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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 School

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 School

Tintern Girls Grammar School

Toorak College



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GIRLS SPORT VICTORIA

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GSV Website

In 2004 the GSV website was further developed and maintained on a weekly basis to communicate the latest news, results, and upcoming events. There was also an active student page and photograph board. Go to www.gsv.vic.edu.au
GSV welcomes your feedback.

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Acknowledgements

Editor: Dr Ros Otzen

Publication Committee: Dr Helen McDonald, Ms Judith Potter, Mrs Helen Hughes

Publication Project Officer: Ms Angie Wilson
GSV Logo: Mr Peter Court, Singleton, Ogilvy and Mather.

Published by: Kerri Valkova Design

and Lynch Print, November 2004
Photography: provided by KIDS KLIX and participating schools.

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From the GSV President

Sport is an integral part of Australian society and GSV continues to provide an increasingly diverse range of opportunities for girls.

Over 16,500 girls have the opportunity to be involved in 18+ sports – in weekly competitions, Carnivals, Focus Days and Saturday Sports for Junior, Intermediate and Senior levels. Participation and friendly competition has been a strong element of the focus with the elite athletes enjoying the extra competition in finals and representative

teams in the biggest school sporting association in Victoria.

I commend all the girls in our schools for their sportsmanship, camaraderie and sense of teamwork – attributes that will enhance their attitude to many life situations in and out of sport at school and beyond – all very important skills.

Together with the Principals and Heads of Sport in the 24 schools who provide such commitment to the GSV and girls and sports, I acknowledge the fine work of the Executive Officer, Ms Meredith Prime, Ms Jo a'Beckett, Ms Angie Wilson and Ms Tania Hynes-Ronchi on delivering high quality programs for girls.

**Ms Margaret Webb,
GSV President**



A Report on the 2004 GSV Sports Captains' Breakfast

What a breakfast! On Thursday 26 February, all the 2004 GSV Sports Captains gathered at Firbank Grammar, to meet and discuss their aims for the forthcoming year for sport at their school. There were three fantastic guest speakers; Bianca Chatfield, a Melbourne Phoenix and Australian Netball Team member; Debbie Lee, a Victorian Women's Footballer and Hammerheads Team member; and Carly Wilson, a Dandenong Ranges and Australian Basketball Squad member. All these women are amazing athletes and have achieved exceptional feats in their sporting fields, through their incredible self-discipline and absolute love of their particular sport.

Debbie Lee talked about the increasing number of women participating in football, while Carly told us of the sacrifices she made when she joined the Australian Institute of Sport at age 15 and left all familiar to her. Bianca added the importance of family and friends, especially when trying to balance studies and a very full sporting schedule. Overall, this breakfast was a huge success. I am confident in the fact that everyone, including myself, came away inspired to make 2004 a fantastic sporting year.

**Kesiah Madden, School Sport Captain
Loreto Mandeville Hall**



Exceptional Achievements

It is encouraging to see so many students participating in GSV sports for enjoyment, skill development, health and fitness. Some of these students have become more deeply involved and set themselves a significant goal to reach for. These students have achieved some exceptional results in their chosen sports.



Amanda Drennen
St Catherine's School

Amanda, a year 10 student, was selected into the Australian Para-Olympic Team and represented our country and herself in the sport of swimming at the Athens Olympics. She competed in the 100m freestyle, 100m backstroke and 100m butterfly. The highlight for Amanda was winning a bronze medal in the 4 x 100 metre freestyle relay. Congratulations on an exceptional achievement Amanda.

Justine Smethurst
Shelford Girls' Grammar

Justine began playing Softball eleven years ago. Since then, she has trained and performed exceptionally well, resulting in a scholarship at the Victorian Institute of Sport. She was a member of the 2004 Olympic Training Squad. Justine's dream is to play for Australia at the Olympic Games. She is inspired by current Australian Softball Captain, Peta Edebone, and enjoys meeting people, travelling and team camaraderie.

