From the GSV President

Girls Sport Victoria is proud of its founding principles:

- The promotion of girls’ sport.
- The provision of enhanced opportunities for participation in elite, competitive and recreational sport and physical activity.
- Providing accessibility to a diverse range of programs.
- The fostering of individual talents, team spirit and commitment.
- The pursuit of excellence.
- A commitment to the highest standards of ethical behaviour.
- A commitment to the promotion of health and well-being of all our girls.

This year’s GSV magazine highlights the 2014 Winter Olympics and Commonwealth Games participants from across our schools, reflecting the lifelong legacy that sport offers. Some girls who take up sports that are new to them in Year 7 go on to excel at elite levels. The talented and hardworking PE teachers and sports coaches in GSV schools share their enthusiasm and expertise with their young charges, igniting a passion for sport that endures way beyond graduation. We are proud of the girls who go on to represent their State or Country and we congratulate them on their achievements.

Equally, we celebrate the girls who have ‘had a go’ and tried a new sport or activity and discovered an enjoyable pastime that they carry on into adulthood as part of a healthy, active lifestyle. The GSV sport skills programs are a great way to learn about less traditional sports such as Fencing and Track Cycling. The experts teaching these programs are well-placed to advise girls and their parents about opportunities for joining local clubs to take their interest to another level.

Events such as the GSV Carnivals, Tournaments, Year 7 Sports Expo and the Tri-State Challenge would not be possible without the support given by Directors of Sport, PE teachers, volunteer coaches and the hardworking team in the GSV Office. We thank you for making this rich and varied program available to the girls in GSV schools. 2014 has been a very busy year as our readers will see from the stories that follow…..

Mrs Christine Jenkins – President, Girls Sport Victoria

2014 Sports Leaders’ Breakfast

The 2014 Sports Leaders’ Breakfast was hosted by Siena College and was the largest yet with almost 200 guests and 22 of our 23 schools in attendance.

Guests were treated to a diverse panel of four elite athletes, all with something in common – they all attended a GSV school and participated in GSV sport.

Siena’s Co-Sport Captains Casey and Sally interviewed the panellists, extracting fascinating insights into the life of an elite athlete.

Pocket rocket Stephanie Moorhouse retired from Gymnastics following the 2004 Athens Olympic Games and was very proud at qualifying for and competing in the All-Around Individual Final. Stephanie fielded questions about managing the challenges of VCE at the same time as preparing for an Olympic campaign. Guests were also eager to know what it was like to be a cast member of the popular gymnastics movie ‘Stick It’.

Ultra marathon open water swimmer Chloe McCardel explained that ‘zoning out’ is the
Recognising our Champions

There were two significant international events this year – in February the XXII Winter Olympics were held in Sochi, Russia and in July/August the XX Commonwealth Games were held in Glasgow, Scotland. A number of athletes who attended a GSV school competed and we applaud their efforts:

Sochi Olympics

Anna Segal (left) graduated from St Catherine’s in 2004 having spent her final year as Snowsports Captain. She competed in the Slopestyle competition in Sochi and was in the hunt for a medal until a crash-landing in the final jump of her second run saw her finish fourth.

Lydia Lassila (right) was finishing school at MLC just as GSV was beginning. Lydia was inspirational at Sochi with her ‘all or nothing’ approach to the aerial skiing competition. She risked all but made history as the first woman to ever perform a quadruple twisting triple somersault in competition. A small fault on landing relegated her to Bronze.

Emily Bamford (left) competed in the Giant Slalom and Slalom events. Emily attended Ivanhoe Girls’ Grammar before moving overseas to pursue her skiing career. Emily gained valuable experience at Sochi and has her sights set on the 2018 Winter Olympics in South Korea.

Alisa Camplin (right) graduated from MLC in 1992, well before the introduction of GSV. A dual Winter Olympic medallist, Alisa was a key member of the Network 10 commentary team, juggling her work commitments with caring for her three-month old baby, Florence.

Glasgow Commonwealth Games

Congratulations to Laetisha Scanlan (left) who won Gold in the Trap Shooting event at the Commonwealth Games. Laetisha was a student at St Margaret’s from Prep until Year 11 (2006).

Anabelle Smith (right) finished school at Sacré Coeur in 2010 but is no stranger to International competition. At her second Commonwealth Games, Anabelle competed in both the Women’s 3m Individual and Synchronized Diving events. She finished a commendable 8th in the individual event and was rapt to win Bronze in the synchronized with partner Madison Keeney.

Anna Gelai (left), also competed in the Diving competition at Glasgow. Having graduated from Firbank in 2011, it was her first Commonwealth Games. She and her partner Esther Quin finished one place behind Anabelle and Madison, and while missing out on a medal, were happy with fourth place.

Stevie Kelly (right) graduated from Genazzano in 2011. Stevie qualified to represent Australia in both Judo and Wrestling, but chose Wrestling. Stevie performed well, making it to the Quarter Finals.

MLC Year 12 student Stella Savvidou (left) represented Cyprus in Gymnastics at the Commonwealth Games. Stella performed exceptionally well to make the All Around Finals.

strategy she uses to combat the mental challenge of swimming for dozens of hours non-stop. Chloe was congratulated for breaking a world record, swimming for 16 hours in a spa pool. Chloe’s next challenge is to run an English Channel relay crossing event for school-age children from Australia, USA and England.

Sarah Lester recently swapped her corporate suit for a Tri suit and began competing on the ITU circuit. Sarah shared her journey from school-girl runner to professional Triathlete, veering through a university degree and a career in investment banking.

