

Girls Sport Victoria

VOLUME 13
2013





GIRLS SPORT VICTORIA

GSV Office

86 Anderson Street, South Yarra 3141
Phone: 9862 9260 Fax: 9862 9259

Executive Officer

Ms Meredith Prime

Sports Officers

Mrs Leonie Mawkes
Ms Annie Gibson

GSV Website

www.gsv.vic.edu.au

Contents

- 2-3 President's Report,
Sports Captains' Breakfast,
Elite Athletes Tribute
- 4-5 Term 4 2012
- 6-7 Term 1 2013
- 8-9 Term 2 2013
- 10-11 Term 3 2013
- 12-13 Swimming and Diving
- 14-15 Cross Country
- 16-17 Track and Field
- 18-19 Representative Sport
- 20-21 Additional Programs
- 22-24 Year 7 Sports Expo,
AFL and photos

Acknowledgements

Editor: Dr Ros Otzen

Publication Committee: Mrs Helen Hughes,
Dr Anne Sarros

Publication Project Officer:

Mrs Leonie Mawkes

GSV Logo: Mr Peter Court, Singleton,
Ogilvy and Mather.

Design: Kerri Valkova Graphic Design

Photography: provided by KIDS KLIX and
participating schools.

Copyright: Girls Sport Victoria.

All rights reserved. Except as provided by Australian
copyright law, no part of this publication may
be reproduced in any form without permission in
writing from Girls Sport Victoria.

From the GSV President

Girls Sport Victoria is proud of its founding principles:

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



We hope you enjoy this magazine, which encapsulates the rich sporting opportunities offered by GSV in 2013. There is a GSV sport that is right for everyone, no matter whether a girl is just starting to explore team sports, whether she plays regularly and is building her skills, or whether she is an elite sportswoman seeking high level competition.

The growth of girls' sport in Independent Girls' Schools is phenomenal and GSV is proud to partner with the 23 girls' school members in fostering this growth. This year, approximately 4,500 girls participated in our Major Carnivals and nearly 1,290 teams of girls played Weekly Sport across the year. Growth in teams in Badminton has been close to exponential and shows that it is possible to attract a whole range of girls who weren't previously involved.

We are proud to report the continued success of the GSV Representative Sport Program with our Representative teams in Netball, Hockey and Soccer competing against our NSW and Qld counterparts in Sydney in September. We hope to continue to provide this elite level of competition in coming years. There is no shortage of enthusiasm, as 100,000 Australian girls now play soccer for their school or club on a regular basis.

As incoming President I am pleased to recognise and thank our hardworking staff in the GSV office - Leonie Mawkes and Annie Gibson, and our dedicated Chief Executive Officer, Meredith Prime. I would also like to thank the outgoing President, Dr Susan Stevens, who has guided our Association so capably in recent years. We trust that you all enjoy the sporting highlights of 2013 featured in this issue.

Mrs Christine Jenkins – President, Girls Sport Victoria





Celebrating Our Elite Athletes

In last years' publication we showcased thirteen London Olympians who each attended one of Girls Sport Victoria's 23 schools. Some, like Annabelle Smith and Regan Lamble, were recent graduates and had enjoyed GSV sport during their school years. Others like Mary Hanna and Michelle Timms, had more distant memories of school sport well before the establishment of GSV in 2001. While we recognise these Olympians' achievements, it is also important to celebrate our current cohort of students who are juggling the demands of school life and elite sport. We salute these girls who are already representing Australia in their respective sports and we will enjoy following their sporting careers in the years to come.

Firbank: Emily Shaw, Amanda Bateman and Kimberley Petryshyn (Rowing), Allie Klein and Chenayde Reid (Diving)

Ivanhoe Girls' Grammar: Sian Whittaker (Swimming), Alexandra King (Karate)

Korowa: Jenna Strauch (Swimming)

Lauriston: Sophie Colman (Rowing), Lauren Hurley-Pearson (skiing), Julianne Soo (Golf), Beatrice Goad (Soccer), Katie Blunt (Waterpolo), Alex Eade (Gymnastics)

Loreto Mandeville Hall: Maddy Stockdale (Soccer)

Melbourne Girls Grammar: Olivia Feaver (Aerobic Gymnastics), Olivia Douglas, Phoebe Rennie and Pepita Hosking (Rowing)

Mentone Girls' Grammar: Nat Walkington, Samantha Silvester (Kayaking), Alessandra Campisi (Karate)

MLC: Monique Beckwith, Stephanie Whan and Jemma Schlicht (Swimming), Claudia Zucchelli (Rowing)

OLMC: Alexandra Sharp (Basketball)

Strathcona: Phoebe Sloane (Discus)



2013 Sports Leaders' Breakfast

The 2013 Sports Leaders' Breakfast was a celebration of the Girls Sport Victoria alumnae who represented Australia at the 2012 London Olympic Games. A panel of four Olympians – Annabelle Smith (Diving); Victoria Brown (Waterpolo); Robyn Selby-Smith (Rowing); and Mary Hanna (Equestrian) – shared their respective sporting journeys with more than 150 GSV Sport Leaders and their Directors of Sport.

Hosted by Camberwell Girls Grammar, Camberwell Sport Captains Gemma Fyfe and Kim Adkins directed questions to the four panellists and were treated with humorous anecdotes of school sport, moving memories of the highs and lows of their respective Olympic experiences and frank admissions of the psychological challenges of returning to normal life 'post Olympics'.

Anabelle Smith, who only last year was celebrating her rapid rise into international competition, spoke with raw honesty, describing how a crushed finger in training only three days before the Breakfast, was preventing her from competing in Europe the following week.

Robyn Selby Smith (who is a lawyer as well as an Olympic Rower) gave us an insight into the role she played in successfully fighting for the right for an Australian Women's X111 to compete at the Olympics. Rowing Australia was concerned they were not World standard but they proved their doubters wrong finishing 6th in the Olympic Final.

Victoria Brown recounted her tumultuous Waterpolo career and the need for her to fight her way back into the Australian team. Her story of her team's devastation at losing the Semi Final match and

the way they turned around their disappointment and fought for the Bronze medal win was inspirational.

