



The *Reds* Rave

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Email: sportsexcellence@eq.edu.au

Phone: 07 5525 9316

HOD Report

Welcome to the 2018 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 Nadja Kundrus-Little (Junior Netball), Tim Peach (Senior Kayak/Surf league), Will Johnstone (LTAD) and Jarrod Wells (Girls AFL).

By now parents should have received a Development Report regarding their child's progress during Term 1. Please contact the Sports Excellence office if you did not receive this report. I encourage all parents to discuss their student's feedback contained in the reports. Enjoy the read.

Upcoming Events:

- 2019 Year 6 into 7 applications close Friday May 25 May
- 2019 Year 6 into 7 trials will be conducted on 14, 18 and 19 June.

Initiatives:

- FREE Injury Clinic conducted by *Summit Physiotherapy* has begun. Appointments available from 3:15 to 4:15pm. Students book through Sports Excellence office.
- *REBEL Sport* – Our school has been selected to participate in the Rebel Community Kickbacks Program. Under this program, the school can earn 5% of your purchases at Rebel as in store credit to spend on our school sports programs.

All you need to do is join Rebel Active, select our school from the list of participating groups and swipe your loyalty card every time you make a purchase at rebel.

Join Rebel Active - <http://www.rebelsport.com.au/rebel-active/>

Neil Mackay – Head of Department

AFL Senior Boys

2018 has seen another strong start by the playing group. Students have performed strongly 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 and receive visual feedback regarding their performance through our new APP – HUDL.

Congratulations to *Hunter Hughes, Corey Joyce, Joshua Beaman, Alex Fry, Jack Johnston and Ethan Hunt* on being selected by their peers to be our 2018 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 travelling to Melbourne in Term 3 to play Hallam College.

Results:

Game 1 v Hallam

Hallam 8- 5 – 53 D PBC 4 -4 – 28.

Best Players: E. Dawson, E. Semaan, J. Gribble

Upcoming Matches:

- v Helensvale Wednesday 2 May at Salk Oval (6:00pm)
- v Helensvale Wednesday 13 June
- Melbourne Trip v Hallam 25 July

AFL Junior Boys

Gold Coast Suns Visit

Early in Term 1 during the AFL's Community Camp week, PBC's junior boys and girls were treated to 5 of the **Gold Coast Suns** players conducting a training session, working specifically on tackling, short kicking and AFLX (a modified game focusing on keeping possession of the ball).

The players from the Suns and Juniors from PBC were very enthusiastic during the session and provided the waiting media with a special story. All 5 Gold Coast Suns players are PBC alumni, who came through the junior program and set the standards that are visible today.

The Gold Coast Bulletin, Courier Mail, Fox Sports and Channel 9 all had feature stories on the visit in a great advertisement for the school.

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PBC Junior Boys B team

In 2018, a new initiative to engage more of our 47 junior boys in games at the highest possible level has been introduced. PBC has entered a B team in the **AFLQ Schools of Excellence Competition**, this is the competition that our A team were traditionally involved in before they were placed in the higher invitational competition against only 3 other schools.

Whilst the Schools of Excellence competition is for boys in Year 7-9 (some up to 15 years of age), our B team are made up of mostly Year 7 and 8's and at the time of writing have had 2 wins and 2 losses to sit 3rd on the ladder of 10 teams. We don't expect to stay in the top 3 for the season, however, the improvement of this very coachable group already has seen our focus of keeping possession, being clean with our skills, putting pressure on opposition and enjoying football make this initiative a winner already.

South Coast Reps

Congratulations to the following boys who have been selected in their respective boys South Coast teams to compete at upcoming Queensland state championships. South Coast is traditionally the strongest region in Queensland, so for these individuals to make the team is a great achievement.

- *Shaun Regan (U15)*
- *Finn Sellars (U15)*
- *Seamus Robinson (U15)*
- *Charles Passmore (U15)*
- *Nelson Beikoff Smart (U12)*

New Curriculum

In 2018, the junior coaches have implemented a new AFL curriculum that has clearly defined the key performance indicators that all boys in the program will meet by the time they leave us in Year 9 in readiness for Senior footy. This explicit pedagogy has already shown signs of being very successful in producing better footballers and better young men.

