



Rockhampton Girls'
Grammar School
Est 1892

2017

Cocurricular Handbook



COCURRICULAR PROGRAM

All students are expected to participate in at least one cocurricular activity each term. Each member of the Teaching Staff provides an activity for students to consider. There is a broad range of activities to entice student interests, increase physical and creative activity and to enrich experiences.

ART CLUB – SECONDARY (YEARS 7-12)

Studio 155 Art Cocurricular runs on Wednesday afternoon for students in Years 7-12 between 3.15-4.30pm. In 2016, the focus will be to create artworks of the highest quality for sale at gallery exhibitions, festivals and markets giving the students an opportunity to experience all areas of art production. Activities will include drawing and painting using a variety of wet and dry media, ceramics, collage, printmaking and photography. Sessions may also be used as alternate studio time for students in Years 11 and 12.

Contact Hannah Mounsey HannahMounsey@rggs.qld.edu.au

AUSKICK (YEARS P-6)

Auskick is a fee for service program run by the Queensland Australian Football organisation. It is a 10 week program under the direction of Scott Smithwick who is the Regional AFL Coaching Director. Girls Grammar hosts this program in Term 3 in consultation with the AFL Organisation. The cost was \$70 in 2015.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

CATTLE CLUB (YEARS 7-12)

Cattle Club will run on a Monday afternoon in 2016 in both Semester 1 and 2. The girls will meet once per week after school to learn about judging cattle, to participate in cattle handling and to maintain the Cattle Club equipment. The girls learn about breeds, conformation, muscling and market suitability in order to assist with judging events. There will be access to cattle to practice cattle handling and preparation.

Cattle Club uniform will consist of tidy dark blue jeans with no rips or tears, a belt and boots which can all be of the students' choice. They must wear the school branded Akubra and pink shirt. Blazers will be worn for judging events. White coats, scarves and canes will be provided.

A tentative list of shows that we will attend is as follows:

7-9 April – Toowoomba Royal Show
16 April – Marlborough Show
23-24 April – Monto Show or 24 April – The Caves Show
7 May – Baralaba Show
13-14 May – Callide Valley Show (Biloela)
28 May – Ridgeland Show
12 June – Yeppoon Show
15-17 June – Rockhampton Show
13 August – Mt Morgan Show
20 August – Wowan Show
27 August – Moura Coal and Country Festival

Contact Ku Lacey KuLacey@rggs.qld.edu.au

CHEERLEADING (YEARS P-6)

Primary Students participate in weekly cheerleading classes, where they can get active and boost confidence. They learn skills and dance routines which are performed throughout the year at various events. Students joining Cheerleading need to purchase the Cheer Uniform from the Uniform Shop. There is a cost for competition entry which is included in the single fee charged annually to your daughter's account.

Contact Sheldon Olive SheldonOlive@rggs.qld.edu.au

DANCE - PERFORMANCE COMPANY (YEARS 9-12)

This is an auditioned intermediate / advanced dance group suitable for students in Years 9-12. GGPC Dance supports girls who have prior dance experience or who currently study dance at School. A high level of commitment is required, as this is a performance group. It is expected that students will attend all rehearsals as well as the competitions and performances that occur throughout the year, including the Dance Star National Championships. Each member is expected to be part of the team as well as continuing to excel in the art of dance.

Contact Louise McSherry LouiseMcSherry@rggs.qld.edu.au



DANCE – NOUVEAU DANSE (YEARS 4-12)

An exciting new dance studio has been established to support the Rockhampton dance community. We are delighted that 'NOUVEAU DANSE', under the direction of Lauren Belonogoff, offers quality tuition in ballet (Royal Academy of Dance 'RAD' syllabus), jazz and tap (Australasian Dance Association 'ADA' syllabus) on site at Girls Grammar.

