MIDDLE/SENIOR SCHOOL SPORTS OVERVIEW
25 February 2015

Hinterland District Volleyball Trials
Congratulations to all the St Hilda’s girls who attended the Hinterland Volleyball trials on Tuesday 17 February. Special mention to Emma-May Ellis, Luna Priestley, Anna Perkins, Olivia Campbell and Izabella Thynne who were selected in the Hinterland District team and will now go on to play at the Regional event on March 5.

2015 Artistic Gymnastics Competition Season
The 2015 Artistic Gymnastics Competition season is well and truly off to a fantastic start. All students are working very hard, committed to being the best they can be & working together as a team. The coaches and I are very impressed with all girls and are looking forward to a fun season (with lots of hard work of course!)

This year we have 5 coaches working with the team, please see below a brief outline of each coach.

Jessica Ross
Jess is the Club Manager for Delta Gymnastics on the Gold Coast. She has been working with the St Hilda’s Gymnastics teams for the past 6.5 years. Jess can be contacted via email at any time: jross@deltagym.com.au

Lauren Park
Lauren is our Delta Force Head Coach on the Gold Coast. Lauren was also the Head Coach of the Clayfield College’s highly successful Gymnastics Team. We are very fortunate to have Lauren join our team and all gymnasts are very excited to be working with her.

Laura Benson
Laura Benson has been working with Delta Gymnastics & St Hilda’s School for almost 2 years now. Laura comes all the way from South Carolina, USA where she worked with the top junior & senior gymnasts in the State.

Alicia Biggs
Alicia has been coaching at Delta & St Hilda’s School for almost 1.5 years. Not only has Alicia been a dedicated coach, but you may also know Alicia as one of our Senior Level 10 gymnasts in our Delta Force program. Alicia was a part of our QGSSSA Gymnastics team for 5 years where she represented St Hilda’s School with pride.

Sam Pearce
Sam Pearce has been coaching at Delta & St Hilda’s School for 2 years now whilst studying and travelling. Sam was involved in the Andrews Cup & QG Gymnastics Teams for St Hilda’s School and reached Level 10 with Delta Gymnastics.

Gymnastics Captain
I would like to congratulate Chelsi Mikeska for being our fierce leader at St Hilda’s School for our gymnasts. Not only is Chelsi our Gymnastics Captain, but she also is a Senior Level 10 gymnast,
completing Year 12 and coaching at Delta Gymnastics. This requires a lot of dedication, hard work & organization. Thank you Chelsi for being a great leader.

**Leotards:**
All gymnasts will require a long sleeve competition leotard to wear at the control test (practice competition) & the QG competition. If your daughter already has a leotard, please ask her to try it on tonight. Please check over the leotard to ensure it is not too small – if it is too small there are a handful of gymnasts who are interested in purchasing a 2nd hand leotard.

If you would like to sell your leotard please do the following:
- Wash leotard
- Bring leotard into the gym in a zip lock bag
- Please write your daughter’s name, your contact number & the asking price.

If you need a new leotard:
Please click on the link below:
Click into “club corner” (on the right hand side of website)
Log in: ST HILDAS SCHOOL (in upper case with spaces between words)
Password: sthildas (lowercase no spaces)
Order the leotard below (this leotard has long sleeves, it does not show them in this picture.)

**STH - GIRLS WAG COMP LEOTARD**
$95.00 AUD

**Training Change:**
Due too many clashes with other sports, our Thursday training session will now be changing to a Wednesday morning. All gymnasts who currently train with Delta Gymnastics outside of school hours must attend the Wednesday morning training session. Also, any students who normally train on a Thursday morning will now be swapping their sessions to Wednesday morning. Training will be from 6:30 – 7:45am & this change will be going ahead from this week.