AFL Girls

2018 saw the introduction of female AFL to PBC. The girls have been working hard on improving their skills, game knowledge and fitness required to play Australian Rules Football. Both team have had fantastic starts to the year with junior girls winning 3 of their 5 matches and senior girls winning 2 of their 3 matches. One of our main focus areas for 2018 is acting on feedback to fast track improvement. The girls have been outstanding in this area, which has been assisted with the use of our new APP HUDL.

Congratulations to *Maddy Crossman* and *Alice Savill* (shadow) on their selection in **Gold Coast Suns female U18 Academy team** for the state selection carnival that was held in Coffs Harbour during the Term 1 holidays. Congratulations must also go to *Faith Alchin*, *Mia Giles*, *Lily Wundke* and *Piper Phelan* for their selection South Coast team.

Upcoming Matches:

- v Helensvale Wednesday 2 May at Salk Oval (1:30m Juniors, 3pm Seniors)



Peter Hill / Jason Jeffrey

Basketball

Upcoming Events

- 8 May Open Girls v Hillcrest @Hillcrest 3:45pm
- 10 May Freshman Girls v Hillcrest @ Hillcrest 3:45pm
- 14 May Freshman Boys v Hillcrest @ PBC 4:00pm
- 15 May Open Girls v Hillcrest @ PBC 4:00pm
- 17 May Oceanic trails 15yrs boys and girls
- 21 May Freshman boys v Hillcrest @ Hillcrest 3:45pm
- 23 May Open Boys v Hillcrest @ Hillcrest 3:45pm
- 24 May South Coast trials 15yrs boys and girls
- 28 May Open Boys v Hillcrest @ PBC 4:00pm

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For majority of the athlete's Term 1 has been a busy schedule with REP basketball and Classic tournaments. Congratulations to *Lloyd McVeigh* as his Gold Coast Waves team placed first in the REP competition. In addition, congratulations to the Sea Hawks and Gold Coast Waves U16 REP female athletes for coming 1st and 2nd respectively. A further congratulations to *Ella Brow* who has been chosen to represent Queensland at the Nationals in July on the Sunshine Coast.

In other news, the Junior Basketball Squad has shown great enthusiasm, excellent efforts and outstanding behaviour in Term 1. The 10 week term focussed on ball control, ball handling, pivoting and spacing on the court, and long term athlete development in the gym. The most improved aspect of training for the team as a whole was effective communication. Individually, skills have been developed but need to be practised outside of school training sessions. Athletes should focus on form shooting and ball handling skills.

Term 2 involves both senior and junior teams playing practise matches against Hillcrest Christian College. This is extremely important as we start to build momentum for our major tournament in Term 3, **Championship Basketball Schools Queensland**. In previous years PBC has finished well at this tournament and players are working hard to keep tradition.

Bek Shatz / Adam Brown

Kayak / Surf league

The Kayak/Surf League Sports Excellence has had a great start to the year with many of our athletes excelling in their chosen sport. Firstly in kayaking, we've had *Ava and Hannah Lund, Daniel and Sarah Hardwick and Chaise Richardson* all compete at the **Australian Championships** and all receive medals in either team or individual events or both. Ava and Sarah both dominated their age groups and Daniel placed in every race in which he competed. In fact, Daniel and his K2 partner recorded the fastest times in all K2 events recorded over the last decade. Chaise so impressed the selectors that she has been chosen for the **Junior Australian team** to compete in the **Asia-Pacific Championships** in Adelaide next month.

At the **State Surf Championships** held in March we had Herb Winter with a third in surf race and iron, along with *Jake French and Tai Smith* who won gold and silver respectively in the 1k beach run.

At last week's Australian Championships, *Samuel Frost* finished a highly impressive second in the final of the hotly contested U17 Board event. This young man has a big future in the sport.

Our next major event is the **State Schools Surf League** at Mooloolaba on Friday 11 May. A bus has been organised to and from the event which will be a big day, but one we're all looking forward

to with excitement.

A special thanks to Currumbin SLSC for its partnership with our Kayak/Surf league and **Michael King** for his assistance coaching and willingness to share his extensive knowledge of the sport.

