VOLUME 5

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

2005

GIRLS SPORT VICTORIA

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GSV Website

In 2005 the GSV website was further developed, adding more photos and interesting information. The website was maintained on a weekly basis to communicate the latest news, results and upcoming events. To reach the site go to

www.gsv.vic.edu.au

GSV always welcomes your feedback.

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Over 30 sports
16,500 girls
24 schools
Carnivals
Tournaments
Weekly Sport
Sports Expos
Skills Development

Girls Sport Victo

Girls Sport Victoria (GSV) was established in 2001 and is one of the largest independent school sporting associations in Victoria, with 24 member schools.

Prior to 2001 girls' sport was fragmented with multiple, smaller associations providing an overlapping, but limited range of sports to the Independent Girls' Schools.

Since 2001 the 24 member schools have increased the amount of sport in which their school participates. They are also more satisfied with the cohesive organisation, the wider variety of schools and greater diversity of talent against which to compete.

The girls enjoy the freedom of participating in sport in an 'all girls' environment, and exploring a wide variety of sports. GSV provides the platform for their sporting endeavours beyond school.

GSV encourages girls' participation in sport at all levels: from non-competitive skills development and friendly competitions to providing elite athletes with additional coaching and competition.

GSV recognizes the importance of school sport in developing positive attitudes towards women's health and a lifelong involvement in physical activity and sport.

GSV values the role sport plays in developing self esteem among girls and young women as well as the key life skills of commitment, perseverance, sportsmanship, camaraderie and teamwork.

2005: An Inspirational Sports Captains' Breakfast

Over 100 Sports Captains and school representatives enjoyed an inspirational Sports Captains' Breakfast at Lowther Hall. The theme was *'Leading the Way'* and GSV's Jo a'Beckett led the girls through activities designed to help them consider the essential elements of a great leader, as well as to discover their own unique style of leadership.

The guest speaker was the truly inspirational Australian Wheelchair Basketball representative, Janne Errington-Smith. Having been confined to a wheelchair since suffering a neurological illness in 1999, Janne has reinvented herself from a highly focused and successful career woman, to an equally focused and successful basketballer.

Janne's story is a reminder of just how precious our health is and how important it is to maintain a balance in our lives. Janne also showed you can achieve the extraordinary. Her message that it is *'all about the journey'* will hopefully empower the girls in times of adversity.

ria Celebrates Five Years

What a fantastic night! On Thursday, 8 September, we celebrated our fifth birthday at the Lago Bar and Restaurant in Albert Park.

Well over 200 people enjoyed the evening, from Principals and School Council representatives, to Heads of Sport, coaches, and students. As well, representatives from sporting associations, past and current GSV staff, and others integral to the development of GSV demonstrated the fantastic support for girls' sport.

It was wonderful to see so many familiar faces, especially Mrs Fiona Preston, who, along with the Committee, tirelessly steered the GSV project to its birth.

Inaugural President, the Principal of Melbourne Girls Grammar Mrs Christine Briggs spoke about the journey that began in 1998, with the commitment of 24 girls' schools all keen to see girls' sport flourish. What amazing progress we have seen in girls' sport since then!

Kilvington Girls' Grammar Sports Captain Ashleigh Corbett's speech had tears welling in many an eye as she recounted stories of girls she knew, who had flourished through the sporting opportunities provided by GSV.

"GSV has brought girls out of their shell, improved self esteem, allowed them to make friends and given them a real sense of achievement," she said.

The extremely popular guest speaker, Co-Captain of the Melbourne Phoenix, (2005 Commonwealth Bank Premiers) and Vice Captain of the 2006 Australian Netball Squad, the ever-bubbly, Sharelle McMahon inspired the girls to strive to achieve their sporting dreams.

And with the perfect sentiment for such an occasion, the current President of Girls Sport Victoria and Principal of Toorak College, Mrs Margaret Webb concluded the formal proceedings with a poem, "Girls' Sport Matters", before cutting a celebratory cake and raising a toast to GSV.

Guests enjoyed catching up with friends and colleagues, remembering fondly GSV's beginnings and looking forward to the excitement of the future. There was an overwhelming sense of warmth and collaboration in the room and agreement that GSV has made a significant difference to so many girls. A wonderful DVD of photographic images depicted GSV sport in all its diversity.

After such a successful evening, we can't wait to celebrate the next milestone in the life of GSV.

