



GIRLS SPORT VICTORIA

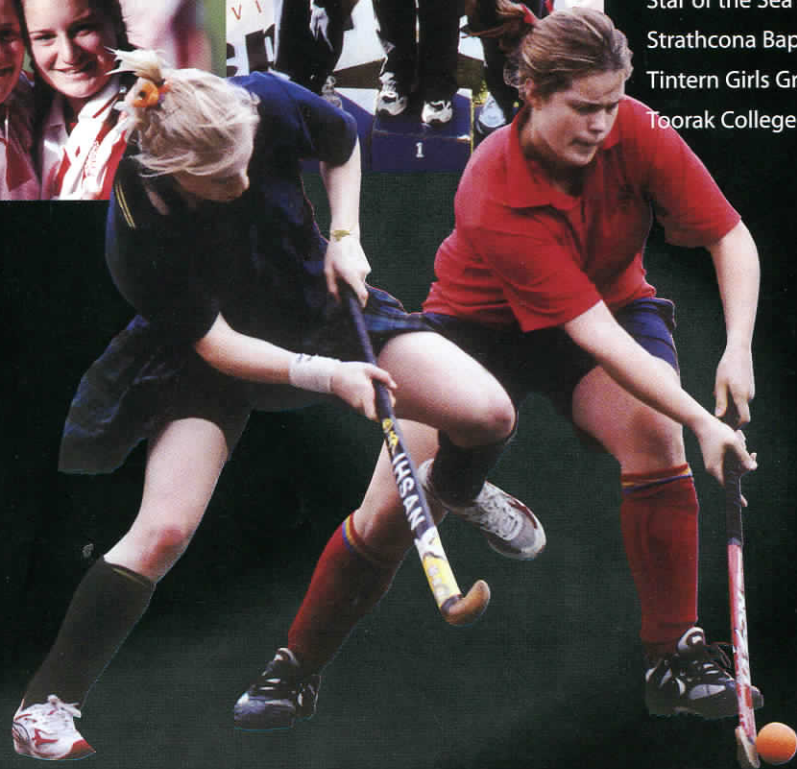
VOLUME

Girls Sport Victoria

Camberwell Girls Grammar School
Fintona Girls' School
Firbank Grammar School
Genazzano FCJ College
Ivanhoe Girls' Grammar School
Kilvington Girls' Grammar
Korowa Anglican Girls' School
Lauriston Girls' School
Loreto Mandeville Hall
Lowther Hall Anglican Grammar
Melbourne Girls Grammar



Mentone Girls' Grammar
Methodist Ladies' College
Our Lady of Mercy College
Presbyterian Ladies' College
Ruyton Girls' School
Sacré Coeur
St. Catherine's School
St. Margaret's School
Shelford Girls' Grammar
Star of the Sea College
Strathcona Baptist Girls Grammar
Tintern Girls Grammar School
Toorak College



2003



GIRLS SPORT VICTORIA

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From the Editor

How exciting it is to watch anything grow and flourish! Throughout Spring, we have all marvelled as bulbs and seedlings bravely faced the challenges of late frosts, swirling winds and heavy rainfalls. The outcome, of course, are the gardens we see filled with colour and life.

I have marvelled in much the same way, with an increasing sense of excitement and joy, as I have read the reports on Sporting matches, Carnivals and the Expo of Girls Sport Victoria. I am delighted by the vitality and pleasure that this Association has generated for the students in participating schools.

The seed of the initial vision, planted in 1999, has grown and is flourishing. As was hoped, it provides friendship between students and schools, enables the development of skills, competition, an acceptance of limitations and a great love of sport.

It was teamwork that brought GSV to birth; it is teamwork that nurtures and continues to develop the Association and it is teamwork that produces the best in all participants and their school communities.

Congratulations, GSV, on another successful year.

Pat Fitzgerald

Pat Fitzgerald
Editor



GSV: Stamp of Approval from Year 7

For the students in Year 7 at the 24 member Schools, GSV is a new experience. In Term 1 we asked them for their impressions of the sports program. Here is a representative selection of their comments:

"I love competing in GSV Sport. It keeps you fit, healthy and happy. You have fun while learning ... get to go to other schools and make new friends. GSV Rocks!" – *Susannah, P.L.C.*

"GSV is very convenient and makes it easy to be involved ... a good range of sports is offered! The inclusion of triathlons, golf and surf life saving were great ideas!" – *Mary, Genazzano*

"It's sometimes competitive, which makes it exciting. Sometimes you're playing in the finals and the scores are really close. It's intense and we enjoy that!" – *Briana and Caroline, Korowa*

"I always used to be scared that I wasn't going to be as good as the other kids in any sport but as I did more and more sport, I became more confident. I stopped worrying so much (and) even found out that I was actually 'great' at some sports. I think that this has boosted my overall confidence." – *Meera, Lauriston*

"I enjoy every aspect of GSV sport from the fitness to the teamwork and the friendships between other girls from other schools." – *Sharon, Kilvington*



Year 7 Sports Expo

The Year 7 Sports Expo, held each year in October, is designed to allow Year 7 girls to experience a range of sports and recreational activities in a friendly, fun environment. The emphasis of each day is on healthy lifestyle and the girls are encouraged to be involved in physical activity and to develop healthy eating habits. The challenge of including exercise as a part of our lifestyle is essential to the education of our girls and the involvement of 1100 girls from 14 of the GSV schools in this event is an acknowledgment of the value placed by staff on this experience. Our thanks go to all the Sport Development Officers involved with the Sport Expo and the use of the YMCA facilities at Ashburton, Ascot Vale and Hawthorn Fitness Centres.