Joanna Weston, the youngest member of our panel having only finished school in 2011, was quizzed on what it is like to jump from school netball to a berth in the Melbourne Vixens team. Her stellar rise was inspirational for those in the room, many of whom will be moving into Open sporting competitions within the year.

While their stories were very different, one message was consistent across all four – there is no such thing as sacrifice when you are doing something you love and living your dream.
Weekly Sport
Term 4 2013 Weekly Sport

Cricket

The Senior Cricket season was marred by multiple wash-outs but by the end of round five the four schools who qualified for Finals were worthy of their place. In the Semi Finals, Lauriston defeated St Catherine’s and St Margaret’s were too strong for MLC.

The Grand Final was hosted by St Margaret’s at their lush home ground but Lauriston were not to be daunted. They started with the bat and were travelling well until St Margaret’s Lauren Hargraves picked up two wickets in succession - both clean bowled. Lauriston completed their innings with a score of 6/44 and the challenge was set for St Margaret’s to get the runs on the board. Lauriston’s bowlers were accurate early and their fielders vigilant - a catch in the outfield was a highlight of the match. But, having lost a few wickets early, St Margaret’s rallied and with the help of a few exciting boundaries, reached the target and sealed victory.

The Junior Cricket season was also affected by wash outs and even the Grand Final match was rescheduled due to poor weather. But once OLMC and Star of the Sea made it onto the pitch, it was game on. Both sides displayed impressive skills with the bat and ball but OLMC were just that little bit better on the day and came away with a 13-run win.

### Cricket

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<th>SENIOR A</th>
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<tr>
<td>Cricket</td>
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<td>St Margaret’s</td>
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### Junior Waterpolo

The Junior Waterpolo Finals saw a terrific display of skill, considering many girls begin the season new to the sport. Perennial Waterpolo rivals Loreto and Lauriston faced off in the A Grade Semi Final and, as expected, it was a thrilling match. Lauriston were ahead in the first half, but Loreto stormed home to win 7-5. MLC were too good for Mentone, who looked overwhelmed in the first half but found their feet in the second.

In the A Grade Grand Final, MLC scored early and while Loreto fought back, MLC’s defence was strong and they came away with their first Junior A Grade Waterpolo premiership since 2009.

Korowa entered the B Grade competition as part of a rebuilding phase, and the girls gained confidence from a successful season which ended with an emphatic win over Loreto Mandeville Hall in the Grand Final.

### Junior Waterpolo

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<td>MLC</td>
<td>Korowa</td>
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Basketball

The Senior Basketball season is condensed into the first few weeks of Term 4, to enable VCE students to play out their final GSV sport before their exams. This year, it was the Semi Finals that provided the greatest excitement. Lauriston and Strathcona were fighting for a place in the Grand Final and while Lauriston got away early, their shooting accuracy deserted them in the second half and Strathcona kept plugging away. By full time Strathcona had managed to draw even with Lauriston and a further five minutes of overtime was played. The scores were still drawn until the final seconds of the match when Lauriston scored to take the game by two points.

OMLC had a much easier run in their Semi Final against Siena and went into the Grand Final with the advantage. Lauriston put in a solid performance but were clearly fatigued from their Semi Final and OLMC took the premiership match 29-20.

The Intermediate and Junior Basketball Semi Finalists play two rounds of cross-over matches, in order to identify the Grand Final qualifiers. OLMC was represented in all four Intermediate Grand Finals and two of the four Junior Grand Finals.

Played a week later, all teams were fresh and ready to stamp their authority on their respective matches. In some of the best quality Basketball played in GSV competitions, the winners were truly deserving: OLMC in the Intermediate A, and D; Siena in the Intermediate and Junior B; Genazzano in the Intermediate C; MLC in the Junior A and C; and Star of the Sea in the Junior D.

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<td>MLC</td>
<td>Star of the Sea</td>
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Korowa’s Junior Water Polo Success

Waterpolo at Korowa has always been associated with enthusiastic junior girls, frosty mornings and an overwhelming sense of excitement, with the 2013 season being no exception. 2013 saw the largest number of girls trialing in recent years, many of whom had no previous experience in playing Waterpolo.

At Korowa we have always encouraged Waterpolo, finding it both a challenging and rewarding game for so many of the girls. Our season started off with a bang, and soon Monday mornings were taken over with practice matches and excited chatter about the looming games. Each match brought forward a challenge to the girls as we faced larger and stronger teams with more experience.

However, the Tuesday night competition proved to be groundbreaking for our girls, and Korowa’s Waterpolo team cruised through to the Semi Finals at MSAC for the first time in many years. The atmosphere was electric, and the match proved to be a challenge against a strong MLC, however Korowa battled through to make it to the Grand Final.

It was extremely rewarding to see so many young girls rising to the challenge of a sport that can be difficult to conquer. Korowa eventually defeated Loreto Mandeville Hall by a combination of accurate shooting and a strong defensive line up. 2013 was a fantastic season and we’re looking forward to many more to come.

Emma Moores, Korowa Anglican Girls’ School
Weekly Sport

Term 1 2014

Weekly Sport

Softball

Softball has experienced somewhat of a resurgence, with the number of teams playing GSV Softball increasing steadily over the past four years. OLMC are to be congratulated for being regulars at Finals. This year they won the Intermediate and Junior B grade pennants and were runners up in the Intermediate A Grade. The talented team from Star of the Sea won the Intermediate Grand Final and MLC’s Juniors displayed great skill and competitiveness to win the Junior title.

In the Senior competition, St Margaret’s were dominant in their Grand Final, defeating runners-up Korowa.