Mary Hanna also spoke of the many challenges she has faced in her amazingly long career in the sport of Equestrian. And with four Olympics under her belt, she still has her sights set on Rio in 2016.

Questions from the floor were indicative of the desire to know just how these athletes balance the demands of elite sport with study and/or work. The answer was consistent across all four panellists: you need a combination of sacrifice, support from family and friends and a 'hard core' hunger to achieve your goals.

But interestingly, despite these athletes having achieved dizzying heights in their sporting careers, their school sport experiences still bring back vivid memories – like Lauriston alumnus Victoria Brown, who recounted a GSV Track and Field Carnival in which she was filling in for an injured athlete in the 800m event only to discover the imposing Kim Crow next to her on the start line! For her, "those were the days", and all too soon, the same will be said for the 2013 GSV Year 12 cohort.



Weekly Sport

Term 4 2012 Weekly Sport

Basketball

The 2012 Senior Basketball Final fell the day before VCE exams, which made it difficult for schools to field full teams. Despite finishing the home and away season undefeated, Sacré Coeur had to withdraw from the Finals series. However Camberwell, OLMC, St Catherine's and St Margaret's all got their teams to the courts. In the Semi Finals Camberwell were convincing over St Margaret's and St Catherine's won by the narrowest of margins to proceed to the Grand Final.

In the Grand Final, despite only having six players, the Camberwell girls were too strong and won 37 – 12.

In the Intermediate competition, OLMC and Genazzano won their A Grade Semi Final matches and faced off against each other in the Grand Final. Genazzano won the A Grade, but MLC swept up the B, C and D Grade pennants.

The Junior Basketball competition expanded to a five zone competition in the A and B grades which resulted in a record number of teams being selected to contest the Semi Finals. In all, 48 teams from 17 GSV schools converged on the Basketball courts at MSAC and played a series of knock-out matches to determine the ultimate Grand Finalists from A-D grade.

At the conclusion of the five round 'festival', eight exhausted teams emerged victorious and worthy of contesting the Grand Final matches the following week. While Loreto Mandeville Hall's A team were too good for Camberwell, OLMC showed their depth of talent, taking out the B, C and D Grade pennants.

	SENIOR A	INTER A	INTER B	INTER C	INTER D	JUNIOR A	JUNIOR B	JUNIOR C	JUNIOR D
Basketball	Camberwell	Genazzano	MLC	MLC	MLC	Loreto	OLMC	OLMC	OLMC



Cricket

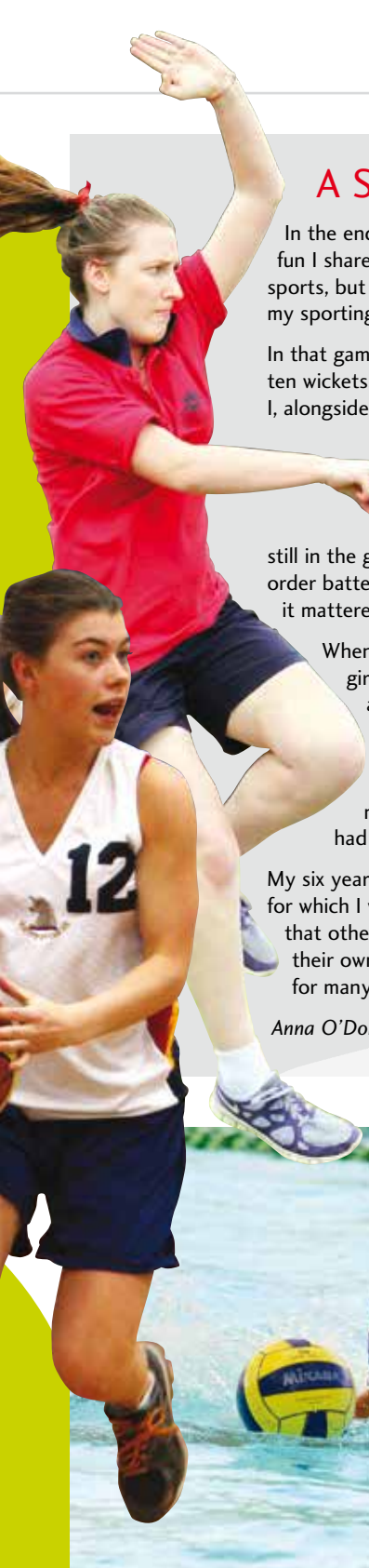
The Senior Cricket Final was a 'cracker' between Star of the Sea and Sacré Coeur.

Star won the toss and sent Sacré Coeur to the crease first. With tight fielding and some excellent catches, Star had the upper hand early, restricting Sacré Coeur to just 41 runs. But Sacré Coeur fought back with some fantastic fielding themselves and made Star work hard for their runs and ultimate victory. With the Umpire commenting that he had witnessed some of the best fielding (from both sides) in his five-year association with GSV Cricket, the match was testament to the coaching and commitment to skill development from both schools.

The Junior Cricket Final was a contest between MLC and Star of the Sea, but this time it was MLC's turn to celebrate, winning the match comfortably.

	SENIOR A	JUNIOR A
Cricket	Star of the Sea	MLC





A Sweet Way to End

In the end, the sum of my GSV experiences came down to my last game of school-girl Cricket. The camaraderie and fun I shared with my peers had kept me playing GSV Cricket for the past six years. I had been involved in many GSV sports, but Cricket was the one that meant the most to me, so when we finally took out the prestigious premiership, my sporting days at Star couldn't have ended on a better note.

In that game, we bowled first and got ourselves into a good position. We held our catches, stopped runs and got the ten wickets. The vibe in the huddles as each wicket fell was electric, but Cricket is a game that can shift so quickly, so I, alongside our Captain Megan, cautioned our team that the game was far from over. We went out to bat as if our opposition had made 200 runs.

We had a couple of handy knocks from our opening batters but as we approached our target, lost a few crucial wickets and were put on the back foot. The Sac girls cheered louder and were looking more confident - they were still in the game. Fortunately for us, our lower order batters dug in and scored the runs when it mattered most.

When we hit that winning run, our girls erupted and we hugged one another as if there was no greater achievement than that. The GSV premiership was ours. In that moment, I couldn't have been more proud of the girls and how we had played.

