Girls Sport Victoria

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GIRLS SPORT VICTORIA

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From the GSV President

2011 has been another wonderful year for Girls' Sport Victoria. Once again we are proud to report record levels of participation in an even broader range of sports, workshops, clinics and recreational activities. The growth in the numbers of girls actively engaged in sport at every level is by far our greatest achievement as an association. Indeed, this is our primary aim.

This year we were delighted to welcome Siena College to the Association, and we concurrently pay tribute to Kilvington Grammar, who leave GSV after more than ten years. In every way the strength of GSV is the strength of our member schools, and our cooperation and shared mission in working to provide the best of opportunities, skill development and competition within the network of schools is something of which we remain proud.

The management and administration of the multitude of programs offered by GSV is outstanding. I take this opportunity to recognise the efforts and work of the GSV staff, and to thank them for the work that they do each day, both seen and unseen! Our students, staff, Directors of Sport and Principals are indeed well served by the GSV Office, Ms Meredith Prime, Mrs Leonie, Mawkes and Ms Annie Gibson.

As you peruse the pages of this vibrant and interesting GSV publication 2011, I invite you to recall and review with us, and with pride, the year just passed. The achievements of our students, both individually and as teams and groups, are worthy of celebration.

Dr Susan Stevens - President, Girls Sport Victoria

2011 Sports Captains' Breakfast

Thank you to Principal, Mrs Reddan, Head of Sport, Ms Massey, Sports Captain Lara Zalmstra and the team at Mentone Girls' Grammar for hosting a most wonderful Sports Captains' Breakfast in February this year.

The Breakfast continues to grow in popularity and this year almost 150 guests enjoyed a sumptuous breakfast, followed by a string of entertaining guest speakers. First up was the inaugural Sports Captains from Siena, Nicole Clark and Claire Angus who conveyed their schools' excitement at joining GSV.

Annabelle Smith and Melissa Barbieri were our key note speakers, both with different tales to tell, but each inspiring in her own way. Finally, Mentone Girls' Grammar School Captain Catherine Gilford closed the Breakfast with a side-splitting account of what sport meant for her.

Annabelle Smith Inspires

Annabelle Smith's journey to World Class Diving is not nearly as long as Melissa's has been with Football, but is just as inspiring.

It was Annabelle's second stint speaking at a GSV Sports Captains' Breakfast, having been interviewed in 2009 while still at Sacré Coeur about the challenges of combining her final years of school with an international sporting career.

Since then Annabelle has moved to the AIS in Queensland, won a Bronze medal in the Synchronised Springboard at the Beijing Olympics and, more recently, another Synchronised Springboard Bronze medal at the 2011 World Cup.

So far, Annabelle's rise has been textbook and gives hope to other GSV athletes on the brink of national or international success. We loved hearing about her experiences in the Beijing Athletes' Village and were also proud to hear her remember GSV sport so fondly.

But, as a young, emerging star, this guest speaker was wise enough also to be a listener and Annabelle took away a clear message from Melissa Barbieri's speech – don't expect the ride to be smooth the whole way and don't give up!

Don't Let Success Go to Your Head, or Failure Go to Your Heart

Matildas Goal Keeper and Captain Melissa Barbieri led her team to the quarter finals of the FIFA Women's World Cup earlier this year, but it has not been an easy ride for this inspiring sportswoman.

At the 2011 GSV Sports Captains' Breakfast, Melissa recounted her rocky road to the top and her message of 'never give up' was profound.

She started playing Football with her brothers at eight but was ultimately turned away by the boys' league. By 14 her passion for Football led her back to the sport and, joining a female league, she quickly asserted herself on the competition.

At just 17, Barbieri was selected to train with the Matildas, but after enjoying the jubilation of 'making it', was soon to face every sportsperson's nightmare - a debilitating back injury. But Melissa was not giving up that easily; she switched from mid-field to goals and fought her way back into the Matilda's squad.

By 2002 Melissa had secured her spot as the Matildas Goal Keeper and her career was back on track. But, in 2004, having made the Australian team for the Athens Olympic Games, her dream was shattered.

Inexplicably sidelined by the selectors; she watched from the bench.

Melissa was devastated and could have lowered her personal goals. But she didn't. She worked hard to regain her spot and by 2006 had helped the Matildas to the Grand Final of the AFC Women's Asia Cup.

But 'Lady Unluck' hadn't finished with her yet and at her second chance to represent Australia at an Olympic Games, Melissa was forced to watch from home, this time through injury. At 28, she would have been forgiven for considering retirement. But Melissa Barbieri didn't give up. She recovered from her injury, rejoined the team and at 30 was named the Captain of her beloved team.

In 2010 she led her side to its first AFC Asia Cup win and in 2011 made the quarter finals of the Women's World Cup. The 2012 Olympic Games are less than a year away and will be her third chance to represent Australia at an Olympic Games.

