the 2017 edition of the "Reds Rave" newsletter. The Reds Rave allows us to acknowledge the fantastic achievements of our young athletes but more importantly it allows us to keep parents informed of upcoming events and the great initiatives being undertaken by each sport.

I would like to take this opportunity to welcome our new teacher coaches **Rebecca Schatz** (junior Basketball) **Tim Hart** (Tennis), **Anya Hart** (Track – distance) and **Kirsten McGilvray** (junior girls Soccer).

Each sport has now completed their 2020 Vision planning which outlines their strategic initiatives to further improve their programs. Please enjoy the read. Any feedback is welcome.

Up Coming Events:

- 2018 Year 6 into Year 7 applications close Friday 12 May
- 2018 Year 6 into Year 7 trials will be conducted between 8 and 13 June.
- Opening soon (Term 3) – the services of an in-house *Dietician* who will be available for consultations and the offering of *musculoskeletal screenings* conducted by Tim Brown from Summit Physiotherapy.

Initiatives:

- It is exciting to announce that this year we are conducting trials for two new sports (*Girls AFL* and the addition of *Surf Lifesaving* to the Kayak Program)
- Global Performance Testing – by now your child should have received an email with a link to www.sporttesting.com. All their fitness test results are recorded here and I strongly recommend parents ask their child to view the results.
- Term 1 saw PBC introduce its *Long Term Athlete Development Program* across

all junior sports excellence programs led by the brilliant **Aaron Zimmerle**.

By now parents should have received a *Development Report* regarding their child's progress during Term 1. You will notice that the reports have been updated and now contain more specific feedback. I would like to congratulate all the teachers for their excellent work in this area.

Sponsorship:

A massive thank you to **Mark Conrad from Synergy Fitness** for their recent support of our sports excellence program through the gifting of four treadmills, an elliptical cross trainer and recumbent cycle. Opportunities are now open for local businesses who would like to support a sports program. If interested please contact me and I will direct you to our PBC Business Alliance Program.

Neil Mackay

Head of Department PBC Sport

Senior AFL Program

2017 has seen another strong start by the playing group. The work ethic has been a stand out characteristic. Students have performed admirably both in the gym and in their application to skill development and game plans. Every player has had the opportunity to work on their *individual development plans* each Thursday session and be coached by *Andrew Raines* and *Sam Isles* from the *Gold Coast Suns Academy*.

Congratulations to **Jacob Dawson, Dirk Koenen, Dean Karsiris, Jack Wingrave, Tom Marsden, Alex Fry and Lochy Jolley** on being selected by their peers to be our 2017 leadership group.

A big thank you to our program sponsors **Southport Sharks** and **Fraser Financial Services** for their continued support. As a result of their contributions the senior playing

group will once again be undertaking the Victorian Challenge against Hallam College.

Parents are encouraged to join us on Team App to keep up-to-date with the latest team announcements and results. Just go to the Team App website and register for PBC Reds AFL.

Term 1 Result:

PBC defeated Helensvale

5 - 8 – 38 to 3 - 3- 21. Best players were **Corey Joyce** and **Jimmy Elliott**.

Up Coming Events:

- Match V Hallam, Wed 31 May at Southport Sharks (2PM)
- Match V Helensvale Wed 7 June
- Term 2 yoga program every Monday

Football News

Upcoming Events

- U15 Boys and Girls Oceanic Trials Thurs 18 May
- Bill Turner Cup (U/15's) Round 1 Tues 23 May
- Open Boys and Girls State Championships 25 - 28 May
- Year 9 Cluster Day TBA

Term 1 Highlights

The PBC Reds have kicked off in the *SPL competition* by travelling to the Sunshine Coast to play Kawana. In an excellent day for PBC we recorded 3 wins (Junior Boys, Junior Girls, Open Girls) and an exciting draw by the Open Boys.

Year 9 Boys will look forward to their Cluster Carnival Day in Term 2 as it was washed out in the last week of Term 1.

U15 boys and girls will start their campaigns in the *Bill Turner Cup* and *Trophy* respectively this term. The boys have shown excellent commitment by attending extra training sessions before school to prepare for this tournament.

