SPORT
AT ST MICHAEL’S 2017
PARTICIPATION | PRIDE | EXCELLENCE

PARTICIPATION represents our belief that all students should be involved in an energetic and healthy activity.

PRIDE represents the care that the School and students have for themselves, their performance, and their actions in the sporting arena.

EXCELLENCE represents the opportunities we provide for students to excel in their chosen sport.
Sport is a crucial element of a child’s growth and wellbeing, nurturing health, fitness and team spirit. St Michael’s Sport program not only supports our students in their athletic pursuits and individual development, but also fosters a community based on fairness and camaraderie.

Through a series of individual and team sports, students from Years 5–12 can participate and excel in their chosen field. Students are fully supported by St Michael’s Sport staff and coaches to step outside their comfort zone and strive for success – at a school, district, state or national level. St Michael’s is a proud member of the Association of Coeducational Schools (ACS) in Years 7–12, and the Coeducational Independent Primary Schools Sports Association (CIPSSA) for Years 5 and 6.

The St Michael’s Sport program is underpinned by our motto: ‘Participation. Pride. Excellence.’ Our staff and coaches recognise that children and young people pursue sport for different reasons, all of which are encouraged. Within our program, all students are able to find comfort and challenge in participating, as well as excelling at the highest level. Regardless, we expect our students to be proud of their achievements and representation of St Michael’s in the sporting arena.

This booklet details St Michael’s training and match timetable, the many different sports available, the House sport and interschool carnival schedule, an overview of our staff and coaches, our ACS Carnival Honour Board, and promotion of the Geoffrey Ryan Cup and Netball Night Match.

Mr Tyren Montebruno
Director of Sport (7–12)

Miss Sophie Gardner
Director of Sport and Physical Education (K–6)
Training and Match Timetable

Our sport training and home games take place at world-class facilities, most of which are at our doorstep: the Melbourne Sports and Aquatic Centre and the Albert Park precinct of Lakeside Stadium, the Indoor Sports Centre, Ross Gregory Football Oval and Albert Reserve’s Tennis World. St Michael’s also uses one of Victoria’s premier hockey facilities, the Footscray Hockey Club.

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<th>Training</th>
<th>Match</th>
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<tr>
<td>Years 5–6</td>
<td>Wednesday (3.30–4.30pm)</td>
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<td>Years 7–8</td>
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<td>Year 9</td>
<td>Tuesday (3.30–5.15pm)</td>
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<td>Years 10–12</td>
<td>Monday (3.30–5.15pm)</td>
<td>Wednesday (1.20–5.00pm)</td>
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All times include travel time. Match times for Years 5–6 is 1.30–2.30pm, and Years 7–12 is 2.30–4.00pm.

Sports on Offer

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<tr>
<td><strong>Mixed Years 5–6</strong></td>
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<td><strong>Girls Years 10–12</strong></td>
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<td>Beach Volleyball</td>
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Geoffrey Ryan Cup

The annual Round 4 1st XVIII Football Match is played between St Michael’s Grammar School and Westbourne Grammar School. In 2013, the annual fixture was named in honour of Mr Geoffrey Ryan, former Deputy Headmaster and Head of Senior School at St Michael’s Grammar School (1983–1989), and former Principal of Westbourne Grammar School (1990–2010). The players are presented with their guernseys in a pre-match function, and then play in front of a crowd of their family, friends, fellow students and special guests.

St Michael’s will host the 2017 match on Wednesday 31 May.
The inaugural match was played in 2015 between St Michael’s Grammar School and Westbourne Grammar School. This special event is a celebration of St Michael’s and Westbourne’s fierce but respected rivalry, and is also a great opportunity for the 1st VII Netball team to showcase their talent and compete in the company of parents, friends, staff and students.

Westbourne Grammar will host the 2017 match on Wednesday 9 August.