Hannah MacDougall
Korowa Anglican Girls' School

In the seven years that Hannah has been involved in Swimming, she holds the World Record in the 100 metre Backstroke in the S10 class. Hannah's dream of participating at the highest level came true this year when she was selected into the Australian Para-Olympic Team, competing in Athens, where she came 4th in the 100 metre Backstroke, and won a Bronze medal in the 4 X 100 metre Medley Relay. In the future Hannah aims to represent Australia at the 2008 Para-Olympics in Beijing.

Katrina Philip **Lowther Hall**

Katrina has been swimming for twelve years and competing for nine years. She has competed at the National Championships in the past three years. This year, Katrina was selected in the 2008 Target Olympic Team, and representing Australia at the 2008 Beijing

Olympics is a major goal for her. She is inspired by Olympians Nicole Livingstone and Leisel Jones, who have demonstrated that hard work, persistence and passion can help you achieve your dreams.

Jade De Goeij & Lucrece Laverdure
Sacré Coeur

Jade began playing soccer and futsal (5-a-side indoor soccer) four years ago. Since then she has been selected in the Under 12 Victorian Team, Under 14/15 Indoor Victorian Team, and Under 17 South-East Regional Team. Jade is currently a Victorian Institute of Sport Scholarship holder. Lucrece began playing soccer nine years ago and futsal just three years ago. Just like Jade, Lucrece has played in various Victorian and Australian teams. Her goal is to play professionally in the Women's National League in America. Both girls love to play soccer as a means of keeping fit, having fun, and developing new soccer skills.

Emma Pearce
Tintern Girls Grammar School

Emma was delighted this year when she gained selection into the Victorian Under 16 State Hockey Team at age 13 years. This will be Emma's fourth year competing at state level. Emma's goal is to continue competing in the Victorian State League, until she is ready to try for selection into the Australian Women's Hockey Team. Emma has made many friends and had lots of fun, at the same time as she has developed her exceptional hockey skills.

Katherine Worotnicki
Star of the Sea

Javelin has occupied Katherine's sporting interests for the past five years. Last year she competed at the Australian All Schools Track & Field Championships in Brisbane. Katherine achieved a second place in the Under 20 age group and fourth place in the Under 18 age group. She broke the Victorian Under 18 Women's Javelin record with a throw of 43.7 metres whilst competing in the Under 20 age group at the Australian Championships. An outstanding achievement for Katherine.

Madeleine White
Loreto Mandeville Hall

Madeleine has been playing and enjoying Netball for the past five years. Her major achievements include selection in the Victorian Primary Schools Team and the Victorian Under 16 State Netball Team. She wishes to play for a National League Team one day, continue to meet new people and challenge herself to perform at her best.



Stephanie Moorhouse
Lauriston Girls' School

A brilliant young Australian gymnast, ranked fifth nationally, Stephanie is one of the few Australian gymnasts ever to have won a Bronze medal at the World Championships. She began gymnastics at the age of four in 1991. While her favourite apparatus is the uneven bars, she also excels at floor exercises. Stephanie's international performances include the 2002 Commonwealth Games where the Australian team won 1st Place, and the 2003 World Championships at Anaheim, California. Stephanie was the smallest member of the 2002 Australian Commonwealth Games team! She is the current Australian Junior AA, beam and bars champion. Stephanie competed at the Athens Olympics and finished 20th. A fantastic finish to her Olympic campaign!



Weekly Sport

Term 4 2003 Weekly Sport

Basketball, Cricket and Junior Waterpolo were contested in Term 4, 2003. In the Senior Basketball, Loreto Mandeville Hall and Melbourne Girls Grammar were too strong, going through undefeated in their zone rounds. Loreto capped off a terrific term of sport by defeating Melbourne Girls Grammar in the Grand Final. Intermediate Basketball saw a tightly contested match in A Grade, MLC defeating Genazzano by a narrow 5 points. In B Grade, both Tintern and Star finished the rounds undefeated, with Star proving too strong in the Grand Final. In Junior Basketball, MLC overcame OLMC, to take out the A Division Championship. However, OLMC fought back in B Division, defeating Star of the Sea by 3 points.