My six years of GSV Sport was an experience for which I will be eternally grateful. I hope that others have the opportunity to create their own experiences through GSV Sport for many, many years to come.

Anna O'Donnell, Star of the Sea



Junior Waterpolo

The Junior Waterpolo competition continues to grow in depth with an increasing number of schools entering multiple teams. MLC and Loreto fielded three teams and Ivanhoe, Lauriston, Ruyton, Strathcona and Toorak all entered two teams. Congratulations to Loreto, who played their best ever Waterpolo to snatch the A Grade Premiership from long-standing holders, Lauriston. And the upsets didn't end there. Strathcona, playing in just their second season of Waterpolo, took out the B Grade premiership from Loreto.



	A GRADE	B GRADE
Junior Waterpolo	Loreto Mandeville Hall	Strathcona

Weekly Sport

Term 1 2013 Weekly Sport

Softball

The Junior Softball Finals were played in freak weather and the Softball diamonds were exposed to high winds and threatening skies. The Semi Finals were played in full, but lightning interrupted the Grand Final matches. Thankfully, enough of the matches had been played for the results to stand, and Star of the Sea defeated Sacré Coeur in the A Grade and Strathcona were victorious over OLMC in the B Grade.

In the Senior competition, Ivanhoe were too strong for Korowa and in the Intermediate Grand Finals, Korowa defeated Star of the Sea in the A Grade and OLMC beat Firkbank in the B Grade.

Softball Results

	A GRADE	B GRADE
Senior	Ivanhoe	
Intermediate	Korowa	OLMC
Junior	Star of the Sea	Strathcona



Indoor Cricket

Camberwell started the year well winning the Senior Indoor Cricket Premiership. MLC added an Intermediate pennant to their significant collection and Siena picked up their second Indoor Cricket title, winning the Junior Grand Final over Shelford.

Indoor Cricket Results

	SENIOR	INTERMEDIATE	JUNIOR
Indoor Cricket	Camberwell	MLC	Siena1



Ivanhoe Seniors Win GSV Softball Premiership

Having played without loss during the home and away season, the IGGS Senior Softball Team booked themselves a berth in the GSV Finals series. Softball is a popular summer sport at IGGS, and over the last few years a strong, confident, talented group of Year 11 and 12 Softballers has developed. The majority of our 2013 premiership team has been fortunate enough to play in Finals every year. For many of the Year 11 team members, this was their second premiership in two years as they won the Intermediate A premiership in 2012.

The 2013 Finals series was hosted at the immaculate grounds of Waverley Softball Association. The IGGS girls arrived buzzing and excited for the challenges of the Semi Final against Star of the Sea. IGGS managed to win a great match and then played Korowa, the defending champions from the previous year. The combination of a solid pitching performance, great catching behind the plate, a rock-solid field and mercilessly strong batting, brought Ivanhoe Girls' success, with an 18-7 win over Korowa.

2013 has been a great season. Thanks to all our supporters, the PE staff and our coach Mrs Jempson.

Bridgitte Jessop, Vice Captain of Sport, Ivanhoe Girls' Grammar



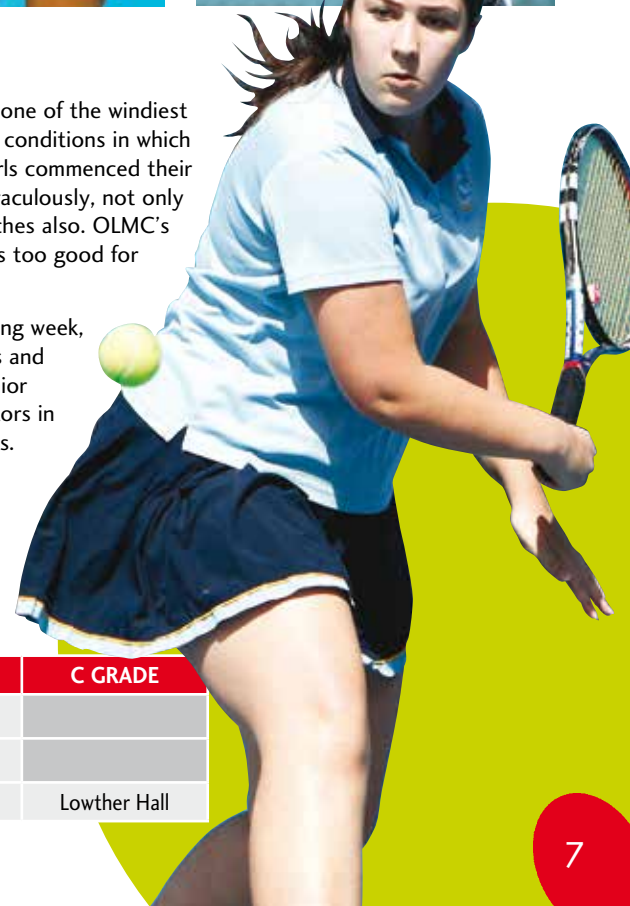
Tennis

After a long run of superb weather, the Junior Tennis Finals were played on one of the windiest days of the year, with gusts well over 100km an hour – not the easiest of conditions in which to play Tennis! With storm clouds swirling around Melbourne Park, the girls commenced their matches with very little optimism that they would complete them. But miraculously, not only were the Semi Finals played out in dry conditions, but the Grand Final matches also. OLMC's A and B Grade teams were victorious, and Lowther Hall's C Grade team was too good for Star of the Sea.

By the time the Intermediate and Senior Finals were held the following week, the weather had returned to its magnificent best. St Catherine's and Toorak were respective winners in the A and B Grade Senior Grand Finals and Korowa and Lowther Hall victors in their Intermediate A and B Grade matches.

Tennis Results

	A GRADE	B GRADE	C GRADE
Senior	St Catherine's	Toorak	
Intermediate	Korowa	Lowther Hall	
Junior	OLMC	OLMC	Lowther Hall



Weekly Sport

Term 2 2013 Weekly Sport

Netball

Just when you think the number of girls playing GSV Netball has reached saturation point, a few more come out of the woodwork. 2013 saw yet another increase in the number of teams entered, with the greatest increase coming in the Junior competition. Nearly 3,500 girls across 23 schools played GSV Netball this year.

