

The **Reds** Rave

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HOD Report

Welcome to the 2019 edition of the "Reds Rave" newsletter. The Reds Rave allows us to acknowledge the achievements of our young athletes but more importantly it allows us to keep parents informed of each sport's strategic initiatives that underpin our core purpose of assisting students to **Rise Every Day Stronger**.

I would like to take this opportunity to welcome our new sports excellence teachers *Samantha Don* (Kayak/Surf league) and *Matt Ashenden* (Junior 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 on 5525 9365 if you did not receive this report. I encourage all parents to discuss their student's feedback contained in the reports including their fitness test results that can found on www.gptbenchmark.com Enjoy the read.

Upcoming Events:

- ACTV Speed and Agility Program begins Wednesday 15 May. Book on line.
- 2020 Year 6 into 7 applications close Monday 20 May.
- 2020 Year 6 into 7 trials will be conducted on 13, 14, 17 and 18 June. Please check our website for specific times.

Initiatives:

- FREE Injury Clinic conducted by Matt Fechner from *Inspire Physiotherapy* each Monday afternoon. Appointments available from 3:15 to 6:00pm. Students book using the following link: [Student Bookings](#)

- In 2019 every Year 9 sports excellence student will undertake two 8 week blocks of specialised speed technique work conducted by the ACTV strength company. ACTV game speed is a holistic speed & agility program designed to improve performance in field and court sports. ACTV also offers a user pay before school program for those students wishing to invest in their development.



Neil Mackay – Head of Department

Congratulations

Congratulations to the SENIOR TENNIS and JUNIOR GIRLS AFL who have taken away the first prestigious award at the PBC Cross Country. The SPX teams with the most participation and best performances were awarded a special Easter hamper.



Senior AFL Boys

Congratulations to *Kai Bischa, Harry Day, Jack Johnston, Brinn Little, Shaun Reagan and Charles Passmore* on being selected by their peers to be our 2019 Leadership Group. This group along with all the other AFL program leaders have undertaken a **Leading Teams** seminar with Aaron Rogers that aimed to develop their leadership skills and focus on the program's culture and behaviours required for continued success. 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 and visit the Carlton AFC.



REDS alumni *Tom Herschell* recently conducted a **Tomorrow Man workshop** with the senior AFL group. The boys are to be congratulated on the mature way they engaged with the program's activities that explored what it means to be a man today and how we as men can look after ourselves, our mates and families better.

Upcoming Matches:

Melbourne Trip v Hallam 6/7 August

Neil Mackay – Senior AFL Coach

Junior Boys AFL

The Junior Boys AFL group of 51 have had a brilliant start to 2019. The players have been working hard on fundamental skills and developing their game sense, whilst also getting stronger in the gym!

Our weekly cycle for Term 2 can be seen below for your interest.

TUE	WED	THU	FRI
Craft/Skills LTAD (Strength and Conditioning) in the Gym	Small Sided Games Contested work	Game Sense and Structure	Year 7/8 – HPE lesson Year 9 – Speed and Agility

Some individual achievements to date are:

U15 South Coast Representatives

Jed Walter, Ezekiel Stortenbeker, Cody Harrington, Kai Davis, Wil Graham

The above boys have recently represented South Coast at the *Old School Sport State Championships*, where they dominated to win the Final easily. Four of the boys have also been selected in the Queensland team, well done to *Jed, Ezekiel, Cody and Kai!*

U12 South Coast Representatives

Bailey Rawson, Jai Murray, Maddox Iverach, Jack Jovanovic, Ethan Willett

We wish them well in their upcoming State Championship.

In 2019, our team has played some great footy to be undefeated in the AFLQ Schools of Excellence Competition. With 2 games to go, we will be looking to remain that way before State Finals qualification begins in Term 3.

Our B team have played one game with a few to come this term, including a Old Schools Cup Gala Day against 7 other schools on the Gold Coast, which will be a great experience for the younger boys and help them push for selection in our A team.

We look forward to the rest of 2019!

Peter Hill and Jason Jeffrey
AFL Sports Excellence Coaches

Senior Girls AFL

Senior Female AFL team continues to build on the outstanding work done in our inaugural year last year. The squad as worked hard at improving the culture and training standards with great success whilst continuing to improve their fundamental skills and football IQ.

