Welcome to Monte Sant’ Angelo Mercy College from the Sports Department. Your family will receive detailed information regarding the sports program next year. This note provides information pertaining to the College Swimming Carnival and Term 1 sporting opportunities.

House Swimming Carnival

The Monte House Swimming Carnival is steeped in tradition and is a wonderful illustration of the passion the girls have for the College and the House competition. The carnival will be held at the North Sydney Olympic Pool on Friday 3 February 2017. This is Week 2 of Term 1 and therefore doesn't give us much time to prepare. We run a half-day carnival and as such we need to prepare in advance by recording times of interested students in Term 4.

In Term 4 we conduct swimming trials for all students who wish to participate in the carnival the following year. We then grade the fastest swimmers into races for the carnival day. Every girl who swims at the trials earns points for her House, even if she is not selected to swim at the main carnival.

Trials for new Year 7 girls will be conducted after the Year 7 2017 Orientation Day on Friday 21 October 2016 at the College pool. Students, who wish to be considered for the main carnival and in turn the College Swim Team (SwiMonte), must attend these trials. The trials begin at 2:30pm and go through to approximately 3:30pm. Once the girls have been dismissed from Orientation Day they will be escorted to the College pool where they will be able to change into their swimming costumes. They will be welcome to leave as soon as they have competed in their desired events. The events we will be trialling will be the 50m Freestyle, Breaststroke and Backstroke. If your daughter would like to compete in Butterfly or the Open 200m IM or Open 100m Freestyle she should advise the swim coach before she leaves.
Term 1 Sport 2017 - Beginners are most welcome

IGSSA Tennis

Students who wish to play competition tennis on Saturday mornings in Term 1 must attend a grading day at Monte on Saturday 22 October 2016 (12-2pm). Please register your intention to trial by emailing Miss Ella Boudakin at eboudakin@monte.nsw.edu.au. Depending upon final numbers there may be an additional trial on Saturday 29 October.

Easts Touch Football

Students who wish to play competition touch football Saturday mornings in Term 1 must attend a grading day on Saturday 22 October 2016 from 1-3pm. The venue for this session will be confirmed at orientation or beforehand by email to interested parties. Please register your intention to trial by emailing Mr Matthew Rowan at mrowan@monte.nsw.edu.au. It is likely that there will be an additional trial on Saturday 29 October.

Monte Runners

Students can join Monte Runners (cross-country) training squad when they arrive at the College in 2017. Training is conducted on Tuesday and Wednesday mornings and/or Thursday afternoons.

Swimming

Students who wish to be considered for the Monte Swim Team are expected to train as a part of the squad. Training is on each morning except Thursdays. Students who want to swim to improve fitness can attend Fitswim squad sessions on Tuesday and/or Thursday afternoons. For more information on the swim team selection policy and all training times contact the Swim Coach Mr Bell – email: jbell@monte.nsw.edu.au or telephone: 9409 6400.

Term 2 Sports - Beginners are most welcome

In Term 1 we will hold grading and trials sessions for netball, hockey and basketball. Information regarding this process can be obtained in Term 1.

Detailed sports information can be found in the Sports Policy Handbook located on the College website. I will be available on Orientation Day to answer your specific questions if you have any.

Kind regards

Stuart Hanrahan
Sports Program Manager