

# Girls Sport Victoria

VOLUME 10 • 2010

*Celebrating 10 years*







GIRLS SPORT VICTORIA

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## From the GSV President

What a year this has been! We celebrated 10 years of Girls Sport Victoria with thousands of students participating in special events and carnivals, with teams of girls sharing the excitement of competition, and with a Gala night bringing together all who have contributed to the growth and strength of GSV. The 10th Anniversary Function, held at the MCG, was a wonderful occasion and fitting celebration to mark this special year.

Once again we note with a measure of pride the continued growth in the numbers of teams and individuals engaged in sports and physical educational pursuits. The aim of our Association is to encourage both participation and excellence for girls and young women on the sporting field; to acknowledge, support and promote team work and shared success; to prize and celebrate individual achievement, and the striving for one's personal best and championship status.

The success of GSV in achieving these aims is evident. Year upon year we set new records for participation levels of girls in sport in our Schools, and without doubt, that is our greatest success.

A number of people deserve recognition and thanks for their role in GSV's success. I note the dedicated and sustained work of the Directors of Sport in our Schools, the work of the sports staff and coaches, the support of the members of the Committee of Management, and the engagement of the Principals of the Schools, who together undertake the governance the Association.

Together, we commend and thank the staff of the GSV Office, Executive Officer Ms Meredith Prime and her staff, Ms Leonie Mawkes and Ms Annie Gibson. The Association of Girls Sport Victoria is well served!

At the conclusion of this 10th celebration year, we recall the year's activities with pride. We congratulate all our students.

*Dr Susan Stevens - President, Girls Sport Victoria*

## 2010 Sports Captains' Breakfast

The 2010 Sports Captains' Breakfast, hosted by Ruyton, was the first official opportunity for Girls Sport Victoria to celebrate its 10 year milestone. So it was fitting that the guest speaker was Ruyton's 2003 Sports Captain and Olympic Rower, Kimberley Crow.

Guests were also treated to inspiring speeches from the Sports Captains at Star of the Sea College (Felicity Clyne and Rachel Slatter), Toorak College (Rosie Saunders, pictured) and Ruyton (Georgie Musgrove and Maddie Cleeve Gerken). An excerpt from Maddie's speech is reprinted on page 22 of this publication.





# Celebrating 10 years

## Oh, what a night!

"Oh What a Night!" MLC's Jazz ensemble, the *Fitchett Belles*, kicked off their first set with this iconic jazz standard – and no more fitting a song could have been chosen. Girls Sport Victoria's 10th anniversary function was a night to remember, with well over 500 guests, all with ties to GSV, celebrating the milestone.

The massive MCG Members' Dining Room was filled with a cacophony of reminiscence – current Principals, sport staff and students sharing hugs, laughter and the odd 'happy tear' with their former colleagues.

The atmosphere of the evening was amplified by the music of Strathcona and Kilvington's string quartets and later the MLC jazz band. But the spotlight was very much on the contributions from each school's Art Department. The exhibition of artworks was quite exceptional. From life sized sculptures to miniature paper mache figurines; paintings on canvas to tapestries; and all manner of photographic depictions, the artworks truly reflected each school's passion for sport.

The formal proceedings could not have been complete without the wonderful recollections of former Melbourne Girls Grammar Principal, Mrs Christine Briggs, and the room was in awe of Kimberley Crow as she spoke so engagingly of the importance of school sport for girls. And, as is fitting, current GSV President Dr Stevens gave thanks for past efforts and projected a dynamic future for GSV.

The GSV office would like to thank all those involved in the planning and preparations for this event. The night would not have been such a fantastic success without the support of and contributions from our member schools.





# Weekly Sport

## Term 4 2009 Weekly Sport

### Basketball

The Senior Basketball competition ramped up as the season progressed and by the final round of home and away competition, which coincided with Year 12's last day at school, OLMC and Camberwell found themselves facing off for a finals berth. Both sides were lacking their most senior players and the match was close, but Camberwell came out on top and then backed up to win a nail-biter against St Margaret's in the Grand Final.

MLC displayed their strength in Junior and Intermediate Basketball with every team proceeding to the Grand Finals. Their Intermediates all came home victorious, although Lowther Hall's A grade team had the better of MLC right up to the final minutes, but with their key shooter missing they were unable to convert the baskets in the final minutes. The Junior Grand Finals were all hard fought matches and all four MLC Junior teams gave it their all. But in the very last opportunity for Tintern to shine at GSV sport, they rose to the occasion and took out the Junior A grade pennant! Star of the Sea and OLMC won the B and C grade matches respectively but MLC's D grade team were rapt to win their Grand Final match.



	SENIOR A	INTER A	INTER B	INTER C	JUNIOR A	JUNIOR B	JUNIOR C	JUNIOR D
<b>Basketball</b>	Camberwell	MLC	MLC	MLC	Tintern	Star of the Sea	OLMC	MLC
<b>Cricket</b>	Tintern				Melbourne			
<b>Waterpolo</b>					Lauriston	MLC 1		

### Waterpolo

The Term 4 Waterpolo season again showcased some of the most talented Junior Waterpolo players in Victoria. With a number of girls already representing their State it was to be expected that the strongest teams dominated. Lauriston's A grade team were by far the most skilled team and won their Grand Final match comfortably. MLC overcame Loreto to win the B grade Final.



### Cricket

Tintern left the GSV Association on a high, winning the Senior Cricket premiership, their only Cricket title in their nine years with Girls Sport Victoria. The match against Genazzano was played with wonderful sportsmanship and sentiment, and was a fitting finale for Tintern, whose girls have always represented their school with pride.

In the Junior Cricket, Melbourne and Star of the Sea had to be patient for their Grand Final match, with torrential rain forcing a postponement. But the wait was worth it, with the two teams playing out a thrilling match. The result came down to the last over with Melbourne managing to stem the flow of Star's runs and pick up a vital wicket to win the match, their first GSV Cricket Premiership!





## Camberwell Girls Grammar. *Educating tomorrow's woman.*

Camberwell Girls Grammar School has been involved with Girls Sport Victoria since its inception. Students benefit strongly from participating in the program. We wouldn't have it any other way!

"We encourage our students to lead balanced lives. Being part of GSV enables the girls to undertake a variety of sports pursuits whilst studying and participating in other co-curricular activities."