A greater focus has been paced on leadership this year as our squad grow in numbers. Congratulations to our leadership team in Captain *Bella La Verde*, Vice-captain *Ella Maclachlan* and Deputy Vice-captains *Heidi Avery* and *Abby Lowe*. In a new leadership initiative two Year 11 and two Year 10 students were selected by their peers to join our leadership team aimed at providing a greater voice for all players. Congratulations to Year 11 students *Faith Alchin* and *Lexie Johnston-Smith* and Year 10 students *Olivia Marsham* and *Kinta Munro* on their selection in the leadership group.

2019 has seen an increase in the number of players being selected in the Gold Coast Suns Female Academy and South Coast Squads. Congratulations to the following players on their selection in following representative teams:

Gold Coast Suns Female U18 Academy:
Maddy Crossman

Gold Coast Suns Female U16 Academy:
Yasmin Glifos, Lily Wundke, Elli Boyd and Faith Alchin

U15 South Coast: *Lily Wundke*

Up Coming Matches:

V Southport Wednesday 29 May at Salk Oval (1:30pm)

Jarrod Wells – Coach

Junior Girls AFL

It has been a wonderful start to the year, with our Junior Girls team winning all 4 games in the South Group AFL School of excellence pool to get the number 1 ranking.

Our incoming Year 7 cohort of *Lani, Meg, Macy, Amariah, Kelly, Mia & Aleah* have all seen action in the early rounds of the season and have stepped up to the level of competition brilliantly. Their next game is 23 July, which gives the girls a great amount of preparation time to get ourselves in the best condition mentally and physically to be successful in the cross over game against the North pool.

Congratulations to our South Coast representatives; *Piper Phelan, Cloe Coombes, Josie McCabe, Bella Iverach, Bella Phelan & Tara Harrington*. All girls displayed great character throughout the tournament and lived our REDS ethos. Well done to *Bella Iverach* and *Tara Harrington* on their subsequent selection in the U15 state team.

Our leadership group of *Piper Phelan, Ash Russell, Tara Harrington & Keeley Parker* have made a wonderful start to the year, earning the respect of their peers. The leaders have demonstrated a great ability to be team first and have helped the group improve its organisation, preparation and resilience.

Upcoming Matches:

23 July @ Ormeau vs North Pool 1 Ranked side (TBD)

Matt Ashenden – Coach



Opens Rugby League

With our first term dedicated to individual player preparation and trialling for representative sides, it was fantastic to see 11 PBC players picked in the South Coast Open RL side, one of our best representations in recent years. Another 2 players were also selected in the South West side and 6 more in the Presidents side, all of whom are heading to Roma in 3 weeks to compete at the QLD State Carnival and hopefully earn themselves a maroon jersey.

RED Representatives		RED Representatives	
Damon Somerville	Sth Coast	Joshua Dearden	Presidents
Caleb Hodges	Sth Coast	Jack Smith	Presidents
Toby Sexton	Sth Coast	Noah Croudace	Presidents
Xavier Willison	Sth Coast	Troy Ducket	Presidents
Jed Edwards	Sth Coast	Jake Kearton	Presidents
Solomon Torrens	Sth Coast	Daniel Butturini	Presidents
Brendan Piakura	Sth Coast	Ryan Rivett	Sth West
Izzy Higgins	Sth Coast	Nicolaas Ploegsma	Sth West
Josh Bevan	Sth Coast		
Ediq Ambrosyev	Sth Coast		
James Torrens	Sth Coast		

On the coaching front, we have also achieved. Coach Tim Maccan (Yr 10) has successfully steered the Tweed MM U18s side to become the national u18 champions. Congratulations to Timmy and the 13 PBC boys in that squad.

Coach Brad Davis (Yr 11), has also been rewarded for his outstanding work in assisting our Open side to the National Championships last year and will be the U18 Maroons Origin Assistant Coach. The long-term future of the Reds Rugby League program is in great hands, with both Tim and Brad having played together for PBC in their day and now inspiring the next generation of champions.

Next Wednesday the prestigious *Broncos Challenge* begins against Marsden SHS at Currumbin Juniors (4:30pm), and the Reds of 2019 take to the field for the first time. Hope to see you all down there in your RED and WHITE, we love your support.