In exciting news for our program we are pleased to announce the addition of **Bill Lumley** to our coaching team. Bill is a highly-qualified **Goalkeeping Coach** running his own academy in Brisbane. This opportunity is the direct result of a sponsorship through **the PBC Business Alliance** from **Stephen Millington** of **Ontime Guard Rails**. Our elite keepers

have had the opportunity to train with Bill once a week and are thoroughly impressed with his coaching and the feedback provided.

All middle school players have begun their *Long-Term Athlete Development* programs in Term 1 with qualified Strength and Conditioning Coach, Aaron Zimmerle. All coaches have been blown away by the commitment and effort our players are putting in at the gym before school and we are expecting to produce well rounded athletes who are less injury prone in the future.

Last year we linked up with CEO of ExposureDM, Thomas Torzsok, to build pathways for our players to have the opportunity to move into *US College Football*. Since then we are pleased to announce that 3 of our Year 12 boys, **Regan Lowry, Zane Rowles** and **Christian Deans** have all signed up with ExposureDM and are looking forward to continuing their education and football experiences in the USA in 2018. If you would like more information on this opportunity contact Shane Robinson.

Individual Achievements

South Coast Open Representatives

Regan Lowry, Connor Pegg, Tim Schultka, Chloe Cole, Georgia Ellison, Ashley Kelly, Cassidy Ormiston, Brydie Hall

Track (Sprints)

Years 7-9 train at allocated timetable sessions, period 1 Tuesday, period 4 Thursday and Wednesday sport, period 4. They are also required to train on either Monday or Friday mornings at 7:30am.

Years 10-12 sprinters are required to attend training each morning at 7:30am, allocated timetables sessions in the gym as well as Wednesday sport.

We are currently in Cross Country season and even though the squad are sprinters, they are required to compete in the School CC Trials with the aim of making it to District.

PBC currently has a very talented squad with an Australian 100/200m champion, numerous State qualifiers and medallists and runners who won medals at the recent State Surf Life Saving Titles.

Mr. T. McDonald, PBC Sprint Coach

Rugby League

The Rugby League program is happy to announce **Peter Dunn** of **Trade Glass Burleigh** as a sponsor for 2017 and beyond. Peter himself is a former PBC student and played rugby league for the Reds in the late 80's. He remembers Rod Patison, then in his first year of teaching. Thanks again Peter for your sponsorship! Sponsorship like Trade Glass will go a long way to helping our planned pre-season training and trial camp at St Brendan's Yeppoon in 2018. Planning is underway and all coaches and players in the program are excited about an opportunity to tour as a group.

Term 1 and 2 has been busy for the Year 7 and 8 Rugby League Teams, as it holds the bulk of the competition games. Our Interschool Competition Teams, coached by Will Johnstone, Shaun Nipperess and Jack Ford, performed consistently and have finished with some good results to start the competition. We aim to have these teams competing in finals at the end of Term 2. There is also a Year 7 Gala Day, early next term, organised by the Broncos, which will provide another opportunity for young Reds to compete against the best schools in South East Queensland. A number of PBC students were successful in making the *Under 12 South Coast Rugby League* side. Congratulations to **Corey Connolly, Boaz Kapua, Sunny Page, Isaiah Scanlan, Caleb Temomo and Jodan Wenner**. All our young athletes are excited about the upcoming challenges.

The 2017 Season for the Senior Reds has begun with great promise, with many of our students playing in the prestigious *Mal Meninga (U18)* and *Cyril Connel (U16) Representative* sides. Five of those players **Isaiah Barker, Kai O'Donnell, Josh Fryer, Will Evans,** and **Ryan Garner** were also successful in being selected in the South Coast Schoolboys side to contest in the QLD State Championships.

As Term 2 begins we move into our competition phase with five matches in the *SE QLD Broncos Challenge* against powerhouse schools such as Keebra Park, Coombabah, Wavell, Marsden and Ipswich. This will decide our seeding before moving into the Schoolboy National Cup. For the upcoming season our inspirational lock forward **Isaiah Barker** will proudly Captain the Reds with young dynamic half **Tom Dearden**, an Australian U15 Representative, his Vice Captain. First impressions of our young side, is that they have a high level of skill with our service

players providing the cornerstone for an attacking style of play. Couple that with some flying outside backs and a rugged mobile pack and the boys will do the Reds proud in 2017.