*Steve Davies, Head of Sport*

"I've grown up as a dancer, but thanks to GSV I've been able to develop my skills in sports I thought I'd never enjoy, including soccer, hockey, diving, gymnastics and athletics. I've met lots of new people from other schools because the competition is always played in such a friendly environment."

*Jenny Moss, current student*



## Firbank. *Aspire. Achieve.*

In the ten years of Firbank's involvement in GSV sport, we have thoroughly enjoyed participating in the wide variety of sporting opportunities offered to our girls.

The size of GSV enables a wide circle of friendships to be developed and this has been valued greatly by all the girls who have participated.

We have enjoyed many successes, particularly in Swimming and Diving, but also have celebrated numerous zone and premiership pennants in various sports.

Sport is an important part of School life and having such a healthy competition fosters discipline in our girls that will assist them greatly in achieving success in their future endeavours. Our training mostly occurs in the mornings before school. Their commitment to attend, particularly in the cold months of winter, has been outstanding.

Whether we have won or not, at all times the spirit fostered through GSV and the sportsmanship displayed has ensured the continued enthusiasm and growth of interschool sport at Firbank.

We are proud to be a part of this Association.

*Peter Russo, Director of Sport*



## Fintona. *Do your best, play fair, have fun.*

GSV sport at Fintona is always a lot of fun, with friends trying a variety of different sports that they may not have had the opportunity to participate in. It means they are able to socialise with their peer group after hours on the sporting arena and travelling to and from venues.

Fintona girls may not walk away with one first place or the trophy at the end of the season but they always walk away from a season or match with a sense they have been a part of a team environment, they have achieved together and they have enjoyed the process of training and working hard.

Fintona girls like the competition against other GSV schools and they are able to meet and socialise on and off the field or at different carnivals. There is a competitive side to all competitions, but there is also the comradeship that comes from these competitions. GSV is used as a stepping stone to involve girls in sport and gives them the confidence to be involved in sporting clubs.

*Carmen Timms, Coordinator of Sport*





# Weekly Sport

## Term 1 2010 Weekly Sport



### Softball

For many girls, their first encounter with the sport of Softball is at GSV. But that doesn't curb their enthusiasm for a sport which entails as much strategy as skill. Kilvington is one of a number of GSV schools which have been developing the sport and is now reaping the benefits. Last year as Intermediates, Kilvington won its first Softball premiership and the same girls backed up again this year to win the title as Seniors. It was also good to see Korowa's Intermediates win, especially since they had won as Juniors also.



### Indoor Cricket

Congratulations to MLC's Senior girls who won their sixth consecutive Indoor Cricket Title. Since tasting success as Juniors in 2005 the squad of talented Cricketers have won each year and, in their final year of school sport, leave a strong Indoor Cricket legacy for MLC. Camberwell should also be congratulated. After courting the Finals series for a few years now, they won a berth in the Intermediate Grand Final match.



	SENIOR A	SENIOR B	INTER A	INTER B	INTER C	JUNIOR A	JUNIOR B	JUNIOR C
Indoor Cricket	MLC		Genazzano 1			Lauriston		
Softball	Kilvington		Korowa	OLMC		Star of the Sea	St Margaret's	
Tennis	MLC 1	MLC 1	Toorak	Toorak	St Catherine's	MLC 1	Melbourne	Melbourne

### Tennis

With some of the State's best Junior Tennis players attending GSV schools, the standard of competition is extremely high come finals time. The Senior Semi Final match between St Margaret's and MLC was riveting, with MLC winning by just one game, enabling both A and B teams to contest and win their Grand Final matches.

Star of the Sea had qualifiers in four of the eight Grand Final matches and although they were unable to convert any to premierships, should be proud of getting so many pairs to the finals. Toorak, St Catherine's and Melbourne each won two premierships with MLC and St Margaret's picking up the remaining titles.





## Genazzano FCJ College. *Creating the future.*

What a big 10 years it has been for Genazzano FCJ College and GSV! Genazzano is proud to be a foundation member. As the years have passed, Genazzano's participation has been extremely high. Our students have participated in every weekly sport, Sport Expos, the annual Sport Captains' Breakfast and, of course, the major Carnivals. This wide range of opportunities offered by GSV has been the cornerstone to the vibrant and dynamic sport program offered at Genazzano. It is perhaps the major Carnivals of Swimming, Diving,



Cross-Country and Track & Field where some of our students' fondest memories lie, not only for outstanding individual and team performances, but for the wonderful school spirit that is developed across the year levels, with students from Year 7 to Year 12 joining together during seasons of training, PB Meets, Preliminary and Championship Carnivals.

We wish Girls Sport Victoria a very happy 10th birthday and look forward to a long and enriching involvement in sport and physical activity. The opportunities provided by GSV have and will continue to be held in high regard by all with a passion for sport at Genazzano.

*Matthew Wesson, Director of Sport*

## Kilvington Girls' Grammar *Achieving personal best.*

Kilvington Girls' Grammar has been a member of Girls Sport Victoria since its inception 10 years ago.

Membership of GSV provides Kilvington girls with the opportunity to compete at a high level across a wide range of sports. The School focuses on encouraging the girls to prepare well and compete to the best of their ability. Detailed training programs have helped the students achieve some impressive results recently. 2010 has been the most successful year for Kilvington so far with a record number of teams making Finals in sports such as Softball, Indoor Cricket, Tennis, Netball and Hockey.

The commitment and dedication of the students to give it their best is a constant at the School.



Improved sporting performances and results have led to an increase in self belief and confidence. The level of support each Kilvington competitor receives from fellow students also assists in them achieving their personal best. This is in keeping with the School's philosophy of providing a holistic education in an environment that values excellence.

*Annie Opray, Communications Manager*



## Ivanhoe Girls' Grammar School *Leading in girls' education.*

During my time at Ivanhoe Girls', GSV was a very influential part of my education. The Year Seven GSV Day broadened my appreciation of sports by giving me the chance to take part in a variety of new and unusual sports.

In weekly sport every sport I participated in provided opportunities to learn new skills and further develop existing one. Carnival days were a great way to celebrate students' skills and achievements in a competitive and friendly environment.

Not only did GSV give girls a chance to compete against other schools, but it also encouraged good sportsmanship on a wider scale. The quality of competition was always challenging yet gave each team the opportunity to succeed. Having training sessions with girls of all year levels at Ivanhoe Girls' gave me the opportunity to forge friendships which otherwise may not have occurred. In my personal experience as a junior I looked up to my senior captains not only as leaders but also as friends. GSV taught me to follow and encouraged me to lead.