In the Media

As part of our five year celebrations, Girls Sport Victoria ran an awareness campaign in the media. The advertisement below appeared in the *Education* section of *The Age* on Monday, 5 September and a full page feature on GSV appeared in *The Herald Sun* on Wednesday, 7 September. This generated considerable interest in GSV with a noticeable increase in telephone enquiries and website hits.

Girls Sport Matters

To be GSV or not... that was the question.

24 schools
Heads of Sport and Principals
Pitches, fields and courts,
United for girls' sport and the belief that
Girls' sport matters.

Participation at the fore
For girls from 7-12
Friendly competition in team
And individual events
16,500 girls
Empowered by sport
Girls' sport matters

Attack, defend, start, stop –
The whistle blows – they are off
A splash in the pool
The race to the end
Half time in a match – the umpire turns
The coach talks – encouraging, motivating, coercing
All for the cause,
The competition.
Girls' sport matters

Bodies lithe, sweating, focussed –
Adrenalin pumps –
Nothing else matters but this moment –
To try, to be one's personal best,
To defend a position
Because girls' sport matters.

The field full of winter cold
The summer sun beating on the field
The calls of "C'mon, you can do it!"
The travelling, the camaraderie, friendships in later life.
The triumph of victory –
Acceptance of defeat –
A burning determination to do better –
to be better, next time
Because girls' sport matters.

Empty pitch, messy change rooms –
Waiting,
For new dreams,
New goals, new friendships
Young women being their best
And striving to be more –
To be THE best
That is our future,
The future of GSV –
To be the best we are, the best we can be.
Of that there is no question.
Because girls matter!

Margaret Webb (with the assistance of Jill Vines, Head of English, Toorak College)

Weekly Sport

Term 4 2004 Weekly Sport

Basketball, Cricket, and Junior Waterpolo were contested during the fourth term of 2004.

In Senior Basketball, both Toorak and OLMC finished the regular season undefeated, with OLMC prevailing to win the Grand Final. The Intermediate Basketball was hard fought throughout the season and especially during the Finals series, with Genazzano eventually defeating St Margaret's 16-15 in the Intermediate A grade Grand Final. OLMC defeated Toorak in the B grade Grand Final. Star of the Sea was a dominant force in the Junior Basketball, reaching the Semi Finals in four of the five grades and ultimately winning the A grade Grand Final. OLMC defeated Firbank in the B grade Grand Final. Well done to OLMC who were strong across all age groups, having won the Senior A and both Intermediate and Junior B pennants!

In Senior Cricket, Star of the Sea, who went through the season undefeated, were simply too good for Genazzano, who had only lost one match in their zone. The Junior Cricket Grand Final was contested by Toorak and OLMC, both of whom had been dominant in their zones, with OLMC prevailing.

Junior Waterpolo continued as a developing GSV sport with 14 schools participating, four of them with two teams!

	SENIOR A	INTER A	INTER B	JUNIOR A	JUNIOR B
Basketball	OLMC	Genazzano	OLMC	Star	OLMC
Cricket	Star			OLMC	

Term 1 2005 Weekly Results

What a first term of sport! With beautiful weather treating the girls throughout the season, and especially during the Finals series, first term's Tennis, Softball and Indoor Cricket competitions proved great fun for the girls. It was fantastic to see the spoils evenly spread with 22 of our 24 schools represented at the Semi Finals. Fintona's girls improved greatly and, for the first time in GSV's five-year history, made the Semi Finals in Tennis and Softball.

The Finals series of Tennis was played on the show courts at Melbourne Park which made the experience even more exciting and memorable. Congratulations to Star's Junior B team who came back from holidays to win the Grand Final in a one-game thriller over MLC.

The standard of Softball was impressive, with schools fielding strong teams. Well done to Korowa who won the Senior A Grand Final and was runner up in the Junior B Grand Final.

Indoor Cricket has been growing in popularity in the past few years and in 2005 the competition was expanded to include Seniors. The sport attracts many girls who do not participate in other mainstream GSV sports. Kilvington should be applauded for making the Semis in all three age groups.

	SENIOR A	SENIOR B	INTER A	INTER B	JUNIOR A	JUNIOR B
Softball	Korowa		Star	LMH	Shelford	OLMC
Tennis	MLC	MLC	OLMC	Firbank	Tintern	Star
Indoor Cricket	Melbourne		PLC		MLC	

Weekly Sport

Term 2 2005 Weekly Results

Term 2 sport with Hockey, Netball and Open Waterpolo is always busy and this year was no exception. Over 3,000 girls competed in the Netball competition alone! Well done to all the girls who participated.