Senior Cricket saw two highly competitive teams bound for glory. However, Genazzano emerged the winner in the end over OLMC. Junior Cricket was popular again in 2004 with four zones. In the Grand Final, Star of the Sea were too strong on the day, defeating a talented OLMC team.

2003 continued to provide young girls with participation and development opportunities in the sport of Waterpolo. Seventeen schools competed over three pools at various school locations.

Term 1 2004 Weekly Results

Schools participated in the Softball and Tennis competitions during Term 1. Indoor Cricket was also offered with an impressive 12 teams participating in two pools. The winners of each pool in Softball and Tennis competed in the finals at Jells Park and Melbourne Park. The standard of the competitions was impressive and students from all sports competed with great camaraderie.

	SENIOR A	SENIOR B	INTER A	INTER B	JUNIOR A	JUNIOR B
Softball	Shelford		Star of the Sea	Star of the Sea	Shelford	Star of the Sea
Tennis	Strathcona	MLC	Genazzano	Ivanhoe	Melbourne	Melbourne
Indoor Cricket			MLC		Shelford	



A Beginner's Perspective

This year I have been involved in numerous GSV sporting competitions, including soccer, athletics, cross country, netball, tennis and basketball. They were all great fun. Our team did well in most of them, so that encouraged me to keep playing lots of sports. I was new at LMH this year, and didn't know many people, yet I met heaps of people in my teams and groups who are still good friends. I had so much fun at every training session and game.

Ilona Stuart, Year 7 Loreto Mandeville Hall



Weekly Sport

Term 2 2004 Weekly Results

Netball, Hockey and Waterpolo were popular with all schools in Term 2.

The Netball Competition was keenly contested, with four divisions in the Senior competition, six divisions in the Intermediate and eight divisions in the Junior competition. The top two teams from each zone progressed to the finals, which were held at Waverley Netball Centre. The finals proved to be very exciting given the quality of competition. The manner in which all games were played and the level of skill displayed by the girls were impressive. Congratulations to all players.

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

The Open Waterpolo Competition proved to be successful with 14 schools competing. Congratulations to Korowa Senior A and Lauriston Senior B for taking out the GSV Waterpolo Championship for 2004. Some of Victoria's most talented Waterpolo players competed skillfully in the final series which was held at Melbourne Sports and Aquatic Centre (MSAC).

Netball results

	A GRADE	B GRADE	C GRADE	D GRADE
Senior	OLMC	MLC		
Intermediate	Strathcona	Star of the Sea	Star of the Sea	
Junior	Star of the Sea	Star of the Sea	Star of the Sea	Star of the Sea

Hockey results

	A GRADE	B GRADE
Senior	MLC	
Intermediate	Ruyton	Toorak
Junior	Melbourne	Lauriston

Waterpolo results

	DIVISION 1	DIVISION 2
Open	Korowa	Lauriston



Kilvington Girls' Grammar Junior Hockey Pride

In a small school the necessity for pride seems perhaps greater than in a large school. In fact, pride is a crucial ingredient to success. Pride in performance, pride in ability, pride in presentation and pride in results are highly important in all human lives. Adolescents ultimately want to be successful adults, and strive to be successful kids first.

The Kilvington Girls' Grammar Junior Hockey team is a perfect example of pride. In Game One this year we had eight girls take the field in an eleven-a-side team sport. They were defeated, not surprisingly, yet a number of positives were evident. In Game Two we were still undermanned, yet we had an impressive and structured warm up routine, some set plays and an understanding of positions. An exciting outcome eventuated in this game when one simple system we had been working on was performed with success. There was a gleam in the eyes of the girls. In the next few weeks there was a positive buzz, not only amongst the hockey team but in the corridors and the playground. Three more girls joined the team, extra training sessions were held at lunchtimes, a school chant was created and goal-scoring celebrations were refined.