Unfortunately the season was compromised by a number of wash outs, especially for the Junior competition. For the first time in GSV history, the Junior Netball Grand Final matches had to be postponed due to a leaking roof at the Waverley Indoor Netball courts. Rained out, inside? No way! Once finally played, OLMC's A and B grade teams were victors in hard fought matches against Shelford and Firbank, respectively. Star of the Sea picked up three pennants and MLC won two.

The Intermediate A Grade Grand Final was a cracker between favourites Genazzano and underdogs, Sacré Coeur. The entire first quarter was played on centre passes, before Genazzano stole a three point margin during the second quarter. But Sacré Coeur were not giving up without a fight and the match remained tight until the final quarter, before the Genazzano girls put 'pedal to the metal' and tore away with a 15 point win.

The Senior A Grade match was won by Star of the Sea, who continue to qualify the greatest number of Netball teams in Finals across the age groups and ultimately won nine of the 18 premierships.

	A GRADE	B GRADE	C GRADE	D GRADE	E GRADE	F GRADE	G GRADE	H GRADE
Senior	Star of the Sea	Sacré Coeur	MLC	Star of the Sea				
Intermediate	Genazzano	Star of the Sea	Siena	Star of the Sea	Star of the Sea	Star of the Sea		
Junior	OLMC1	OLMC2	Star of the Sea4	MLC5	Star of the Sea7	Star of the Sea9	OLMC6	MLC9



Waterpolo

It is pleasing to see the ongoing development of Waterpolo among our schools, although pool availability remains a challenge. In the A grade competition, there were some fantastic match ups against improving sides which made for an interesting ladder come the conclusion of the home and away season. Lauriston made sure they regained their A grade pennant winning their Semi Final and Final comfortably.

The B grade competition was also vibrant, with Strathcona prevailing over Lauriston in just their second year in the sport.

Waterpolo Results

	A GRADE	B GRADE
Senior	Lauriston	Strathcona



Netball Thrives at Genazzano

Netball at Genazzano continues to be a very popular sport with more girls signing up for GSV Netball every year. We are also fortunate to have a number of talented players and have enjoyed success, winning pennants every year since 2005.

The core of the 2013 GSV Intermediate A Netball team have lead the way, winning their GSV premiership matches for the past three years.

This team was also successful at the 2012 Netball Victoria School Championships, finishing second behind the exceptional Maribyrnong College's Sports Academy team.

The 2013 GSV Intermediate Netball A Grade Grand Final between Genazzano and Sacré Coeur was hotly contested with both teams displaying outstanding skills on the court.

The eventual result of 45 – 30 did not reflect the intensity of the match, with the score either on, or close, to centre passes for much of the match. Genazzano only pushed out the score-line towards the end of the match.

We look forward to watching these girls continue to develop their Netball talents and hope that they keep playing in the sport beyond their school years.

Sandra Kennerley, Head of Netball, Genazzano FCJ College



Hockey

MLC has always been a force to be reckoned with on the Hockey pitch. Last year they won all bar one of the premiership pennants on offer, but this year went one better and clean-swept the Grand Final matches, winning the Senior A, Intermediate A and B and Junior A and B Titles.

They had to work hard for their wins though, fending off Strathcona in the Senior A. Strathcona had contested the Semi Finals last year and were proud participants in the Grand Final match. The Intermediate Grand Finals were played against Star of the Sea and Mentone who are both newcomers to Hockey Finals. The Junior A Grade was played against Hockey specialists, Melbourne, but the B Grade match was contested by Shelford who were playing their first ever Hockey Final. In that match, MLC scored two goals in quick succession, before the nervous Shelford team could settle. But then Shelford rallied and the score was 3-2 at half time. Both teams scored twice more in the second half, but MLC emerged victorious, winning 5-4.

Hockey Results

	A GRADE	B GRADE
Senior	MLC	
Intermediate	MLC	MLC
Junior	MLC	MLC



Weekly Sport

Term 3 2013 Weekly Sport



Soccer

The home and away season of Soccer is a rich competition, showcasing the talents of over 1,000 girls across our 23 schools. Qualifying for the Finals of GSV Soccer is no easy feat, and teams have to be on top of their game. In an exciting last round of competition, a number of high calibre teams played each other, with the outcome of that match determining the Finalists. In the Junior A Grade competition, for example, Star of the Sea and Firbank were both undefeated, drew their round five match but Star of the Sea progressed based on goal difference. Star went on to win the premiership but not before challenging matches against Genazzano in the Semi Final and Star of the Sea and OLMC in the Grand Finals. Star also came home with the B and C Grade titles.

Firbank may have been disappointed to so narrowly miss a Finals berth in the Junior competition, but their Intermediates made up for it, winning both the A and B Grade premierships. The Senior pennant went to Siena, their second Soccer pennant since joining GSV in 2011.



	SENIOR A	SENIOR B	INTER A	INTER B	JUNIOR A	JUNIOR B	JUNIOR C
Badminton	Toorak	Toorak	PLC	PLC	PLC	Camberwell	
Soccer	Siena		Firbank	Firbank	Star of the Sea	Star of the Sea	Star of the Sea
Volleyball	MLC	Star of the Sea	OLMC	Siena	OLMC	OLMC	

Badminton

Toorak College has a proud history in Badminton and it was fitting that their Senior A and B Grade teams completed their school sport years with premiership wins. PLC's Intermediate and Junior Badminton players enjoyed great success, defeating Camberwell in the Intermediate A Grade Final and tying with Firbank on matches and games in the Intermediate B Grade Final but stealing the win on points. Their Junior A grade team also defeated MLC in a tense match. And in the B Grade competition, Camberwell finally got a well-deserved win, having missed out on a Junior Final last year on points alone. The B Grade win is their first Badminton premiership. Well done, girls!



Toorak College Lives and Breathes Badminton

Toorak College was one of thirteen schools who entered teams in the first GSV Badminton competition in 2001. At that time the idea was to provide an opportunity for our Tennis players to compete again as part of the Term Three sports program. But it quickly became evident that the two sports, whilst similar on many levels, required a completely different approach for success.