Anna Connell
Camberwell Anglican Girls Grammar School

School Sports Captain

"It is nice to win, but it's more important – win or lose – to give it your absolute best shot."



From the President

Girls Sport Victoria has enjoyed another very successful year, with many excellent achievements by girls from all our schools.

The range and variety of sports offered in our program allows individual girls and their schools to choose which sports they will join and how much involvement they will have.

Only a few years ago we were limited to the traditional sports played by girls in the Victorian schools but now sports such as Soccer and Badminton, Taekwondo and Triathlon are available for girls who would like to become involved.

Our Principals, together with our Directors of Physical Education and Sport, are committed to achieving the highest possible standards in the quality of the program offered and we seek the involvement and enthusiasm of the girls to participate in the joys of achieving personal best performance and the satisfactions of good teamwork.

We are most appreciative of the very professional and dedicated work of Ms Meredith Prime, our Executive Officer and Project Officers, Ms Jo a'Beckett, Mrs Jenny Avon and Ms Kim Taylor. It has been a pleasure to work with the staff and with the Committee of Management of GSV over the past year.

We always hope that our girls' participation in GSV sport will be a lot of fun for them, and we really enjoy the satisfaction of seeing them competing with their peers in friendly rivalry and healthy competition.

Dr Jane Munro
President 2002 – 2003

Sports Captains' Breakfast

On Thursday 27th February, the GSV Sports Captains' Breakfast was held in Ross Hall at Melbourne Girls Grammar. This was the ideal opportunity for an exchange of ideas about the way sports programs were conducted at other schools and possibilities for better implementation of the GSV program.

The guest speaker was Nicole Richardson, Commonwealth Gold Medal winner (Netball) and member of the Australian Netball Team and Olympic Bronze Medal winner (Softball). Nicole spoke of her sporting experiences at an elite level and was inspirational to the representatives from the schools in attendance.

Phoebe McWilliams and Sarah Sheer
Melbourne Girls Grammar



"Sport! Obsessed, addicted ... I plead guilty to both."

Meg Daniher, Genazzano



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GSV Website

2003 saw the launch of the GSV website. Access to retrieve information such as fixtures, the calendar and results has been beneficial to staff, students and parents. Check out the site at www.gsv.vic.edu.au.



Kelly White
Fintona Girls' School

Sports Co-captain

"You don't have to be the best, as long as you do your best – for yourself and your team."

Simmin Almassi
Fintona Girls' School

Sports Co-captain

"Success is the result of perfection, hard work, learning from failure, loyalty and persistence."





Caroline Jacob
Firbank Grammar School

Sports Captain

"Sport is an integral component of Australian society. Within the school setting, sport plays an important role in providing opportunities for fitness, enjoyment and social interaction. An involvement in sport offers something for everyone."

Erin Lorenzini
Genazzano FCJ College

Sports Prefect

"Sport is my life, my love and something that really challenges my competitive nature."



Swimming and Diving Carnivals

The Swimming and Diving Preliminary and Championship Carnivals were held in March at the Melbourne Sports and Aquatic Centre (MSAC). Competition between the top schools in each division was very keen, making every race and dive significant to overall scores and very exciting to watch. Congratulations to all participants!

This year saw the successful introduction of a Finals evening, held at MSAC, for the best competitors in each swimming and diving event. The quality venue was the ideal place for schools to showcase their talented swimmers and divers. The top 10 students were selected for each event from their performance in the Championship Carnivals across the three divisions. Medals were awarded to the winners of each event.

Championship Swimming Results

	Division 1	Division 2	Division 3
1st Place	Firbank	Shelford	Sacré Coeur
2nd Place	Strathcona	Lauriston	OLMC
3rd Place	MLC	Korowa	Mentone

Championship Diving Results

	Division 1	Division 2	Division 3
1st Place	MLC	Tintern	Loreto
2nd Place	Firbank	Mentone	Sacré Coeur
3rd Place	Lauriston	Toorak	Fintona



Enthusiasm

Cross Country Carnivals

Schools met at Yarra Bend Park for the three Preliminary Cross Country Carnivals. The rain held off for the girls to complete the 3km (junior) and 4km (intermediate and senior) courses. Results from these carnivals determined the divisions in which schools were placed for the Championship Carnival held in May at Bundoora Park. The sun was shining as 240 girls in the junior, intermediate and senior divisions negotiated the hills and rough terrain to complete the course. It was wonderful to see so many girls involved in the cross country, running to the best of their ability.