*Michelle Vassos, 2008 Sports Captain*





# Weekly Sport

## Term 2 2010 Weekly Sport

### Netball

Star of the Sea's Netballers have not lost any of their shine in the past 10 years. This year they won 13 of the 16 Netball premierships on offer, bringing their total to 67 of a possible 99 Netball Premierships contested since GSV started!!!

Strathcona, Genazzano and OLMC were the spoilers this year and should be extremely proud of breaking through such strong competition. Strathcona won the Senior C grade pennant; Genazzano the Junior A grade; and OLMC the Junior F grade match.

Despite Star's dominance, the finals series is still a flurry of school colours. With GSV taking two teams from each zone in most grades through to the Netball Semi Finals, it was pleasing to see 15 of our 23 schools participating at finals level.

### Netball Results

	A GRADE	B GRADE	C GRADE	D GRADE	E GRADE	F GRADE
Senior	Star of the Sea	Star of the Sea	Strathcona	Star of the Sea		
Intermediate	Star of the Sea	Star of the Sea	Star of the Sea	Star of the Sea	Star of the Sea	Star of the Sea
Junior	Genazzano	Star of the Sea	Star of the Sea 5	Star of the Sea 6	Star of the Sea 8	OLMC



### Senior Waterpolo

In GSV's early years, Waterpolo was very much a development sport. As GSV has matured, so has the Waterpolo competition, and by the end of last year it was clear the competition was strong enough to be restructured into a defined Senior (years 9-12) and Junior (years 7-8) competition. 18 teams competed in the Senior season and our dominant Waterpolo schools continued to shine. Both the A and B grade Grand Finals were contested by Lauriston and MLC, with Lauriston victorious in the A grade match but MLC overcoming them to win the B grade pennant.

### Waterpolo Results

	A GRADE	B GRADE
Senior	Lauriston	MLC

### Hockey Results

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

### Hockey

Over the past 10 years, a number of schools have solidified their place in GSV Hockey history. MLC, Melbourne, PLC and Ruyton have all made consistent appearances at finals time. And while these schools continue to show their dominance on the Hockey pitch it was encouraging to see Korowa in the Hockey finals for the first time since 2003, Camberwell back for the second year running and Kilvington, who have made a particular effort to grow the sport in their school, reap the benefits with a Semi-Finals berth in the Junior competition, their first Hockey Final ever.







## Lauriston Girls' School. *A school for life.*

Lauriston has prided itself on its Hockey tradition since the school's founders organised the first ever Victorian Inter-school Hockey match for girls at the turn of the 20th Century. More recently, Lauriston helped establish and subsequently dominated an inter-school girls' Water Polo competition.

When GSV commenced in 2001, we hoped our historical strength in both sports would translate successfully across the 24 schools in GSV. We are delighted that this has been so during the past ten years. Excitingly, Lauriston's involvement in GSV has seen success in a number of other sports including Indoor Cricket, Netball and Tennis.

The professionalism and dedication of GSV towards girls' sport has facilitated even further Lauriston's strong tradition of sport in developing the whole student. We aim to be competitive and strive hard to develop skills and hone performance in many of the sports offered by GSV, but above all, we prioritise participation.

GSV has provided excellence in competition but has also provided a pathway for all girls to participate, improve and enjoy sport, fostering a love of activity that will lead them into a healthier future.

*Sally Burns, former Director of Sport (1991-2010)*

## Korowa Anglican Girls' School. *I can. I will.*

Sport at Korowa has gone from strength to strength since the establishment of GSV in 2001.

Wendy Millar, Korowa's then Director of Sport, was the first Chair of the Heads of Sport of GSV and her leadership not only helped GSV get off on the right foot but also enabled Korowa to fully commit to the opportunities that the new competition provided.

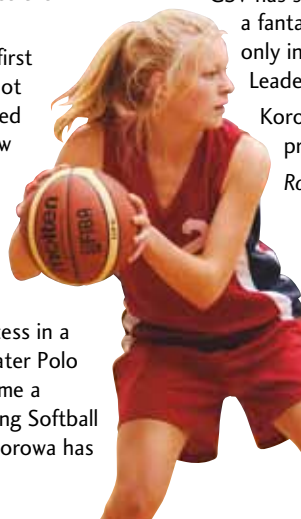
Before GSV, Korowa was a part of two smaller sports associations and dominated in most sports, especially athletics where it had won the title 10 years running.

The GSV competition was a much harder nut to crack. Korowa has risen to the challenge and has achieved success in a variety of sports. The early years saw premierships in Water Polo and Softball while in the last few years Korowa has become a powerhouse in Swimming and Cricket and remains a strong Softball competitor. Badminton and Soccer are sports in which Korowa has also made impressive progress.

GSV has stimulated the interests of Korowa students and provided a fantastic environment for them to experiment and grow, not only in their athletic pursuits but also in other facets of life. Leadership, teamwork and self confidence are just a few.

Korowa looks forward to continuing to develop its sport program as part of GSV.

*Rod Bromley, Director of Sport*



## Loreto Toorak. *Women of action.*

Dear Loreto Mandeville Hall Toorak,

I'm in Year 6 and it's not long until I move up to the Senior School. I can't wait for the new adventures that lie ahead and I'm really excited about being able to play GSV sport.

Loreto Toorak focuses on participation, so any girl that wants to play sport can. (I like that!) This year you had over 80% of girls in the school involved in sport. Wow, that's 8/10 (we are doing fractions at the moment). I really like how GSV gives girls the opportunity to participate in both elite and recreational sport. I am very good at Athletics but I'm hoping to try Badminton for the first time next year.

Loreto, you have been very successful over the years, especially in Swimming, Water Polo, Tennis and Athletics. How I am going to choose between the 14 GSV sports? Even as I write this I can see myself holding up those red, black and white GSV banners and cups that are awarded at the end of each season – Loreto has so many displayed around the school! I look forward to the next six years of school sport with GSV and I just know that Loreto will produce some great female athletes (me included).

*Andrea Agassi, Year 6 student*





# Weekly Sport

## Term 3 2010 Weekly Sport

### Badminton

In the past few years, Badminton has emerged as a popular GSV sport and the schools that have fostered their Badminton programs have brought up the standard of play considerably. Toorak College is one such school and their success is evidence of the effort put into their Badminton program. For the second year in a row they picked up two of the three Premiership pennants, with the Junior pennant going to MLC. But Camberwell, Firbank, Korowa, PLC, St Catherine's and Sacré Coeur are all fielding strong pairs and continue to make the finals matches exciting.