Lauren Belonogoff has been the principal of her own dance studio for 16 years and recently as resident teacher at two local dance schools. Her experience has seen her teaching RAD Ballet from Pre-primary through to the Advanced levels and ADA/FATD Jazz and Tap from Pre-primary through to Bar to Gold Star and the preparation of candidates for teachers examinations. As a studio, Nouveau Danse brings together Lauren's rich and proven experience in a specialist venue for learning dance.

Contact Lauren Belonogoff laurenbelonogoff@gmail.com

DRAMA PERFORMANCE COMPANY (YEARS 7-12)

The GGPC Drama group is open to students in Years 7-12. Following a successful audition, the Girls Grammar Performance Company Drama group will meet weekly and will explore acting workshops which culminate in a dramatic production. This program is ideal for students looking to extend themselves in the Performing Arts.

Contact Jessica Lamb JessicaLamb@rggs.qld.edu.au

EXPLORING TECHNOLOGY – PRIMARY (YEARS 4-6)

Exploring Technology will introduce students in Years 4-6 to a range of online learning tools, games and ICT related activities. Students will explore, create and design, using video, photos and a variety of fun programs and tools, which they could implement in their classrooms or play with at home. Exploring Technology will be being held during lunch time on Mondays in the Grant building during Terms 2 and 3.

Contact Naomi Beacom at NaomiBeacom@rggs.qld.edu.au

EQUESTRIAN (YEARS 4-12)

To compete in Interschool competitions you need your own horse and you need to be a member of a Pony Club and Equestrian Australia. The School offers agistment at Gracemere (contact Dallas & Kim Dixon enterprisemanager@rggs.qld.edu.au).

Locally we run an interschool Gymkhana at Alton Downs in September. We encourage our girls to ride at the School Breast Cancer fundraiser, Bulls'n'Barrels in October.

Contact Tammy Lang enrolments@rggs.qld.edu.au



FITNESS TRAINING (YEARS 7-12)

Girls Grammar fitness training is a Boot Camp style training program that incorporates speed, strength and endurance. Each session starts with a dynamic warm-up session followed by five or six mini workouts. Workouts vary from 'Interval Training', to increase aerobic efficiency, to 'Dynamic Push Ups', to engage all muscles in the body. Sessions are concluded with core stability using medicine balls. Fitness sessions are open to all Girls Grammar students in Years 7 to 12. To get the most out of each session it is recommended that participants bring a water bottle and a positive attitude.

Contact Ryan Cheers RyanCheers@rggs.qld.edu.au

GET ACTIVE (YEARS P-6)

Get Active is a lunchtime program for Primary students which encourages students to participate in activities with other girls within the Primary School. Students are provided with a variety of sporting equipment to use in supervised games and activities. This program is an extension of the girls Physical Activity lessons. Get Active is available each lunchtime in the CAB area.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

GYM CLUB (YEARS 7-12)

Exercising and keeping fit can greatly help students with sleeping, concentrating and studying. What better way to do this than to use the gym facilities at Girls Grammar. As a minimum, the gym is open for students to use once a week, under supervision. With the combination of cardio vascular, free weight, body weight and machine weight equipment, the students will have the opportunity to train for their own wellbeing and health or focus on fitness relevant to a particular sport. A personalised training program can be designed to keep the students motivated.

Contact Peter Cox PeterCox@rggs.qld.edu.au

HOCKEY (YEARS 5 & 6)

Hockey Skills is a lunchtime program run in term 2 and 3 for Primary students in Year 5 and 6. This session introduces the students to rules, skills, positioning and game situations. In 2015, a team of Year 6 students participated in the Rockhampton Primary Interschool session on Friday afternoons as part of their Physical Activity lessons. Students are required to have shin guards to participate and a mouth guard is highly recommended.