Good luck to upcoming South Coast representatives in the state championships

Opens South Coast

Ryan Garner

Will Evans

Josh Fryer

Kai O'Donnell

Isaiah Barker

U15's South Coast

Rahapa Berryman

Josh Bevan

Damon Somerville

Daniel Butturini

Tate Roberts

Ediq Ambrosyev

Jaiden West

Izzy Higgins

Will Johnston Yr7, Chris Patison Yr8, Don Saunders Yr 9, Brad Davis Yr10, Tim Maccan, Aaron Zimmerle – seniors and Geoff Bagnall.

Kayak News

Upcoming Events:

Event	Date	Venue	Host
School Marathons*	Sat 19 Aug	SAMPSONVILLE ALE	TBC
Half Day Sprints Regatta	Sat 2 Sep (Optional)	Lake Coomera	Sprints Tech. Committee
School Sprints	Sun 23 Oct	Lake Coomera	Sprints Tech. Committee
Half Day Sprints Regatta	Sat 18 Nov (Optional)	Lake Coomera	Sprints Tech. Committee

Term 2 is an off-season period for us where we are working on general fitness maintenance, strength acquisition and kayaking skill development in the lead up to our pre-season foundation work. From the start of Term 3 our

focus will shift to base work and race preparation. As can be seen above, the dates and venues for our school sprints and marathons are now set and it is an expectation of the program that all of our paddlers will participate in these events. I've also included some optional races that our athletes can participate in if they wish to. Further, I intend on inviting Olympian and past student **Jordan Wood** back for some more interaction with and training tips for our students.

I would also like to thank **Kate Thomson** who has volunteered to assist me with coaching most Tuesday morning sessions. Kate is an experienced water sports competitor with SLS qualifications and her presence allows me to apply additional focus to skill and race preparation for our more experienced competitors while allowing those less experienced to develop their skills under effective supervision.

Our young athletes and myself are looking forward to the upcoming kayak schools competition.

Tony Hoppitt, Sport Excellence Kayaking Coach

Tennis

I have been impressed this term with the commitment and intensity shown in lessons and this has seen improvements in students' individual game across both groups. The students have also been focusing on match play where they play different students each week. This has proven very positive as it replicates the pressure experienced in matches as students are competing for their position on the PBC ladder.

Away from the court, Students have undergone a number of fitness tests which highlight both strengths and weaknesses and these will be the focus for future sessions. Fitness is an integral part of Tennis and it's important that students focus on this skill both on and off the court. In order to enhance we as a school are focussing on strength and conditioning throughout the year.

This Term we have seen a number of successes at PBC. All eight places in the *Oceanic Team* were made up of PBC players. A special mention must go to **Brodie Green** and **Brody Luc** who came first and second respectively and therefore made the *South Coast Team* to compete at the state championships. The Girls Team, consisting mainly of juniors also performed well with **Natalie Shortis** and **Lucy**

Tunsted narrowly missing out on a spot at the State Championships. PBC took a strong doubles team to the '*Tennis Gold Coast 2017 Annual Secondary Inter-School Challenge*', where once again we had success with **Ava Edmonds** and **Lucy Tunsted** winning the *Junior Girls Competition*.

In week 7 we took a strong Team (pictured below) to *Kelvin Grove School* where we played against the Tennis Academy. The students gained a very positive experience from this opportunity as they spent the day playing against some high-class opposition.



In Week 7 of Term 2 the students who didn't play against Kelvin Grove will get the opportunity to do so as we welcome the Team from Brisbane to PBC in the reverse fixture.

We are looking into a number of exciting opportunities throughout this year and beyond including sessions with sports psychologists and nutritionists as well as matches against other schools (locally, interstate and internationally).

Well done on a great first Term!