	SENIOR A	SENIOR B	INTER A	INTER B	JUNIOR A	JUNIOR B
<b>Badminton</b>	Toorak		Toorak		MLC 1	
<b>Soccer</b>	Firbank	PLC	Genazzano	OLMC	Star of the Sea	OLMC
<b>Volleyball</b>	Ivanhoe	Strathcona	Ruyton	OLMC	MLC	Genazzano



### Soccer

The Soccer season saw some fantastic matches played in both the home and away and finals seasons. With so many schools fielding strong Soccer sides the victory spoils were spread widely: Firbank was victorious over MLC in the Senior competition; Genazzano defeated Shelford in the Intermediate Final and Star of the Sea's Juniors won their Premiership match. OLMC fielded teams in the Semi Finals of the Senior and Intermediate A grades but did not progress.

They didn't end the season empty handed however, winning both the Intermediate and Junior B grade finals matches.



### Volleyball

There is always great excitement surrounding GSV finals, but there is something about Volleyball that heightens that excitement. This year, the spectacle of finals Volleyball was assisted by a number of matches played over four and five sets. The Intermediate A grade Grand Final between Ruyton and MLC was a nail-biter, with each school maximising their strength on serve, and team spirit gathering momentum with each point won or lost. In the fifth and deciding set, the tension was pulled tight by both schools until Ruyton snapped victory by just a single point!

MLC was consoled the following day, however, defeating Melbourne in the Junior A grade Grand Final. In other matches, Ivanhoe's Seniors defeated Toorak in their Grand Final match, and Strathcona's Senior B team celebrated a win after their A grade teammates fell just short of contesting the A grade Grand Final, after a tight tussle in their Semi Final match. Genazzano's Junior B grade team were the other premiership winners.







## Lowther Hall Celebrating success.

For me, feeling my pulse racing, and the excitement of a close contest, is what sport is all about. Over the 10 years of GSV each girl has learned that it is not only the victories, but also the exhilarating experiences that contribute to a strong sense of achievement and success, because "the important thing in life is not to triumph but to compete".

Successes vary from athlete to athlete, whether it be finally having the courage to try a new dive off a once considered unachievable height, or perfecting a spike during a volleyball match.

Although such successes are evident through sport, other gains are more subtle and may be as simple as enjoying the atmosphere of a team. With the experience of working in a team also come characteristics



such as: mateship, persistence, resilience and patience, all of which are not only sporting skills but lifelong qualities.

As great moments are born from great opportunities it is vital that we, as young athletes, continue to grasp, appreciate and treasure the opportunities made possible by GSV.

*Elizabeth Coyne, Year12 student*

## Melbourne Girls Grammar. Women of action.

Celebrating the 10th Anniversary of Girls Sport Victoria is a special occasion for Melbourne Girls Grammar. Not only have we had the opportunity to house the GSV Office on our campus since its commencement, but our Past Principal, Mrs Christine Briggs, was instrumental in its inception.

Recognising the significant need to fill the void in organised sport for students of independent girls' schools, Christine established a steering committee of five other Heads in 1998. Through a three year collaborative and consultative process the Heads of all 24 independent girls' schools agreed upon the establishment of a fully functioning sporting body with the objective to provide a range of interschool sporting competitions and development clinics for girls – what we now know as GSV.

For ten years MGGS students have had the privilege of participating in the co-curricular sporting opportunities GSV provides. As women of action, MGGS students continue to relish the physical health and wellbeing, leadership and sportsmanship which GSV participation fosters.

*Catherine Misson, Principal*



## Mentone Girls' Grammar. Remarkable women.

When I started in Year 7 at Mentone at the beginning of this year, I was excited by the many sporting opportunities that were available to me. GSV was explained to all year 7 students and I immediately signed up and tried out for as many sports as I was able to.

In Term One I joined the Swimming and Diving Squads and played Junior Softball. After an exciting term of sport, I'd made new friends and we experienced lots of fun and laughter both on the field and on the bus ride home!

Another highlight was the GSV Cross Country Championship Carnival which saw all 23 schools in attendance and was the biggest sports event I have ever participated in!

I also enrolled in the Saturday Skills Fencing program, and enjoyed making new friends from other GSV schools while learning how to Fence. Competing in the Triple Jump and the Relay at Olympic Park under lights at the Finals Evening in Term Three was something I will never forget!

I have loved all that GSV has offered me so far this year, and look forward to sharing in the next six years of its history. Happy 10th Birthday Girls Sport Victoria!

*Nadia Oosthuizen, Year 7 student*





# Carnivals

## Diving and Swimming

### Diving

The GSV Diving Carnivals have become a showcase of Victoria Diving talent and one of the more spectacular events on the GSV calendar. The GSV Finals Evening is always a highlight but, in 2010, to mark our 10th anniversary, GSV invited its best Divers to perform Platform and Synchronised Dives in the inaugural Diving Exhibition.

We thank all the girls who participated. In particular, the pairing of Ruyton's Emma Jamieson and Lauriston's Natalie Kozlov in the Synchronised demonstration was reflective of the unique collegiality of Girls Sport Victoria.

And while GSV is proud to foster such collegiality within its member schools, it also encourages healthy competition, and there is rivalry aplenty in the Diving pool.

Firbank has produced a wealth of talent over the past years, and deservedly won the Division One Diving Championship for the 8th year in a row. This was their 9th (having shared with MLC in 2001 and second to MLC in 2002).

In 2010 MLC, who are never far from the hunt were 2nd, just two points behind Firbank. Star of the Sea were 3rd for the third year in a row and have now established themselves as a significant Diving force.

Ruyton, reaping the benefits of their own pool, were the most improved, leapfrogging 11 schools with their 2nd place in Division Two. Korowa also made significant headway, securing their first ever berth in the Division One Diving Carnival.



### Swimming Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	MLC	PLC	Mentone
2nd Place	Firbank	Strathcona	St Margaret's
3rd Place	Korowa	Sacré Coeur	Shelford

### Diving Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Firbank	Sacré Coeur	Melbourne
2nd Place	MLC	Ruyton	Genazzano
3rd Place	Star of the Sea	St Catherine's	St Margaret's



### Swimming

After 10 years of operation, it is fitting to congratulate the schools which have consistently performed at a high standard. When it comes to Swimming, only three schools have competed in Division One Carnivals in all of the past ten years. GSV congratulates Firbank, Lauriston and MLC for that achievement. In 2010 the other schools to compete in Division One were: Korowa, Ruyton, Loreto Mandeville Hall, Star of the Sea and Toorak.