Melissa's story is inspirational but she is even more so. Melissa told her story with pragmatism and humour and helped us all put our successes and failures into perspective. Her favourite quote: "Don't let success go to your head, or failure go to your heart" was especially timely for the girls who will shortly leave the relative cocoon of school life and embark on their own sporting and professional endeavours.

Footnote: It seems Melissa's dream of representing Australia at an Olympic Games continues to elude her. Although the Matildas lost just one match at the Olympic Women's Football Qualifying Tournament, they failed to qualify for the 2012 London Olympics.

Weekly Sport

Term 4 2010 Weekly Sport

Basketball

As our second largest sport by participation (after Netball), over 1,200 girls played GSV Basketball in Term 4 2010. Loreto Mandeville Hall, Genazzano and Star of the Sea fielded the greatest number of teams with Ivanhoe, Melbourne and PLC, also entering at least nine teams each. Fifteen schools played in the Semi Final round of the competition with OLMC winning the Senior A grade pennant as well as the Junior C and D grade Finals. Ruyton's Intermediates were the stand-out in the A grade competition and Genazzano's A grade team celebrated a narrow two-point victory over OLMC in the Junior Grand Final match.

	SENIOR A	INTER A	INTER B	INTER C	INTER D	JUNIOR A	JUNIOR B	JUNIOR C	JUNIOR D	JUNIOR E
Basketball	OLMC	Ruyton	MLC	MLC	Genazzano	Genazzano	MLC	OLMC	OLMC	Star of the Sea
Cricket	MLC					Lauriston				
Waterpolo						Lauriston	MLC			

Cricket

Korowa and MLC contested the Senior Cricket Grand Final and both teams put on a great display of sportsmanship. MLC batted first and while only losing one wicket, were kept to a chase-able total of 73. But Korowa's conservative start to their run chase made it difficult for them to get ahead, and despite also only losing one wicket, were left short at the end of their innings. The Junior Grand Final was fought out between Lauriston and Genazzano, with Lauriston emerging the victors.

Junior Waterpolo

Lauriston and MLC are the dominant forces in the Waterpolo pool, with the two schools facing off in both the A and B grade Grand Final matches. Lauriston picked up their fifth Junior A grade pennant in six years, but MLC had the better of them in the second match, winning the B grade pennant for the third time.

Basketball Bounces On at OLMC

OLMC's Basketball Program has, in the past few years, enjoyed an increase in the number of girls wanting to show off their outstanding talent, with more than 150 girls trying out to represent our school in Basketball.

The girls play their Basketball at many different levels; from club to representative and even State Basketball competitions. Yet the one thing they all have in common is their passion for the sport, their determination to play their best and to work together as a team. It is these attributes that largely contribute to OLMC performing so well.

While OLMC has always done well in the GSV Basketball competition, it was still remarkable for us to qualify with the greatest number of teams in the 2010 finals. All the teams played their best and we were extremely proud of our Senior A and Junior C and D grades who all won their Grand Final matches. Our Junior A team were Runners Up and will be determined to win the premiership next year. We look forward to seeing OLMC's Basketball Program continue to flourish and inspire future and current Basketball players.

Angelka Coter, Basketball Captain

Weekly Sport

Term 1 2011 Weekly Sport

At the conclusion of Term One weekly sport , 16 Grand Final matches are played. This year GSV was excited by the even spread of achievement across its 24 member schools. Seventeen schools contested at least one Grand Final match and 11 schools won Premierships.

Softball

Siena College took no time to assert itself on the GSV competition, with their Junior Softball team winning their school's first GSV premiership. From round one they had the measure of their opponents and could well create their own slice of history as they progress through GSV sport.

Three schools had more than one team qualify in the Grand Finals: Star of the Sea's Junior A and B teams, St Margaret's Intermediate A and B teams and Ivanhoe's Intermediate A and Junior B, all contested finals but only Ivanhoe's teams came away victorious. Korowa's Senior girls won a hard fought Grand Final match against PLC.

Indoor Cricket

Camberwell have had their ups and downs with Indoor Cricket, often close to the finals action but up until 2011 had yet to celebrate a premiership win. This time their Seniors were finally victorious against Melbourne in the Grand Final, which will no doubt spur on their talented Intermediate and Junior squads. Genazzano and MLC won the Intermediate and Junior pennants respectively.

	SENIOR A	SENIOR B	INTER A	INTER B	INTER C	JUNIOR A	JUNIOR B	JUNIOR C
Indoor Cricket	Camberwell		Genazzano			MLC		
Softball	Korowa		Ivanhoe	OLMC		Siena	Ivanhoe	
Tennis	Genazzano	Melbourne	OLMC	St Catherine's	MLC	Lauriston	Star of the Sea	Star of the Sea

Tennis

The GSV Tennis competition produced some terrific matches in the home and away series but even more so at the Finals. A number of Semi Final and Grand Final matches were won by just one or two points, including Genazzano's Seniors who played their best Tennis to just pip Firbank and take home their first A grade Tennis pennant since 2002. Melbourne, MLC, OLMC, Star of the Sea and St Catherine's are always in the hunt for Tennis pennants and all came away with at least one more to add to their considerable collections.

