



MONTE SANT' ANGELO MERCY COLLEGE

CO-CURRICULAR SPORTS PROGRAM





The Monte Sports Program embodies a 'Sport for All' philosophy, which encourages a high level of participation and offers a wide variety of sports to students for both competition and enjoyment.

The College always endeavours to provide opportunities for participation in all of the activities it offers to all students, regardless of whether they are a beginner, intermediate or advanced level athlete. Sport at Monte is not compulsory but is strongly encouraged, with a vast majority of students participating in the Sports Program.

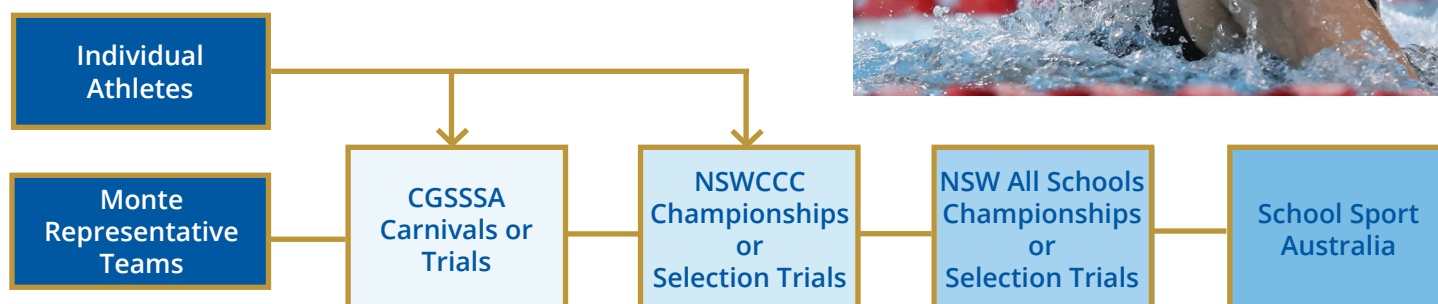
The Co-curricular Sports Program aims to:

- Promote fairness, self-respect and College spirit.
- Encourage enjoyment and skill acquisition.
- Promote fitness, wellbeing and a healthy lifestyle.
- Foster cooperation and commitment.
- Encourage personal responsibility and team building.
- Provide healthy competition and enable students to attain their sporting potential.
- Create a sense of pride and community building.



Representative Pathways

New South Wales Combined Catholic Colleges (NSWCCC) Sports Association in conjunction with School Sport Australia provides representative pathways for elite young sportswomen to both state and national schoolgirl programs. Team and some individual sport representative pathways are available to girls who represent the College in inter-school competition. There are also opportunities for students to trial for other sports, in which they may excel. Information regarding all of these sports can be found on the NSWCCC website.



Sport Leadership

The College Sports Captain and individual Sports Captains are service positions within the College, they are not solely based on athletic ability. They are selected by the Sports Department in consultation with the coordinator and coaches of the sport as well as College staff.

The College Sports Captain is selected based on the following criteria:

- They have been actively involved in a range of sports.
- They are a reliable, committed participant.
- They are able to lead the other Captains.
- They have shown representative involvement in at least one sport.
- They create a sense of pride and community building.

Individual Sports Captains are selected based on the following criteria:

- They are reliable, committed participants to the appropriate sports program.
- They are good role models in uniform and punctuality.
- They have shown interest beyond playing.
- They are willing to promote and help in the organisation of the sport.



Sports and Physical Engagement Overview

TERM 1	TERM 2	TERM 3	TERM 4
Competition Sports			
AFL	Basketball (IGSA)	Athletics (IGSA)	Aquathon*
Badminton (IGSA)	Cross Country*	Cricket*	Badminton (IGSA)
Sailing	Football (IGSA)	Cross Country*	Basketball (Santa)
Softball (MWSA)	Hockey (IGSA)	Football (IGSA)	Sailing
Swimming	Netball (NSNA)	Gymnastics	Softball (MWSA)
Taekwondo	Rugby 7s	Hockey (IGSA)	Swimming
Tennis (IGSA)	Taekwondo	Netball (NSNA)	Taekwondo
Touch (IGSA)		Rugby 7s	Tennis (IGSA)
Triathlon*		Snowsports	Touch (IGSA)
Volleyball (Santa)		Taekwondo	Volleyball (Santa)
Water Polo (IGSA)			Water Polo (IGSA)
Physical Activity and Engagement			
Boxing	Boxing	Boxing	Boxing
Fitness	Fitness	Fitness	Fitness
Pilates	Pilates	Pilates	Pilates
Yoga	Yoga	Yoga	Yoga
Spin cycling	Spin cycling	Spin cycling	Spin cycling
Strength and Conditioning	Strength and Conditioning	Strength and Conditioning	Strength and Conditioning
Carnivals and Special Events			
Swimming Carnival	Athletics Carnival	Dance & Aerobics Recital	
Year 7 Cross Country			

* Representative teams only

Sporting Association Affiliations

- IGSA: Independent Girls Schools Association
- NSNA: Northern Suburbs Netball Association
- CGSSSA: Catholic Girls Secondary Schools Sports Association
- NSWCCC: New South Wales Combined Catholic Colleges
- MWSA: Manly-Warringah Softball Association