**Honour Board**

- St Michael’s 2015
- St Michael’s 2016
House Sport

Term 1
House Swimming
Years 7–12
Melbourne Sports and Aquatic Centre (MSAC)

Years 3–6
Melbourne Sports and Aquatic Centre (MSAC)

Term 3
Prep – Year 2
St Michael’s Pool

Term 2
House Athletics
Years 7–12
Lakeside Stadium

Term 3
Years 3–6
Duncan McKinnon Reserve

Prep – Year 2
Field 7/8 Albert Park Precinct

Term 3
House Aerobics
Years 5–12
St Michael’s Gymnasium

Term 3
House Cross Country
Years 3–12
Albert Park Lake

Prep – Year 2
Frances Newson Oval
Coaches and Staff

Our sports teams are coached by St Michael’s teaching staff and external coaches, all of whom are highly credentialed specialists and embody participation, pride and excellence. Our external coaches are sourced through the Melbourne Institute of Sport.

Adam Sicinski has been coaching representative basketball for more than a decade. During this time, he has worked with various age groups including under-14s, under-16s, under-18s and Big V Youth League teams at Waverley Falcons Basketball Club. He is currently coaching the 18-under 1s and 14-under 2s boys teams at Waverley. Adam has coached at St Michael’s for the past eight years, including both girls and boys teams from Year 7 through to senior level.

Ayce Cordy is a former professional AFL player who was recruited from the Geelong Falcons in 2008 as the number one pick (14th overall) for the Western Bulldogs Football Club, where he played 27 games. Ayce has achieved numerous accolades during his playing career, including runner-up in Footscray’s VFL Best and Fairest in 2015 and playing in Footscray’s premiership team in the 2014 VFL grand final against Box Hill. He currently plays for Williamstown in the VFL, and this is his second year coaching at St Michael’s.

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Adam Sicinski
Head Coach
Basketball

Ayce Cordy
Head Coach
Football
Alexandra Fegan has played netball since she was a child, before retiring in 2004. She is a former Victorian Netball League player (formerly State League Championship Division). As an under-21s Australian representative, Alexandra played goal shooter. She was one of 15 players to receive a full-time scholarship to the Australian Institute of Sport in 1993. Alexandra is also the Margaret Thomas House Coordinator and a Kindergarten educator.

Tim Dorning has been sailing for the past 40 years. In his first competition at age 17, he finished 2nd in a fleet of 120 in the Laser Open Victorian Championships. The following year, he won the Australian Youth Championships and qualified for the Open World Championships in the Laser Class, finishing in 36th place. Tim has represented Australia at numerous World Championships (winning a gold and two bronze medals at this level) and at the Olympic Games in 1980, 1984 and 1992.

Sean Gale is in his fifth year coaching the School’s soccer teams. He currently holds his Asian Football Confederation and Football Federation Australia ‘B’ and ‘C’ licenses, and has held numerous positions such as Football Federation Victoria (FFV) Coach Developer, FFV Skills Acquisition Coach, Coerver Coach and Football Star Academy Coach with clubs across Victoria. Sean is currently the Technical Director of Sunshine George Cross Football Club’s National Premier League team, managing all pillars of youth development.

Luke Campbell is a former member of the National Men’s Indoor Team from 1998 to 2008, playing in an Olympic Games, two World Championships, a World Cup and three Continental Championships. Luke also played professional volleyball for eight years in Spain, Holland, Germany, Montenegro and Saudi Arabia. Luke is also Director of the Greater Melbourne Volleyball Academy.
Mitch Hough
Head Coach
Cricket

Graeme Chittenden
Head Coach
Hockey

Tony Black
Head Coach
Softball

Bruce Carter
Head Coach
Table Tennis

Bruce Mclean
Head Coach
Tennis

Emma Griffin
ACS Coordinator
Athletics

Mark Thompson
ACS Coordinator
Cross Country

Ben Jeacocke
ACS Coordinator
Swimming
Sailing Team

The St Michael’s Sailing Team is part of the Years 6–12 co-curricular sport program that operates during Terms 1 and 4. The program enables students to increase their skill level in sailing with a particular emphasis on team racing, and to select and train teams to represent the School in organised team-racing regattas.