Siena Hits the Ground Running

In Siena's first term with Girls Sport Victoria, we participated in the Junior Softball competition. We had been quietly excited for the past six months since finding out that our school was joining GSV.

Our team had lots of challenges ahead, including getting used to after-school sport on Thursday afternoons, rather than the round robin events we were accustomed to.

The team was comprised of two Year 7 students and the rest Year 8. Our team co-operated extremely well given that most hadn't been in a team together before. Our wonderful coach, Ms Carr, taught us the rules and tactics of the game, which was particularly helpful for those of us who hadn't played competitive Softball before. Through regular training, we all improved and before we knew it the start of the season was upon us.

Our first game was nerve-racking and we were all unsure of ourselves. Luckily we prevailed, giving us a boost for the rest of the season. We remained undefeated throughout the rest of our pool games and qualified for the finals.

In the Semi Final we were challenged by a talented OLMC side. Everyone (including our coach) got a bit of a scare, but in the end we won and progressed to the Grand Final.

On the day of the Grand Final we were all nervous and excited, but also exhausted from our House Athletics Carnival. However, we pushed on, knowing it was THE Grand Final. The team played a fantastic game, against Star of the Sea, with all of the girls implementing seven weeks of learning to play our best game. After three intense innings, we defeated Star of the Sea, and took home our first GSV pennant in our first ever term of GSV!

We would like to thank our inspiring coach, Ms Carr, for guiding us through the Softball season, and our Principal, Mrs Robson-Garth, for enabling Siena to join GSV. We know this will give us so many more wonderful sporting opportunities.

Lastly, a big thanks to all the fantastic and friendly teams we were lucky enough to play: you all did an outstanding job.

Millie Fitzpatrick and Rosie Jeffries, team members

Weekly Sport

Term 2 2011 Weekly Sport

Netball

GSV Netball provides the greatest opportunity for girls to play sport, and this year a record 328 teams played across the Senior, Intermediate and Junior competitions.

Star of the Sea College has long held court over the GSV Netball competition but Genazzano, OLMC and Strathcona are always in the hunt at finals time and, with Siena joining GSV with an excellent Netball squad, the distribution of premiership pennants was as fascinating as ever.

In the Senior A Grade competition, Genazzano, Siena, OLMC and Toorak College all finished the home and away season undefeated, with Genazzano and Toorak progressing through to the Grand Final match. Toorak were valiant, but it was Genazzano who picked up the first major pennant.

Star of the Sea might have missed out on the opportunity to contest the most prestigious of all the Netball finals, but they didn't miss out on many others: they played an impressive 13 of a possible 16 Grand Final matches and came away with 10 premiership pennants. OLMC's Netball squad was also well represented at the Grand Finals, playing six, although only managing to convert one.

Congratulations to Sacré Coeur, who not only made their first GSV Netball Grand Final, but created history when their Intermediate B Grade team snatched a win from Lauriston in a super match which went goal for goal until the dying minutes.

Netball Results

	A GRADE	B GRADE	C GRADE	D GRADE	E GRADE	F GRADE
Senior	Genazzano	Star of the Sea	Strathcona	Genazzano		
Intermediate	Star of the Sea	Sacré Coeur	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 4	Star of the Sea 6	OLMC 5	Star of the Sea 10

Hockey

The Senior Hockey Finals series was a ripper. With the four qualifying teams finishing their home and away season undefeated, MLC played Melbourne and Lauriston played Ruyton in the Semi Finals. The standard of play was exceptional, but it was Ruyton's squad which ultimately celebrated victory over runners up MLC.

The same four schools were represented in the finals of the Intermediate and Junior competitions, with MLC picking up the pennants for the Inter A and Junior B, and Melbourne taking home the Inter B and Junior A premierships. Congratulations to Genazzano's Juniors who went one better than last year, winning their Semi Final match and securing a rare berth in a GSV Hockey Final.

Hockey Results

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

Sacré Coeur Netballers Make History

"It does not matter how many times you get knocked down, but how many of those times you get up" - Vince Lombardi.

For eleven years Sacré Coeur has been part of the GSV Netball competition. Along the way, we have had some very formidable teams which couldn't quite manage to play out a Grand Final match.

The GSV Netball competition is arguably the toughest sport in which to win a premiership. Netball has the most teams entered and is the largest participation sport in the country. Qualifying for the finals this year was a great achievement for our Intermediate B Netball team. Winning our two Semi Finals matches to qualify for the Grand Final was surreal.