Yours in Surf Sports,
Tony Hoppitt / Tim Peach (coaches)

Netball

Upcoming Events:

- PBC Sport Ex hosting Yr 6 Reds Cup – TBC
- Vicki Wilson Shield (Years 7-9) & Vicki Wilson Cup (Years 10-12) TBC by Netball Queensland Regional Co-ordinator
- 2 May - Interschool Sport commences every Wednesday
- 3–6 May: U15 & Open South Coast School Girls State Championships at Met North.
- Vicki Wilson Match Play: Shield A v Cup A every Monday 7:30 START in the hall.
- Vicki Wilson Match Play: Shield A v Shield B every Tuesday 7:30 START back courts
- VWC training: Every Wednesday P4 back courts.

Term 1 saw Junior Netball engaged in the LTAD program, designed to lay the foundations of strength technique and plyometric for Netball. An emphasis was made on bounding through engaging core and glutes. Netball specific skills were integrated into the lesson to assist in the transfer onto the court. The senior athletes continued their progression of LTAD through strength and conditioning embedded throughout plyometric and gym programs every Tuesday.

Within both programs conditioning has continued to develop speed and endurance of the athletes. Movements under resistance and fatigue were enhanced to create a scaffolding for strength and power. Repeat speed shuttles have been incorporated into the daily sessions of the program, seeing immense improvements in their results across the beep test, yoyo rest and on court agility and game play.

Skill sessions have progressed from hip rotations and outside turns, to a specific understanding of court awareness. R.E.D.S.W.I.N. is the acronym used by all Junior Netballers and filtering into the Seniors. This allows the girls to identify the specific attacking play from our centre passes, whilst using decision making in unpredictable game sense environments. Defence have started to develop their 'Diamond' defensive structures, and interchanging between dictating, denying and attacking the ball.

All Junior Netball athletes have begun completing a digital AWMS (Athlete Weekly Monitoring System),

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a comprehensive reflection and their training, nutrition, sleeping patterns, intensity and injury. All Senior Netball athletes have been using the Onenote digital program to monitor their RPE's and reflect daily on their sessions. Across both programs athlete load has adapted to meet the needs of the individuals. In some cases athlete class load has been reduced and others at home extras have been given.



Congratulations to the following South Coast School Girls representatives for 2018:

- *U15 Dakota Newson*
- *Opens Brooke Swindells*

Congratulations and good luck to *Abi Houston* who is currently representing QLD U17 at the **National Championships** in South Australia.

Congratulations to the following students who have been successful in achieving a place in the **2018 PBC State High Vicki Wilson Shield & Cup** teams. Training sessions outline in the upcoming events.

Open As (Yr10-12)	Junior As (Yr 7-9)	Junior Bs (Yr 7-9)
Taylah Boucher	Bayley d'Hotman de Villiers	Amber Boucher
Bronte Dwight	Nahanee Flemming	Charlotte Colbey
Abi Houston	Saraya Gadsby	Trinity Denning
Shiphrah Lemusu	Lucy Garufi	Jarrah Dick
Phoebe Mueller	Summah Joyce	Aja Flemming
Brooke Swindells	Ocean Karekare	Elise Fowler
Tiarah Taurima	Sienna Laing	Grace Kama
Holly Vowles	Lacred Raharuhi	Sienna Laing
Maddison Ward	Brielle Reeves	Paris Love
Hannah Watene	Nikita Tauali'i	Esther Marsom

Open As (Yr10-12)	Junior As (Yr 7-9)	Junior Bs (Yr 7-9)
Taira Price-Williams	Lennox Tomai	Raimee Wright
Drew Younger		

Nadja Kundrus-Little / Jasmine Kadry

Soccer

Upcoming Events

- SPL v Harristown Thursday 3 May

Term 1 Highlights

The PBC Reds have played 2 rounds of the **School's Premier League** against Chancellor College and Marsden. Mixed results against Harristown were backed up with 4 wins against Marsden to leave the Junior and Senior Boys and Girls well placed to progress to the finals. Must win games against Harristown in Toowoomba are coming up in Week 3.

The Year 9 Boys contested their cluster day at the end of Term 1 playing 4 games against quality opposition. The boys had a fantastic day going undefeated and will be looking forward to taking that confidence into the **Bill Turner Cup**.

The U/15 boys and girls will start their campaigns in the Bill Turner Cup and Trophy respectively this term. The boys and girls have shown excellent commitment by attending extra training sessions before school to prepare for this tournament.