Results

Grand Aggregate

	Division 1	Division 2	Division 3
1st Place	Ruyton	Camberwell	Tintern
2nd Place	Star of the Sea	PLC	Fintona
3rd Place	Melbourne	Toorak	Korowa

Age Group Champions

Junior

	Name	School
1st Place	Amy Fitzgerald	Sacré Coeur
2nd Place	Laura Harvey	PLC
3rd Place	Samantha Carberry	MLC

Intermediate

	Name	School
1st Place	Hayley Tomlinson	Fintona
2nd Place	Fiona Nash	Ruyton
3rd Place	Sarah Cant	Camberwell

Senior

	Name	School
1st Place	Kimberley Crow	Ruyton
2nd Place	Stephanie McGrath	Firbank
3rd Place	Alice Baquie	Genazzano



Nicola De Silva
Ivanhoe Girls' Grammar School

School Sports Captain

"Sport has benefited me by keeping me healthy, creating new friendships, allowing me to do something that I love and most of all by having fun."

Laura Hart
Kilvington Girls' Grammar

School Sports Captain

"Sport allows the opportunity for success, a sense of well being and the attainment of one's sporting dream."





Roberta Stacy
Korowa Anglican Girls' School

Sports Captain

"The best thing about sport is the opportunity to conquer goals that you set while building new relationships with different people."

Kathryn Graham
Lauriston Girls' School

Sports Captain

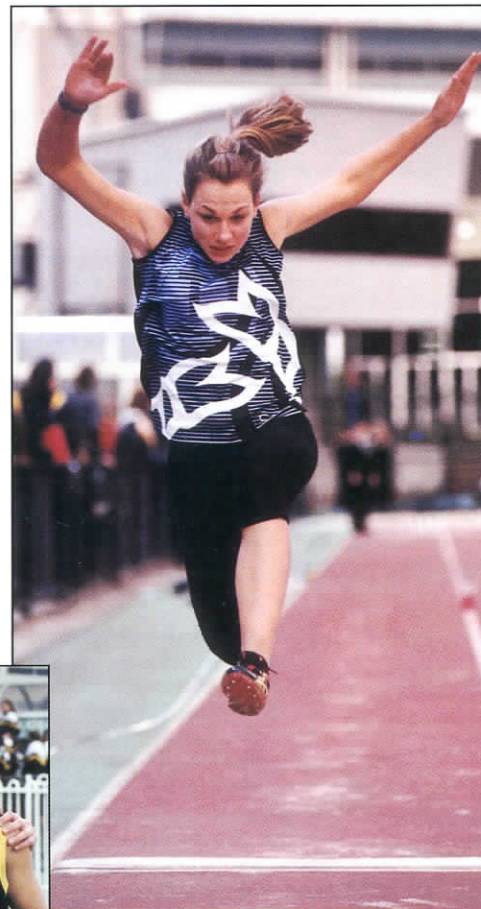
"Participating in a wide range of sports gives me the balance in lifestyle to succeed in other aspects of life. I learn life-long lessons and gain life-long friendships in sport."



Track and Field Carnivals

Preliminary Carnivals for Track and Field were held over three days at Olympic Park with results determining the divisions for the Championship Carnivals. Luck was on our side with the weather and all students enjoyed competing at such a quality venue. The introduction of a Finals evening, held in October, saw the top eight students from each event compete. These students were selected from results from the Championship Carnivals. It was fantastic to see so many friends and family members in attendance encouraging the girls to strive for their best. All enjoyed watching the high level of skill and talent displayed. Many thanks to officials from Athletics Victoria for your assistance and congratulations to all participants for their efforts.

	Division 1	Division 2	Division 3
1st Place	Star of the Sea	Loreto	Sacré Coeur
2nd Place	Ruyton	Tintern	Shelford
3rd Place	Korowa	Genazzano	Firbank



"The benefits sport provides include getting fit, having fun and meeting new people."

Michelle, Camberwell



Kelly McBride
Loreto Mandeville Hall

School Sports Captain

"If you tell yourself you are a winner, then eventually you will become one. Until then, practise, because being defeated is only a temporary condition; giving up is what makes it permanent."

Elsie Madigan
Lowther Hall Anglican Grammar School

School Sports Captain

"I always find myself, in whatever competition I'm in, constantly talking to myself. It's a battle of: 'Keep going, girl; you've trained for this... Although I guess 3rd doesn't sound so bad... No; come on, you're only pretending it hurts; let's go...' and the result is always a reflection of the outcome from that debate."





Phoebe Williams
Melbourne Girls Grammar

Sports Captain
"The moment you quit is the moment you fail."



Exceptional Achievements

It is encouraging to see so many students participating in the GSV program with improvements in skill development and teamwork evident. Many students not only excel in the GSV sports offered but have made some exceptional achievements in their chosen sports.