Tim Hart, Tennis – Head Coach

Basketball

A number of basketball athletes competed in the *Basketball QLD State Championships* over the Easter break. Congratulations to all that were involved, the championships are a great experience and provide a platform to develop their basketball career. A special mention must go to **Skye Mason** and **Sophie Conway-Rusk** of the U14 girls Div 1 *Gold Coast Waves team* for winning the tournament! The girls now compete in the *National Championships* in October this year in Dandenong, Victoria.

The following athletes have excelled in 2017 so far and deserve recognition:

Skye Mason – National Performance Program

Lloyd McVeigh – U15 QLD Emerging team

Tayla Sleaford – reserve for U16 QLD south state team

Rebecca Schatz and Adam Brown

Track - Distance

A great first term for our Sports Excellence distance runners all training hard either in the early morning training sessions or after school. Term 2 is busy with most Cross Country races taking place. During week 2 we had our school Cross Country where we had some great performances including:

Boys 13 Winner – **Ethan Gray**

Boys 14 Winner – **Dylan Cabral**

Boys 15 Winner – **Sam Kinstler McAuliffe**

Boys 16 Winner – **Jamison Stovin**

Boys 17/18 Winner – **Tommy Campbell**

Girls 13 Winner – **Starr Scott**

Girls 14 Winner – **Tayla Moryta**

Girls 15 Winner – **MacKenzey Ormiston**

All our Sports Excellence Distance runners will go through to represent the school at the *Oceanic Championships* on 25 May and then hopefully the *South Coast Championships* on 6 June. This weekend we have the *Queensland All Schools Cross Country Championships* at Kedron State High School with many of our runners competing - good luck to them.

Athletes of the term are...

Junior – **Ruby O'Reilly** – for training really hard in the morning sessions particularly the hills sessions which nearly brought her to tears!

Senior – **Tommy Campbell** – for always bringing a positive attitude to all sports excellence lessons. A bright and outgoing personality, but also a dedicated athlete.

Anya Hart

Netball

Upcoming Events

- PBC Sport Ex hosting Yr 6 Reds Cup – 11 May
- Excellence Cup – VWC teams playing All day 30 May
- Vicki Wilson Shield (Years 7-9)
Preliminary Round - Tue 25 and/or Wed 26 July 2017
South Coast Finals – Tue 15, Wed 16, Tue 22 or Wed 23 August 2017
- Vicki Wilson Cup (Years 10-12)
Preliminary Round – Tue 1 and/or Wed 2 August 2017
South Coast Finals – Tue 15, Wed 16, Tue 22 or Wed 23 August 2017

Throughout Term 1 the central focus has been preparing for the foundations of individual skills, fitness and interschool sport competition. This foresaw the introduction of LTAD (Long Term Athlete Development) sessions with Mr Zimmerle. Students have been attending a LTAD session each Thursday from 8:00am (juniors) and Tuesdays (seniors) to develop their strength and conditioning concepts within netball. Both groups of netball athletes have thoroughly enjoyed their *LTAD sessions* and have demonstrated great improvement across the areas of speed, agility, power and strength.

Students were also provided the opportunity to professionally test their components of fitness through an external provider: Global Performance. This has provided our students with the opportunity to access their fitness testing result and compare this with any student nationwide who has also completed these results. These fitness test results have formed the foundation of the achievement presented on the students' development reports which they received in Term 1. Each student will soon have an individual meeting with their coach to discuss their current strengths and identify opportunities for improvement.





<u>Open As (Year 10-12)</u>	<u>Junior As (Year 7-9)</u>	<u>Junior Bs (Year 7-9)</u>
Maddison Foster	Phoebe Mueller	Sienna Lang
Caitlin Fowler	Taira Price-Williams	Charlotte McDonald
Abi Houston	Brooke Swindells	Dakota Newso
Sophie Meehan ©	Tiarah Taurima	Brielle Reeves
Mikayla Thomas	Lennox Tomai ©	Kiara Ratu
Jamie Phillips ©	Holly Vowels	Milahn Skipps
Maddison Ward	Bayley Stapp-Wyllie	Nikita Tauali'i