Star of the Sea College continued to dominate the Netball competition, winning six of the nine pennants for the third year in a row – an impressive record that reflects the dedication of both the girls and coaching staff at Star.

Congratulations also to Camberwell and Toorak for making the Netball Semi Finals for the first time: Camberwell reached the Senior A Semi Final; and Toorak contested the Intermediate C and Junior B and C Semi Finals. Well done, girls!

In Hockey, Lauriston, Melbourne, MLC, Ruyton and Strathcona continued their history of strong performances, while Loreto Mandeville Hall and Tintern proudly made the Semi Finals for the first time, winning their zones in the Senior A and Junior B competitions, respectively.

The Open Waterpolo competition showcased the skills of all the girls who competed from the 12 participating schools, but in particular Genazzano, Korowa, Lauriston and Melbourne. The Grand Final held at Melbourne Sports and Aquatic Centre (MSAC) demonstrated the depth of talent at Lauriston, convincing winners in both the A and B grades.

Netball Results

	A GRADE	B GRADE	C GRADE	D GRADE
Senior	Star	MLC		
Intermediate	Genazzano	MLC	Star	
Junior	Star	Star	Star	Star

Hockey Results

	A GRADE	B GRADE
Senior	Ruyton	
Intermediate	Lauriston	PLC
Junior	MLC	MLC

Waterpolo Results

	DIVISION 1	DIVISION 2
Open	Lauriston	Lauriston

Term 3 2005 Weekly Results

Third term offers the optional sports of Badminton, Soccer and Volleyball but with most schools participating, weekly sport was as busy as ever. And very competitive, especially on the Soccer pitches, with many teams vying for places in the Finals series, right up until the end of Round 5 matches.

For the teams that won through in their zones, an added treat was to be one of the first to play on the brand new synthetic pitches at the newly developed State Soccer Centre. Players, coaches and spectators alike were amazed by the unique surface and awed by the opportunity to play at such a world class venue.

The Senior Volleyball competition was also closely contested with traditional Volleyball rivals Toorak and Star of the Sea finding themselves in the same zone this year. Star prevailed, preventing Toorak from continuing their previously unbeaten run of Senior Volleyball titles since 2001.

PLC continued to field an impressive Badminton squad, and have now won 11 of the possible 15 Badminton titles since 2001. Well done PLC.

	SENIOR A	SENIOR B	INTER A	INTER B	JUNIOR A	JUNIOR B
Badminton	PLC		PLC		Toorak	
Soccer	MLC		PLC	Genazzano	Star	OLMC
Volleyball	OLMC	Star	Melbourne	Melbourne	Star	Star

Carnivals

Cross Country

On a warm and sunny Autumn day in May 1000 girls competed in the three Preliminary Cross Country Carnivals at Yarra Bend. The results of the Preliminary Carnivals determined the divisions in which schools were placed for the Championships, held just one week later in very contrasting weather.

A cold, but thankfully dry Bundoora Park was the venue for the tightly fought races. All three age categories were won by girls performing personal bests!

And the competitors were given extra incentive to keep doing their best when Olympic athlete and St Catherine's 'old girl' Lauren Hewitt attended the presentations, congratulating the girls and recalling her own memories of running at the perennially cold Bundoora Park and dreaming of competing at an elite level.

Well done, girls, and thank you, Lauren Hewitt!

Cross Country Aggregate Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Ruyton	Lauriston	Sacre Coeur
2nd Place	Star	LMH	Fintona
3rd Place	MLC	PLC	Shelford

Track & Field

Could we have asked for better weather? After threats of thunder storms, gale force winds and torrential rain, the sun shone brilliantly throughout the Preliminary, Championship and Finals Track and Field competitions held over August and early September. The blue skies must have brought out the best in the girls with more than 50 records broken across the series of events! Full accolades to Star of the Sea who, with a team made up largely of non athletics club competitors, have now won an impressive five Division 1 titles in a row!