Maddie Fitzgerald **Star of the Sea, Softball**

From a spectator, watching her sister play softball, to becoming a successful team member herself took just four years. Maddie Fitzgerald is achieving at an exceptional standard in the sport of Softball. As Vice-Captain of the U16 Victorian Softball Team (2003), a member of the Under 16 Development Squad (2003), of the Victorian Secondary Schools Softball Team (2003), of the U19

Victorian Team and of the National Training Centre Development Squad – run under the VIS – she intends to continue developing her skills. Her intense weekly training schedule of 6–12 hours per week will surely enable her to reach her goal of maximising her full potential.

Amy Schwebel **PLC, Taekwondo**

Taekwondo has become Amy's passion in life in the 11 years since she became involved "just for fun". To maintain the necessary fitness, Amy undertakes between 3 and 5 sessions of weekly technical training as well as strength and flexibility sessions. Closer to competition, running and walking aerobic sessions ensure that she is 'fighting fit'. Amy aspires to be the best competitor she can and after becoming Victorian and Australian Champion, she won a bronze medal in 2000 at the Korean Open. In 2002, she was a member of the Junior National Team which travelled to and competed at the Junior World Championship in Crete, Greece.

Kristin Stensholt **Sacré Coeur, Soccer**

Kristin took to the soccer field at the age of five and ten years later she is devoted to soccer. Her committed involvement has resulted in her selection for the Australian Schoolgirls tour of Canada (2003) following her participation in the Victorian Indoor (Futsal) and Outdoor teams of 2000, 2001 & 2002 and receiving the Allstar Award given to the best 5 players in Futsal in Australia. Her ambition is to win a scholarship to the AIS and to play for the Matildas. Eight hours training and competition at weekends will certainly help achieve these goals.

Katrina Dwyer **Genazzano, Golf**

Shifting house can be fun. When the new house backs onto a golf course, it can begin a new lifestyle, too. Katrina joined her family on the course three years ago, deciding to challenge herself in this new sport. Success came quickly; in 2001, she finished 3rd in the Victorian Junior Flight Championships and the Aaron Baddeley Junior Qualifying Tournament. In 2002, she was chosen to represent Victoria in the Jack Newton International Tournament and this year has received an "Emerging Athlete" scholarship. She is well on the way to achieving her goal of turning professional with her handicap down to scratch.



Tracy Earl
Mentone Girls' Grammar

Sport Captain
"Sport provides a fantastic opportunity to participate, to compete, but most importantly to have fun."

Jill McBain **Camberwell, Basketball**

Jill was selected as a member of the Victorian Secondary Schools Under 18 basketball side which travelled to Darwin to play in the Australian Championships in August. Jill joined the invitation only training squad with 50 other girls from around the state and attended five weeks of training sessions before the final selection was made. It was Jill's second stint with a VSSSA side, after playing with the Under 16's as a fourteen year old. Whilst studying Year 11, Jill is a member of the Melbourne Tigers Under 18 Championship division team, where she plays primarily as a guard.

Caroline Mullins **Strathcona, Hockey**

Caroline was first attracted to playing hockey at the age of 6 because a friend of hers was joining the local club and it was an opportunity for her to try something new and different. She was captain of the U18 Victorian team in 2003 and also represented Victoria in the Sydney Youth Olympics. Caroline has played State League One for Camberwell Hockey Club since she was 14 and would like to continue to enjoy playing and reach her full potential in hockey. She is inspired by Nova Peris and would like to play for Australia at the Olympics in the future.

Kathryn Edwards **Korowa, Waterpolo**

Kathryn has been involved in waterpolo for 5 years. She was attracted to waterpolo because it incorporates both swimming and ball skills and is a team sport. A highlight in her sporting career has been winning a bronze medal at the U14 National Championships and captaining her team who won a silver medal at the Youth Olympics this year. Kathryn trains every day and is well on her way to fulfilling her ambition of becoming a member of the Australian Junior team.

Amelia Lutz **Lauriston, Swimming**

Amelia is a member of the VIS and in the 4 years she has been involved in swimming she has made some outstanding achievements. Amelia won bronze in the 16 year olds 100 metre freestyle at the 2003 National Age Championships, was fifth in the 200m freestyle at the 2003 Australian Shortcourse Championships and holds 8 Victorian records. Amelia has won several state titles in many events and this year was awarded the City of Melbourne Medallion Award for 16, 17 and 18 year olds freestyle events.

Felicity Harrison **Mentone, Athletics**

In the 8 years Felicity has been involved in athletics she has been selected in 4 Victorian teams and was team captain in 2002. Felicity has achieved much success in athletics winning 2 international silver medals at the 2000 Pacific Games, 1 bronze and 1 silver at the 2001 and 2002 Nationals, 17 gold, 7 silver and 3 bronze State medals and she holds 1 Victorian record and 38 Club records which are all unbroken. Felicity believes sport is a great way to make new friends and to learn team work and that discipline can be developed through athletics.