Contact Jacqui Goltz JacquiGoltz@rggs.qld.edu.au

KUNG FU (YEARS 3-12)

'Whitetiger (Bac Fu Do) Kung Fu' emphasizes traditional values while giving students a commonsense approach to self-defence for modern times. The guiding philosophy of the training is to teach students that avoidance is better than confrontation. This is achieved by helping students to have confidence in their own abilities and to assess situations before they escalate. Whitetiger has been training Girls Grammar students in self-defence since 1999. The Whitetiger Kung Fu syllabus features a mixture of striking, kicking, ground fighting, grappling, weapons and tactical skills not often found in a single Martial Arts style. All of our instructors are nationally accredited teachers of Martial Arts, are members of the Australian Kung Fu (Wu Shu) Federation and hold a valid Blue Card.

'Kids Kung Fu' for girls in Years 3-8 is held on Mondays 5.00-6.00pm cost is \$60 per term, (\$100 per term for two daughters).

Main class, for students in Years 8-12 are held Mondays 6.30-8.30pm and Thursdays 6.30-8.30pm, \$100 per term, paid in advance or \$10 per lesson, (\$160 per term for two daughters) paid in advance. Within this fixed charge, students may attend one or both classes each week.

Venue: Orchestra Room in the Music Centre.

Contact Ann or Brett [bacfudo.org](mailto:info@bacfudo.org) or (07) 4921 3987 or on Facebook- Bacfudo Kung-Fu Rockhampton.

MATHS TEAM CHALLENGE (YEARS 5 & 6)

Girls Grammar nominates its most mathematically capable Year 5 & 6 students to compete in the QAMT Maths Team Challenge, held in Rockhampton during Term 3. Selected students meet to practice questions which develop their teamwork strategies and mathematical problem solving skills. The challenge is held during the school day and the small costs are charged to participating student accounts.

Contact Michelle Gouge DirectorPrimary@rggs.qld.edu.au
Melanie Brooks MelanieBrooks@rggs.qld.edu.au

MATHS TEAM CHALLENGE (YEARS 7-10)

Girls Grammar nominates its most mathematically capable Year 7-10 students to compete in the QAMT Maths Team Challenge, held in Rockhampton at the beginning of August each year. Students are encouraged to join the Maths Club which meets at lunch times to practice questions from previous challenges and to hone their mathematical brains. The challenge is held during the school day and the small costs are charged to participating student accounts.

Contact Melanie Brooks MelanieBrooks@rggs.qld.edu.au

MATHS QUIZ QAMT (YEAR 7/8)

QAMT holds a special Maths Quiz night for teams of three Year 7 & 8 students. At least one member of the team must be a Year 7 student. The competition is held in Rockhampton during Term 3 each year. Students are asked to problem solve, estimate, perform quick mental maths, and work both as a team and individually. Should a team win the Rockhampton Region they are invited to attend the State Finals in Brisbane. Students are encouraged to join the Maths Club held during lunch times to practice sample problems. The associated cost for registration and travel is charged to participating student accounts.

Contact Melanie Brooks MelanieBrooks@rggs.qld.edu.au

MOOTING (YEARS 11-12)

Legal Studies students are encouraged to participate in the Bond University Mooting Competition. This is an annual event coordinated through Bond University. Three Legal Studies students are given a legal scenario and prepare an argument that is heard before a judge, based on a prescribed set of facts. The competition between regional schools is held at the Rockhampton Court House each May. Mooting is designed to teach and test a range of intellectual and practical skills and is open to Year 12 students. Year 11s are very welcome to assist.

Contact Luke Tree Reception@rggs.qld.edu.au

MUSIC - CHAMBER SINGERS (YEARS 7-12)

The Chamber Singers is the school's premier singing ensemble, called on to sing at many school and community events throughout the year. The group is a small, auditioned singing group from the secondary school and they rehearse every Tuesday afternoon from 3.15-4.30pm. All students wanting to be involved in this ensemble must participate in Senior Choir as well.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC – CHOIR (YEARS P-3)

This group of young singers are given an opportunity to begin an exploration of the joys of choir singing. They rehearse once a week during class time and work toward performing at eisteddfod and within the school.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC - CHOIR (YEARS 4-6)