### Softball Results

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Indoor Cricket

Indoor Cricket would have to be one of the most intense and exciting sports offered by GSV – within a small netted court there are balls ricocheting off bat or net; players running wildly to the crease or in the field; and spectators yelling strategic advice which couldn’t possibly be heard over the din!

But within the seeming chaos is considerable skill and precision and the teams that contested Finals this year showed plenty of both.

Siena qualified both their Senior and Intermediate teams in the Grand Finals, but faced fierce competition in both. In the Seniors Lauriston emerged triumphant in a great battle and in the Intermediates the girls from Lowther Hall were frightening with the bat and equally accurate with their bowling and fieldwork.

The Junior Grand Final was played between Genazzano and Lauriston, with Genazzano prevailing.

### Indoor Cricket Results

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<tr>
<th>SENIOR</th>
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<td>Indoor Cricket</td>
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<td>Lowther Hall</td>
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A Long Wait for Lauriston

Secondary school sport is a six year journey, which for girls in Year 7 might seem like an eternity, but by Year 12, it is coming to an end all too soon.

For Lauriston’s Senior Indoor Cricket team, it has been a journey, one that has required patience and determination. As Juniors six years ago they played both Indoor and Field Cricket - making Semi Finals but missing out on a Premiership win.

They had to bide their time as Intermediates, with Howqua interrupting their GSV campaign. In their first year as Seniors, they reached the Grand Final in Field Cricket but again success evaded them.

So the 2014 Indoor Cricket season was, for most of the girls, their last chance. The squad was large with so many girls desperate to be part of a team that had been improving every year and were confident of finally achieving the success they had been chasing for six years.

And so it was to be. Solid wins in the home and away competition set them up for their final Finals series. A win in the Semi Final got them one step closer. They approached the Grand Final match with confidence - they had waited long enough for this moment, that they weren’t going to let this opportunity slip away. An impressive display of skill with both the bat and ball secured them the win and the premiership that had previously eluded them. Their celebrations were well deserved and will be remembered by them long after their school years have concluded.

Bruce Robertson, Indoor Cricket coach, Lauriston

Tennis

Racquets were thrown in the air in jubilation when St Margaret’s won the Senior A Grade Tennis Premiership, just their second Tennis title in the history of GSV. For the St Margaret’s girls the win was particularly sweet, given they had missed out on qualifying for the Grand Final last year by just a handful of games.

MLC won the Senior B Grade pennant and also dominated in the Junior competition, taking home the Junior A and B premierships, and was runner-up to Star of the Sea in the C Grade.

The Intermediate A Grade premiership was won by Tennis specialists St Catherine’s and Lowther Hall picked up the B Grade win. Sacré Coeur deserves recognition for qualifying teams in Finals across all three age groups.

Tennis Results

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Netball

The home and away Netball season produced some fantastic match-ups but it was the Finals series where things got really interesting. In the Senior A Grade Semi Finals, the match between Genazzano and PLC was a cracker. Underdogs PLC played their match of the season to sneak away with a win and then backed up to defeat Melbourne to earn a place in the Grand Final match. While Star of the Sea was too good for them in the end, they should display their well-earned runner-up pennant with pride. Star also prevailed in the B and C Grade premierships but in an exciting twist, Genazzano reversed the result of their home and away match against Star of the Sea and collected the D Grade premiership.

The Intermediate A Grade Netball Grand Final is always a fabulous display of up-and-coming talent and this year was no different. Both Star of the Sea and Shelford had played some fantastic Netball to earn the right to play off for glory. Star of the Sea was strong from the outset and rattled Shelford early. But to Shelford’s credit, they fought back in the third quarter and got to within three points, before Star pulled away for a comfortable win. Loreto Mandeville Hall’s B Grade team were the only ones to ruin Star of the Sea’s clean sweep, having beaten them in the Semi Final rounds.

In the Junior competition, OLMC looked to be the strongest team by far in the Semi Finals series, but to Genazzano’s credit they took it right up to OLMC and only narrowly missed stealing the premiership from OLMC, who also won the E Grade title. Star of the Sea won the B, D and G Grade premierships, with MLC collecting the C and F Grade, and Siena won the H Grade title.

Waterpolo

The GSV Waterpolo competition just keeps going from strength to strength – not only with the growing number of teams competing, but also the quality of play. In the A Grade competition, all four teams that qualified were equally deserving of the ultimate pennant. St Catherine’s really took their Semi Final to Lauriston, as did Strathcona to Loreto Mandeville Hall. In the Grand Final, it was a goal-for-goal affair between Loreto and Lauriston, before the full time siren sounded in Loreto’s favour.

The B Grade competition was also a close match up between sides. Toorak ultimately came away with the premiership pennant, their first in Senior Waterpolo.

Waterpolo Results

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<td>Loreto Mandeville Hall</td>
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Mentone’s Juniors Make History

Mentone Girls’ Grammar Junior Hockey team made history this year, winning their school’s first ever Hockey premiership. With a relatively inexperienced side, the team was entered in the B Grade competition. The five-week home-and-away season was a fantastic opportunity for the girls to develop their skills against equally-matched teams. Although they finished the season undefeated, all their matches had been close and they went into the Semi Finals with nothing to lose. To their surprise and excitement they won their Semi Final and found themselves facing an imposing MLC team in the Grand Final match.

While MLC warmed up with precision and discipline, the excited Mentone girls giggled their way through warm up, and there was even more laughter when the umpire explained to the rookie goalie that she had her pads on the wrong way around!

But on the umpire’s whistle, the girls got serious and it was game on! Straight away Mentone realised they had their work cut out for them, and 10 minutes in, MLC scored the first goal. But literally seconds later, MLC were caught on the hop and Mentone equalised. From then on, both teams fought it out with excellent field play and determined and skilful defence, especially in goals. At full time the score was 1-all, and there was no change to that after 10 minutes of extra time. The match would be decided on penalty strokes.