Hayley Tomlinson **Fintona, Athletics/Cross-country**

Hayley first became involved in cross-country due to encouragement from her primary school PE teacher. She finished 3rd in the State in her first attempt and has continued to develop and excel in athletics and cross-country. Hayley has won National titles in the 800m, 1500m and 3000m and cross-country and won both the 800m and 1500m at the 2000 Pacific Games. This year Hayley represented Australia at the World Youth Championships in Canada finishing 11th with a Personal Best of 4 minutes 25 seconds. Motivated by wanting to continue to improve and reach her goals, Hayley would like to compete in the World Junior Championships in 2004 and with her continued success on the track the 2006 Commonwealth Games are definitely a possibility.



Amelia Tregear
Methodist Ladies' College

Sports Prefect and Swimming Captain
"True Champions have the willingness to give anything a go!"

2002 Ambrose Golf Event

Girls Sport Victoria (GSV) would like to thank Women's Golf Victoria (WGV) and the Kew Golf Club for their assistance in hosting the GSV Ambrose Golf Event on Tuesday 3 December 2002 at the Kew Golf Club. The support provided by WGV and the Kew Golf Club lady members was invaluable, particularly in the encouragement and coaching of our novice golfers.

This was a team event – 4 students playing modified rules – and was designed to encourage novice golfers. Over 45 girls from 11 schools participated in the tournament with the feedback being very positive.

GSV was delighted to have the opportunity to conduct the event at such a beautiful and prestigious venue and the participating schools greatly appreciated the opportunity to play on such a course.

Jenny Avon
Project Officer



Schoolgirls Cricket Championship

In November last year, 25 girls from GSV schools participated in a hectic series of training sessions at Malvern, under the watchful eye of Coach Garry Shipp.

Garry's original comment on the first night was, "I think we have the squad to win the tournament this year".

Unfortunately the squad had to be trimmed to 13 players – a real challenge due to the excellent standard of all the girls trying out.

On the 2nd December, the selected squad met at Dendy Park in Brighton with a degree of excitement and nervousness. Unfortunately the turf pitches were unplayable and the games were moved to synthetic wickets.

In the first round, we played last year's Champions and this year's favourites – Ballarat Secondary Schools. Unfortunately, we lost this game 7/72 to 5/101.

The next game was a close fought one against Southern Catholic Schools which we won 4/92 to 9/89.

The third round was a must win game against Eastern Independent Schools which was a tough encounter with GSV winning 4/114 to 5/101.

These efforts resulted in the girls getting into the Grand Final against Ballarat. This was a game which was going to be a test of character and our team managed to win with a score of 6/122 to 10/112. This game went down to the wire with the outcome still undecided with two overs to go.

The GSV team, as can be seen from the scores, improved constantly throughout the tournament in all aspects of their game with the improvement between the first and last games being quite exceptional.

All team members contributed to this great outcome and it would be hard to single out any individual performances. Congratulations are extended to all participants on a wonderful team effort.

Chris Simpson
Assistant Coach/Manager



2003 Golf Tournament

Date: Tuesday February 18th

Venue: Metropolitan Golf Club

Participants: Each team consisted of 2 former and 2 current students

Competition: 9 hole modified Stableford Event

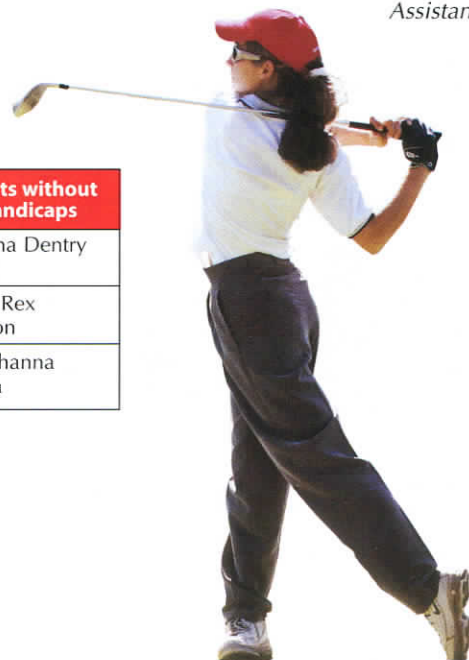
Results

	Team Event	Former Students	Students with Golf Handicaps	Students without Golf Handicaps
1st Place	Korowa	Anne Pullman Korowa	Cecily Grange Korowa	Georgina Dentry Toorak
2nd Place	Toorak	Felicity Whelan Loreto	Tomi Tregent-Crewes Melbourne	Sophie Rex Lauriston
3rd Place	MLC	Jennifer Reid Melbourne	Michelle Hui Toorak	Priya Khanna Korowa



Tessa Bennison
Our Lady of Mercy College

Sports Captain
"Sport is an escape from the pressures around me. It is a chance for me to express myself and give it my all."





Alice Millar
Presbyterian Ladies' College

Sports Captain

"Follow your feet to the sports ground.
It's fun!"

Kimberley Crow
Ruyton Girls' School

School Sports Captain

"GSV has been about taking opportunities as they are presented, making the most of them and consequently growing through experience."