MLC's swim team continues to blow everyone else out of the water. They achieved a clean sweep of every age group trophy and won the overall Division One honours by almost 200 points! But neighbouring Ruyton has seen huge improvements since the completion of its pool. This year, their team surprised even themselves with a fourth place in Division One.

Sacré Coeur should be congratulated for their best GSV Swimming result. Not only did they secure their first berth in Division Two since 2001, they did themselves proud, finishing third! PLC also had its best Swimming result, winning the Division Two Carnival. And Mentone were deservedly proud of their Division Three win.





## OLMC. Celebrating 100 years of learning.

Since its inception, GSV activities have played a significant part in the school lives of many girls at Our Lady of Mercy College, Heidelberg.

The list of benefits associated with our involvement is endless. Aside from the obvious health-related benefits, our girls have experienced countless moments of joy, exhilaration and excitement. They have had the opportunity to create many special memories and moments that have allowed them to feel good about themselves.

GSV provides a well-supported path for continued development of sport and physical activity. For many girls it is their best opportunity to build skills and display proficiency. It has allowed them to match skills against appropriate challenges, and to stretch these levels to new heights.

The OLMC community is grateful to GSV and the opportunities they create for our girls.

*Therese Patti, former Head of Sport (2007-2009)*



## MLC. I love MLC.

Methodist Ladies' College was a strong supporter of the formation of Girls Sport Victoria. Moving from the GSSA of eight local schools to GSV greatly increased the range of sports offered, and was ideally suited to the MLC philosophy of encouraging participation whilst striving for excellence. It also enabled MLC to greatly expand its sports program to provide a wide variety of activities and opportunities for the students.

The MLC students have embraced GSV and look forward to participating in matches each term in a competitive and friendly environment. Bus trips are full of fun and team bonding and are an enjoyable part of the GSV experience. While MLC has been very successful in GSV Finals, I would like to highlight two groups of students in particular.

The MLC Swimming team have been undefeated in the Division 1 Championship Carnival for ten years, which is an amazing achievement from successive groups of dedicated students, while the 2010 Senior Hockey team contained many students who won their sixth consecutive GSV Hockey Premiership.

MLC looks forward to participating in the next exciting ten years with GSV.

*Garry Shipp, Head of Sport*

## PLC. Girls love GSV sport.

Getting up at the crack of dawn for swimming training,  
Sweating it out on the hockey pitch, even if it is raining.  
Volleyball or soccer, aths, tennis or softball,

Such a hard decision, I want to do it all!  
Practising at lunchtime, before or after school,  
Or all three - practice makes perfect, that's the golden rule.  
Running or swimming, kicking or throwing,  
Thank goodness for sport, it really keeps us going.

All girls take part, from year seven to twelve,  
This is the best way to make friends, by getting involved!

Participation, having fun, is what it is all about so please,  
Let me say a big thank you, on behalf of PLC,  
Coz none of it is possible without GSV!

*Penny Townshend, Sports Captain*





# Carnivals

## Cross Country



There were many highlights to the 2010 GSV Cross Country season this year, but watching the emerging talent of our Grade 5 and 6 girls was definitely one of them. Nearly 200 'littlies' ran their hearts out, getting a taste of GSV sport for the future.

Another highlight was Toorak's meteoric rise. In 2009 they were 2nd in Division 2 but this year finished 4th in Division 1. St Margaret's should also be proud of their progression from Division 3 in 2007 to 5th in Division 1 this year.

Sacré Coeur won the Division 2 Aggregate Trophy and Shelford were winners in Division 3. Mentone won their first GSV Cross Country trophy since 2001 – with their Junior girls blitzing the Division 3 field.

In 2010 the Division 1 schools were: Genazzano, MLC, Ruyton, Toorak, St Margaret's, Loreto Mandeville Hall, Lauriston and Melbourne.

And in our tenth year it is fitting to pay tribute to Melbourne, MLC and Ruyton all of whom have competed in Division 1 since GSV's inception.



### Cross Country Aggregate Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Genazzano	Sacré Coeur	Shelford
2nd Place	MLC	Star of the Sea	OLMC
3rd Place	Ruyton	Korowa	Lowther Hall



### Healthy Competition is the Winner

This year, more than any other, the outcome of the Cross Country Carnival was up in the air. Did Ruyton have the legs to clinch their 8th Division 1 trophy? Or was there to be a changing of the guard? Maybe MLC or even Genazzano, who had been creeping up the Division 1 ladder for a number of years now?

As the pack of Junior runners jostled into position on the start line the excitement was surging. And when the final runner crossed the line and the results of the Junior race were announced the tension tightened. Genazzano's Juniors just pipped Toorak on a count back. Ruyton was third and the contest for the Division 1 Trophy was wide open. Then the Intermediates ran. And the Ruyton girls weren't giving up without a fight. They won the Intermediate trophy but Genazzano was second and starting to look the favourites. The Senior girls raced. And all of a sudden MLC was back in contention. With each age group won by a different school, it would come down to consistency across the board.

The points were calculated, checked and checked again. And then it was time for the announcement – Genazzano had secured their first Division 1 Championship trophy!

While there must have been disappointment for Ruyton's girls and probably MLC as well, from GSV's perspective, watching each school improve and become more competitive is what it's all about. Ruyton had set the bar high for so many years, but by doing so, they gave other GSV schools something to strive towards and the result is a healthy competition – pun definitely intended.







## Ruyton. Recte et Fideliter.

Taking pride of place on the wall inside the PE Centre at Ruyton is an honour board which recognizes 'GSV Champion Teams'. Acknowledged in perpetuity are the Ruyton teams that have been GSV weekly sport zone winners, or premiers, as well as carnival sport teams that have won either a Preliminary or Championship event.

As a comparatively small school, Ruyton continues to boast exceptionally high rates of participation in all sports, right up to Year 12. Ruyton is extremely proud of being one of only two schools in GSV to have finished in the top three in the Division 1 Track & Field Championship since GSV began. Winning the Division 1 Cross Country Championship for seven consecutive years affords the same sense of pride.