Jasmine Kadry
Junior & Senior Netball Sport Excellence

SURFING

The end to 2016 and start of 2017 has seen a busy competition schedule for the Sport Excellence Surfers. The 2016 Australian Titles held on Phillip Island saw eleven PBC surfers representing their State with **Archer Curtis** placing 3rd in the U14 Boys, **Alyssa Lock** 3rd in the U18 Girls and **Kai Tandler** and **Thomas Cavalho** combining in the U16 Boys All Stars division to place 2nd. **Alyssa** has continued her good form into 2017, winning the *Roxy Pro Trials* to earn a place in the *WSL Roxy Pro* at Snapper Rocks, as well as having a win in the *Subway Pro Junior* event at Trigg beach. She has also had another four finals appearances which sees her leading the *Australasian Pro Junior Tour* following the first five events.

In March, the junior squad benefited from a 3hr early morning session with the Hurley Surf Club. Both 1988 World Champion *Barton Lynch* and Surfing Australia HPC Coach *Tim Macdonald* were on hand to provide feedback and video analysis for the surfers. Both junior and senior squads also continue to profit from the expertise provided by **Phil McNamara** and **Stace Galbraith** during weekly training sessions.

Term 2 has seen the start of the representative school surfing competitions. These are trials based competitions where surfers will need to qualify through each event prior to being able to compete in the next. The first of these was the *Oceanic District Trials* which saw Sport Excellence surfers dominate the tricky conditions and progress through to the *South*

The 2017 interschool sport finals are approaching and PBC has been represented strongly in the junior age groups. This is a space to watch towards the end of Term 2.

Congratulations to the following South Coast representatives:

- U12 **Datoka Newson, Grace Kama**
- U15 **Abigail Houston**
- Opens **Rhianna Bevege**

Congratulations to the following students who have been successful in achieving a 2017 PBC State High Vicki Wilson Cup teams. Training sessions to be announced.

<u>Open As (Year 10-12)</u>	<u>Junior As (Year 7-9)</u>	<u>Junior Bs (Year 7-9)</u>
Hannah Barker	Shelby Barker ©	Bayley d'Hotman de Villiers
Kiah Beddgood	Elise Fowler	Aja Flemming
Rhianna Bevege	Lucy Garufi	Saraya Gadsby
Zali Cheffers ©	Summah Joyce	Grace Kama
Nelisha Douglas	Shiphrah Lemusu	Jasmine Kama ©

Coast Titles on Thursday 25 May. The South Coast Titles will also be the first opportunity for our MR Shield teams to represent the school, this year seeing the U16 Girls Division added for the first time.

Ben Falvey / Blair Semple



touch football region in the World and to be considered for selection is a great achievement. With the talent detailed above it will be exciting to see what the PBC teams can do in the Gold Coast Championships in Term 3 and the State Championships in Term 4.

Ty Russell / Geoff Eggert

Touch

In Week 1 of Term 2 the annual *South Coast Touch Football trials* were held at Owen Park in Southport. As usual PBC had a strong contingent of talented students attending the trials and they all represented the school with distinction.

A few students were particularly impressive and were rewarded with selection in the South Coast team. **Jacob Hall** in the senior boys was extremely dynamic. His long ball from left to right to set up a try was one of the highlights of the day and he could not be ignored by the selectors.

Abby King is quickly becoming one of the best young touch players in Australia. Her 'stop and go' is extremely dangerous and her 'hold with two hands' makes her almost impossible to defend. **Eveie Kennedy-Brown** was also selected in the open girls which is a great reward for a Year 11 student who has put in a lot of hard work. Eveie is difficult to stop from dummy half and her long ball puts the defence under a lot of pressure.

Finally, in the U15 girls, **Starr Scott** lived up to her name and shone during the trials. Despite being only 13 years old, she thrived against her older opponents with electric speed and dynamic footwork. She never took a backwards step and forced the selectors to take notice.

A number of other girls including **Jamie Phillips** (shadow), **Teylar Ross** (shadow), **Shana Tudehope** and **Isabella Lee** were also very impressive and were unlucky not to gain selection. The Gold Coast is the strongest