Term 4 Weekly Sport

Waterpolo became part of GSV in Term 4, 2002 for the first time. With an eight round program, it proved to be highly competitive; two schools even played two teams! Basketball and Cricket also made up part of the Term 4 program. Even after the Term 2 Senior Basketball Tournament, it was fantastic to see 10 schools field teams in the Senior Optional Basketball. The Junior Competition included an amazing four grades of competition in some zones. The response to cricket was equally enthusiastic, with both Senior and Junior games running. This rounded out a full and exciting term, ending the second year of GSV on a high note.



Lowther Hall Team Breaks Through To Junior Tennis Finals

Lowther Hall's Junior 'B' Tennis Team this year became the school's first GSV zone winning and semi finalist team.

In the semi finals, held at Melbourne Park and watched by friends and teachers, the team lost to Korowa but gained greatly from the experience. Since the implementation of GSV in 2001, sport has flourished at Lowther Hall and tennis is just one area in which enthusiasm and participation continue to grow. "An increase in participation has led to improved performances and individuals and teams are now seeing themselves as competitive," says Director of Sport, Mrs. Vicki Hoban.

The Junior 'B' tennis team gained valuable lessons from both training and playing as a team. Team members commented that they improved as players, especially in the area of combining with partners, as training progressed. They also found that they built up a supportive relationship with students not previously in their team.

Lowther Hall looks forward to further opportunities and success in sport in the years to come.

*Leanne Backwell – Community Relations
Lowther Hall*

Term 1 Weekly Sport

All schools participated in the Softball and Tennis competitions during term 1 with 7 schools involved in the optional Indoor Cricket Competition. The winners of each of the 4 zones in Tennis and Softball competed in the semi finals at Melbourne Park and Jells Park with the winners advancing to the finals. The standard of the competitions was impressive and students are to be congratulated for their sporting behaviour and team camaraderie.

	Senior A	Senior B	Inter A	Inter B	Junior A	Junior B
Softball	Korowa		Korowa	Star of the Sea	Star of the Sea	Star of the Sea
Tennis	Genazzano	Tintern	Melbourne	MLC	OLMC	Melbourne
Indoor Cricket			Melbourne		MLC	



Involvement



Kilvington Succeed in Indoor Cricket

Indoor Cricket was introduced to Kilvington the year GSV commenced and each year more and more girls are interested in playing the game. In 2002, the junior team were premiers whilst in 2003, both the junior and intermediate teams finished as zone leaders. The school is very proud of the girls' achievements.

Laura Hart – Kilvington Girls' Grammar

Improvements in Indoor Cricket at Shelford

We were in Year 8 when the chance to play GSV Indoor cricket was offered. Our group had done cricket in PE lessons, joined up and in the first season did well, obtaining experience and improving our skills. The next year, expecting a better season, we joined the intermediate competition and noted our improvement. This year, the competition was excellent and the intermediate finals exciting. We aim to win next year's final as the senior team and why wouldn't we? Indoor cricket is great!

Laura James – Shelford Indoor Cricket team 2001-03



Alexandra Brentnall
Sacré Coeur

Sports Captain

"School sport isn't all about winning or losing; it's about school spirit. In my experience, sport is something that can unite a school. At Sacré Coeur our motto says it all – Cor Unum – One heart, One team."

Daisy McKenzie-McHarg
St Catherine's School

Sports Captain

"Being involved in sport provides health benefits, team spirit and friendships from all different ages. It's not about winning; it's about participating and having fun."





Fiona Harris
St Margaret's School

School Sports Captain

"GSV sport allows girls to push themselves to their personal best, while teaching them sportsmanlike qualities and creating lasting friendships."

Alice Goodman
Shelford Girls' Grammar

School Sports Captain

"Sweat
Pain and persistence
Overall obtains
Rewarding results and
Team spirit."



Term 2 Weekly Sport

Students from all schools were keen to participate in the Netball, Hockey and Waterpolo weekly sport competitions held in Term 2.

There was the opportunity for many teams to play in the Netball Competition culminating in finals for A and B grade in the senior division, A, B and C grades in the intermediate division and A, B, C and D finals in the junior division. The top two teams from each zone progressed to the finals which were held at Waverley Netball Centre and the finals proved to be very exciting with a couple of close games decided in overtime. The manner in which all games were played and the level of skill displayed by the girls was impressive. Congratulations to all players.

Netball Results

	A Grade	B Grade	C Grade	D Grade
Senior	OLMC	MLC		
Intermediate	Star of the Sea	Star of the Sea	Star of the Sea	
Junior	LMH	Star of the Sea	Star of the Sea	Star of the Sea

This year both the A and B grade Hockey matches were played on synthetic surfaces providing girls with an excellent opportunity to develop their skills. Finals were held at the State Hockey Centre. Well done to all girls on your fine performances.