**Holiday Training:**
The QGSSSA Gymnastics competition is scheduled 2 weeks after the school holidays; therefore, it is very important that your daughter attends training during the school holidays. There will be 4 sessions over the school holidays, looking to be on Tuesday 7th, Thursday 9th, Tuesday 14th & Thursday 16th April from 1:00 – 3:00pm. (These dates are a draft and will be confirmed later in the term.) If you know your daughter will be away for any of the school holidays, please let me know with a return email. jross@deltagym.com.au

**Competition Date:**
The Competition is on Wednesday 29 April at Clayfield College – more information will become available when it is received.
If you have any questions regarding the information above, please do not hesitate to contact Jessica Ross jross@deltagym.com.au

**Wednesday Senior Club Touch - 17 February 2015**

**St Hilda’s A Lost 3-2 vs Hands Off**

Our Opens team had a very tight match on Wednesday night going down 3-2 in extremely wet and slippery conditions. Unfortunately, the rain affected our ball skills and we gave the opposition too many opportunities to attack our line which resulted in a few tries. However it was great to see the girls not give up and they scored 2 very good tries late in the second half to make the score more respectable.

*Coach – Mel Lilley*

**St Hilda’s B DRAW 3-3 vs St Hilda’s D**

*Coach – Mark Lilley*

**St Hilda’s C LOST 13-0 vs Labrador Dodgers (W5)**

*Coach – Monique Sarasola*

**St Hilda’s D DRAW 3-3 vs St Hilda’s B**

For a team of different age groups who have only played together once, the girls did an excellent job as they played an older St Hilda’s team. Our young girls stepped up to the challenge, finishing with a draw. The standout player of the match was Ali Rutherford scoring all three tries down the sideline of the field. They also managed to try one of their new moves off the tap that the Year 7s learnt in their training session that afternoon.

*Coach – Steph Rutherford*

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**Monday Intermediate Club Netball - 23 February 2015**

Wet conditions made the girls play a little cautiously this afternoon which tended to slow the game down, but they soon learnt to deal with the weather and some strong netball was played. Early in the season, coaches are looking at the basics, forward passing and moving into the space but with training sessions well underway these issues will eliminated.

*Netball Coordinator - Jane Shrubshall*

**Results:**

<table>
<thead>
<tr>
<th>Team</th>
<th>Result 1</th>
<th>Result 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Hilda’s Storm</td>
<td>won 34/16</td>
<td>Regal Roses</td>
</tr>
<tr>
<td>St Hilda’s Thunder</td>
<td>lost 18/21</td>
<td>Technix 1</td>
</tr>
<tr>
<td>St Hilda’s Strikers</td>
<td>lost 7/23</td>
<td>Beechmont Blaze</td>
</tr>
<tr>
<td>St Hilda’s Force</td>
<td>lost 6/22</td>
<td>Magic White</td>
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</tbody>
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**St Hilda’s Storm:**

St Hilda’s Storm notched up another win against Regal Roses this afternoon. All team members played well and we are improving every game. The rain made the girls start cautiously but they finished strongly. Bring on the Storm!!

*Coach - Charmian Adamson*

**St Hilda’s Thunder:**

Well what a game played by these girls. We started the game very slow due to the wet courts however once the girls settled down they came back to only be down by one at the end of the first quarter. Our second quarter was our toughest with a few goals scored to the opposition. So this left us with some work to do going into the second half. The girls did an awesome job with everyone playing well in defence they managed to peg the score back bit by bit. With some grit
and determination they managed to win the last two quarters, but sadly it wasn’t enough with
Technix 1 winning 21-18. Great effort girls!!

Coach - Vicki Hardin

St Hilda’s Strikers:
After a great training season, the Strikers girls were keen to get out and show off their skills. The
girls worked really hard on the court, with many fantastic intercepts, passes and shots at goal.
The girls are very versatile around the court and along with their enthusiasm to try new positions
we have been able to trial many different combinations too. Bring on next week, where more
Strikers greatness will be showcased.

Coach - Roanne Dwyer

St Hilda’s Thunder:
The girls faced a strong team admirably and held their ground in defence. They turned over ball
after ball but were unsuccessful in winning the game, even with their incredible defence at all
lengths of the court. Keep up the positive attitude and good sportsmanship girls.

Coach - Ellie Penklis