The nerves we felt before the Semi Final were nothing compared to how we felt on the bus trip to Jells' Park on Grand Final day. The game against Lauriston was hard fought and the scores were close throughout. While we were ahead for the most of the game, we never felt like we had the game in the bag. The final whistle came with a wave of sheer relief. We had won.

To be the first Netball team at Sacré Coeur to win a GSV premiership is a real honour for the nine girls who took part. We have created history and hope that our win inspires the next generation of Netballers. While we are immensely proud of our achievement, we do not want to be the only Sacré Coeur Netball Team to experience the thrill of winning a GSV premiership.

Sophie Gaylor and Claire Purchase, team members

Senior Waterpolo

Lauriston Girls' School was instrumental in the introduction of Waterpolo as a GSV sport in 2002 so it is little wonder they have such a successful record in the sport. Over the past 10 years they have contested every Grand Final match in both A and B grades of the Open/Senior competition and won a staggering 15 of them!

MLC's strength in the sport is more recent: they have played in finals each year since 2006. It was encouraging to see Camberwell and Ruyton qualify for finals this year, Camberwell for the first time since 2002 and Ruyton for just the second time in their history with the sport.

Waterpolo Results

	A GRADE	B GRADE
Senior	Lauriston	Lauriston

Weekly Sport

Term 3 2011 Weekly Sport

Soccer

In 2001 the GSV Soccer competition consisted of 40 teams, 12 of them Junior. A decade on, the growth of the sport has been phenomenal: 119 teams played GSV Soccer this year with 53 of them Junior teams!

The skill level of those playing has increased correspondingly with some fantastic matches played both in the home-and-away series and at the finals. Firbank and Star of the Sea played both the A and B grade Junior Grand Finals matches in thrilling style, Firbank emerging victorious in both. OLMC won the Senior Final and Siena and MLC took home the A and B grade Intermediate pennants, respectively.

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

Badminton

In previous years the GSV Badminton competition necessitated eight pairs to constitute a team. This year GSV split the competition into an A and B grade competition with each grade consisting of four pairs. The change worked well and gave schools greater flexibility in fielding teams.

An added bonus was that more schools were able to contest finals, with either their A or B teams progressing to the next level. Toorak continued their proud history of success in Badminton with their A and B grade Senior, Intermediate and Junior teams all contesting finals, winning three of the six pennants.

Firbank's Junior A team won a tight tussle over Ivanhoe, in which the match was tied on matches and sets and ultimately decided on points. MLC was proud to win the Senior A grade and Junior B grade pennants.

Star of the Sea Set Up Five Premierships

As a member of Star of the Sea's GSV Volleyball squad for all of my six years at Star, I can attest to how great a sport Volleyball is. Throughout the seasons, we have formed a close team bond, made many friendships and strengthened our skills from the tough competition of other GSV Volleyball teams.

Each year I would look forward to the Volleyball season commencing as it is a fantastic team sport and always promises a heap of fun. This year, Star of the Sea had fantastic success with five out of our six Volleyball teams becoming GSV Championship winners.

Training sessions were scheduled every Monday morning for the Senior teams, and for those of us in Year 12 it was difficult to fit into our busy timetable. But we made the time and it always paid off at our successful Monday afternoon matches.

Being a part of such a great team sport has inspired me to continue with Volleyball in the future, and I encourage every student to dedicate themselves to at least one of the many sports that GSV has to offer. I already know I am going to miss school sport next year, it has been a wonderful part of our lives for so long!

Jess Caissutti, Volleyball Captain

Volleyball

GSV Volleyball has also enjoyed growth with a record number of teams entered across the Senior, Intermediate and Junior levels. It is pleasing to see the talent spread widely, with 12 schools qualifying for finals.

While Star of the Sea enjoyed the greatest success, winning five of the six Grand Finals matches, they had to work hard for the wins, with many of their Semi Final and Grand Finals matches played out over five sets. Toorak and OLMC contested the Junior B grade in another five set thriller, which ultimately went Toorak's way.

Carnivals

Diving and Swimming

Diving

Diving, by its very nature, is a precise sport, requiring 100% concentration. Competitors learn to drown out external stimuli each time they stand on the board and prepare for their imminent dive. Even elite Divers can find this challenging, but, for the competitors in the GSV Championship Carnivals, they were faced this year with more than just crowd noise to drown out.

With the Carnivals coinciding with the Australian Grand Prix, MSAC had closed some of their pools for maintenance and our Divers had to contend not only with the noise of jack hammers but the resultant dust plumes as well. GSV has been assured by MSAC that this will not occur again, but the Divers and all officials are to be commended for their patience and professionalism in coping under difficult circumstances.

The eight schools who qualified for Division One this year were Firbank, Lauriston, Loreto Mandeville Hall, Sacré Coeur, Star of the Sea, Strathcona and Toorak. Congratulations to Sacré Coeur for making the top eight for the first time in GSV history. Firbank took home the Division One trophy for the tenth time with the highest combined score ever recorded under the current GSV point system.