Both teams felt the pressure, especially with coaches having to pick five girls to shoot. With each nervous shot at goal the intensity mounted. Both teams scored, both missed and both saved goals. But at the end of the shoot-out, the umpires made the call – Mentone had won the penalty strokes 3-1 and as a result, the premiership!

Peter O’Donnell, Head of Sport, Mentone Girls’ Grammar

Hockey

In the Senior Hockey competition, Melbourne was far and away the strongest side, defeating reigning premiers, MLC in the Grand Final match. In the Intermediate Finals, MLC’s A Grade team was dominant, but in the Grand Final match, Star of the Sea’s excellent defence kept MLC scoreless in the first half and Star even managed to score against MLC - the only goal they conceded all season before the skilled MLC team prevailed 4-1. The B Grade Grand Final was contested between Shelford and Toorak College with Shelford winning their first ever Hockey premiership pennant.

The Junior Hockey Grand Finals consisted of two thrilling matches, the A Grade between Hockey powerhouses Melbourne and MLC and the B Grade between MLC and Mentone. The A Grade match was a terrific display of young talent, with both sides attacking and defending determinedly. It was 0-all at half time, but 10 minutes into the second half, Melbourne slipped the ball past the keeper to score. Try as they might, MLC could not convert, and the premiership went to Melbourne.

In the B Grade Grand Final, Mentone finally defeated MLC in an exciting match that went to penalty strokes after full and extra time could not separate them.
Weekly Sport
Term 3 2014 Weekly Sport

Soccer

The quality of Soccer played in the home and away series of the GSV competition is impressive, a combination of the growth of community Soccer amongst girls and the focus on excellent coaching within schools. As a result, the Finals series saw some ‘cracking matches’ against teams who were on top of their games.

In the Senior Soccer, the Semi Final between Star of the Sea and Loreto Mandeville Hall was decided on penalties, before Star progressed to the Final. Lauriston had only a slightly easier passage against Siena in their Semi, but prevailed in the Grand Final match.

The Intermediate Semi Final between Firbank and OLMC looked like it should have been the Grand Final match, with excellent field play from both sides, before Firbank scored a flurry of goals and booked a berth in the Grand Final match. Star of the Sea, having beaten Shelford in their Semi, were not going down without a fight and did their best against the talented Firbank team. But with two spectacular goals, Firbank sealed the victory and the premiership and will no doubt be contenders again next year.

The Junior Final was also won by Firbank, but Star of the Sea had depth and took home the Junior B and C Grade pennants.

Volleyball

Congratulations to both Star of the Sea and MLC who qualified teams in every Volleyball Semi Final and contested a number of Grand Finals. MLC started well winning the Senior A Grade Grand Final, but it was to be their only title for 2014. In fact the spoils were spread across a variety of schools. Melbourne was victorious in the Senior B Grade and Ruyton picked up a rare Volleyball pennant in the Intermediate A Grade. Star of the Sea secured the Intermediate B Grade, also their only premiership for 2014. The only double winners were Volleyball specialists Ivanhoe, who defeated MLC in the Junior A Grade match and Star of the Sea in the B Grade Final.
Badminton

Badminton continues its popularity in GSV schools with over 1,200 girls across 21 schools playing the sport during Term 3. However, there are a number of schools who excel in the sport and are regulars at MSAC during the Finals series. Toorak College has for many years fielded strong teams and proudly accepted the Senior A Grade premiership pennant for the fourth time in five years. MLC, took home the Senior B Grade title and then backed up to win the Intermediate A Grade Grand Final against Camberwell. Then it was PLC’s turn to shine, collecting the Intermediate B title and returning to MSAC the next day to contest the Junior A and B Grade Finals. As respective winners of A Grade Semi Finals, PLC and MLC fought out the Grand Final with PLC emerging victorious in a fantastic match, but MLC collected their third premiership for 2014 when they defeated Korowa in the B Grade Grand Final.

Firbank Kicks Goals

It has been a terrific season of Soccer here at Firbank Grammar. The standard throughout the whole of GSV was very high, but we were proudly able to maintain our position at the top of the ladder throughout the season.

For four consecutive years, the current Intermediate Firbank team has remained undefeated, but equally enthusiastic and always keen to acquire new skills. Each week, our dedicated girls work hard at training and perform well with smiles on our faces.

With the Intermediate team consisting mainly of Year 10s, GSV soccer gave us the opportunity to be a part of a school team and bond with our peers. While some of us play Soccer outside school, it was encouraging and refreshing to see students who were relatively new to the sport gain confidence, skills and knowledge as the season progressed.

Finals day was a successful one, with Firbank taking home both the GSV Intermediate and Junior premierships. It was a great experience for everyone and we are all keen to get back on the pitch next year.

Bring on 2015!

Olivia Fifer and Pippa McCarthy, Firbank Grammar School

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Carnivals

Diving and Swimming

Diving

Diving Victoria has again congratulated GSV schools on their support for the sport of Diving. The GSV Diving competition provides the most opportunities for Victorian Divers to represent their school. Two years ago the competition expanded to allow six Junior Divers from each school to compete. This year, we increased the Intermediate opportunities from three to five. GSV was excited to see so many schools take up the opportunity to field full teams and while it did make for some very busy Carnivals, the spectacle of watching so many girls Diving was worth the logistical effort!

Firbank continues to produce both talent and depth in the Diving pool, comfortably securing the Division One Championship trophy for the twelfth year in a row. They also took home the Intermediate and Senior points. But with MLC winning the Junior title, the competition between these two schools is likely to be closer than ever in 2015.