Aaron Zimmerle, Senior Opens Coach

Surf League / Kayak

It has been a busy start to the year with *State Surf Lifesaving Championships* and *Australian Titles* for both Kayaking and Surf Life Saving taking place. We had many of our surf competitors take home numerous medals both individual and senior. A special mention to junior Sport Excellence student *Hugh Munro* for taking out the U15 Australian Ironman titles as well as a Silver in the U15 Board Race. A great role model for our younger competitors in the junior program. Well done to all parents and athletes on what I'm sure was busy surf club season.

Last term we also competed in the *University of Queensland Schools State Surf League Championships* in March. It was a great event with students competing against schools from across Queensland. The location change to Kurrawa didn't stop the REDS from dominating and taking home the state shield for the 3rd year in a row. *Samuel Frost* also took out the 16+ age champion for the second year in a row.

Kayaker *Daniel Hardwick* is currently over in New Zealand representing Australia as the youngest member of the Australian team at the *Olympic Hopes*. Daniel will go on to compete in Slovakia in September along with PBC'S female representative *Chaise Richardson* in the under 16 women's.

This term both juniors and seniors will focus on maintaining fitness and beginning our Kayaking training cycles. With students in their surf club off season it is a great time for classes to engage in different training, such as gym and running, to keep them motivated and fit moving into their pre-season training.



Samantha Don - Coach

Tennis

Tennis Excellence has made a very positive start to 2019. Students have been working very hard both on and off the court to ensure they have the best possible chance to reach their goals for 2019 and beyond. We have been fortunate enough to have Jay Deacon who is the Director of Coach Education for Tennis Queensland come into lessons and share his wealth of knowledge with our students. Jay who has played and coached at an exceptionally high standard took the tennis excellence students through numerous practices and drills that can further develop their game moving forward and has included data and statistics on how and why the top players play in a particular way in an attempt to try and get our students to replicate this in their training and in match.

PBC have entered 7 teams into the Saturday afternoon fixtures where we are taking on a number of the Tennis clubs from around the Gold Coast. We have teams in Pennant 1, 2 & 3 and also in a number different sections which gives our students the opportunity to compete at a highly competitive standard and also represent the 'REDS' with pride.

During Term 1 PBC took a team of 26 students to compete in the annual *Gold Coast Inter – School Challenge* which was a doubles event held over 2 venues and with the vast majority of private and state schools represented. The quality of tennis on display was exceptionally high with all of the PBC students competing and performing well. Stand out performances were, an all PBC final in the Middle School girls competition with *Ava Edmonds* and *Ruby Luc* narrowly defeating *Asia Khan* and *Ebonie Russell*. Our senior girls pairing of *Hollie Treanor* and *Brodie Chadburn* who won the final last year were narrowly beaten in the final this year. Congratulations to all of the PBC students who competed.

Moving forward into Term 2 and beyond, we can look forward to a number of challenge matches against other schools, a visit to P3 which will improve our students understanding and knowledge on the importance of recovery and extra squads before and after school for different groups of students.

We will also hope to form our 'Friends of Tennis' committee in Term 2 which will help to raise funds for our Tennis excellence Students and offer them more help and support throughout this year and beyond. The school is also in the process of submitting a grant application to the Tennis in State Schools Infrastructure Initiative to upgrade the lighting and replace the current wire perimeter fence.

A number of students have expressed a desire to continue their Tennis and academics after they leave PBC and some have already been in contact with 'Study & Play USA' about the possibility of going to the US to pursue their dream of playing Tennis whilst also continuing their education. An information session has been organised for Wednesday 7 August at PBC in the theatre beginning at 8:50am.

Tim Hart – Tennis Excellence Coach



Football News

Upcoming Events

- Bill Turner Trophy (U15's) Girls Round 1, TBC
- Bill Turner Cup (U15's) Boys Round 1, Thursday 23 May
- SPL Round 3 vs Chancellor College, TBC
- SPL Round 4 vs Marsden SHS, Thursday 30 May

Term 1 Highlights

The PBC Reds have played 2 rounds of the *School's Premier League* against Aspley SHS and an away trip up to the Sunshine Coast against Kawana SHS. In a reflection of the excellent commitment to training exhibited this year PBC recorded 8 wins from 8 games across our Boys and Girls teams.