Natalie Mills, Director of Sport Kilvington Girls' Grammar



Term 3 2004 Weekly Results

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. These sports continue to grow in popularity. The semi finals and finals were very competitive, and saw some close encounters. Badminton and Volleyball were played at MSAC and Soccer was played at Faulkner Park and Melbourne Girls Grammar. Congratulations to all participants.

	SENIOR A	SENIOR B	INTER A	INTER B	JUNIOR A	JUNIOR B
Soccer	Star of the Sea		Star of the Sea	St Margaret's	Star of the Sea	Star of the Sea
Volleyball	Toorak	Toorak	Star of the Sea	Star of the Sea	Melbourne	Star of the Sea
Badminton	Shelford		PLC		Melbourne	

Sports Captains & Heads



Presbyterian Ladies' College

Marlo Manison, Sports Captain:

Sport is not only a great way of having fun, it keeps you healthy and you can make lifelong friends.

Jennifer McIntyre, Head of Sport: Honour and respect your opponents with your best effort.



Fintona Girls' School

Tess Rohde & Anna Creatorex, Sports Captains: Success is not winning, success is achieving your personal best through hard work, dedication and commitment.

Kate Raisin, Head of Sport: Have a go and have fun.

Ivanhoe Girls' Grammar School

Sarah Spark, Sports Captain : GSV provides a fantastic opportunity for girls to experience team camaraderie, improved skill level, fitness and develop a healthy lifestyle in a fun environment.

Antoinette Gnoato, Head of Sport: Nothing is impossible ! All you need to do is believe in yourself and you can achieve anything.



Mentone Girls' Grammar

Pip Burfield, Sports Captain: The five S's of sport are Stamina, Speed, Strength, Skill, and Spirit, but the greatest of these is Spirit.

Susie Massey, Head of Sport: Seize every opportunity that is given to you at school level.



Methodist Ladies' College

Miff Thom, Sports Captain: Do the best you can do, to the best of your ability, always enjoy yourself and be positive!

Debbie Bennett, Head of Sport: Make the most of every opportunity that comes your way. You don't know if the opportunity will ever come your way again.



Korowa Anglican Girls' School

Felicity Burgess, Sports Captain: There's no glory in practice, but without practice there's no glory.

Beth Connell, Head of Sport: Don't lose sight of the fact that sport is meant to be fun! Work hard, but don't forget to enjoy what you do!

Strathcona Baptist Girls Grammar School

Stephanie Carter & Catherine Potter, Sports Captains:

As Sports Captains we endeavour to set a good example for others to follow – to always strive to be the best you can be and always have fun.

Fiona Shepherd, Head of Sport: Enjoy all aspects of sport, the freedom you can experience, the challenges provided, the exhilaration to be gained from performing your best, the sense of achievement and the many strong friendships formed.



Loreto Mandeville Hall

Kesiah Madden, Sports Captain: Although school sport has offered me skills and fitness, the friendships I have built have been the most important aspect of my sporting experience.

Cathy Hunt, Head of Sport: Make sport a part of your life and play forever.



Firbank Grammar School

Rebecca Evans, Sports Captain: Every day you have to tell yourself, and accept, that some days you're the champion and some days you're not.

Craig Harris, Head of Sport: Don't be a spectator, get involved.



St Catherine's School

Lara O'Rourke, Sports Captain: Good teams become great ones when the members trust each other enough to surrender the 'me' for the 'we'.

Debbie Thompson, Head of Sport: Believe in yourself and be the best you can.

Genazzano FCJ College

Lauren Daniher & Helen Patterson, Sports Captains: It does not matter how many times you get knocked down, but how many times you get up. The only one who can tell you 'you can't' is you. And you don't have to listen.

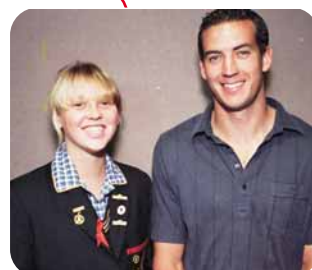
Matthew Wesson, Head of Sport: Not all the things that can be counted do count, and not all the things that count can be counted.



Lowther Hall Anglican Grammar School

Monique Millson, Sports Captain: Walk your path one step at a time with courage, faith and determination.