Shelford were the steady improvers, qualifying in Division One for the third year in a row, and were very pleased with their overall third place, their best result to date.

PLC, Genazzano and Strathcona all moved up into Division One joining regulars Star of the Sea College and Loreto Mandeville Hall.

Sacré Cœur’s Diving team was clearly the best in Division Two (behind Lauriston and Toorak) and Siena won the Division Three Championship narrowly over equal second placed schools, Lowther Hall and Ivanhoe Girls’ Grammar. Congratulations to Lowther Hall with their Junior Divers winning their schools' first ever Diving pennant.

GSV congratulates Star of the Sea’s Bridget Lord-Henry who, with an impressive score of 209.20, broke the Intermediate GSV Diving record at the Division One Championship Carnival.

The Finals Evening was a magnificent display of talent, with MLC’s Sophia James winning the Junior gold; Anna Rose-Keating (also from MLC) winning the Intermediate competition; and Korowa’s Anna Tsoukalas winning the Senior gold medal.

Diving Results

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<td>2nd Place</td>
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Swimming Results

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<td>Firbank</td>
<td>Lauriston</td>
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Shelford’s Diving on the Up

Congratulations to the Shelford Diving team who finished third in the 2014 GSV Division One Diving Championships.

The Shelford team consisted of Seniors: Captain Julia Haigh, Bronwyn Price, Xanthe Matheson, Intermediates: Kyla Breeze, Freya Appleford, Elsa McConville, Sam Hodgson and Juniors: Grace Oxlade, Anna McConville, Georgia McMillan, Eliza Jagger, Paris Spiers and Anja Bantick. The team was expertly coached by past-student Georgina Botto (and Captain Julia Haigh) over six sessions at Caulfield Swimming Pool.

Julia went on to finish third at the GSV Finals Evening which was an outstanding and fitting finish for her after six terrific years competing at GSV Diving Carnivals. Special mention must also be made of Bronwyn Price, Xanthe Matheson, Anja Bantick, Grace Oxlade, Anna McConville and Eliza Jagger who all performed particularly well in their respective events during the season.

Shelford has had an exceptional season in 2014. The hard work and enthusiasm of all the girls to try new skills and step out of their comfort zone was evident in the continuing strong results both individually and as a team. Our third place in the GSV Division One Championships is a fantastic achievement and Shelford’s best result in GSV diving so far.

James Morrissey, Head of Sport, Shelford Girls’ Grammar

Swimming

The outdoor pool at MSAC comes alive during the GSV Swimming season, with gaggles of girls dashing between the marshalling room and the spectator stands, caught up in the excitement of representing their school. But behind all the chatter and cheering are squads of quality swimmers. GSV was impressed with the depth of talent in the pool across the seven meets: three Preliminary; three Championship; and the prestigious Finals Evening.

There is certainly depth of talent at MLC, who continue their undefeated record in GSV Swimming. They took out the Intermediate and Senior age group trophies, and the overall Division One Championship by almost 100 points. But they will need to keep an eye out for their neighbours, Ruyton who claimed the Junior Age Group trophy and second place overall. Firbank, Korowa, PLC, Melbourne, Star of the Sea and St Catherine’s rounded out the Division One Championship field.

An impressive seven records were broken at the Division One Carnival, three by Korowa girls (all from their Junior squad) and the rest by MLC girls.

In Division Two, Loreto Mandeville Hall was the winner overall and picked up the Junior and Senior trophies. Congratulations to Strathcona who snuck away with the Intermediate trophy.

And in Division Three, Mentone Girls’ Grammar won overall and the Junior title, but the spoils were spread more evenly, with Camberwell winning the Intermediate competition and Shelford with the best Seniors.

The Finals Evening provides our elite Swimmers the opportunity to shine and MLC’s Swimmers were shining as bright as their starry crest, winning almost a quarter of all the medals on offer, most of them Gold! They also did well in the record books, breaking four individual records and two relay records – the only school to achieve a record at this year’s Finals Evening.
Carnivals: Cross Country

Cross Country running hurts. Arguably, it hurts more than any other GSV sport, with competitors having to push through their personal pain barrier to complete the 3km or 4km courses. And yet, some of our athletes make it look easy. Whether it be our Seniors Georgia Griffith, Elly Jackson and Emilie Guy, our Intermediates Laura Powell, Annabelle Eastman and Maddie Caulfield, or our Juniors Molly Gallagher, Molly McCarthy and Stephanie Bushell, they all look more like they are floating across the course than slugging it out, and often fly across the finish line with barely a sweat broken. But for them, the really hard yards are done in training, where they push themselves to the limit, both physically and mentally, to get themselves race-ready. We applaud these athletes, all of whom have great futures in elite sport.

Running is usually considered to be an individual sport, but one of the best aspects of GSV Cross Country is that, while we recognise our top ten across the line, the competition is far more about the team – with every competitor’s effort contributing to their school’s result. While only one girl can win each race, striving to finish in front of as many competitors as possible is what spurs on the entire field.

Cross Country Results

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1st Place: Ruyton OLMC Lowther Hall
2nd Place: Melbourne Strathcona Fintona
3rd Place: Loreto Mandeville Hall Ivanhoe Camberwell
When it comes to understanding the importance of the entire team running to the best of their ability, Ruyton are the best, and as a result won their 11th Division One Championship as well as the Junior and Intermediate trophies. And with five of the top 10 finishers in the grade five and six race coming from Ruyton, their immediate future looks rock solid.