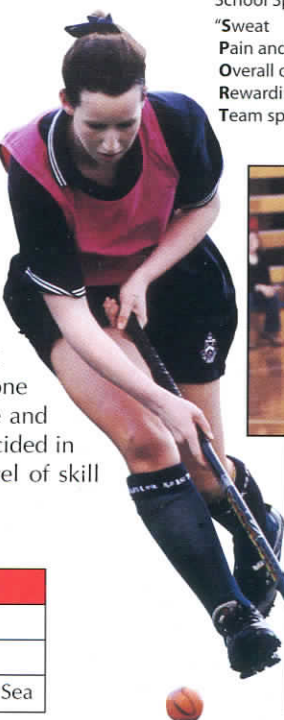
Hockey Results

	A Grade	B Grade
Senior	Melbourne	
Intermediate	Ruyton	Camberwell
Junior	Lauriston	Lauriston

The Open Waterpolo Competition proved to be successful with 14 schools involved. Congratulations to all students for your exceptional efforts in the pool.

Waterpolo Results

	Division 1	Division 2
Open	Korowa	Lauriston



Loreto Netballers on the Road to Success

With a record number of girls eagerly signing up for netball this year, all eleven teams from Loreto Mandeville Hall had their targets firmly in place from the outset. Whether it was to have a relaxed season with friends or to train intensely to blitz the competition, our Loreto girls gave it their all. One thing that they pride themselves on and which has been reflected in each and every girl this past season was to try their best, and more importantly to HAVE FUN!

Each year the teams improve out of sight and 2003 has been no exception. All teams right through from juniors to seniors enjoyed success and finished on top of their respective divisions in the GSV competition, progressing through to the finals. However, it was our Junior A team that capitalized on their great season and stole the limelight by showing their brilliance against tough opposition to take out the coveted premiership.

It's early days yet but signs are already looking promising for an even better year in 2004 for our many talented netballers. With a few solid training sessions and a little bit of hard work and determination, more success is but a step away for Loreto netballers.

Kelly McBride

Loreto Netball and School Sports Captain



Term 3 Weekly Sport

During term 3, the optional sports of Soccer, Volleyball and Badminton are offered. It is fantastic to see so many schools keen to be involved in the competitions. The students benefit not only with skill development and match practice but also from the fun they have in the process. The semi finals and finals were played on the same day with Badminton and Volleyball played at MSAC and Soccer played at Fawkner Park. Congratulations to all participants.

	Senior A	Senior B	Inter A	Inter B	Junior A	Junior B
Soccer	Star of the Sea		MLC	Melbourne	Star of the Sea	Star of the Sea
Volleyball	Toorak	Star of the Sea	Toorak	Star of the Sea	Star of the Sea	Star of the Sea
Badminton	PLC Team 1		PLC Team 1		Star of the Sea	



Sally Stanley
Strathcona Baptist Girls Grammar School

School Sports Captain

"Sport has been the most enjoyable aspect of my school life and I encourage everyone to get involved for the fitness and fun benefits it provides."

Jasmin Avitabile
Star of the Sea College

School Sports Captain

"Being involved in sport throughout the years has made me realise that sport's not just about winning; it's about self-satisfaction, team work and most of all participation."





Erica George
Tintern Girls Grammar School

Sports Captain

"Always try your best even when it gets tough and keep a smile on your face. Keep up the training and stay fit and the rewards will come to you. Support your team mates and friends and most of all have fun."

Kara Dray
Tintern Girls Grammar School

"Have fun achieving your goals but don't forget those who helped make your goals possible."



Basketball Tournament

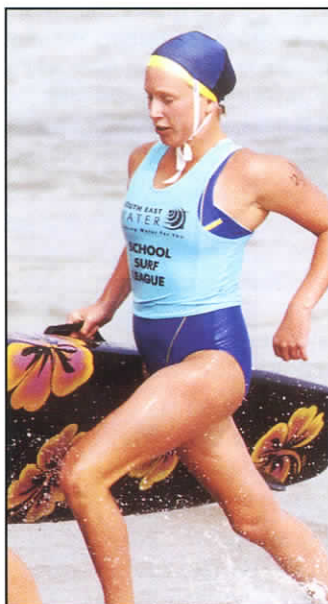
This year, twenty schools participated in the Senior Basketball Tournament. The Round Robin Tournament, held in June at MSAC and Waverley Basketball Centre, produced some close and exciting games in which students displayed fantastic team work and ball skills. The four top A grade teams – Loreto Mandeville Hall, Fintona, Genazzano and MLC – and the two top B grade teams – OLMC and Toorak – progressed to the finals. Congratulations to Genazzano who were victorious in the A grade division and represented GSV in the 2003 McDonalds Champion School of Victoria Tournament in which they were runners up. Congratulations also to the winners of the B grade division, OLMC.

	A Grade	B Grade
Grand Final	Genazzano 48 def LMH 36	OLMC 15 def Toorak 13

Surf League

Qualified coaches conducted the GSV Surf League Training Day under the excellent guidance of Kristen de Bono, Project Officer, Surf Life Saving Victoria.

The program was non-competitive, providing students with the chance to develop skills specific to the Surf League event. Some schools brought more than one team of 9 students, from 3 age groups, to enhance participation numbers. During 2004, SLSV and GSV will work together to expand the program.