We are pleased to announce the addition of **Clayton Buckingham** to our coaching team as Goalkeeping coach. Clayton is an experienced Goalkeeper and a UEFA B Licenced Coach who has worked at NPL level. Our elite keepers have had the opportunity to train with Clayton once a week and are thoroughly impressed with his coaching and feedback provided. Big thanks to ex-PBC Red and current WNPL player Chloe Cole who has also come in to share her experience with some of our budding female goalkeepers.

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

In exciting news we have signed up as an **Affiliate School of NPL Club Gold Coast United**. This has seen Senior Mens NPL Coach, **Sean Lane**, coming into work with our Senior Boys squad once a week. It is a great experience for our players to work with such an experienced coach and we have been getting wonderful feedback from Sean in regards to the quality of players we have here at PBC.

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There will be more announcements in regards to the affiliation to come.

The girls soccer program is building again in 2018. Players in every year have had the chance to compete in either regional or national competitions. Our regional teams are sitting mid table after a win and a loss, but progressing with growing confidence to position ourselves in the mix for finals after strong performances in our upcoming matches against Harristown College (Toowoomba). Improving our work ethic and building team culture has been central to our training this year. Both teams have been impressive in these aspects, and individually the girls who've stepped forward as leaders alongside our South Coast representatives have helped raise the standards at training and games. Both *Miss McGilvray* (Yr7-9) and *Mr Costello* (yr10-12) are excited by this ownership of roles by the players and looking forward to the rest of the year.

John Costello / Kirsten McGilvray /
Luke Morley / Shane Robinson

Rugby League

After a tough first term of physical conditioning and skill development our Rugby league competitive season is finally up and running with the **Broncos Challenge Cup** games and school football teams all kicking off. A big thankyou to **Brenton Lawrence** and **Jamie McCormack** from the Gold Coast Titans for their specialised coaching (wrestling, fundamental skill) and ex-red **Tim Wolens** our Exercise Physiologist who have worked closely with our Senior squads during this time.

Year 7s – this year level will play in the local Inter-school competition as well as Gala days endorsed by the Broncos. Recently Mr Patison coach of the Year 7 Sport Excellence squad had a great day of football at Padua College in Brisbane where we played four other schools coming away with four wins. Mr Bagnall and Mr Patison were very proud of the 'young Reds' both the way they played and more importantly the way they behaved and travelled with no fuss on the day.



Year 8 and 9 - teams; coached by Mr Johnstone

and Mr Saunders, performed strongly in their trials and are well prepared for the up and coming games in the Renouf Shield and Hancock Cup. A big Congratulations to; Po Reeves, Reico Ratana and Will Taylor for being selected in the leadership group for the Year 8 group.

Year 10s - coached by Tim Maccan, had strong wins in their trial games against Marsden, Wavell and Forrest Lake last term. In Round 1 they came up against a very strong and determined St Marys Toowoomba team. Whilst their effort could not be faulted they eventually went down 22-4. We will be looking to turn this result around in our next game in 2 weeks against arch-rivals Keebra Park (16 May at Pizze Park, 3:30pm Bs, 4:30pm Yr10s, 5:30pm As).

Senior Program - (Open Bs and Open As) also played St Marys Toowoomba, a proud RL school and came away with two character-defining wins in the Opens. With 10 As players not selected due to representative commitments, 8 players debuted in the cherished Red and White Jersey and did it proud. From trailing 10 nil at halftime the boys courageously fought back to win it 14-10 with rookie halfback Ryan Rivett scoring the match winning try. The Bs, also full of rookies and coached by Brad Davis showed great courage holding on to win 10 – 6 in a "backs to the wall" scoreless 2nd half. The depth of talent in the senior squad bodes well for a successful season as we move later into the **National Schoolboys competition**.

We would also like to take this opportunity to congratulate our boys who have been selected to compete in the U12, U15 and **Open State Schoolboy Championships** in the upcoming weeks. Best of luck Reds on earning a maroon jumper.