The Year 7 and 9 Boys contested their *Cluster Days* at the end of Term 1 and the start of Term 2. Both groups finished their days undefeated and the coaches were very impressed with the performances against quality opposition.

The U15 boys and girls will start their campaigns in the *Bill Turner Cup* and *Trophy* respectively this term. The boys will be looking to go one better in 2019 after falling just short in extra time in the QLD final last year. The girls have shown excellent form so far this year and will be looking to have a good run in the competition

We are pleased to announce the addition of *Mackenzie Arnold* to our coaching team as *Goalkeeping coach*. Mackenzie is providing some elite goalkeeping coaching this year in between her commitments with the Matildas, the Australian Women's Team. Mackenzie is a graduate of PBC and it is great to have her come in and share her experiences with our young goalkeepers. Mackenzie will be off to the Woman's World Cup in France in June and we can't wait to see how the Matildas go.



All middle school players have begun their *Long Term Athlete Development* programs in Term 1 with qualified Strength and Conditioning Coaches, 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.

PBC will continue its affiliation with NPL Club *Gold Coast United* in 2019. This year we are very fortunate to have ex-Socceroo Michael Thwaite, the Gold Coast United Club Captain, come in once a week to work with our Senior Boys group. Michael's experience as a professional footballer for 16 years here in Australia and abroad will provide invaluable to our aspiring athletes.

Shane Robinson - Coach



Basketball

Upcoming Events

- 26 July Open girls basketball Vs South Vancouver Basketball
- 19 -22 September Queensland State Championships (Opens only)
- 17 - 20 October Sweet 16 (Juniors Only)

News

For majority of the athlete's Term 1 has been a busy schedule with REP basketball. Congratulations to *Amelia Andrews* and the Gold Coast Waves for coming first at *Classics*. A further congratulation must go to *Ella Brow* who represented Queensland in April placing second at the *U18 Australian National Championships*.

The Opens Boys and Girls team had the opportunity to play a friendly match against Rangiora High School at the beginning of Term 2. The girls won convincingly and was a pleasing first hit out for the start of the year. Lacking in numbers due to injuries, the Open Boys team went down to the visitors. The determination to keep competing was commendable and they left everything out on the floor. Overall, both teams relished the opportunity to play against an international team.

We have recently connected with Gold Coast Basketball and have agreed to work closely with current QBL players. We are lucky enough to have some of the men's and women's QBL players come and run some sessions with the students during Term 2, with the possibility of continuing in Term 3. This is a great opportunity for our young guns to learn and grow their game from experienced and successful players.

In other news, the Junior Basketball Squad has introduced seven new athletes into the program during the first term, and all should be extremely proud of their efforts. The more experienced athletes have set the standard of training aiming to drive improvement and success for all. Briefly, Term 1 focussed on ball control, ball handling, pivoting and spacing on the court, and long term athlete development in the gym. All athletes are looking to further develop these skills during Term 2, however they need to be practised outside of school training sessions. Athletes should focus on form shooting and ball handling skills.

Adam Brown and Bec Schatz
Basketball Sports Excellence Coaches



Netball

Upcoming Events

- Vicki Wilson Shield (Years 7-9) & Vicki Wilson Cup (Years 10-12)
Wed 31 July HDNA
- 1 May - Interschool Sport commences every Wed Y7-9.
- PBC Opens vs Hallam College (Melb)
Wed 26 June -Fri 28 June.
- 2019 State Championships: Sat 21 and Sun 22 September 2019,
Venue: Queensland State Netball Centre, Mains Rd, Nathan

Seniors

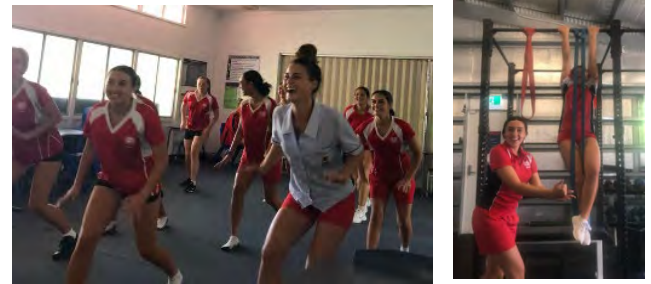
Throughout Term 1, the senior netball excellence program was been continuing journey in what it takes to be a RED, through team building activities and experiences. Their development has accelerated in the opportunities in strength and conditioning and LTAD development. An emphasis of progressive overload in netball specific strength programs has seen improvement in their movement. Plyometric sessions have also continued into the weekly cycle to allow athletes to further develop their combination of speed, power and agility. These sessions not only focus on the physical aspect of the athletes but also allow the development of their mindset and mental game.