Track & Field Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Star	PLC	Korowa
2nd Place	MLC	Lauriston	Sacré Coeur
3rd Place	Ruyton	Toorak	St Margaret's

Diving and Swimming

Melbourne Sports and Aquatic Centre (MSAC) was again the venue for the Diving and Swimming Preliminary and Championship Carnivals and the Finals Evening in March this year. Almost 1500 girls took part in either the Preliminary or Division Carnivals with 77 events at each Carnival. MLC and Firbank both have outstanding records in the pool: MLC has won every Division 1 Swimming Carnival since 2001 with Firbank either sharing first place with MLC or coming second; and Firbank has won all bar one Division 1 Diving Carnival since 2001 (when they came second to MLC).

At the Finals Evening 600 girls contested 43 events with an impressive eleven records broken, seven of them by the Junior girls! With such strong performances in the pool this year we are looking forward to some outstanding Diving and Swimming action over the next few years.

Championship Diving Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Firbank	Ivanhoe	St Catherine's
2nd Place	Strathcona	Toorak	Lauriston
3rd Place	MLC	LMH	Kilvington & Sacré Coeur

Championship Swimming Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	MLC	Toorak	Ruyton
2nd Place	Firbank	LMH	Shelford
3rd Place	Tintern	Star	OLMC

Tournaments

Senior Basketball

A record 19 schools participated in the Senior Basketball Tournament held over two days in July this year. The round robin Tournament was held at MSAC and Waverley Basketball Centre with the Finals held at MSAC. Fintona, Genazzano, MLC, OLMC and Tintern all earned a place in the Finals series. MLC was again the stand-out team, impressive winners of the A grade Tournament for the second year in a row, and were also triumphant in their B grade Grand Final match against Tintern. Congratulations to all the teams who entered the Tournament, we look forward to an equally successful competition again next year.

Senior Basketball Result

Grand Final	MLC 38 d Fintona 33

Golf Events

Past and Current Student Golf Competition

In 2005 a record number of entries were received for the Past and Current Students Competition held at Metropolitan Golf Club. Unfortunately, the event was postponed due to poor weather. Those who still participated in the rescheduled event were rewarded with a fantastic day for the nine-hole, modified Stableford event.

Past and Current Student Competition Results

	TEAM EVENT	FORMER STUDENTS	STUDENTS WITH GOLF HANDICAPS	STUDENTS WITHOUT GOLF HANDICAPS
1st Place	Star	Tracy Earl, Mentone	Melissa Karabatsos, Firbank	Alex Castles, Ivanhoe
2nd Place	Firbank	Sandy Wright, Korowa & Sue Tsindos, Melbourne	Monique Rose, Star	Jessica Yoong, PLC & Jo Charlton, Star
3rd Place	Ivanhoe & PLC		Katrina Castles, Ivanhoe	

Parent/Daughter Golf Competition

A few more mothers and fathers are likely to be seen walking the Golf courses of Melbourne with their daughters after the success of two new GSV Golf events this year. Both the Mother/Daughter and Father/Daughter Tournaments were thoroughly enjoyed by parents and daughters as an opportunity to spend precious time with each other, and to enjoy the friendly competition of Ambrose Golf.

Ten Mother/Daughter pairs and 12 Father/Daughter pairs took advantage of two sunny afternoons in June to play the nine-hole, two-ball Ambrose competitions, held at Albert Park and Ivanhoe public Golf courses.

Kilvington's Wigg family demonstrated their considerable Golf prowess with the talented Jessica Wigg joining her mother Karen and father Phillip to take out both handicap titles.

Prizes were also awarded for overall winner, longest drive, closest to the pin, lucky hole (least putts) and unlucky hole (most putts).

The families who participated this year are already looking forward to next year's events. In the meantime, why don't you enjoy some family company and competition by having a round of Golf at one of Melbourne's many beautiful public Golf courses?

Lord Taverner's Schools Cricket Cup 2004

The talented GSV team entered the 2004 Lord Taverner's Schools Cup Tournament with the hope of winning the Championship for the third consecutive year.

In the first round we met Bairnsdale Secondary College (BSC) and won comfortably with a score of 1 for 120 to their 5 for 71.

In Round 2 we were also convincing winners (8 for 138) against Eastern Independent Schools (24). The following morning GSV was again dominant (4 for 135) against the Secondary Catholic Schools Association, (53).

Undefeated, we were guaranteed a spot in the Championship round but BSC had performed strongly in rounds 2 and 3, so meeting them in the Grand Final promised to be a tougher encounter.

BSC started well and were 0 for 20 in the eighth over. Then Elle Bennetts (Star), in a spell rarely seen, took 7 wickets for 5 runs off 4 overs! Her performance was the stand-out of the tournament and BSC were all out for just 30 runs.