Over time, Badminton at Toorak College has taken on an identity that extends beyond a single Term program. We have a Boarding House where many of the students come from schools in China, Thailand and Malaysia. Some of those students played Badminton at their previous schools and others did not. Badminton has become a sport where the 'day girls' work alongside our International students in House and Tute competitions.

It is a sport where our Boarders train and compete against players from other local schools as well as take on leadership roles training and mentoring junior teams. It is a sport where Toorak College girls have achieved success but also play for the pure enjoyment of the contest.

A large part of the successful evolution of the sport is the time and energy given to the players by our coaches, Ru-wen and Greg Clarnette. Their passion for the sport has become contagious in our school and has contributed hugely to the success we have achieved in recent years.

Since those first matches in 2001, the sport of Badminton has grown considerably and now almost all GSV schools enter the Badminton competition. The calibre of the competition at Finals is testament to the dedication of the Badminton coaches across the board. We are proud to have contributed to the promotion of Badminton and look forward to many more great contests in the future.

Kirsten Thomson, Head of Sport, Toorak College



Volleyball

Girls Sport Victoria was delighted to see a spike in the number of team entries into the Volleyball competition this year. It is a fantastic sport, demanding constant communication between players and strong teamwork.

Eleven schools qualified for Finals, demonstrating that the talent is well-spread. MLC's Seniors played two excellent matches to win their premiership but the Intermediate and Junior Finals were all hotly contested, with almost every Semi Final and Final match played to four sets. The Intermediate A Grade Grand Final between Star of the Sea and Siena got to within two points of becoming a five setter, before Star of the Sea snuck away with the fourth set and a win. Star were also triumphant in the Junior A Grade Final but OLMC fielded strong B Grade teams and won both the Intermediate and Junior B Grade Finals.

Congratulations to Lauriston and Siena who must be working hard on their Volleyball programs, qualifying for Finals in the Junior, Intermediate and Senior ranks.



Carnivals

Diving and Swimming

Diving

Diving is a specialised and intimate sport and Girls Sport Victoria is privileged to have most of the State's best young Divers in our competition. Firbank and MLC have the lion's share of our elite Divers and they put on a magnificent show. Firbank retained the Overall Division One Championship with MLC a comfortable second. Congratulations to Lauriston's Senior Divers who captured the Senior Age Group Trophy. The other schools in Division One were Loreto Mandeville Hall, Star of the Sea, Shelford, Sacré Coeur and Melbourne.

Congratulations to PLC's Divers, who, having last year won the Division Three Championship, leap frogged seven schools to claim the 2013 Division Two Championship! Mentone Girls' Grammar were clear winners of Division Three.

The Finals Evening showcased the best of the best and it was spectacular to watch some of these girls Dive. Korowa's Anna Tsoukalas, with a suite of four Dives, all with high degrees of difficulty, scored an impressive 249.45 points to win the Intermediate competition from Star of the Sea's equally talented Bridget Lord-Henry and Firbank's Chenayde Reid.

Diving Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Firbank	PLC	Mentone
2nd Place	MLC	St Catherine's	St Margaret's
3rd Place	Loreto Mandeville Hall	Toorak	Ivanhoe

Swimming Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	MLC	Melbourne	Shelford
2nd Place	Ruyton	Lauriston	Siena
3rd Place	Firbank	Loreto Mandeville Hall	Mentone



MLC's Lucky 13th Win

The MLC Swimming team continued their tradition of success by winning the GSV Division One Championship Carnival for the 13th year in a row. Although this continued success creates pressure for the students, it also drives them to work harder to ensure that the tradition continues. There is real competition for places in the team, which means that the students feel a sense of achievement to be selected. However, we endeavour to include as many students as possible to spread the workload and to maximise participation in the sport.

The senior students take an active role in mentoring the younger students to help them feel part of the team and to understand how the GSV swimming season works. This is particularly important for the Year 7's, who are often new to the school and unsure

of whether they should try out for the team. In January 2012, the team travelled to Queensland for a training camp to prepare for the GSV season, and we are currently organising this again for 2014.

Garry Shipp, Head of Sport, MLC



Swimming

When the sun is shining, the MSAC outdoor swimming pool is a flawless venue. We have been less lucky with the weather in past years, but in 2013, Summer lingered and we had a magnificent run of warm March days in which to enjoy the GSV Swimming season.

MLC were as dominant as ever, blowing the competition out of the water by a record 138 points! They were helped along by a very strong squad of Senior Swimmers and rightly collected the Senior Age Group Trophy.

While MLC swam away with the Championship, the real tussle was for 2nd and 3rd. Firbank picked up the Intermediate Age Group Trophy but it was Ruyton, achieving their best Swimming result ever, who won the Junior Trophy and were second overall. The other Division One schools were Korowa, Star of the Sea, PLC, Strathcona and St Catherine's.

Congratulations to Melbourne Girls Grammar, for winning their Division Two Championship and Shelford, for winning Division Three.

On the night of the Finals Evening, the pool was particularly quick, with an unprecedented 17 records broken! MLC made it clear why they are a cut above, with ten of those records broken by MLC swimmers. Congratulations to Jemma Schlicht who broke three individual records and Stephanie Wan who broke two. Korowa were also celebrating with two relay records and one individual (Meg Parry).



Carnivals: Cross Country

The Cross Country season is traditionally synonymous with frosty mornings and wet socks but with Melbourne treated to an 'Indian Summer' during the month of May schools would have found it easier than previous years to entice girls to training.

And with the recent introduction of unrestricted fields at the Preliminary Carnivals and a 'B' race at the Championship Carnival, there was good reason for as many girls as possible to get 'race fit'.

GSV was impressed that schools embraced the opportunity to maximise participation: nearly 1,200 girls ran at the Preliminary Carnivals and almost as many again competed at the Championship Carnival.

The three Preliminary Carnivals are held back-to-back over one day at Yarra Bend Park, resulting in a steady stream of competitors, officials and spectators coming and going.

The results of the Preliminary Carnivals determine which schools contest the Division One, Two and Three Championships.

The Championship Carnival is the GSV office's favourite day on the calendar – the only time we see all 23 schools on the one start line.