Congratulations to the squad from Melbourne Girls Grammar, who, for the past few years have been steadily climbing up the rankings and finished an impressive second in Division One. Loreto Mandeville Hall, MLC, Genazzano, Sacré Coeur, Star of the Sea and Firbank rounded out the Division One competition.

In Division Two, OLMC went one better than last year to take the overall trophy and the Junior title. But the spoils were evenly spread with Toorak collecting the Intermediate title and PLC winning the Senior competition.

In Division Three, Lowther Hall is congratulated for finishing on top for the second year in a row as well as winning the Junior trophy. Well done to Fintona for their best result yet, finishing second overall and picking up the Senior age group trophy. Camberwell also had a great campaign, finishing third overall. Siena’s Intermediate runners performed well to win their age group.

Lowther Hall Proud of their Win

We were thrilled to win another Division 3 title at the GSV Cross Country Championships in 2014, a year which has seen Lowther Hall continue to grow in this sport. The team has come a long way since the early days where finishing in first place seemed out of reach.

The combined effort of all runners contributed to our success, however the result was certainly boosted by several outstanding top three place finishes.

Despite being one of the smaller schools in the GSV competition, Lowther Hall continues to field a relatively large Cross Country team. Their success is clearly infectious as participant numbers increase each year, despite often rigorous training during cold early mornings.

A consistent and committed coaching team was a key ingredient in our win, which validated their instruction, motivation and team development, ensuring we are well positioned for future success.

The Lowther Hall Community is very proud of the Cross Country Team and we thank them for their dedication and for the wonderful example their runaway success will be for all our sports teams.

Vicki Hoban, Director of Physical Education & Sport, Lowther Hall

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The GSV Track and Field season brings out the best in school sporting squads. It gives the largest number of athletes the opportunity to shine, from sprinters to middle distance runners, jumpers and throwers. And while it is easy for coaches to identify athletes that are already specialising in their chosen discipline, GSV schools are becoming more sophisticated about identifying the hidden talents of girls who might not have competed in athletics before. Dancers are being converted to High Jump, Netballers to Javelin, and Gymnasts to Long Jump. As a result, schools are fielding squads with impressive depth and the overall quality of the competition has risen.

Championship Results

The results of the Preliminary Carnivals channel schools into their respective Championship Division. Ruyton has been setting the bar in Division One for a number of years, but more recently feeling pressure from Melbourne, Loreto and Star of the Sea, who are taking their coaching programs to a new level. Genazzano, Firbank, MLC and PLC were also deserving of their spots in Division One. The much anticipated Carnival was a magnificent display of girls’ sport, with athletes from all eight schools competing at their best and ensuring the Division One Championship trophy was to be hard-fought for. But at the end of the day it was the girls from Loreto who celebrated with their first ever Division One Championship from Melbourne and Ruyton, in what was a very tight contest.

Division Two was also very close, with St Catherine’s narrow winners over the up-and-coming squads from St Margaret’s and Strathcona. In fact, while St Catherine’s consistency enabled them to take home the largest trophy, St Margaret’s and Strathcona shared the smaller age group trophies.

OLMC were the victors in Division Three from Toorak and Korowa, and also took home the Junior and Intermediate titles. But congratulations to Shelford, who won the Senior age group trophy – their first Track and Field trophy since 2006.

### Track & Field Results

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Finals Evening

The 2014 Finals Evening will be remembered for the weather that immediately preceded it, as much for the event itself. While torrential rain and hail battered much of Melbourne, the Gods were smiling over Lakeside Stadium and the meet was held in perfect conditions. So perfect in fact that 14 records were broken!

Loreto Toorak Enjoy a Well Deserved Win

Loreto started off the season in good stead with over 150 girls regularly attending training. The school fosters a supportive program whereby all girls are encouraged to participate in our PB meets, skill development sessions, in-house trials as well as the Carnivals themselves.

With such a large portion of the school participating, the Athletics season has become an important fixture at Loreto, and the buzz around the school was electric throughout the Term. The team, led by Loreto’s incredible coaches Kate Richardson (Head Coach) and Kath O’Connell and under the supervision of Mrs Helen Jaensch, were focused and prepared coming into the Preliminary and Championship meets, taking out the Junior, Intermediate and Overall champion places at the Preliminary C Carnival.

The Championship Division One Carnival this year was packed with contenders and it was a close race all day. Loreto maintained only the narrowest of margins and we endured a nervous wait post relays until the final results were announced. We were extremely proud of the spread of brilliant results and it is clear that our success was achieved through a committed team effort and depth within it.

In order to claim Loreto’s first ever Division One Championship Track and Field victory the team placed top three in 94 of 168 events; with an incredible 41 first places won. Finals night was also a highlight with Loreto taking out 24 medals, 11 of which were gold.

I would like to acknowledge the 2014 Athletics Captains, Olivia Russo & Amelia Catania along with their Junior Athletics leaders who succeeded in making the 2014 season a memorable one. I would like to thank our staff and coaching team for their hard work and dedication. Our sincere thanks also goes to GSV; their team has ensured the highest quality of events and competition and we will enjoy defending our title in 2015!