Vicki Hoban, Head of Sport: Participate and balance your lifestyle.



of Sport Unite



Lauriston Girls' School

Georgina Harvey, Sports Captain: Adversity causes some people to break; others to break records.

Sally Burns, Head of Sport: Believe in your own abilities, involve yourself fully, and enjoy what you do.



Kilvington Girls' Grammar

Felicia May, Sports Captain: Sport's not about winning but it's about putting yourself to the test.

Natalie Mills, Head of Sport: Passion. Determination. Dedication. Desire. The best you can be is giving all that you have.

St Margaret's School

Stephanie Marshall, Sports Captain: It is your attitude at the beginning of a task that determines success or failure.

Michaela Ford, Head of Sport: Success is in the participation.



Ruyton Girls' School

Penelope Cleghorn, Sports Captain: Through wanting the challenge to be a successful sports captain will come the teamwork, passion and enthusiasm that we look for in our leaders, and wish to emulate as well.

Louisa Burbury, Head of Sport: There is no 'I' in 'team'.



Camberwell Girls Grammar School

Jill McBain, Sports Captain: You miss 100% of shots you don't take. Life's short; if you don't stop to look around every once in a while you might miss it!

Jarrod O'Neil, Head of Sport: Always ensure you involve yourself in physical activity to allow you to enjoy everything life has to offer.



Our Lady of Mercy College

Jane Gallacher, Sports Captain: Sport is about working hard to achieve your personal best, but most importantly it's about enjoying the experiences with your friends along the way.

Peter Bengough, Head of Sport: Always try to be as best prepared as possible for your sporting challenges.

Melbourne Girls Grammar

Rebecca Hudson & Anna Watson, Sports Captains: Some people dream of success, while others wake up and work hard at it. You are the masters of your destiny and the creators of your successes. Don't ever give in.

Michelle Flouch, Head of Sport: 100% is all that is asked.



Tintern Girls Grammar School

Jessica Humble & Mia Thomas, Sports Captains: Sport is a passion, a commitment and a pleasure. Sport is not just a test of physical fitness but more importantly, mental strength and determination.

June Ward, Head of Sport: Don't worry, be happy!



Sacré Coeur

Tahli Greenwood, Sports Captain: Team spirit, forming friendships, memories filled with laughter and a healthy balanced life ...what's not to love about school sport?

Kelly Turra, Head of Sport: Sport not only contributes to a physically healthy lifestyle, but also a social one.



Toorak College

Rosi Stahel, Sports Captain: Today is the tomorrow you were dreaming of yesterday, make it count. Play sport!

Michelle Coventry, Head of Sport: Seize the day... CARPE DIEM!

Shelford Girls' Grammar

Justine Smethurst, Sports Captain: 'Impossible' is a state of mind, not of well being.

Chris Riley, Head of Sport: No guts, no glory. Go hard or go home!



Star of the Sea College

Madeline Russo & Maddie Fitzgerald, Sports Captains: We believe successes in sport come with dedication, and not so much one's skill level.

Dean Rossato, Head of Sport: Organisation is the key to success.



Carnivals

Cross Country

Yarra Bend Park was the venue for three preliminary Cross Country Carnivals. A rainy and cold day saw the girls 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.

Over 240 girls 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. Well done, girls!

Championship Diving Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Firbank	Toorak	Sacré Coeur
2nd Place	MLC	Shelford	Korowa
3rd Place	Strathcona	Lauriston	Ivanhoe

Championship Swimming Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	MLC	Ivanhoe	Shelford
2nd Place	Firbank	Tintern	Sacré Coeur
3rd Place	Genazzano	Strathcona	PLC

Track & Field

Preliminary Carnivals for Track and Field were held over three days at Olympic Park with results determining the divisions for the Championship Carnivals. The students enjoyed fine but cool weather. The Finals evening, held in October, saw the top eight students from each event compete. These students were selected from the results at the Championship Carnivals. It was exhilarating to see so many friends and family 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 their assistance and congratulations to all participants for their efforts.