Melbourne's Indian Summer lingered long enough for both days of racing to be bathed in sunshine, but only enough for the buses to return to school – by nightfall the winter rain had arrived with a vengeance!

Cross Country Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Ruyton	Ivanhoe	Lowther Hall
2nd Place	Sacré Coeur	OLMC	Mentone
3rd Place	MLC	Firbank	Shelford





Sacré Coeur Exceed Expectation

Sacré Coeur won three consecutive GSV Division Two Cross Country titles from 2010 to 2012. After each victory our athletes rejoiced in what they had achieved. But following our third year of winning Division Two, we certainly had our eyes on a spot in the top tier of the competition – Division One.

By the time the 2013 Cross Country season came along, the make-up of our team was very different from previous years. Our steadfast 'Division One or Bust' edict was ostensibly borne out of striving for improvement. In order to achieve this, we structured our program to have a healthy mix of aerobic and anaerobic work. We regularly incorporated hill training, interval training and tempo runs in order to provide variety for our athletes.

Rain, hail or shine our training sessions and competition dates were always well attended. We averaged over 50 runners throughout these sessions which is testament to the squad's commitment, camaraderie and enthusiasm. A major reason for this was the leadership our Senior girls displayed, particularly the manner in which they led from the front of the 'pack' for all our training sessions.

A second place finish in our Preliminary Carnival at Yarra Bend saw us finally achieve our goal of qualifying for the Division One Carnival. We were absolutely rapt. Sacré Coeur only had a handful of top ten finishers at the GSV Championship at Bundoora Park. Our school's strength is the depth of our runners across each of the age groups, their spirit and their preparedness to always give their best. We had to wait a few days before the Overall results were announced but the wait was well worth it. Second in Division One! To say that this result exceeded our own expectations truly is an understatement. Our pride in what our girls have achieved is palpable.

Andrew Scott, Cross Country Coach and Walter Tedde, Director of Sport, Sacré Coeur



Results

There is no doubt that Ruyton has the stranglehold on the Division One Championship trophy, winning overall by the largest margin in many years. However, the age group spoils were shared around with Ruyton winning the Junior age group, MLC the Intermediate and Melbourne the Senior.

Congratulations to Sacré Coeur, who were so consistently good across all three age groups, they achieved second place overall. This is a particularly impressive result considering it was their first year competing in Division One. The other Division One schools were Loreto Mandeville Hall, Genazzano, Star of the Sea and Lauriston.

In Division Two, Ivanhoe were overall winners, but it was Korowa, OLMC and Toorak that secured the Junior, Intermediate and Senior age group trophies, respectively. OLMC were second in Division Two, a big improvement from their Division Three win last year.

Congratulations to Lowther Hall who won the Division Three Cross Country Carnival - their first ever GSV Championship title! The team should be very proud of their efforts, and we are sure the historic win will have injected a burst of energy and competitiveness into the squad. Lowther Hall also won the Junior and Senior age group trophies, with Shelford picking up the Intermediate title.



Carnivals: Track and Field

Conducting our Track and Field season in Term Three is historic as well as logistically practical – even prior to the establishment of Girls Sport Victoria, Independent Girls' Schools ran their athletics events at this time of year. Venue availability is a factor that must be taken into consideration, and girls who have been training for Cross Country bring that fitness to the Track and Field season. While the wild winter weather of Melbourne can prove challenging, this year we were fortunate that a burst of early Spring conditions saw Lakeside Stadium mostly bathed in sunshine for the GSV Carnivals.

The calibre of athletes has been steadily improving in recent years and GSV was particularly impressed with the 2013 competition. Schools have been working hard to develop their Athletics squads and it showed in the results, with more schools than usual vying for age group trophies and overall points across all three Divisions.



Championship Results

Division One: Qualifying for the Division One Track and Field Championship is an honour for any school, but is also testament to their strength and depth in athletics. Firbank, Genazzano, Loreto Mandeville Hall, Melbourne, MLC, Ruyton and Strathcona all earned the privilege and their athletes did not disappoint, putting on an impressive display across both Track and Field events. The distribution of points was closer than it has been in many years and at the end of the Carnival the age group trophies were split three ways: Ruyton winning the Juniors, Loreto Mandeville Hall the Intermediates and Genazzano the Seniors. But credit to Ruyton, who are rock solid across all age groups - they took out the Division One Championship for the third year in a row.

Division Two: The Division Two Championship also had strong competition between a number of schools. Sacré Coeur had their best Track and Field result ever, winning the overall Division Two Championship. Similarly to Division One, the Division two age group trophies were shared between three schools: Siena won the Junior trophy; PLC won the Intermediate; and Sacré Coeur the Senior.

Division Three: In Division Three, Mentone Girls' Grammar won the Junior age group title, but Toorak came away with the Intermediate and Senior titles, as well as the Overall Championship.

Track & Field Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Ruyton	Sacré Coeur	Toorak
2nd Place	Loreto Mandeville Hall	St Margaret's	Mentone
3rd Place	Melbourne	OLMC	Camberwell



Ruyton claims its 4th Division One Track & Field Championship in 5 years

The GSV Division One Championship loomed as a close fought battle between the Preliminary Championship winners (Melbourne Girls Grammar, Loreto Mandeville Hall and Ruyton) and the five other highly credentialed qualifiers (Star of the Sea, MLC, Genazzano, Firbank and Strathcona).

By midway through the program of events, the Championship looked to be a challenge between the multi-event power of Melbourne and the sprinting prowess of Loreto. It was clear that the Ruyton squad had its work cut out for it. But through a concerted effort to do their best, especially in the field events, we clawed our way back to third place.

An inspired performance by Ruyton's middle distance runners gave the team genuine momentum as the program reached its climax. But with 12 relay events remaining in the competition, the Championship trophy was still anyone's to win.

Drawing upon Ruyton's well-known tenacity in the closing stages of any competition, we decided in the relay warm up that the team would be bold and aggressive. Ruyton had a thirst for the contest and chose to make things happen. Rather than gazing at the winners' trophy, the team were aware that this trophy needed to be earned. In a sparkling display of unrelenting enthusiasm, aggression and effort, the team powered ahead to secure a memorable 43-point win.