Jenna Flack, Head of Sport, Loreto Toorak

Record Breakers

The sheer number of records broken this year is testament to the quality of the current cohort of GSV athletes. Thirty nine records were broken across the GSV season, with some athletes breaking a record in either the Preliminary and/or Championship Carnival and then again at the GSV Finals Evening. Congratulations to MLC’s Emily Taylor-Brown who broke the Year 10 Javelin record at the Preliminary Carnival, again at Championships and then, at the Finals Evening, by almost 5m! Loreto’s Sienna Fighera also broke a swag of records at both Championship and Finals Evening and now holds the Year 8 100m, 200m and 400m records. Ruyton’s Sarah Billings picked up both the Year 11 200m and 400m records and Fintona’s Georgia Griffith will leave Year 12 with many fond memories of GSV sport and the 400m and 800m records to her name.
Additional Programs

Diving Skills Program

Diving is a specialised sport and difficult to practice without a pool! GSV fills the gap, providing a series of clinics for girls in years 7-9 to develop a repertoire of dives preparing them for the Diving season the following year. Thanks to MLC for providing access to their Diving pool.

Triathlon Event

The GSV ‘wave’ in the Team Up Triathlon has become so popular, we now comprise three quarters of the event’s school-aged competitors and almost a quarter of their entire field! More than 400 girls from 18 GSV schools competed as either an individual or in a team.

It was a fantastic spectacle to see wave after wave of GSV girls hitting the water, and as they progressed through transition onto the bike and run legs, the strength and depth of girls’ sport was well and truly on display.

Congratulations to our winners: St Margaret’s Erin Hanley (Junior Mini); Sacré Coeur’s Georgia O’Rourke (Intermediate Mini); and Genazzano’s Emily Goessler (Senior Mini). Korowa’s Lily Toussaint won the Intermediate Sprint distance and St Catherine’s Grace Lightfoot won the Senior Sprint.

The Team Mini was won by Strathcona (Tess Plowman, Jess Walsh and Allysha Dyer) and the Team Sprint was won by Ruyton (Saskia Dammersmith, Ella Wragg and Emily Montague).

Track Cycling Skills Program

Cycling is a fundamental skill, but Track Cycling? That’s a whole different matter! The program appeals to girls who want to taste the thrill of velodrome racing, and there is no shortage of them. This year they came from far and wide, with one keen participant coming from Toorak College in Mt Eliza to the Darebin Velodrome each week for the five week program.
Basketball Tournament

The Senior Basketball Tournament is a round robin competition, played at MSAC and Dandenong Basketball Stadium late in Term 2, with the Finals contested at MSAC at the beginning of Term 3.

The teams that make Finals are playing quality Basketball and the matches were thrilling. In round one, Star of the Sea upset reigning premiers Siena and OLMC were dominant against Mentone. But in the second round, the tables were turned on Star with OLMC stealing a narrow win. Siena recovered from their first round loss with a win over Mentone. So after two rounds, OLMC, Star and Siena were all still in contention.

In the final round Star played Mentone and came away with the win. Siena faced off against OLMC and while scores were even early on, the OLMC girls tired and the determined team from Siena grabbed a critical win. With three teams on two wins and a loss, it all came down to the maths. It was an intense few minutes with calculations checked and re-checked. Finally the result was announced and the cheers came from the Siena camp – they had retained their Title for the third consecutive year!

Soccer ‘5-A-Side’ Tournament

GSV welcomed the introduction of a 5-a-side Soccer Tournament to the busy GSV calendar. Hosted by Melbourne City Football Club, the Tournament was played at Knox Regional Soccer Centre on small, enclosed Soccer pitches which enable play to be continuous throughout each six minute half.

While the day was freezing, the girls soon warmed up and the action was fast and furious. After six rounds of exciting competition and some spectacular play, the winners were declared. Lauriston defeated Star of the Sea in the Senior Final but Star still went home winners, beating PLC in the Final of the Junior competition.

Fencing Skills Program

Celebrating its tenth year, the Fencing program was fully subscribed and immensely enjoyed. Over the five week program, students discovered that the sport exercises both the mind and body. Fencing requires mental tenacity with strategy, tactics and psychological control key components. The physical side of the sport develops coordination, dexterity, fitness, strength and balance.

Golf Event

The Golf event is the only opportunity for former students to compete in a GSV competition. It is also an opportunity to play at the prestigious Metropolitan Golf Club. Twenty three current students and eight former students took advantage of perfect weather and enjoyed an afternoon of Golf.

Christine Dunn (formerly of Ivanhoe) won the trophy for former students with a handicap. Georgia Caine (Strathcona) won the student competition with a handicap and Korowa’s Hayley Young was the best student without a handicap.
GSV Representative Sport

Soccer
The GSV Representative Soccer team was Captained by Hilary Collett, a veteran of the GSV Rep Soccer squad, having been a member in the previous two years and Captain in 2013.

Their first match was against SEDA and it looked like their season was going to be a repeat of last year when they drew 2-all. But once they got up to NSW for the Tri State Challenge they had their work cut out for them. With only one match under their belt they were tested by the NSW Independent School Sports Associations, IGSSA and ISA Rep teams which play more regularly together as a squad. To their credit the GSV girls fought hard and only narrowly lost their first match against ISA 1-0. The match against IGSSA was tougher, with Goalie Erica Markesich saving considerably more goals than she conceded. The eventual score line of 4-1 to IGSSA, was a creditable result for the girls who will be keen to return next year with more fire power and a hunger to achieve victory for GSV.

Congratulations to Michelle Acker, Ruby Burke, Hilary Collett, Abigail Cubbon, Liana D’Amico, Olivia Fifer, Melanie James, Christy Landwehr, Pippa McCarthy, Erica Markesich, Emily Morris-Krause, Michaela Rossi, Meg Rusher and India Tait. Thanks to coaches Chiara Romano and Mark Smith.

Cross Country
The Cross Country Representative team is selected from the results of the GSV Cross Country Championships in late May and race against runners from AGS and APS in early August.