There was quite a bit of movement between the Division Two and Three Championship Carnivals from last year, proving the value of the Preliminary to Championship qualification process: Melbourne, improved 7 places from last year, not only returning to the Division Two Championship but placing second. Genazzano moved into the top three places in Division Two and St Margaret's and OLMC also qualified for the middle Division.

Diving Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Firbank	Korowa	Ruyton
2nd Place	MLC	Melbourne	Shelford
3rd Place	Star of the Sea	Genazzano	Lowther Hall

Swimming Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	MLC	Lauriston	OLMC
2nd Place	Firbank	Strathcona	St Margaret's
3rd Place	Star of the Sea	St Catherine's	Genazzano

Fond Memories for Anna Gelai

Since starting school at Firbank, back in Year 7, I can definitely say that my favourite part of sport has been competing in GSV Diving.

I have been training for about ten years now as an elite Diver and being able to be a part of the Firbank Diving Team and representing the school at all GSV Diving events has been a privilege and certainly a lot of fun.

The girls in the Firbank Team are always supportive of each other and cheer loudly in the stands for each other. At every Carnival I have been at, the atmosphere is incredible, along with the wonderful GSV staff organising the events and helping the Divers in any way possible.

Furthermore, without the great Firbank coaches who set high goals for us, and the quality of the Divers from other schools which drive us to perform at our best, we could not have been the most successful team over the past decade.

I feel very proud to be a part of this program and Diving with the Firbank Team will be one of the things I will miss the most once I finish school.

Anna Gelai, Diving Captain

Swimming

Thankfully, the outdoor pool was unaffected by the works inside and our Swimmers enjoyed their first GSV carnival series in the much fresher environment of MSAC's outdoor facilities. And while some days were a little too fresh, weather-wise, the overwhelming consensus is that the outdoor pool is much more enjoyable to compete in.

Firbank, Korowa, Loreto Mandeville Hall, MLC, PLC, Ruyton, Sacré Coeur and Star of the Sea all qualified for Division One, with Sacré Coeur moving into the top Division. It has been a meteoric rise for Sacré Coeur who, in 2010, leap-frogged six schools to move from Division Three to Division Two and made further inroads on the top Swimming schools to qualify in Division One this year. PLC also made the top eight for the first time in GSV history, solidifying their place as an accomplished Swimming school.

MLC kept its firm grip on the Division One trophy, but Firbank did well to keep the points closer than they have been since 2006. Star of the Sea enjoyed their best ever performance, finishing third in Division One.

St Catherine's was the biggest improver in Division Two, finishing third and Mentone enjoyed their berth in Division Two, having won Division Three last year.

Carnivals: Cross Country

After the success of the inaugural Year 5 and 6 race last year, over 100 girls from GSV junior schools got a taste of senior school Cross Country racing this year. GSV was impressed with the talent pool and looks forward to seeing some great contests in the years to come.

Another recent addition to the GSV Cross Country program was the Junior B grade race. Cross Country has become very popular and most schools now have large squads of girls training regularly and keen to make their school team. Last year GSV allowed schools to enter more than 10 runners per race at its Preliminary Carnivals and this was continued again this year. The Introduction of a Junior B grade race at the Championship Carnival is an extension of this policy to offer greater opportunity for participation at Inter-School Cross Country. In 2012, GSV hopes to run a B grade race for the Intermediates and Seniors.

There was very little movement between Divisions this year, apart from St Margaret's and Strathcona swapping spots between Division One and Two.

The eight Division One schools in 2011 were Genazzano, Lauriston, Loreto Mandeville Hall, Melbourne, MLC, Strathcona and Toorak.

Sacré Coeur were winners in the Division Two competition for the second year in a row and OLMC regained the Division Three trophy which they had held for a number of years until last year.

The Race for Honours

The race for top honours in the GSV Cross Country competition is fierce and fast. Three schools were in the hunt this year, each with its respective strengths and motivation.

MLC, with depth of talent on its side, has finished in the top three since 2005 but has yet to bring home the elusive prize.

Genazzano has been pacing itself in the top eight for much of GSV history and last year, with a strong crop of Juniors, ran away with the overall trophy.

Ruyton has long been a champion for the ability of smaller schools to succeed, having dominated Cross Country for many years, but was pipped at the post last year and was feeling nervous it might not get back on track.

As it turned out, they all had their time to shine. Ruyton's Juniors stepped up and, with a solid win over Toorak, got a handy lead. Genazzano's Intermediates were collectively too quick for Ruyton or third place getters MLC.