The Division One victory marks Ruyton's fourth Track & Field title in five years. The 82 Ruyton team members are to be congratulated for their composure, their unwavering support for each other and their sustained performance across the 336 events over the two GSV Carnivals.

Stephen Ellinghaus, Head Coach, Ruyton



Finals Evening

The GSV Finals Evening is a chance for the best of the best athletes to compete against each other, regardless of which Division their school may have competed in at Championships. It was pleasing to see that every GSV school had athletes compete at the Finals Evening and 22 schools won medals. Congratulations to Loreto Mandeville Hall whose athletes won the greatest number of medals on the night.



Records

Thirty GSV records were broken across the 2013 Track and Field season, including three broken at the Division One Championships and again by the same competitor at Finals Evening. Congratulations to Loreto's Sienna Fighera who re-broke her own 200m record, and to Ruyton's Laura and Courtney Powell, who did the same in their respective 1500m races. Ruyton's Sarah Billings broke both the Year 10 200m and 400m records at her Championship Carnival.



GSV Representative Sport

Since the first Representative Netball match was played between GSV and the Queensland School Sport team in 2007, the GSV Rep sport program has been growing in maturity. Recently, the program expanded to include Cross Country, Hockey and Soccer, with competition against other Victorian school sports association teams.

But in 2013, after many months of collaborative planning, Girls Sport Victoria joined with New South Wales independent school sports associations, IGSSA, and ISA and Queensland independent school sports association, QGSSSA, to develop the inaugural Tri-State Challenge Tournament.

Held on the first weekend of the Term Three school holidays at the magnificent Pymble Ladies' College in Sydney, the Tournament consisted of round robin matches between the four associations in Netball, Hockey and Soccer on the Saturday and Grand Final matches on the Sunday. The inaugural Tournament was a huge success – not only was it an excellent display of school sport at the highest level but the camaraderie and sportsmanship between teams was heartening for all involved.

From Girls Sport Victoria's perspective, the Tri-State Challenge has taken the Rep program to another level. The GSV teams who travelled to NSW were brimming with talent and didn't disappoint – all three sides contested their respective Grand Final. And it was hard to know who was more proud – the girls who, wearing the red, white and charcoal of Girls Sport Victoria, played exceptionally well and achieved some impressive results – or the GSV staff, coaches and supportive parents who cheered them on from the sidelines.

Cross Country

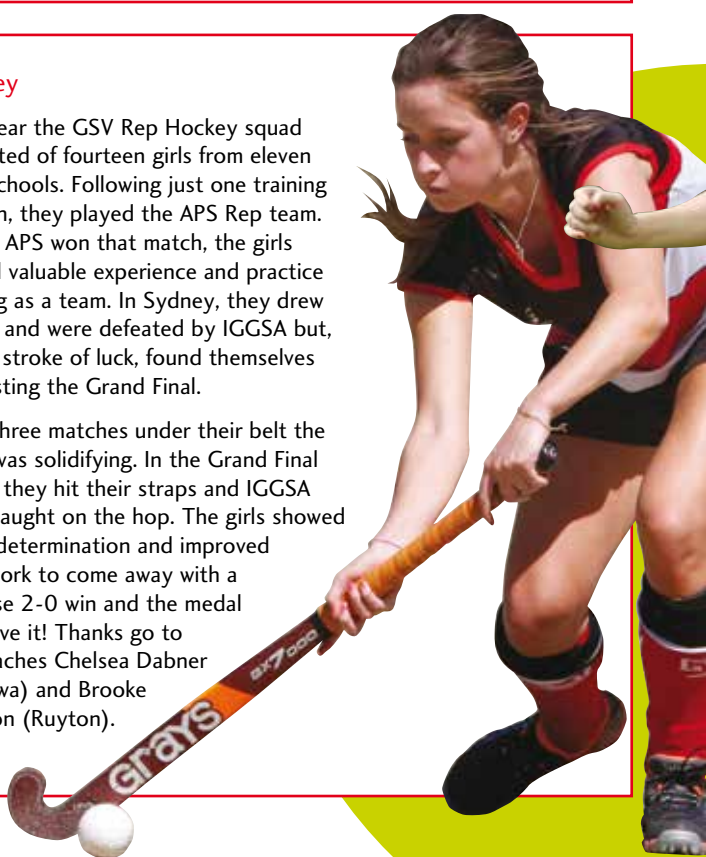
Cross Country was not included in the Interstate Tournament but GSV still fielded a squad of eight girls who raced against the APS and AGS teams at Bulleen Park in August. The calibre of GSV's Cross Country competitors was more than evident, with six of our girls finishing in the top ten! Congratulations to Ruyton's Natalie Rule who, as the first GSV runner across the line, was second overall. Ellie Jackson from Toorak College finished third. GSV thanks Kate Walker and Sophie Perry (Ruyton alumni) who managed the squad on the day.



Hockey

This year the GSV Rep Hockey squad consisted of fourteen girls from eleven GSV schools. Following just one training session, they played the APS Rep team. Whilst APS won that match, the girls gained valuable experience and practice playing as a team. In Sydney, they drew to ISA and were defeated by IGGSA but, with a stroke of luck, found themselves contesting the Grand Final.

With three matches under their belt the team was solidifying. In the Grand Final match they hit their straps and IGGSA were caught on the hop. The girls showed great determination and improved teamwork to come away with a surprise 2-0 win and the medal to prove it! Thanks go to co-coaches Chelsea Dabner (Korowa) and Brooke Johnson (Ruyton).



Netball

2013 was the seventh year GSV has selected a Rep Netball team. Having initially picked a talented team of eleven, it was disappointing to lose two squad members to injury. But not to be deterred, they played their first match in Melbourne against the Queensland School Sport team.

The two sides have had some terrific match ups over the seven years and GSV looked to have the upper hand for most of this match, until Queensland came from behind to win 56-50.

In the Tri-State Tournament in Sydney, the girls played three round robin matches on the Saturday. Their toughest match was their first against IGSSA, but played well and snatched a 41-39 win. They then went on to comfortably defeat QGSSSA and ISA before winning the Grand Final on the Sunday 40-31 against IGSSA.

Thanks to Lauren Darvell (Star of the Sea) for coaching the team.