The squad consisted of Chelsea Dutt, Annabelle Eastman, Georgia Griffith, Emilie Guy, Elly Jackson, Sarah Jackson, Alexandra Paterson and Tess Plowman. They are an extremely talented group of runners and represented GSV admirably. Congratulations to Georgia Griffith, Alex Paterson and Elly Jackson who finished first, second and third, respectively. Emilie Guy was sixth, Sarah Jackson was eighth and Annabelle Eastman a creditable 11th. Chelsea Dutt and Tess Plowman finished 19th and 20th.
Netball

The 2014 Representative Netball team Captained by sporting all-rounder Alex August-Leifi had their first chance to play together in the annual match against the Queensland School Sport team. Given the Queensland team is selected from all the school-girls in Queensland rather than from just one sports association, it is always a tough match, but the GSV Rep Netball teams are consistently competitive. Facing up to an intimidating Queensland team, the GSV girls let their opposition get the better of them early, and while they rallied in the second half of the match, it wasn't enough to secure the win.

In the Tri-State Challenge in NSW their first match was against the Queensland Girls’ Secondary School Sports Association, who were also an intimidating outfit to the evenly matched side they had played on the Saturday. Unfortunately the GSV girls were caught on the hop early and while they returned fire, the IGGSA team were ultimately too good on the day.

Their Grand Final match on the Sunday was played against the IGGSA side, which looked a different outfit to the evenly matched side they had played on the Saturday. Unfortunately the GSV girls were caught on the hop early and while they rallied in the second half of the match, it wasn’t enough to secure the win.

Congratulations to Alex August-Leifi, Celina Berzins, Monica Clarke, Amelia Dawborn, Tildy Dinnison, Darci Harris, Olivia Henson-Inkster, Emma O’Shaughnessy, Imogen Purcell, Gemma Sibillin and Monique Tarrant.

Thanks to Head Coach Sarndra Kennerley and Assistant Coach Sarah Hosking.

Hockey

The GSV Representative Hockey team was extremely fortunate to be coached by Toorak College’s Head of Sport, Kirsten Thomson. Under her nurturing wing, and their effervescent Captain Hayley Gooden, the girls developed a strong sense of team right from the outset. They were a young side but were keen to step up to the challenge of Representative match play. Their first opportunity was against the APS in Victoria, which was an excellent opportunity to identify each player’s strengths and develop their structure on the pitch. They then travelled with the Rep squad to Mittagong in NSW to face off against IGGSA and ISA. The first match against IGGSA was tight, with both teams defending their goals impressively, despite numerous opportunities for both to score. The match ended at full time and extra time a draw, befitting the evenness of the sides. Their second match was against an undermanned ISA, which gave the team a chance to practise their striking, and it was an easy victory.

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Congratulations to Francesca Carr, Stephanie Chong, Georgia Elston, Millie Faulks, Claire Gay, Hayley Gooden, Mary Ingram, Aimee Kahanoff, Allanah Latham, Janet Liu, Charley Malligan, Marielle Salom, Emma Sampson, Julia Schwarcz, Hannah Wentworth. Thanks to coach Kirsten Thomson.
Aussie Rules Football

The introduction of AFL 9s into the Junior Aussie Rules competition resulted in an explosion of team entries – 22 teams from 13 schools participated in the program, facilitated by the AFL. Played on a smaller, zoned ground, with ‘touch football’ style rules, AFL 9s is designed to introduce girls to AFL, developing their ball skills and football strategy without the danger of inexperienced tackling. The sessions were a combination of skills development and match play and the girls from Sacré Coeur showed their prowess with both teams finishing on top of their respective zone ladders, along with Star of the Sea.

The Senior competition is played on a full field, following AFL’s Youth Girls rules which includes tackling. At the end of the five-week home and away competition, MLC and Lauriston qualified for the Final of the A Grade competition and Siena and Firbank were on top of their ladders in the B Grade.

The Finals were scheduled at Scotch College on the Friday night of the Queen’s Birthday long weekend, but that did not deter a crowd of spectators from cheering on their teams. The B Grade Final was played with terrific spirit and sportsmanship between Siena and Firbank and at full time the scores were tied. After contemplating a shared victory, they agreed to play extra time and, under lights provided by the Monash Freeway, Siena crept ahead by a point before Firbank scored a goal and sealed the premiership win.

In the A Grade Final, Lauriston were always going to have their work cut for them against reigning champions, MLC. Lauriston put up a great fight, but MLC celebrated with a 32 point victory, qualifying them to represent GSV at the Herald Sun Shield for the third year in a row. Having won Division Two last year, they were promoted to Division One and played terrific Footy to make the Grand Final. It was a tough match against Ballarat Grammar and the girls from MLC were satisfied with their efforts and the runner up pennant.

YEAR 7 EXPO

For three days each year in October gaggles of year 7 girls meander around the sporting facilities at Monash University discovering the plethora of sports available to them. Girls try their hand at traditional sports such as Tennis and Basketball as well as few that may not have reached their radar – including Wheelchair Basketball, Ultimate Frisbee and Lacrosse.
Camberwell Girls Grammar School
Fintona Girls School
Firbank Grammar School
Genazzano FCJ College
Ivanhoe Girls’ Grammar School
Korowa Anglican Girls’ School
Lauriston Girls’ School
Loreto Mandeville Hall Toorak
Lowther Hall Anglican Grammar School
Melbourne Girls Grammar
Mentone Girls’ Grammar School
Methodist Ladies’ College
Our Lady of Mercy College
Presbyterian Ladies’ College
Ruyton Girls’ School
Sacré Cœur
St Catherine’s School
St Margaret’s School
Shelford Girls’ Grammar
Siena College
Star of the Sea College
Strathcona Baptist Girls Grammar School
Toorak College