However, whether it's win, lose or draw, Ruyton students have enjoyed being involved in the professionally-run, high quality sports association known as GSV. One of the lines in the Ruyton school song says "At sport we've made a lasting name". These words may well be used to sum up Girls Sport Victoria (GSV), as the Association celebrates its first ten years - GSV is already a 'lasting name'.

*Louisa Burbury, Director of Sport*

## Sacré Coeur. Cor Unum.

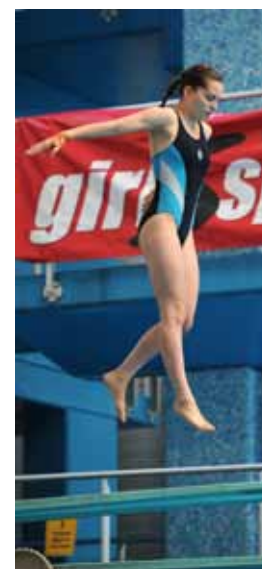
Sacré Coeur is proud to be a foundation member of GSV. Since 2001, GSV has provided a range of sporting opportunities which test, extend and challenge teams and individuals alike. The quality of the competition allows victories to be earned, while the defeated prepare for retribution.

As a relatively small school, Sacré Coeur has grown in confidence over the past ten years. Our self-belief is born out of the efforts of individuals and teams that have gone before us. Many have set a wonderful example in terms of their willingness to compete, their capacity to prepare and a determination and resilience to always do their best.

Recognition must go to those hundreds of students who have proudly worn the Sacré Coeur colours since 2001. Hopefully, the gamut of emotions and experiences they have shared will stay with them for years to come and will be the source of laughter and joy at future school reunions. From the sheer exhilaration of winning a premiership to the disappointment of falling short, and everything in between, the impact that sport has had on our students cannot be underestimated.

At Sacré Coeur, we often make reference to the school motto of 'Cor Unum' or 'One Heart'. On the sporting field, this Cor Unum Spirit is not about winning or losing. It is about preparation, courage, persistence, service and above all else – camaraderie.

*Walter Tedde, Director of Sport*



## St Catherine's School Proud history, contemporary thinking.

Since fielding its first GSV teams in 2001, St Catherine's School girls have reaped the benefits of participating in a wide-reaching and professional sporting competition for young women. GSV has provided an avenue in which our girls can enrich their sporting experiences through interschool competition.

Whether it is for fun, fitness or fierce contest, being a member of GSV has allowed St Catherine's girls to not only further their skills in a sport they love, but also try out sports beyond the traditional. From Netball to Australian Rules Football, Fencing to Badminton, GSV offers a sport for everyone, and has encouraged girls who may not have attempted a sport before, to give one a go!

Being part of a large sporting organisation, which allows us to enter more than one or two teams, has been an advantage to St Catherine's. All our girls who wish to participate can, and therefore enjoy the overwhelming benefits of playing sport. GSV promotes the benefits of lifelong involvement in sport, encourages positive attitudes to women's health and ensures a strong ethic of good sporting behaviour. It is an ethos St Catherine's School strongly values.

*Candice Leonard, Director of Sport*



# Carnivals

## Track and Field

If Victorians needed any further proof that the drought had broken, they only had to attend a GSV Preliminary or Championship Track and Field Carnival this year. The 2010 Track and Field season was cold and wet!

The Championship Carnivals in particular bore the brunt of Melbourne's harsh winter. Scheduled over the afternoon and evening to accommodate Olympic Park's football commitments, the girls were challenged not only by the rain, but also the evening's icy temperatures.

Despite the inclement conditions the girls competed with terrific spirit. GSV commends the officials from Athletics Victoria and our schools who withstood the freezing cold and often sleeting rain for up to six hours to ensure the track and field events ran smoothly.

But it is the girls who shine on the day and after many years of trying, MLC's Track and Field squad finally won the coveted Division 1 Championship trophy. They will have to work hard to win back-to-back titles though, as there are now a handful of schools with very strong Track and Field teams capable of challenging for the 2011 Championship Cup.

Strathcona were rapt to win Division 2 – their first Track and Field Championship trophy. Melbourne were the victors of Division 3.

GSV pays tribute to Star of the Sea and Ruyton – the only two schools to have competed in Division 1 for all of GSV's 10 years of competition. The other Division 1 schools in 2010 were: MLC, Genazzano, Firbank, PLC, Loreto Mandeville Hall and Ivanhoe.

### Track & Field Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	MLC	Strathcona	Melbourne
2nd Place	Ruyton	St Catherine's	Shelford
3rd Place	Star of the Sea	St Margaret's	Toorak



### A Long Time in the Making

They have been patient but determined. After 10 years, five of them as runners-up, MLC has finally held aloft the Division 1 Champions trophy! And they did it in style, winning overall by almost 150 points and taking home the Junior and Senior age group trophies. MLC's Head of Sport, Garry Shipp, credited the win to the really hard work put in by the students and coaches over a number of years. Mr Shipp said the girls had a really enthusiastic and team-orientated approach which made it enjoyable for all to be a part of the squad.



## Shelford Girls' Grammar *Leadership for life.*

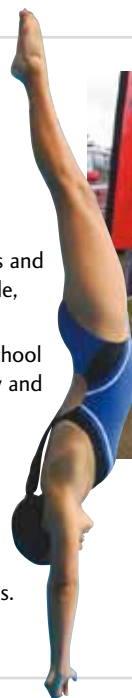
Girls Sport Victoria has given Shelford the opportunity to prove that a small girls' school can achieve extraordinary things.

Shelford has evolved and transformed into a school where the sporting talents and achievements of our students can be showcased and recognised, not just inside, but also outside the school community.

GSV has enriched the school life of Shelford girls in many ways. GSV's after-school sport matches and carnivals are an outlet for tension and stress, where energy and enthusiasm can be channelled into something competitive, productive and, of course, fun.

The variety of sport offered by GSV is both competitive and exciting and has encouraged confidence in our girls to try new sports. Shelford's involvement in GSV has ensured that sport at our school has continued to improve. The successes that our girls have achieved have been well earned especially given many of the schools we compete against have much larger student populations.

The relationship forged between competitors and schools is an extremely



important element of GSV. The last ten years have seen an improved sporting scenario for all of the girls' schools involved within GSV and we are privileged to have been involved.

*Georgie Roberts, Sports Captain*



## St Margaret's School. *Virtute et Labore*

GSV enables St Margaret's girls to be competitive in an environment that values excellence, but equally encourages sportsmanship. St Margaret's girls have flourished from these opportunities and formed wonderful bonds with their peers through a variety of sporting experiences.