Track & Field Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Star of the Sea	PLC	Tintern
2nd Place	MLC	St Catherine's	Sacré Coeur
3rd Place	Ruyton	Genazzano	Mentone

Grand Aggregate Results

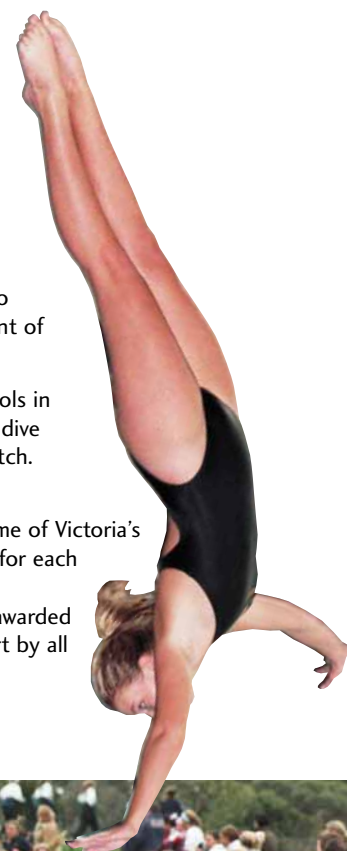
	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Ruyton	Toorak	Korowa
2nd Place	Star of the Sea	Lauriston	Fintona
3rd Place	St Catherine's	Sacré Coeur	Mentone

Swimming & Diving

The Swimming and Diving Preliminary and Championship Carnivals were held in March at the MSAC. The venue was the ideal place for schools to showcase their talented swimmers and divers in front of hundreds of spectators.

The level of the competition between the top schools in each division was very high, making every race and dive significant to overall scores and very exciting to watch. Congratulations to all participants!

The Finals evening proved to be a showcase for some of Victoria's finest athletes. 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. An outstanding effort by all students involved.



Tournaments

Senior Basketball

Eighteen schools participated in the Senior Basketball Tournament in June. The round robin tournament was held at both the MSAC and Waverley Basketball Centre. The tournament produced some highly skilled performances. Camberwell challenged MLC in the Grand Final, but MLC were too strong. Fintona and Genazzano made up the four top A grade teams. Congratulations to MLC who represented GSV in the Basketball Victoria "McDonalds Champion School of Victoria Tournament" resulting in a semi final appearance. Well done girls!

Senior Badminton Results

Grand Final MLC 60 def Camberwell 29

Schoolgirls Cricket Championships

Once again November last year saw girls from the GSV schools assemble at Malvern to try out for the team to defend the title we achieved in 2002. This year 39 girls (up from 25) were nominated by their schools as being of a standard worthy of consideration. It was obvious from the beginning that this squad had the potential to be successful.

The three training sessions under Deb Frizza and myself were very frantic as the squad was to be limited to thirteen players, and with the standard exceeding the previous year we knew that this was not going to be an easy task. It was in fact so difficult that we ended up having to take a squad of fourteen, as we could not separate some of the girls on ability or commitment.

The tournament this year was transferred to Caulfield Grammar School in Wheelers Hill. The facilities there were excellent, much better than the previous year, and the girls were finally able to play on turf wickets, enhancing the feeling of the occasion. The final squad met at the venue on 1 December, fully committed and excited at the prospect of the 30 overs a side games to come. The first round saw us playing Southern Catholic Schools in cool, windy conditions. We batted first scoring 7/162 and then dismissed the opposition for 64.

Unfortunately, Wellington High School had to withdraw from the competition and the Victorian Under 15 squad was asked to fill in the bye that would have been created. This was our next game and was always going to be tough. Chasing 5/162 we were at one stage five wickets down for almost no runs with 23 overs still to go. The girls were then given the challenge to bat out our time, which they did with a gutsy effort and got us to a respectable score of 9/72. We were the only team to bat out our overs against the squad.

Day two saw the weather a fair bit warmer with the prospect of late thunderstorms, and we played Eastern Independent Schools. Bowling first, we dismissed EIS in 20 overs for 48 runs. With lightning and thunder passing to the north of the ground, our team went on to make 3/52 off 12.1 overs to retain the title.

