



## News & Events

Keep up to date with Announcements, Events and Latest news



**Issue Date:** 24th August 2015

### FOCUS THIS WEEK: SLEEP WELL BEING

Who has a problem sleeping?

What are some strategies you use to help you get to sleep?

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#### STRESS MANAGEMENT

Are you stressed about exams, assignments, college, your peer group, troubled relationship and life in general?

Carley Love and Amit Pearce are offering a stress management session on Wednesday 26<sup>th</sup> August from 1:15pm – 1:45pm in the drama space. This is a good opportunity for AST students to learn about sleep management.

For more information go to:

[http://www.sleepoz.org.au/files/fact\\_sheets/AT09%20-%20Sleep%20Hygiene.pdf](http://www.sleepoz.org.au/files/fact_sheets/AT09%20-%20Sleep%20Hygiene.pdf)

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#### CHESS

If you are interested in playing chess or learning how to play chess please meet in room 232 at 1:05 on Tuesday 25<sup>th</sup> August

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#### CAFÉ

Café will be on

<b>Tuesday:</b>	Kick Start:	8.30am – 9.45am
	Lunchtime:	1.05pm – 1.45pm
<b>Thursday:</b>	Kick Start:	8.30am – 9.45am
	Recess:	10.45am – 11.05am

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#### YR 12 FORMAL 2015

**Deposit of \$60 due:** Friday 25<sup>th</sup> September 2015

**Full payment due:** Week 3, Term 4 (29<sup>th</sup> October 2015)





# Mark Your Calendar




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## TERM 3 AST TRAINING SESSIONS:

Monday of Week	Time
6 (24/08/15)	Lines 5 and 4
7 (31/08/15)	Link

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## AUGUST

24<sup>th</sup>-26<sup>th</sup> August: Ski/Snowboarding Excursion

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## SEPTEMBER

1<sup>st</sup> September: AST 1<sup>st</sup> Sitting  
 2<sup>nd</sup> September: AST 1<sup>st</sup> Sitting  
 4<sup>th</sup> September: Applications AST 2<sup>nd</sup> Sitting Closes  
 24<sup>th</sup> September: Parent/Teacher Interviews  
 25<sup>th</sup> September: Year 12 Formal Deposit Due

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## LATER

13<sup>th</sup> October: Matilda Creative Arts Excursion  
 29<sup>th</sup> October: Year 12 Formal Full Payment Due  
 5<sup>th</sup> – 9<sup>th</sup> November: Queensland Soccer Excursion  
 23<sup>rd</sup> November: Year 12 Formal  
 27<sup>th</sup> November: Last Teaching Day (Year 11 and 12)  
 7<sup>th</sup> December: Year 10 Formal  
 16<sup>th</sup> December: Year 10 and year 12 Graduation

# Sports

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## NETBALL



A huge congrats to the Year 10 girls who represented Erindale on Wednesday 19<sup>th</sup> August at the Southside Netball carnival.

The girls went through the day undefeated – winning a tight final against Melrose by 1 goal.

This is a huge achievement seeing as we only have 17 girls enrolled in Year 10 so had to rely heavily on a number of “ring-ins” (4 netball, 2 touch footy, 1 basketball, 1 softball, 1

hip-hop dancer and a ballerina!!)

A big shout out also to the rest of my squad who assisted with the running of the day, I had 6 girls umpiring all day and a number of the girls assisting me with scoring and recruiting. Well done to all involved.

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## SWIMMING

Congratulations to Rebekah McCoy and Dylan Weir who have qualified for the Pan Pacific Games, as a part of the ACT Swimming team, which will be held in Adelaide in November. Rebekah and Dylan are members of the Individual Squad (TSP)

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## DIMITRI MOROGIANNIS: TENNIS

Results from the ITF Oceania Junior Closed B2 Championship in Fiji.

Dimitri made it to the round of 16 where he was beaten by the Number 4 seed, Kody Pearson (AUS), 6-3 7-5 in the boys U18 singles.

In the boys U18 doubles, Dimitri and his doubles team mate, Thomas Bosancic, reached the quarter finals and were beaten by the third seeds and eventual winners in a tight second set 6-4 7-6.

These results have improved Dimitri’s U18 Junior ITF World ranking from 813 to 596 in the world.

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## ERINDALE ADVANCE TO THE SEMI-FINALS OF THE GIO CUP

On Tuesday 18 August Erindale Rugby League 1<sup>st</sup> XIII played the quarter-final of the GIO Schoolboy Cup against St Gregory's Campbelltown at Jubilee Oval, Kogarah. The GIO Schoolboy Cup is a competition which after the first three rounds is a knock-out format for schools across Australia.

While St Greg's managed only a few line breaks, their ability to off-load the ball meant the Erindale defence was often tested but their scrambling defence held strong for most of the game. With the momentum gained from the forwards dominating their opposition it gave the backs more room to move.

The final score was 26-6 with Erindale sending a strong message to the other teams left in the competition.

Next Tuesday 25 August the team fly out to Townsville to play Kirwan State High School in the semi-finals on Wednesday 26 August at 12.00pm. It will be a big test for the team not only because of the climate change they'll experience, but also because Kirwan is the main feeder high school for the North Queensland Cowboys.

Ironically, two of the coaching staff with the Cowboys might have divided loyalties with the Holden Cup u20s coach being Todd Payten (former Erindale student) and assistant 1<sup>st</sup> grade coach Dave Furner (who had a bit to do with some players in the Jnr Raiders ).

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## ERINDALE'S RUGBY CODES CLASH CRISIS

It might be the dream of every teacher and school to achieve success, but sometimes that success can open up a can of worms. Such is the dilemma currently faced by the Talented Sports Program (TSP) at Erindale College. After recently winning the ACT Girls (Field) Soccer Carnival, the boy's teams have also stepped up with some strong results.

Next Wednesday 26 August sees the College's 1<sup>st</sup> XV Rugby team playing in the Grand Final of the NSW Knock-out Waratah Cup competition in Sydney at the same time as the College's 1<sup>st</sup> XIII Rugby League team play Kirwan State High in the Semi-Final of the national GIO Schoolboy Cup in Townsville.

TSP Executive teacher Mark Armstrong said it is an exciting time for the College and all of the players involved. "To make the finals in any competition is exciting, but to have two teams in such important games at the same time on the same day is outstanding, but difficult. We simply can't be two places at once, particularly when one of the games is in North Queensland, but like all of our teams they will have the full support of the College."

While it isn't uncommon for students to play more than one code of sport at school, luckily for coaches Daniel Hawke (Rugby) and Matt Adams (Rugby League) there are only a few players who play in both teams. "Luckily both codes have been growing in popularity amongst our students in recent years so we have been able to develop good depth in our squads" Daniel Hawke said. Matt Adams agreed and added "It's important to remember the development we do with each player means that many of them are playing at a high club level on weekends so our squad numbers can be hit by injuries and rep commitments. This is why our TSP programs not only develop the individual leading up to and playing the game, we also work on developing their resilience and recovery practice as well."

Mark Armstrong was quick to point out that there would be no preference given to either code as the selection process would consider who was available to be selected firstly and then the two coaches would negotiate on who would be the most beneficial for which team if required. "We have two very good coaches and final team selections will as always be based on what is best for each individual student" he said.