Dear Parents/Carers

During 2015 your son/daughter will be actively involved in the College’s Tuesday Sport and/or the MISA (Macarthur Independent Schools Association) Representative Sport Program. These programs will work on a rotation system 2015; this is compulsory for all students.

There are two avenues available for your son/daughter during their participation in the College’s Tuesday Sports Program. If they wish they are able to nominate to participate in the MISA Representative Sports Program, which is run in conjunction with the College Sport program. Throughout the year, students will have the opportunity to trial for Representative Sport Teams and if selected, will play against other Catholic and Independent Schools within the MISA Association. Nominations for these teams will be advertised to students during homeroom. Information regarding MISA competition can be found below.

Please take time to read through the information provided to enable your son/daughter to participate in the Sport/Recreational Activities offered to the students each Tuesday.

**RECREATIONAL ACTIVITIES/VENUE INFORMATION: YEAR 7**

<table>
<thead>
<tr>
<th>Sport/Activity</th>
<th>Description</th>
<th>Venue Details</th>
<th>Transport</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swimming Skills</td>
<td>Qualified swimming instructors will deliver this program to the students. Program content includes development of swimming and water safety skills such as learning swimming strokes and lifesaving skills.</td>
<td>Mt Annan Leisure Centre</td>
<td>Bus to venue</td>
<td>In a spare bag; - water bottle - lunch - asthma puffer if required - towel - swimwear</td>
</tr>
<tr>
<td>AFL Skills Program</td>
<td>Students will be given the opportunity to participate in AFL training sessions facilitated by qualified AFL coaches with the aim of developing AFL specific skills and general game play activities.</td>
<td>Kirkham Oval, Elderslie</td>
<td>Bus to venue</td>
<td>- College hat - water bottle - lunch - asthma puffer if required</td>
</tr>
<tr>
<td>Sports Fun</td>
<td>Year 11 students will lead students in round-robin competitions in a variety of sports including Basketball, Dodge ball, Oztag and Soccer.</td>
<td>College</td>
<td>NA</td>
<td>- College hat - water bottle - asthma puffer if required</td>
</tr>
<tr>
<td>Dance and Aerobics</td>
<td>Students will be given the opportunity to participate in Zumba, an activity combining a range of dance genres with a physical fitness component. It will be performed by a qualified Zumba instructor.</td>
<td>College</td>
<td>NA</td>
<td>- College hat - water bottle - asthma puffer if required</td>
</tr>
</tbody>
</table>

**MISA REPRESENTATIVE SPORT OPTIONS**

<table>
<thead>
<tr>
<th>Term</th>
<th>Sport</th>
<th>Division</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Softball</td>
<td>Years 7-9</td>
<td>Female</td>
</tr>
<tr>
<td>1</td>
<td>Softball</td>
<td>Years 7-9</td>
<td>Male</td>
</tr>
<tr>
<td>2</td>
<td>Soccer</td>
<td>Year 7</td>
<td>Male</td>
</tr>
</tbody>
</table>

*An additional note will be sent home to inform you if your child has been selected in a MISA Representative team.*
TUESDAY SPORT—Year 7
PERMISSION AND MEDICAL INFORMATION RETURN SLIP

Please note it is important for the school to have accurate up-to-date medical information for students. Please complete the section below and keep staff up-to-date of any changes throughout the year.

STUDENT’S NAME: ________________________________________________________

HOUSE: (please circle)  Polding  Ingham  Dharawal

Student Medical Information:
________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________

Does your child require an asthma puffer during sport time?  YES ☐  NO ☐
*If yes they MUST have it every week otherwise they will not be permitted to participate.

Pre-existing Injuries:
________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________

Additional Information/concerns:
________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________

Parent/Guardian name (please print): ________________________________________________________

Parent/Guardian emergency contact number: _________________________________

I give my permission for my son/daughter, ________________________________, to participate in the offered sports and activities on a Tuesday afternoon for 2015. I give permission for my son/daughter to travel to and from the sporting activities in the transport organised by the school. (Buses and walking accompanied by St Benedict staff)

I also give permission for the teacher in charge to seek medical assistance should it be necessary. If emergency contacts are not available, an ambulance may be called.

I understand that my son/daughter must have all necessary equipment, including a College hat, for Sport every Tuesday. I also understand exemplary behaviour is required by my son/daughter whilst participating in sport and physical activity opportunities. Unacceptable behaviour or attire may result in lunchtime detention and permission to attend Tuesday afternoon sport being withdrawn.

____________________________  ______________________
(Parent/Guardian’s signature)  Date