Training is held after school on Wednesdays from 3.30pm – 6.00pm and competition is on Saturdays from 8:30am – 12.00pm. Students are not required to attend all sessions, and must fulfil other obligations if there is a clash.

The team participates in numerous Australian sailing events. Team racing is different from other sailing competitions – a team of three boats (two sailors per boat) competes against another team in a 5–10 minute race, with multiple races taking place in any given event. Previous sailing experience is not required to join the team, and beginners can compete in selected regattas.

We do, however, rely on parents/guardians and supporters to assist with transport as the program runs outside and alongside the regular St Michael’s sport program.
**Interschool Carnivals**

Years 4–6 students are selected to compete in the South Yarra District Sports Association’s (SYDSA) Swimming, Athletics and Cross Country carnivals. Years 7–12 students are selected to compete as part of the Association of Coeducational Schools (ACS) competition in Swimming, Athletics and Cross Country. All Years 4–12 students have the opportunity to progress to state level.

**Term 1**
**SYDSA Swimming Years 4–6**
Melbourne Sports and Aquatic Centre

**Term 1**
**ACS Swimming Years 7–12**
Melbourne Sports and Aquatic Centre

**Term 2**
**SYDSA Cross Country Years 4–6**
Fawkner Park

**Term 3**
**ACS Cross Country Years 7–12**
Bundoora Park

**Term 2**
**ACS Athletics Years 7–12**
Lakeside Stadium

**Term 3**
**SYDSA Athletics Years 4–6**
Box Hill Athletics Track
ACS Carnival Honour Board

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Success in 2016

St Michael’s Sport in 2016 was an exceedingly successful and highly involved year. We demonstrated some excellent results across the board, and consistently established a supportive and nurturing environment for all athletes. Opportunities were created for students to compete at a high level, and develop their skills in a positive and developmental learning environment. In addition, we continued to support students in their mission to find a lifelong passion for physical activity, both within a team and individually.

Some highlights of the year included:

• ACS Athletics Carnival champions
• For the first time in ACS history, St Michael’s 1st Girls and Boys and 2nd Girls and Boys Hockey teams won the premiership
• Years 5/6 Softball ‘A’ winning back-to-back Lightning Premierships
• 1st Netball Night Match – St Michael’s defeating Westbourne Grammar 36–29
• 1st Boys Volleyball winning the grand final (making it four in a row)
• Years 5/6 Sofcrosse ‘A’ and ‘C’ Lightning Premiership champions
• 1st Girls Basketball achieving back-to-back wins, defeating Overnewton in the grand final 60–54
• 1st Boys Football winning the Geoffrey Ryan Cup for the third year in a row, defeating Westbourne Grammar 1.11.17 to 1.7.13 on a cold, wintry night
• Years 5/6 Basketball ‘A’, ‘B’ and ‘C’ Lightning Premiership champions
• 1st Girls Softball winning the grand final against Westbourne Grammar 9–8
• 2nd Girls Tennis winning the grand final against Westbourne Grammar 10–2
• 2nd Boys Cricket winning the grand final off the last ball of the innings, beating Loyola College 9/72 to 10/71
• Year 8 Boys Volleyball ‘A’ and Year 9 Boys Volleyball ‘A’ both winning the grand final over Westbourne Grammar
• Years 5/6 Hockey ‘B’ Lightning Premiership champions
• Year 8 Girls Volleyball ‘A’ dominating the grand final, winning 3–0
• Finishing in 2nd place at the Years 5/6 Beachside Division Basketball Competition
• The Open Boys 4x400m relay team winning a silver medal at the Victorian All Schools Track Relay Championships
• Years 5/6 Tennis Lightning Premiership champions
• Year 9 Girls Hockey and Year 9 Boys Hockey winning their grand finals.

A remarkable effort by our talented and dedicated athletes in 2016!