Southcoast U12 REPS	Southcoast U15 REPS
Ray Puru	Ezra Ubaldino
Tavita Penaia	Bailey Martin
Jac Finigan	Flynn Daniel
Eli Keung	

Southwest Open REPS	Southcoast Open REPS
Toby Sexton	Glenn McGrady
Caleb Hodges	William Evans
Jovahn Tearoiti	Thomas Dearden
Ryan Garner	Jed Edwards
	Juwan Compain
	Josh Bevan

Finally, an exciting new chapter in our Reds RL program with an international excursion to Fiji during the September holidays now confirmed. Twenty one of the senior boys will travel to Fiji for a week, which will include sightseeing of the beautiful islands, cultural activities within a traditional village, coaching clinics with local kids, school visits and a game against the National

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Academy side. A huge thank you to our sponsor **Trade Glass** whose financial support has allowed this opportunity to eventuate. To see the unbridled passion that the Fijians play Rugby League with will undoubtedly remind our boys how lucky they are to play the "Greatest Game of All." BULA!

Another sponsor **Capital Pest Management** has allowed the Rugby League program to access the services of long term teacher / coach Geoff Bagnall as program manager and mentor for 2018. A great outcome for all players regarding their development.

Aaron Zimmerle

Surfing

The end to 2017 and start of 2018 has seen a busy competition schedule for the Sport Excellence Surfers. The **2017 Australian Titles** held at Culburra on the NSW South Coast saw 11 PBC surfers representing their State with *Grace Kama* placing 2nd in the U14 Girls division and *Thomas Carvalho de Almeida* being named in the **Australian Honorary School Team**. Thomas also teamed up with *Hinata Aizawa* and *Kai Tandler* to place 2nd in the U19 boys **MR Shield**, while the U16 boys team of *Jackson Graham* and *Kurt Morrow* placed 4th in their final. The start of 2018 has also been busy with the Pro Junior Season in full swing and the recent **Billabong Oz Grom Cup** in Coffs Harbour that saw *Summa Longbottom*, *Shaye Leeuwendall*, *Grace Kama* and *Lucy Tandler* dominate their respective divisions while Matt Boyle placed 4th in the U14 Boys. *Jackson Graham* and *Archer Curtis* also finished 2nd and 3rd respectively in the U16 boys at the Ma and Pa Bendall competition at the Sunshine Coast while Thomas continued his good form into the start of the year taking out the U18 boys division ahead of *Toi Tanaka*.



In Sponsorship news, Sport Ex surfers are benefiting from the support shown by international Surfing brands **Firewire Surfboards** and **Billabong** have thrown their support behind the surfing squad, partnering with the **PBC Alliance** in the process. It is great to have local companies with a global market supporting the squad.

Term 2 will see 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 is the **Oceanic District Trials** on Wednesday 9 May followed by the **South Coast Titles** on Thursday 24 May. The South Coast Titles will also be the first opportunity for our MR Shield teams to represent the school this year.



Ben Falvey / Blair Semple

Tennis

There have been a number of changes this Term within the Tennis Excellence program, the main change being the introduction of our new coach **Terry Saunders**. Terry comes to us with a vast experience of both playing and coaching at the highest level.

There is format which sets out every session for the term and each session focuses on a number of aspects within the game. The students have also been focussing on a number of mental aspects of Tennis which include 'in between point routines' and how to cope with pressure in tight situations on court.

We have also incorporated a ball machine this term along with video analysis of each student which we hope will further develop every player. The students will get the opportunity during Term 2 to get some indepth feedback from the video analysis.

I have been really impressed this term with the commitment and intensity shown in lessons and this has seen improvements in their game across both groups. 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 a huge part of Tennis and it's important that students focus on this area both on and off the court. As you probably know, we at PBC will be focussing on strength and conditioning throughout the year but students should still be doing this at home in their own time.

We have made strong links with some Tennis Colleges in the US which would give some of our

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players a further pathway when they leave PBC if they want to pursue a Tennis career overseas. During Term 2 we hope to have some challenge matches against some of the top schools in the area.

We are looking into a number of exciting opportunities throughout this year and beyond including sessions with sports psychologists and nutritionists, matches against other schools (locally, inter-state and internationally) to try and give the Tennis players every opportunity to reach their goals and maximise their potential.

This Term we have seen a number of successes. PBC had 10 players who made the **Oceanic Team** that went to the **South Coast trials**. A special mention must go to *Laquisa Khan* who came second overall losing narrowly in the final and therefore made the **South Coast Team** to go and compete at the **State Championships**. The other PBC players who were made up of a number of juniors also performed well with some narrowly missing out on a spot at the State Championships.