MLC's squad had a little something left in the tank, and their Senior girls celebrated a well-deserved age group win. In the end, the expertise of Coach Stephen Ellinghaus and his team of devoted runners was enough to return the trophy to the Ruyton Cabinet. Another year down, another tight finish, and even more fuel for next year's Cross Country fire…

Ruyton Back On Top

In 2010, following seven consecutive GSV Division One Championship titles, Ruyton relinquished the trophy to a deserving Genazzano and finished a commendable third. Our placing behind Genazzano and MLC had many believe our domination in Cross Country might have ended. Even though third place is a remarkable effort for any school team, the disappointment of losing the title spurred our determination to win back the Division One trophy the following year.

Through the support from our head coach Stephen Ellinghaus, and dedicated staff lead by Mrs Burbury, we trained through the fog and freezing cold before school. Sophie Perry and Georgie Meehan, our Cross Country Captains, showed tremendous leadership encouraging the girls in the squad to train hard and be enthusiastic for the up and coming meets. As we progressed through the Autumn weeks and with our success at the GSV Preliminary Championships, our team grew more confident. By the beginning of June we were pumped and ready for the GSV Division One Championship.

Two bus-loads of nervous girls headed to Bundoora Park on the winter's morning. Every girl was determined to compete to the best of her ability and this showed through the focused expressions over the tough Bundoora Course. Each team member put in 110% to try and pass one more person before the finish line. Whether they were a top ten finisher or near the rear of the field, each girl knew her performance was equally as important to our end result. Cross Country could be thought an individual sport, but the ecstatic faces on every girl after our victory showed that each individual contributed to a memorable success of what truly was a team event.

Congratulations, Ruyton and all the other schools, for a fantastic day of competition.

Courtney Powell, Gold Medal Intermediate

Cross Country Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Ruyton	Sacré Coeur	OLMC
2nd Place	MLC	St Margaret's	Lowther Hall
3rd Place	Genazzano	Star of the Sea	Siena

Carnivals: Track and Field

The Track and Field Carnivals are arguably the most anticipated events on the GSV calendar. With squads of up to 100 girls training for a place in their school team, the extensive program and variety of events also enable the greatest number of girls to represent their school in long, middle and sprint distance races, or the more strength and power-based field events.

With the new Athletics stadium at Albert Park not quite ready for us, the Preliminary Carnivals were again held at Doncaster Athletics track. Despite having to withstand wet and windy conditions on two out of the three days, the Preliminary Carnivals still had a collegial vibe about them and competitors, officials and parents all kept their sense of humour in the poor weather – once you're wet, you're wet!

In contrast, the Championship Carnivals held at Olympic Park (for the last time), were conducted in such sunny, spring conditions that sunburn cream was more the order of the day.

But there was no sun baking for the Division One athletes, as the coveted Championship trophy was up for grabs and any one of a number of schools had the potential to snatch it from 2010 winners, MLC.

The distribution of points remained close all afternoon and when the results of the age group trophies were announced they revealed five schools in the hunt!

Congratulations to Strathcona, who not only climbed from Division Two to Division One, but snuck up and stole the Senior Age Group trophy. Genazzano were also understandably proud of their Intermediate Age Group win, but it was Ruyton who took the Junior Age Group title and the overall Championship from MLC and Star of the Sea.

The other schools competing in Division One were St Catherine's, Firbank (who, with a strong squad of Year 7s and 8s, came an impressive third in the Junior competition) and Melbourne (who have put in the hard yards with their Athletics squad and moved from Division Three back up to Division One).

Loreto Mandeville Hall was the winner of Division Two in one of the tightest Division Two contests in many years.

Other worthy achievements include Siena's entry to the Association with a credible 3rd in Division Two, OLMC's five-place improvement to qualify for Division Two, and Mentone, who won their first ever Track and Field Carnival and will be looking to surge up the Division Two ladder in the coming years.

Track & Field Results

	DIVISION 1	DIVISION 2	DIVISION 3
1st Place	Ruyton	Loreto	Mentone
2nd Place	MLC	PLC	Lauriston
3rd Place	Star of the Sea	Siena	Shelford

Mentone Make History

Mentone Girls' Grammar School etched its name in the history books this year by winning the Division 3 Track and Field Championship for the first time in GSV history!!!

After a strong team effort in the Preliminary Carnival, Mentone went into the Division 3 Championship Carnival hopeful of a place. Brilliant performances by our sprinters, hurdlers and field athletes in particular, found us consistently placed in the top three throughout the twilight competition.

The relay events were our final chance to secure a place. Changeovers needed to be slick and, thankfully, that night, ours were! The look of determination on the girls' faces as they crossed the finish line, and the pure elation when announced the overall winners, was priceless and a memory that will stay with those involved for many years to come.

Congratulations to all members of the winning squad, particularly Lara Zalmstra and Cassandra Neylan for being such inspirational Captains, and to Brian Neighbour and Wayne Dyball for their expert coaching throughout the season. Many years of early morning training have finally paid off and we look forward to defending our title in 2012!

Susie Massey, Head of Sport

Sportsmanship Alive and Well in GSV

It wouldn't even have entered her head at the time, but Kilvington's Year 10 competitor Elise Byrne re-enacted a piece of Olympic Park history when she sacrificed her own race to help up Korowa's Felicity Paynter after a nasty fall in their 200m race.