Rain started towards the end of the BSC innings but the umpires allowed play to continue until a result was achieved. At 3 for 35 runs, we celebrated a comfortable win, achieving our goal of three Lord Taverner's Cups in a row!

Chris Simpson

Inspirations

Fintona Gets the Ball Rolling

What a year of sport it has been for Fintona! With just over 300 students, Fintona Girls' School has done itself proud, having its best year of sport yet.

In Term One, the Fintona girls surprised even themselves, by making the A grade Intermediate Semi Finals in both Softball and Tennis. The Softball team was undefeated and convincing in their zone, while the Tennis pairs lost just one match all season. Unfortunately neither team progressed to the Grand Final, but the girls are already looking forward to 2006.

Fintona's Coordinator of Sport, Graham Raymond, was very proud of the girls' performances.

"The girls have really developed through their coaches, and by taking a 'no limits' attitude toward striving for excellence. This season, as well as focussing on skills development the girls have also looked at their game play and strategy, which has been rewarded with many winning smiles."

The Fintona Cross Country team also did itself proud, coming second in the Division 3 Championships for the third year in a row. And their Senior Basketball girls had a good year, coming second in the Senior Basketball Tournament. Last year they finished fourth in the Tournament, with their only other success in 2001, when they won the Senior pennant.

Well done, Fintona, we look forward to even greater sporting success from you in 2006.

Star's Girls are Stars at Netball

Star of the Sea College are a Netball force to be reckoned with! In the past three years Star has won six of the nine Netball pennants on offer.

This year they made it into all nine Semi Finals and went through to the Grand Finals in eight of them!

With 1080 students, it's not surprising they have great depth, but it is still a credit to the girls and the coaching staff that they consistently perform to such a high standard.

And as one of the schools who field a large number of teams in the Senior, Intermediate and Junior competitions, Star also get full marks for participation!

Congratulations girls, you deserve the accolades!

Ruyton Runs Away With It Again

Congratulations to Ruyton for winning the Cross Country Aggregate Trophy for the third successive year. Ruyton's Cross Country coach Stephen Ellinghaus put the girls' success down to their strong camaraderie and consistency across all year levels.

Stephen is particularly proud of the girls and said their approach to training gave them a competitive edge.

"Our training sessions are shorter but more intense and we try to simulate race day as much as possible in the lead up. The girls train to race rather than just training for training's sake and this approach has paid dividends."

Three months later the Ruyton girls transferred their Cross Country running success to the track, coming third in the Division 1 Track and Field Championships and retaining their achievement of a place in the top three each year since 2001. Congratulations Ruyton!

Inspirations

Stepping Outside Her Comfort Zone

A very timid Year 7 student was shocked and horrified when she was selected to represent Kilvington in the Junior Indoor Cricket team. She came to me and asked: "Why have you chosen me? I have never played Cricket in my life!" I had chosen this special girl because although she was very shy in the classroom, on the pitch she demonstrated determination, co-ordination and a sporty passion. She was always trying hard and showing her best.

During the first match she was shaking with fear and I could see she was outside her comfort zone. And when it came down to the last ball of the match...she was at the batter's end. We were two runs ahead, all she had to do was not get out (you lose 3 runs if you get out). She missed the ball and came out of the crease...but just as the Keeper went for the stumps she literally dived back into her crease and, to her surprise, realised she had helped us win the match!

I see a very different girl around the school now. She is more confident, has made friends outside her class and is always smiling. She is already looking forward to more GSV sport next Term. She has stepped outside her comfort zone and although she felt uncomfortable and scared to start with, now buzzes with excitement with every match she plays! I am so proud of her.

Martine Trevor, Director of Sport, Kilvington Girls' Grammar

Enjoying the Game

They had waited all through the Term break, but finally, on a cold, late afternoon in April, two excited teams met to contest the delayed Junior Softball B grade Grand Final match.

The game was played on Korowa's home soil with plenty of support from parents and friends, but OLMC had also brought their supporters along and the cheers of encouragement from the sidelines generated great excitement.

Korowa started strongly and by the end of the third innings were seven runs up. But then OLMC got back into the match and with only 10 minutes left the score was tied at 11 all.

As parents nervously watched their daughters compete at their best, the camaraderie in both teams lifted to new heights; the girls were singing supportive chants, cheering words of encouragement and enjoying the excitement of such a competitive match.

Eventually, OLMC prevailed, winning by two runs, but both teams should be proud of their performance and sportsmanship throughout the game.