PBC took a strong doubles team to the 'Tennis Gold Coast 2018 Annual Secondary Inter-School Challenge', where, once again, we had success with *Ava Edmonds and Ruby Luc* (pictured below) winning the Junior Girls Competition and *Hollie Treanor and Brodie Chadburn* winning the Senior Girls Competition after beating Ruby and Ava in



the final.

Well done on a great first Term!

Tim Hart

Touch Football

On Thursday 19 April, twenty girls represented PBC in the Oceanic Under 15 and Open Girls teams at the **South Coast Touch Football trials**. All of the girls represented the school with pride and four girls gained selection in an extremely competitive field. *Starr Scott and Emily Phillips* were selected in the U15's and *Roxy King and Abby King* were selected in the Open Girls team. *Malia Morgan and Courtney Thomas* were also named as shadows.

Selection in the South Coast team is just another incredible achievement in 2018 for *Abby King*.

In late May she will be attending the Australian Under 18's training camp and if selected will play in the **World Cup** in Malaysia. She has also been selected in the **QLD Under 20's Origin Squad** and if selected will play against arch rival NSW in November.

Finally, in an exciting development for the game of touch football, a number of games of high level Mens and Womens touch will be played across Australia this year before NRL games. This will possibly replace the Under 20's competition in the future and could create some exciting professional pathways for the countries' most promising touch players.

As part of this exciting new competition, Abby, as a member of the **Elite 6 North QLD Cowboys** team will have the opportunity to play in a curtain raiser before the Cowboys Round 11 NRL game on 18 May. This game will be televised on FoxSports and we will need all of Reds Nation to get behind her. She will also play in a game at Suncorp Stadium later in the year and then if her team is successful will play against the best team in NSW for the Australian Championship. This competition will



be all expenses paid and is a great reward for a talented touch footballer.

Ty Russell / Geoff Eggert

Track (Sprints)

Term 1 is a building phase – slow, gradual strength and endurance development. Consequently, a result of this, will be the compulsory (unless injured) participation in the School Cross Country early Term 2. This event is part of training, even for sprinters. The intensity and duration of training has, is and will be slowly increased to limit the possibility of injury.

Our program, at the moment, is diversified:

- Monday – run
- Tuesday – plyometrics and resistance training
- Wednesday (Mrs. Hart) – cross training/longer distance runs
- Thursday – gym/weights

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• Friday – run

All squad members are required to attend the timetables sessions on Tuesday, Wednesday and Thursday and have the choice of either Monday or Friday sessions. We will continue with strength, conditioning and longer distance work for the first 5 weeks of Term 2. From Week 6 – 11, the athletes will begin more speed, power and explosive work in preparation for the competition phase of Term 3.

The squad had some excellent results during Term 1. The highlight was *Jye Gillard*, a Year 12 student, who placed 3rd in the **Australian U18 400m** in Sydney with a PB of 48.4. Jye was still 16 at the time! This was a thoroughly deserved honour! Outstanding efforts were also run by *Lily Dobbie* and *Oceane Dutton* as finalists at **State Nippers**; while *Holly Canning* and *Georgia Taylor* were at **State Little A's** – Holly placed 2nd in the Triple Jump!

Ex PBC Sports Excellence Track athlete **Elizabeth Forsythe** recently won the women's **Stawell Gift** – the oldest and richest running event in the world.



Congratulations Lizzie.

Tony McDonald

Track (Distance)

A huge few weeks coming up for the Sport Excellence Distance Group with the School, District, Regional and State Cross Country taking place. Hopefully all of our students will be aiming to (at least) get to the Regional Cross Country. We also have 20 students competing in the Queensland All Schools Cross Country this weekend at Rivermount College and we'll be entering teams into the Queensland All Schools



Relay Championships in June.

A massive well done to all the Sports Excellence students who have taken part in a 5km Parkrun this year on Saturday mornings. This is great race practice and will support their training for the



important school races coming up. Go Reds!

Well done to *Jayda Anderson* (Year 7) who won the **Australian Championships (Little Athletics) 1500m Walk** at Runaway Bay this weekend. She also set an new U13 1500m Walk Australian Record.

Anya Hart

Thank you to our sponsors
through the **PBC Alliance...**
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