Congratulations to Brooke Swindells who was selected in the Open South Coast School Girls representatives. Congratulations to Abi Houston who was selected as the Queensland U17 Netball Vice Captain at the national championship and member of the Bond University Bullsharks Sapphire Team.

Congratulations to the 2019 Senior Leadership team:

Lennox Tomai, Tiarah Taurima, Abi Houston, Phoebe Mueller

Jasmine Kadry – Coach



Juniors

The start of Term 1 saw the Junior Sport Excellence Class find the fitness feet with preliminary testing by Global Performance Testing and LTAD. Students have been challenged to set and strive for their 2019 goals and have been rising to meet these through conditioning, acceleration, agility and court awareness trainings. 'GMG Sports Training' conducted Netball Specific acceleration, agility and plyometric training, allowing our athletes to access specialised equipment and to create and understanding of biomechanics in their movements.

Oceanic and South Coast netball trials in all ages were the first step in many students achieving their goals. Congratulations;

- U12 South Coast: *Summer Woods*
- U15 South Coast: *Kiera Tufuga, Kyla-Rose Onehi-Karena, Brielle Reeves*
- U15 Queensland: *Dakota Newson, Bayley d'Hotman de Villiers*
- Australian Indigenous Budgies: *Jarrah Dick*

Nadja Kundrus-Little - Coach



Track SX Sprints

Term 1 has been a building phase – slow, gradual, strength and endurance development. The intensity, duration and frequency of training has, and is, slowly increased to limit the possibility of injury. Our program at the moment (Term 2) is: Monday: gym, plyometrics and resistance running, Tuesday: run, Wednesday: cross training/longer distance/many rep, Thursday: run and Friday: run

** Hurdles training, with Mrs. Hart, is conducted each Monday afternoon.

This year is most unusual in that most of the carnivals are about one term early. This changes the structure of our training program. With the school track carnival in Week 6 of this term, speed work will commence much earlier than usual. The district and regional carnivals are over by the end of July, which means a three month gap before State. During this time, the squad will return to some strength, power and endurance work before recommencing speed.

Results at State in 2018 were very pleasing and encouraging with many finalists achieving personal bests. *Indianna Dally-Watkins* (200m hurdles), *Brianna Bradfield* (100m hurdles), *Holly Canning* (TJ), *Scarlet Jones* (400m), *Eva Pietraszkiewicz* (200m, 400m) and *Jye Gillard* (400m). *Jye Gillard*, a Year 12 student, won gold in the 400m, placed 2nd in the *Australian All Schools* 400m, won the *Qld U20* 400m as a 17 year old (2019) and recently placed 2nd in the *Australian U20* 400m (2019). *Jye* has subsequently earned a track scholarship to a top 5 ranked college in the USA. *Lily Dobbie* has also recently won the *Queensland Beach Flags* title (U15) and placed in the *Aussies flags* and sprint finals.

Tony McDonald - Sprints Coach

Cross Country

A great start to the year for the PBC Cross Country Team. We had 25 PBC students up at Rivermount College in Yatala last weekend for the *Queensland All Schools Cross Country Championships* and then last week we had over 80 students competing for the school at the *District XC*.

PBC took home overall GOLD and we demonstrated our dominance in this event in our district once again. All the hard work in training and preparation is paying off with some great team and individual performances.

Special mention to our 2019 team captains *Mackenzey Ormiston* (17) and *Samuel McAuliffe* (17) who both came away with individual gold along with *Ethan Gray* (15) and *Starr Scott* (15). We also won 6 out of the 8 team events. 45 of our PBC athletes will now go on to represent the district at the *Regional Cross Country* in 3 weeks.

A special mention to those non-Distance SPX students who came along and put in some great effort and performance. Not taking anything away from our top performances, it is the other students that come along and enable us to have full teams in every age group. This is one of the major reasons we have taken home the team GOLD again this year.



Anya Hart - Coach