INTERSCHOOL SPORT LADDER

RUGBY A TEAM  W-L
Senior          0-0
Intermediate    0-0
Junior          0-0

TOUCH – Girls  W-L
Senior          0-0
Intermediate    0-0
Junior          0-0

SOCcer A TEAM  W-L
Senior          0-0
Junior          0-0

NETBALL        W-L
Senior          0-0
Intermediate    0-0
Junior          0-0

Interschool Sports competitions start on Friday 27 February (Week 5 of Term 1).

Young athlete, Zachary Picton, is one to watch in the coming year. Zach was a standout performer in 2014 in Athletics and Cross Country. Read more about his achievements overleaf.

Citipointe Christian College Brisbane has a proud history of providing excellent Sports Programs for its students. This has been possible through the commitment of teachers and valuable help offered by parents, friends and past students of the College, who were willing to coach and / or referee.

If you are able to coach, referee, volunteer as a bus driver, or assist with student support please contact Mr Pearson – Head of Prim Sport
jayp@brisbane.coc.edu.au

SHOW YOUR SCHOOL SUPPORT
Show your Citipointe College spirit by purchasing water bottles, Athletic bags and more. Please see the Uniform Store or the HPE Department for more information.
This year’s Inter-house Cross Country carnival will be held on Thursday 12 March 2015 at the College athletics oval.

The students will need to wear their full and correct sports uniform and are encouraged to show their support for their team by wearing a house coloured T-shirt. Listed below are the house colours. 
Asher – Red
Ephraim – Yellow
Judah – Green
Levi – Blue

Cross Country Carnival Year 3-6

Swimming Carnival Year 1 - 3

This year’s Inter-house Swimming Carnival will be held on Tuesday 24 March 2015 at the College Swimming Pool.

Arm Swing

Young athletes tend to let their arms swing out of control. The most important point of proper sprinting technique in regards to the arms, is keeping a 90-degree bend at the elbows. Additionally, it is important to keep your arms swinging at the side and not in front.

Athlete on the Rise – Zach Picton

If 2014 was anything to go by, this year will be bigger and better for young athlete Zachary Picton. He was involved in our newly formed Athletic Hub, training three times a week and found time to play club Football (Soccer for some but let’s try and start using the term Football) for AC Carina. Zachary was a standout performer in 2014 achieving first in Athletics and second in Cross Country. Furthermore, he went on to represent the school at the CSSA Athletic carnival and to top it all off, ran fourth in the CSSA Cross Country meet. Zachary is back in training and is now eyeing off district representation.

Synergy Athlete Development Program

Additional training is also offered through the Synergy Athlete Development Program, which will be conducted before school on Tuesday and Thursday mornings, 7:15am - 8:00am in College Hall. The Synergy A.D.P. is invitational and selected students will be provided with an informative letter inviting them to the High Performance Athletics Squad Training.

Cross Country Training – Jacobs Ladder

The Cross Country running season is about to begin with training sessions due to commence in the second week of school. Each student in Years 3-6 will participate in a training program conducted during school time as part of their preparation.

The Hub is open to all students in Years 3-6 who are interested in participating in an athletics program with a focus on specific Track and Field technical development infused with activities that will foster physical fitness. The program will be provided free of charge and is open to all students regardless of ability or experience. Coaching will be conducted by accredited coaches and supervised by teachers of the College.

Monday & Wednesday 3:30 - 4:30pm
College Oval

Synergy Athlete Development Program

Additional training is also offered through the Synergy Athlete Development Program, which will be conducted before school on Tuesday and Thursday mornings, 7:15am - 8:00am in College Hall. The Synergy A.D.P. is invitational and selected students will be provided with an informative letter inviting them to the High Performance Athletics Squad Training.

Cross Country Training – Jacobs Ladder

The Cross Country running season is about to begin with training sessions due to commence in the second week of school. Each student in Years 3-6 will participate in a training program conducted during school time as part of their preparation.

Athletic Hub

The Hub is open to all students in Years 3-6 who are interested in participating in an athletics program with a focus on specific Track and Field technical development infused with activities that will foster physical fitness. The program will be provided free of charge and is open to all students regardless of ability or experience. Coaching will be conducted by accredited coaches and supervised by teachers of the College.

Monday & Wednesday 3:30 - 4:30pm
College Oval

Inter-School Selections

Inter-school Sports for Years 4-6 is offering four different sports for Semester 1. Students will trial for the inter-school sport that they have selected to determine which team they will be a part of. Sports are: Rugby, Soccer, Netball and Touch Football - Girls