Soccer

The GSV Soccer team had a great camaraderie from the beginning - and the talent to match. Throughout their Rep matches they displayed terrific skill and physicality. But they had a bit of trouble converting their winning potential to actual wins and drew all their matches in regular time. The first was in Melbourne against SEDA's 'Talented Player' Squad in which both teams scored twice. Then at the Tri State Challenge in Sydney they drew IGSSA 2-2 and, in what was becoming a habit, also drew ISA 2-2. But it was enough to hand them a berth in the Grand Final. The score was 2 all at full time (of course it was!) but their luck finally ran out when IGSSA scored in the dying minutes of extra time to take the match.

GSV thanks co-coaches Chiara Romano (Genazzano) and Mark Smith (Siena).



Additional Programs

Basketball Tournament

The Senior Basketball Tournament is held in the last week of Term Two and the first week of Term Three and is often the last opportunity for Year 12 girls to participate in GSV sport before they graduate.

Sixteen A Grade and seven B Grade teams arrived at either MSAC or the Dandenong Basketball Stadium for the round robin series on what would have to have been the coldest day of the year. Neither stadium saw the temperature rise much above 4°C which made spectating far from pleasant and gave new meaning to the term bench warming! Luckily the action on court was red hot. The stand-out performers justifiably qualified for a place in the Finals. Siena, MLC, Genazzano and OLMC all progressed in the A Grade and Siena and Lauriston were clearly the strongest teams in the B Grade competition.

The A Grade Finals were played in the first week of Term Three and after two tight matches in the first round, the scores in the second round opened up and the team from Siena were deserved victors. It was a comprehensive campaign for Basketball-strong Siena who had already won a nail-biter against Lauriston in the B Grade Final.



Fencing Skills Program

While some sport skills programs come and go, the Fencing program has prevailed and is now in its ninth year. This year twenty five girls from five schools participated in the five week program at the State Fencing Centre. Learning the art of Epee-style Fencing was a novel experience for the girls who also enjoyed discovering the skill and strategy required for this technical sport. The highlight came in the final class where the girls were wired up to an electric scoring system for a 'friendly' competition.



Track Cycling Skills Program

While almost all of us learn to ride a bike before we even begin school, very few take cycling any further than as a recreational activity. But the GSV Track Cycling program helps girls take their cycling skills to new heights. Literally. The steep bank of the track is intimidating at first, but by the end of the five week program, the girls have conquered their fear and are ready to race. We hope the program leads to more girls entering the thrilling sport of Track Cycling.





Diving Skills Program

Diving is the longest running skills program in GSV history, having run since GSV's inception in 2001. The program, held in Term Four, gives girls in Years 7-9 the opportunity to explore the sport, with a view to joining their school Diving team the following year. The program has been successful in assisting schools develop their Diving squads, especially those schools who do not have many (or any) girls who Dive outside school sport.



Triathlon Event

Triathlon is arguably our fastest growing sport with the number of girls registering to compete doubling each year for the last four years since GSV first teamed up with the XO Size Tri Series. This year 19 of our 23 schools, 62 individuals and 71 teams participated. Congratulations to the winners of the Junior, Intermediate and Senior Mini races, Laura Powell (Ruyton), Matilda Vidler (Sacré Coeur) and Sophie Weston (St Margaret's). The Intermediate Sprint was won by Grace Lightfoot (St Catherine's) and in the Senior Sprint event Alex Pattison (Melbourne) won for the second year in a row. The team Mini was won by Toorak's Vanessa Bradbury, Maggie Dick and Saasha Whitworth. The team Sprint was taken out by Ruyton's Phoebe Dammersmith, Zoe Hutton and Courtney Powell.



Golf Event

The Golf event is the only event on the GSV calendar in which former students can participate. The event returned to the prestigious Metropolitan Golf Club and attracted 20 current students and nine former students.

Emer Sparkes (Mentone) won the trophy for current students without a handicap and the talented Charley Lupson (Lauriston) won the handicapped competition.

In the former student categories, Emily Soon (PLC), who has previously competed in the student category, won the un-handicapped competition and the perennial Wendy Miller (Korowa) won the trophy for former students with a handicap.

GSV would love to see more former students taking advantage of this opportunity.



Year 7 Expo

The Year 7 Expo coincides with Health and Physical Education Week and provides the opportunity for girls to enjoy a variety of different sports – many of which they may never have tried before. Held over three days at the impressive Monash University Sports Centre, sports development officers from up to 20 sports such as Lacrosse, Fencing, Cheerleading and Ultimate Frisbee hope to entice girls to take up their respective sport. This year, inclement weather disrupted some outdoor sessions, but the trainers from various sports showed sacrifice and teamwork to combine for indoor skills sessions. Arguably the most successful (and definitely the most entertaining) was Wheelchair Frisbee!



AFL

Friday night Football. The girls just love it. And the wetter the better - it is the perfect excuse for them to get a bit physical and a lot muddy. Now in its fourth year as a home and away competition, the skill level is at an all-time high, so too the prestige of making the A Grade Grand Final.

For the second year in a row, MLC and Sacré Coeur finished the season undefeated and got to work on their Finals banners. Sacré Coeur were, without doubt, winners of the 'unofficial' banner competition, but it was all MLC on the ground – the reigning premiers were a force to be reckoned with. The win gave them a berth in the Herald Sun Senior Girls Shield held in Ballarat in July and they did our association proud. In a tough Grand Final against Ballarat College, they came from behind in the dying minutes of the game to score a goal, a four-point victory and the Division Two Championship. The win puts GSV into Division One of the Herald Sun Shield in 2014.

In the GSV Senior B grade competition, Lauriston finished the home and away season undefeated. And for the first time we were able to build a Junior (year 7-8) AFL fixture. Ivanhoe, Mentone, Siena and Star of the Sea fielded teams with Mentone finishing the season on top of the ladder. GSV looks forward to the growth of the Junior competition.





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

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

Ruyton Girls' School
 Sacré Cœur
 St Catherine's School
 St Margaret's School
 Shelford Girls' Grammar

Siena College
 Star of the Sea College
 Strathcona Baptist
 Girls Grammar School
 Toorak College