This was first-class effort by the girls as a group, and a special mention must be made of Kate Aranyos, who played for her third consecutive year.

Chris Simpson, Assistant Coach/Manager

Golf

Date: Tuesday 17 February

Venue: Metropolitan Golf Club

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

Competition: 9 hole modified Stableford event

Ambrose Golf

The GSV Ambrose Golf day has become a popular annual event and the support of the Kew Golf Club and Women's Golf Victoria has resulted in a friendly, fun contest. The goal of becoming the proud owner of a GSV Ambrose Bear has ensured teams are keen to keep their golf inside the fairway and on the green. Teams consist of girls with minimal experience in this sport and the use of Ambrose rules while accompanied by members of the Kew Golf Club results in a delightful afternoon for everyone. If you missed out on being a part of this year's event, make sure you mark it in your calendar for 2005.



Golf Results

	TEAM EVENT	FORMER STUDENTS	STUDENTS WITH GOLF HANDICAPS	STUDENTS WITHOUT GOLF HANDICAPS
1st Place	Ivanhoe	Chris Riley, Shelford	Janelle Strain, Mentone	Katrina Castles, Ivanhoe
2nd Place	PLC	Jill Searle, PLC	Angharad Nunn, Firbank	Georgie Dempster, MLC
3rd Place	Shelford	Melinda Thomas, Tintern	Bonnie Lau, Melbourne	Lauren Haupt, St Margaret's & Stacey Freedman, Strathcona

GSV Saturday Sport Program

Australian Rules Football

The 2004 Australian Rules Football program has set new standards for both AFL development programs and the enthusiasm of GSV girls for this sport. This year the program was conducted for 5 weeks in May. Teams and individuals from 8 schools participated, and the new divisions of Junior and Senior were eagerly contested. The final day of the program consisted of a round robin competition where girls could apply their skills in a game situation. Thanks to all the coaches, parents and supporters of "footy". We look forward to a great season again in 2005

Taekwondo

The sport of Taekwondo offers participants discipline, speed and skills that can be used in all facets of life. The 2004 GSV Taekwondo helped the girls develop their skills in this sport in a fun, energetic program. This year girls were able to complete the grading for either a white or yellow belt and were given opportunities to continue their development through the Melbourne Taekwondo Centre. Thank you to all of the coaches and to Sacré Coeur for the use of their facilities. The support and enthusiasm of both girls and parents are greatly appreciated and will ensure the continuation of this program in 2005.

Triathlon

The sport of Triathlon involves the combination of swimming, cycling and running, and all girls who participated in the GSV Triathlon program agreed that it is often the transition between these three disciplines that is essential to success in the sport. Our girls experienced both technique and training methods that are specific to triathlon in the beautiful grounds of Genazzano FCJ College. The completion of the program saw them compete in a short course event, and many of the girls demonstrated efficient mastery of the techniques they had learned. Thank you once again to all the coaches and staff of Triathlon Victoria. The continuation of this program in 2005 is confirmation to everyone that opportunity is the key to the development of girls in sport.

Surf League Training Days

There was one Surf League training day held in 2004, with another day cancelled due to extreme heat. South Melbourne Surf Life Saving Club saw 110 girls participate in both water and beach events. Team photographers, enthusiastic coaches and the camaraderie that can only be developed through a fun and non-competitive program allowed GSV girls to experience this sport. Thank you to all coaches, staff and parents for their support and enthusiasm. We look forward to seeing keen surfers on the beach again in 2005.



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CAPTURING THEIR SPORTING MOMENTS

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Sports Expo

The Year 7 Sports Expo, held over three days 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 physical activity. Fifteen schools participated in 28 sports, demonstrating the value placed by staff on this experience. Our thanks go to all the Sport Development Officers involved with the Sport Expo, and we are grateful for the use of the YMCA facilities at Ascot Vale, Ashburton and Hawthorn Fitness Centres.