The central philosophy of St Margaret's School is that all girls strive to do their "Personal Best". GSV creates an environment in which girls can enjoy success, whether it be achieving the personal sporting goals they have set themselves or by being the best in a competitive field. GSV has embraced St Margaret's sense of fun - they love our school mascot "PB" as much as we do! *Jacqueline Atkins, Director of Sport*



GSV will always be my best memory from secondary school! It has allowed some wonderful competition, and provided great opportunities for personal best achievements. I've been participating in GSV for half of its ten years, and have seen it grow and improve just as every athlete competing in it has. GSV has provided friendly competition and my friends and I have participated with the same amount of enthusiasm in both familiar and unfamiliar sports. I've loved every minute of the competition, the training and all the bus rides. GSV, thank you!

*Bridget Hanson, Sports Captain*

## Star of the Sea College *Deeds not words.*

"Is your school on steroids?" I was once asked. Surprised by the remark I confusedly replied "No". So what was Star's secret? We may not have had the indoor swimming pool or the football ovals. What made Star special was the culture of committed staff and students who instantly embraced the new opportunities of Girls Sport Victoria. I was fortunate enough to be a part of this. We all enjoyed it; we wanted to play and played to play well.

GSV gave to many talented individuals the gift of the opportunity to compete in a diverse breadth of sports, from AFL to Netball to Fencing and Golf. There was something for everyone! Giving it a go was the motto, and with this attitude I left Star of



the Sea having competed in Swimming, Tennis, Cross-Country, Netball, Athletics, Soccer and Cricket in each of my six years. And now I play Golf! Sometimes I question why? But this reflects the common GSV aspiration of embracing opportunity, diversity and giving it a go!

And that's what makes GSV unique.

*Jo Charlton, 2007 School Captain*



# Tournaments

## Basketball Tournament

Following the Senior Basketball Round Robin event at the end of Term Two, Star of the Sea, Camberwell, Genazzano and OLMC all qualified to contest the Final Series. The four schools were arguably the most evenly-matched teams the Tournament has seen in many years.

After the first two rounds of competition, Star of the Sea and Camberwell had narrowly won both their matches, and faced each other in the third and deciding round. Both sides were on the edge of their 'benches' as the two teams fought out the match point for point, until Star of the Sea finally broke free to secure a four point win over Camberwell.

The B grade Final is decided following the Term 2 round robin series. Star of the Sea and St Catherine's were the two stand-out teams, but Star of the Sea was too strong for St Catherine's and took home the B grade pennant.

## Rep Netball Reaps Success

Following the Term 2 GSV Netball season, we invited 52 girls to attend tryouts for the GSV Representative Netball team. After several trials, a squad of ten girls from six schools was finalised.

Coached by Ms Lauren Darvell (Star of the Sea) and Mrs Sandra Kennerley (Genazzano), the girls quickly consolidated their individual talents to form a formidable team. Combining training with encouraging success in practice matches against Penleigh and Essendon Grammar School and Eastern Independent Schools of Melbourne (EISM) the team was clearly the strongest team GSV has cultivated in the past four years. After a final 'closed' training session, the team was confident of facing the Queensland School Sports Association team.

Each year that GSV has played Queensland, the score line has got closer to a GSV win and this year the squad knew that they had their best chance of victory. By quarter time the score was 13 – 9 to GSV, the first time GSV had ever been in front against Queensland! Our exceptionally tall and talented players had the better of the Queensland team and never looked back, eventually winning their first head-to-head match 51-41.

Congratulations to the ten girls and their coaches, who represented GSV with pride and have set the standard for future years.



## Soccer

Firbank, Genazzano and Star of the Sea, the Senior, Intermediate and Junior premiers respectively, all represented GSV at the 2010 All Schools Soccer Tournament in September and October of this year.

## Badminton

Toorak College's Intermediate and Junior Premiership winning teams represented GSV at the 2010 Badminton All Schools "Meredith Prime" Cup in October this year.

## Golf

The Metropolitan Golf Club has hosted the GSV Golf event since 2001 and in our celebration year it is fitting to thank them for their ongoing commitment to GSV. On a beautiful, sunny afternoon this year, 13 teams enjoyed playing a round of Golf at the magnificent course. PLC's Golfers were the most impressive, winning the lion's share of the trophies.





## Strathcona *Bring out her best.*

With a senior school student base of around 550 students, Strathcona is proud to have been a competitive school in the GSV competition over the past ten years.

We've come a long way from our tartan skirts and bloomers! We started small, with participation our main philosophy, but have gained a competitive edge over the past few years. We have surprised many with our results recently and GSV staff have even labelled us the 'quiet achievers'.

A fourth place in both the 2010 Division One Cross Country and Track and Field Championship Carnivals are among a number of sporting highlights. We are proud to form more than three quarters of the participants in the



GSV Surf Lifesaving competition; to enable half the girls in Year 7 and 8 the opportunity to play Netball; and for all our girls to be fair and honest competitors. Strathcona. A small school – going places.

*Monique Henderson, Head of Physical Education*



## Toorak College. *Leadership and enterprise.*

"We've got Spirit.. We've got pride.. We take our victories in our stride... Determination sees us through... Toorak girls, strong and true".

In 2004 the VCE Music class was asked to create a song that reflects sport at Toorak. The Spirit of Toorak is sung at all major school events. The first verse talks about the spirit, pride and determination that is seen in Toorak College sport. The second verse continues: "We're the girls...The 'corps d'esprit' ... We compete with loyalty... We play our sports by the sea, with Honour... Integrity". This is what is unique about sport at Toorak College. Sport for us on the Mornington Peninsula is about stepping into the unknown and exploring what is possible when you 'give your all'.



It is about exploring the responsibility that comes from being a member of a team; it is about the bus journey and getting to know girls across all year levels; it is about showing respect for your opponent, enjoying success, and dealing with loss... all with honour... and integrity. These are the qualities that define our sport and stay with the participants long after the final score has been forgotten.

*Kirsten Thomson, Head of Sport*

## A final word from the GSV Office

My how time flies! It seems like only yesterday that I stepped into the Executive Officer's role and hit the ground running. Thanks to Fiona Preston and the Heads of Sport Planning Committee, the framework for the organisation was well in place.

Nevertheless, it was a frantic time and in those first months I was "a hamster spinning on a wheel"!