Ever since March 1956 when John Landy assisted a fallen Ron Clarke at the Olympic Games team trials at Olympic Park, Australians have celebrated our innate sense of sportsmanship.

It wasn't Elise's first act of sportsmanship that day – she only ran the race as a replacement, filling in for another team member who could not.

Girls Sport Victoria and the School Sports Association of Victoria recognise significant acts of sportsmanship with the Fair Play Award and Elise has been duly recognised with this award. Elise's actions, along with those of her fellow competitors (who having already completed the race, all ran back up the track to offer their condolences) exemplify the spirit of sportsmanship which is well and truly alive at GSV.

Tournaments

Golf Event

The Metropolitan Golf Club was again the host of the GSV Golf Event. The competition is divided into two sections with the first section for teams with at least three of the four players with handicaps and the second section for teams with girls who predominantly don't have a handicap. Teams comprise both former and current students.

The girls from Mentone were particularly impressive, with Olivia Kline taking out the Section One individual trophy with the lowest net score, joining her teammates to collect the team trophy. Mentone's former student Andreina Trakal was also the best in her category on the day.

In Section Two competitors' gross scores were taken into account and Korowa's Jesika Clark won the individual competition. Her team also won the team event and Jill Christy won the former student category.

Senior Basketball Tournament

With Mentone re-joining the Senior Basketball Tournament with two teams for the first time since 2005, Loreto increasing their team entries to three and Siena joining the competition for the first time, 2011 saw the highest number of teams competing in the round robin tournament.

The Tournament is played across two days and, after the initial rounds, the top team in each zone qualifies for the finals, also played in a round robin format.

Siena, Shelford, MLC and Lowther Hall all proved themselves worthy participants having finished undefeated in their zones.

But at Finals the competition really heats up and MLC and Siena quickly emerged as the teams to beat. After the first two rounds both teams were still undefeated and it came down to the final match of the day – a head-to-head between Siena and MLC.

Both teams put in their best, but it was Siena who emerged triumphant.

Badminton All Schools Cup

GSV schools Toorak, Strathcona, Lauriston and Siena all participated in the 2011 Badminton All Schools Competition. Toorak had a number of teams playing in various categories including the "Prime Cup" named after long-standing GSV Executive Officer, Meredith Prime. After winning a series of round robin matches, Toorak deserved their place in the Grand Final, but finally met their match against MacRobertson Girls' High and finished the day Runners Up.

Shelford Pays Tribute to Paul Simpson

The Shelford Senior Basketball team approached the Senior Basketball Tournament with mixed emotions. Usually there would be laughing and joking about possibly not producing anywhere near the lofty standard of play that their awesome Basketball coach, Mr Simpson would expect. And he would be reassuring: "it's not the wolf in the pack, it's the pack in the wolf."

The girls would look at Paul a little blankly but know what he was meaning: "It is all about the team effort," and that's exactly what our Shelford girls showed, above all else, during the knock out rounds of the GSV Basketball Tournament.

With Paul no longer with them, wearing black arm bands for him, they played way beyond their own expectations and managed to just win their Pool ahead of OLMC.

"That was for Mr Simpson," I overheard them say. The girls were so proud of how hard they fought out each game, they never gave up and they believed in themselves, all qualities that Paul spoke of every day at Shelford as a Year Level Coordinator and Basketball Coach.

The team went on to play in the finals against MLC, Siena and Lowther Hall, once again with Paul close to their hearts. Knowing they would not match the height and experience of the best of all the other Pools, they nevertheless fought out every game to the end. Our girls proudly placed third in the Finals with Siena deservedly winning the overall competition.

Paul Simpson was a teacher and a coach like no other, a true motivator who could inspire his class or team to achieve success beyond their expectations. Shelford was so lucky to have had Paul as a member of our community - above all, his love and passion for Basketball was legendary!

Trudy Thompson, Head of Sport and PE

GSV Netballers win back-to-back

Co-Captains Jo Weston (Sacré Coeur) and Amy Elliot (Star of the Sea) led the GSV Representative Netball team to a back-to-back victory against the Queensland School Sport team. After a tight first quarter, GSV took a narrow 3-goal lead into the second quarter. With extensive defensive pressure and accuracy at goal, they extended their lead to 12 goals by half time.

A concerted effort by the QSS team saw them outscore GSV in the third quarter. However, GSV was back on track in the final quarter and came away with a 51- 40 victory at the final siren.

GSV coaches Sandra Kennerley (Genazzano) and Lauren Darvell (Star of the Sea) are to be commended for creating such a cohesive and ultimately successful team.