Taekwondo

As a martial art, Taekwondo is highly suitable for all age groups to learn. As a sport, it is most exciting for spectators to watch. Over 40 girls enjoyed learning the skills and techniques during the six week program and many have continued to learn.

Jenny Avon/Jo a'Beckett
Project Officers



Sarah Hoffman
Toorak College

Games Captain

"Sport is a chance to excel, socialize, lead and try new activities. It is an opportunity to represent the school and be part of a team effort."

Saturday Sport Program

GSV was delighted to continue its partnerships with Women's Golf Victoria (WGV), Surf Life Saving Victoria (SLSV) and Football Victoria Development (FVD) in providing professional tuition and modified competitions in 2003.

In line with the philosophy of the GSV Saturday Sport Program to "provide sport education opportunities in 'less traditional' school sports", 2003 saw the program expand to include Taekwondo (Melbourne Taekwondo Centre) and Triathlon (Triathlon Victoria).



Golf

Year 7-12 students were offered a package of professional tuition and a series of competitions. 49 students from 10 schools learned to play golf, build friendships and sample competition in an enjoyable environment. Initiatives included: longer time at the golf range, an afternoon's course play at Commonwealth Golf Club and the use of the 'simulator' at the Ladies Tee Golf Shop. We thank the many parents who were 'course walkers'; without them, the program could not have operated.

Australian Rules Football

Victoria Football Development conducted this program for Years 9-12 students. Designed to teach them how to play Australian Rules and compete in a friendly environment, the package offered 7 weeks of pre-game clinics, fun competition and Round Robin. Additionally, 40 girls played in an exhibition game at the VFL semi-finals at TEC Oval whilst the MGS teams played at the VWFL finals day. The wonderful opportunities were provided through FVD and VWFL.



Triathlon

This year has seen the implementation of a new Saturday sport, Triathlon, held in the beautiful grounds of Genazzano College. The 40 participants worked with professional coaches whose knowledge and experience were invaluable in instilling confidence in participants in all three disciplines of the sport.

Thanks

GSV is grateful for the expertise and support of Andrea McColl (Women's Golf Victoria), Kristen de Bono (Surf Life Saving Victoria), Steve Teakel and Rebecca McColl (Football Victoria Development) in the implementation of their programs. Special thanks to Lydia Zakka-Victor, Alf Dell'orso (MTC) and Michael Pratt (Triathlon Victoria) for their enthusiastic input. Appreciation is also extended to the schools and community venues that hosted the various sports.



Heads of Sport

Row 4: Kelly Seton (University of Ballarat), Jarrod O'Neill (Camberwell), Louisa Burbury (Ruyton), June Ward (Tintern), Michelle Flouch (Melbourne), Lucy Vallence (Loreto)

Row 3: Kim Taylor (GSV), Vicki Hoban (Lowther Hall), Peter Bengough (OLMC), Dean Rossato (Star of the Sea), Michele Coventry (Toorak), Susie Massey (Mentone)

Row 2: Fiona Shepherd (Strathcona), Jo a'Beckett (GSV), Craig Harris (Firbank), Sally Nelson (Fintona), Chris Riley (Shelford), Lindy Broadfoot (Kilvington), Beth Connell (Korowa)

Row 1: Meredith Prime (GSV), Debbie Bennett (MLC), Sally Burns (Lauriston), Michaela Ford (St Margaret's), Jenni McIntyre (PLC)

Absent: Kim Elder (Sacré Coeur), Brad Carter (Ivanhoe), Debbie Thompson (St Catherine's), Fiona Champion (Genazzano)



Leading By Example

Brad Carter commenced Little Athletics at the age of seven. There was a strong athletic program at his primary school and Brad just loved to run. In his final three years at school, he won the open sprint races. At eighteen years of age, Brad started competing in the Victorian Athletic League in professional foot-running.

Brad runs any distance from 70m to 800m. A highlight in his running career was winning the 70m at Stawell in 1994. He also ran 12.08 seconds off 9.50m in the Stawell Gift semi final and was very close to making the final. Another impressive feat was beating Linford Christie (an Olympic Gold Medalist) at Stawell in the 120m with an 8m start. Brad was given the opportunity to run 400m in front of 70,000 people during the dinner break at the cricket at the MCG which was an amazing experience for him. He believes there is no better feeling than being fully prepared or conditioned to run, and to run fast.

Brad enjoys the training involved in athletics and is a goal orientated and motivated person. Many people retire from athletics but he plans to participate for as long as possible and would like to compete in the World Masters games. His main ambition now is to put more back into the sport that has given him so much pleasure.

As Head of Sport at Ivanhoe Girls' Grammar School, Brad's dedication and expertise in sport are an inspiration to his students. He coaches wherever he is needed with the students responding well to his enthusiastic, nurturing and caring style of training. Brad also coaches a team of amateur and professional athletes and says, as a coach, that there is nothing more inspiring than individuals committed to their sports.

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