I recall with fondness my weekly meetings with the inaugural President, Mrs Christine Briggs. The passion, commitment and unwavering vision of the Principals helped motivate us and reminded us of the importance of creating a successful new sporting landscape. As the years passed we have enjoyed the ongoing support from GSV Principals and Heads of Sport. Faces have come and gone and in our 10th celebration year we have remembered fondly our colleagues who have retired or taken up new opportunities.

I thank those who have contributed to our success over the years, but pay particular tribute to the Principals for their active



involvement. The girls are always appreciative when they receive their medal from a Principal (especially when it is their own!).

I look forward to the next chapter of GSV and its continuing prosperity.

*Meredith Prime, Executive Officer*





# Sports Skills Programs

## AFL

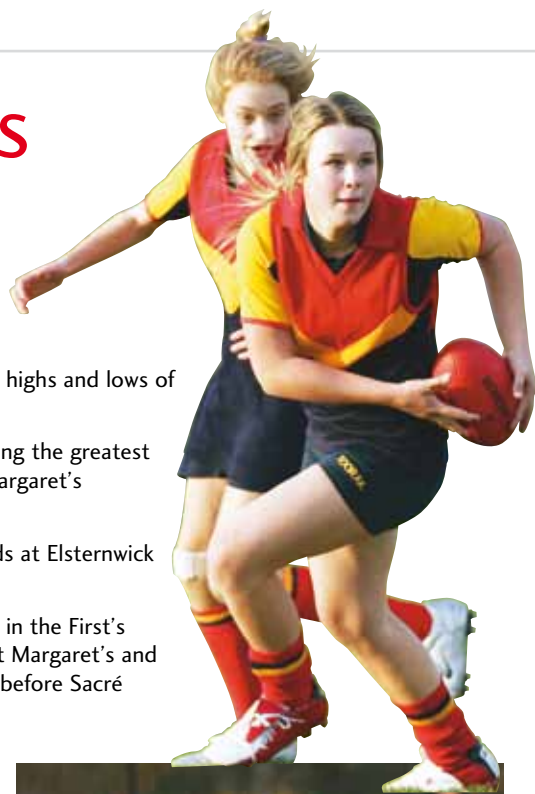
After the successful switch last year to Friday Afternoon Football, the 2010 AFL Sports Skills Program saw 13 schools entering 18 teams to form a home and away 'friendly' competition.

Over the five week home and away season, the girls enjoyed a mix of weather, to experience the highs and lows of the physically demanding game that is Aussie Rules Football.

The competition was divided into three zones, with Star of the Sea, Toorak and Ivanhoe displaying the greatest skills in the experienced zone, and Firbank, Melbourne, Mentone, Ruyton, Sacré Coeur and St Margaret's impressing us with their developing skills and game play in the less experienced zones.

The Grand Final matches were played at the premier VAFA grounds at Elsternwick Park, giving the matches an air of prestige and excitement.

Star of the Sea's A team proved too strong for Toorak College in the First's Grand Final match but the contest was much tighter between St Margaret's and Sacré Coeur. The two teams tussled it out over the four quarters, before Sacré Coeur clinched a four point victory.





# Sports Skills Programs



## Triathlon

2010 was the first year GSV aligned itself with Start To Finish Event Management, enabling GSV girls to compete in the 'Tri-It Women's Triathlon'.

GSV had its own starting wave, with 30 girls entering as individuals and three teams. It was a fantastic opportunity for the girls to compete against their GSV counterparts as well as females outside the GSV schools community.

The event was held on the Sunday of the Labour Day weekend, following "Melbourne's Biggest Storm".

The girls showed great tenacity in what can only be described as atrocious conditions to complete their first Triathlon. GSV was impressed with their humour and stoicism and looks forward to them competing next year, hopefully in more pleasant conditions.





# Year 7 and 8 Sports Expos

GSV celebrates Health and Physical Education Week with a series of Sports Expos which enable the girls to try a range of recreational and competitive sports that they may not have tried before. The Expos help the girls look further afield than the traditional sports and give them more options to consider when choosing a sport.



**“There is no better bond between people than the bond created by sport.”**

*This is an extract from a speech Ruyton's Maddie Cleave-Gerkens gave at the 2010 Sports Captains' Breakfast. We have chosen to publish it because we believe it truly exemplifies the spirit of Girls Sport Victoria:*

Sport has always been a very important part of my school life. Ever since junior school, Athletics and Cross Country have provided me not only with a great way to keep fit, but also many close friends from different year levels who I may not have had the chance to meet otherwise. I remember the great feeling of training alongside the older girls like Kim Crow, who always made me feel welcome and an important part of the group. Now at training I see these younger girls, and the excitement and pride on their faces after they have attempted or even completed a session with the older girls. It is sometimes frightening to think that I am now an older girl, when it seems like only yesterday I was running (what felt like) a marathon 2000m in the under 11 junior school cross-country competition. The feeling of being a valued member of a team is something that as leaders of our schools we can all help to instil in every girl.

It is important for us to recognise the profound effect the example we set can have on the younger girls in each of our schools. Our encouragement and inclusiveness is the best legacy we can leave them. By encouraging girls to become involved in school sport, we are helping to create not only a better school experience for them but also a healthy and positive lifestyle which will extend well beyond their school years.

Sport has been the gateway to some of the best experiences of my life. Athletics and Cross Country have allowed me to compete overseas and to represent my state and even my country, something I will never forget. Not only were these amazing experiences in themselves, but being

able to share them with the friends I had trained and strived with for years, made the result even better. Personally I feel that there is no better bond between people than the bond created by sport.

Feeling that pride after you have seen your fellow team mates push themselves to limits you didn't even know were possible, for themselves but also for you, is something that will hold with me long into the future. By encouraging and inspiring the girls we lead to participate in sport, we can help them to have their own amazing moments, when they see the hard-earned results of all their training and effort.

*Maddie Cleave-Gerkens,  
House Captain*









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 Toorak  
 Lowther Hall Anglican Grammar School  
 Melbourne Girls Grammar  
 Mentone Girls' Grammar School  
 Methodist Ladies' College  
 Our Lady of Mercy College  
 Presbyterian Ladies' College  
 Ruyton Girls' School

Sacré Coeur  
 St Catherine's School  
 St Margaret's School  
 Shelford Girls' Grammar  
 Star of the Sea College  
 Strathcona Baptist Girls  
 Grammar School  
 Toorak College