Congratulations to the players: Lucy Aitken (Ruyton), Lochie Alvin (St Catherine's), Natalie Angus (Siena), Maddy Balson (MLC), Genevieve Darcy (Genazzano), Chelsea Dyer (Strathcona), Amy Elliot (Star of the Sea), Gabby Henderson (Genazzano), Zoe Lay (Star of the Sea), Maddie Morrison (Strathcona), Jo Weston (Sacré Coeur).

Sports Skills Programs

AFL

The Friday night AFL competition has developed a life of its own, with the home-and-away series providing girls and their parents with an enjoyable social event as well as spirited competition. MLC, Ruyton, Ivanhoe and Toorak qualified for finals in the A grade competition and Genazzano and St Margaret's contested the B grade Grand Final match. MLC and Genazzano, both newcomers to the competition, were proud victors of the A and B Grade competitions, respectively.

Cycle Sport

The Cycle Sport Program was offered for the fourth year and was filled to the brim with budding "Anna Meares" Track Cyclists. The girls learnt how to negotiate the steep sides of the velodrome and became proficient enough to attempt a time trial. Following the program the girls were offered the opportunity to continue developing their skills on a weekly basis at the Darebin International Sports Centre Velodrome with the same coach.

Triathlon

In 2011 over 32 individuals and 12 teams from 11 schools entered the GSV wave of the XOSize Tri series Triathlon event. St Catherine's Grace Lightfoot was the fastest Junior , Lowther Hall's Megan Lowry won the Intermediate race and Edwina Backwell, also from Lowther Hall was the best Senior. In the teams events, PLC won the mini race and Sacré Coeur took the honours in the team sprint.

Fencing

For the past seven years, girls from GSV schools have been able to learn the finer points of 'Epée' style Fencing. This year 30 girls from seven schools took part and enjoyed learning the skills and strategies involved in this highly technical sport. The classes also proved to be very social and facilitated a number of new friendships.

MLC Make their Mark

MLC entered the GSV AFL competition for the first time in 2011 after playing social matches against other schools for a number of years. We entered the A Division and hoped our team would be competitive at that level.

As there was a great deal of interest in AFL at MLC, the trials were limited to students in Years 11 & 12, much to the dismay of the students in Years 7–10. The initial group of 55 students at the trials was reduced to a squad of 25. A new set of AFL jumpers was purchased and the excitement grew for the students and coaches.

The team gelled really well from the first match and progressed through the home-and-away matches undefeated to finish on top of the ladder. Everyone in the team accepted their role willingly and they worked hard as a group. A welcome surprise was the large number of students and staff that attended the matches to show their support.

The GSV Finals proved to be a great success, with MLC winning both the Semi Final and Grand Final comfortably. The students were justifiably proud of their achievement and believed that the hard work they put in on those Thursday mornings before school were well worth it. The MLC students can't wait for the 2012 GSV AFL season to start!

Garry Shipp, Head of Sport

Surf League

The Surf League Program is conducted by Life Saving Victoria at their headquarters on Sandridge Beach and leads into the Victorian Schools Surf League competition. A number of GSV schools use the day as an opportunity to build their team. Congratulations to MLC who subsequently won the Female Division of the Victorian Schools Championships.

Year 7 and 8 Sports Expos

With the end of the school year fast approaching the Year 7 and 8 Expos are a great celebration of sport and an opportunity for the girls to get out in the sunshine and try a few sports they may not have ever had the chance to try before. Girls get to choose from a variety of sports including Lacrosse, Beach Tennis, Rhythmic Gymnastics, Cheerleading, Taekwondo and Wheelchair sports, to name just a few! While the Year 7 Expo has a 'come and try' focus, the Year 8 Ball Skills Festival works on honing the girls' specific ball skills and involves a number of more 'traditional' ball sports such as Basketball, Hockey and Soccer.

How will the 2012 Olympic team inspire the nation?

As they approach the line, march onto the field, plant their feet on the track or take their stride willingly into the unknown, we will be watching them.

As their muscles tense, twitch, twinge and turn, their bodies manoeuvre, mingle, master and mesmerise, we will be in awe of them.

As the whistle blows, the bell sings and the siren sounds, we will stand for them.

As the words of a country, with golden soil and girt by sea, resonate through homes, cities, stadiums and countries, we will sing with them.

Every near miss, every line ball, every photo finish, we will hold our breath for them.

Every goal, score, success and groundbreaking feat, we will applaud them.

Every hit, failure, loss and disappointment, we will hurt with them.

Every drop of blood, every drop of sweat and every tear, we will persevere with them.

As the Olympic team takes on the world in twenty-twelve we will stand as one. We will hurt as a nation. We will take victory as a nation. We will cry, jump, sing, throw, kick, fight, stroke, run and shoot as a nation.

We will do this for them, because above all, they will defy gravity, defy the odds, defy logic and defy the theories of evolution.

They will honour green and gold.

They will fight for the nation.

They will inspire us.

Jess Burger, 2011 Genazzano Sportswoman of the Year Recipient

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