While the girls were certainly playing to win, they were also playing for the enjoyment. Thank you, Korowa and OLMC girls, for proving that the spirit of GSV sport is flourishing!

Toorak Gets a Taste of Finals Fever in Netball

This year we were absolutely delighted to have three of our Netball teams make it to the Finals series - the first time we have made the Finals in GSV Netball.

One Intermediate team and two Junior teams were fortunate enough to earn the right to play in the Semi Finals. The Junior girls were incredibly excited but quite overwhelmed by the event itself. Our Junior B and C teams played MLC's B and C teams who proved the stronger sides on the day.

Our Intermediate C team played magnificently to defeat Ivanhoe in the first round of the Semi Finals but lost the second round to Korowa. The girls played their hearts out and were delighted to bring home their zone pennants.

Our recent Netball success has been the product of a revamped Netball program. We have also been very fortunate to have had some specialist sessions with Bianca Chatfield (Goal Keeper, Melbourne Phoenix). The girls have found her thoroughly inspirational.

Listening to and working with Bianca, they have been able to see first hand that, if you are determined, it is possible to achieve excellence in your sport from a platform of school sport. We look forward to next year's GSV season and hope we can build on these achievements.

Michele Coventry, Head of Sport, Toorak College

GSV Saturday Sport Program

Australian Football

The Australian Football (AFL) program was a great success again this year with 10 schools participating in the five-week program to develop the girls' skills in kicking, marking, handball, tackling, and shepherding and their understanding of the rules and strategies of AFL. The girls love the opportunity to get involved in a 'contact' sport, especially one that is so much a part of Victorian sporting culture. Thanks to the coaches and especially the parents who stood on the sidelines in true AFL style, complete with warm jackets, scarves and beanies, to watch their daughters enjoy the game!

Triathlon 2004

The GSV Saturday Triathlon program was held in Term 4 in 2004. The girls learnt basic Triathlon skills such as open water swimming, transition and, importantly, bike maintenance. A highlight was participating in the 'Protivity' Short Course Triathlon at Mornington. The girls and their supporters met in the early morning sunshine and were excited to have Kieran Perkins as the official starter for the race. After their event the girls and their families were treated to a wonderful cooked breakfast on the verandah of the Old Bank Café, and a front row view of the elite competition.

Surf League

Who could have imagined such storms in February! Unfortunately for 400 enthusiastic girls, two of the three training days were cancelled due to poor water quality in Port Phillip Bay, following some of the most violent storms Melbourne has experienced. By the third training day the water quality was back to normal and the day was hugely successful with 125 girls participating in training for surf swimming, board paddling, beach sprints and beach flags. A number of the girls went on to compete in Surf Life Saving Victoria's School Surf League.

Fencing

Fencing was new to the Saturday sport program in 2005, but proved extremely popular with 37 girls from 10 schools, all of whom enjoyed learning the finer points of Fencing with the Sabre. The girls were treated to coaching tips from elite Fencer Alexandra Carroll, who is the current Australian Junior Fencing Champion and represented Australia at the World Championships in 2004 and 2005. Thanks to Strathcona Baptist Girls Grammar for providing their school as the venue.

Golf

The Saturday Golf Program entered its fourth year with almost 40 girls from nine schools participating. The seven-week program of tuition and a round of Golf at Oakleigh Golf Course culminated in a friendly 'Ambrose' competition at the Commonwealth Golf Club on a sunny, late afternoon in March. The girls, many of whom had met during lessons, became friends, and formed their own teams. A combined team of girls from Kilvington, LMH and Melbourne, played particularly well to win the competition.

Year 7 Sports Expo

The GSV Year 7 Sport Expo is always a popular event and this year involved almost 1200 Year 7 girls over three exciting days. The Expo is a fantastic opportunity for girls to experience activities which promote fitness and a healthy lifestyle, and encourages them to become involved in secondary school sport. Girls not only experienced new activities such as Inline Hockey, Rugby League and Dancesport but made new friends from their sister GSV schools.

Year 8 Ball Skills Festival

The introduction of the Year 8 Ball Skills Festival at the end of 2005 involved almost 500 Year 8 girls in an action packed festival of throwing, catching, attacking and defending. The use of speed radars, giant hockey sticks and agility circuits combined to improve participants' ball handling skills. The girls were given additional guidance and inspiration from Sports Development Officers and elite athletes.

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