This group gives all Year 4, 5 and 6 students an opportunity to learn and experience choral singing, with practices held during the school day. This choir has the opportunity to perform at the Eisteddfod and various school and community performances.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC - CHOIR (YEARS 7-12)

This ensemble is open to all students in Years 7-12 who would like to experience singing in a group. Students in the choir will learn valuable skills of teamwork and working towards a goal, as they prepare for performances at the Rockhampton Eisteddfod and various Girls Grammar and community functions and events. Rehearsals are held every Wednesday from 12.05-12.55pm

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

[Jessica Dawes JessicaDawes@rggs.qld.edu.au](mailto:JessicaDawes@rggs.qld.edu.au)

MUSIC - CONCERT BAND (YEARS 7-12)

Concert Band rehearses on a Thursday afternoon 3.15-4.30pm and is open to students playing woodwind and brass instruments.

Contact Jessica Dawes JessicaDawes@rggs.qld.edu.au

MUSIC - GLEE CLUB (YEARS 7-12)

The Girls Grammar Glee Club is run by the Music Prefect and is an auditioned group.

Rehearsals take place on a Tuesday lunch time 12.45-1.15pm.

All students wanting to be involved in this ensemble must participate in Senior Choir as well.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC - MINI GLEE CLUB (YEARS 4-6)

The Girls Grammar Mini Glee Club is run by the Music Prefect and is a small auditioned group.

Rehearsals take place on a Thursday lunch time 12.45-1.15pm.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC – ROCKBAND (YEARS 7-12)

Rockband is about stepping away from traditional school music programs and learning to play music from the Rock and Metal genres. Students choose which role they would like to assume in a typical Rock band and includes playing rhythm or lead guitar, bass, keyboards or vocals and anything else that contributes to the rock atmosphere. Students meet in the music rehearsal room every Thursday at 12.45-1.15 to organise and practice songs. It is the intent of Rockband to regularly perform at school assemblies, the Gaia Festival, Girls Rock and to compete at the Interschool competition, Battle of the Bands.

Contact Paul Morris PaulMorris@rggs.qld.edu.au

MUSIC - STRING ENSEMBLE (YEARS 3-12)

The string ensemble rehearses Wednesday afternoon 3.15pm-4.15pm and is open to all strings players.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

NETBALL - CLUB (YEARS 5-12)

Rockhampton Girls Grammar School runs an inclusive netball program that ranges from Years 5 to 12. The girls have the opportunity to play in the Rockhampton Netball Association Junior competition which is played on Mondays, Tuesdays and Wednesday evenings at Jardine Park netball courts. Due to Girls Grammar having a unique relationship with the Capricorn Claws State Team, we have coaching clinics organised in Term 1, for the Club Netball players to attend. With the help of many coaches and managers, the girls will be training a minimum of once a week and have the opportunity to improve their skills all year.

Contact Peter Cox PeterCox@rggs.qld.edu.au

NETBALL - PRIMARY (YEARS 5-6)

Students in Year 5 and 6 have the opportunity to participate in interschool competition. The competition is played on Friday afternoon during school hours at Jardine Park. Interschool netball is played during term 2 and 3 and provides an excellent opportunity for our girls to play competitive sport. Girls learn the rules, positions, basic plays, catching and passing skills as well as team work.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

NETBALL - QISSN (YEARS 8-12)

Students at Girls Grammar have an opportunity to compete at an elite level in netball (Queensland Independent Secondary Schools Netball). Girls Grammar take the first team of netball to the Queensland Independent Secondary Schools Netball competition each year. Trials are held at the beginning of the year and are open to all students. Training is scheduled twice a week leading up to the tournament. The QISSN team will play in regional Netball competitions, such as Sullivans. The team also plays in the Rockhampton District Netball Club competition throughout the Terms 1, 2 and 3.

Contact James Lye DirectorStudents@rggs.qld.edu.au

OPTI-MINDS (YEARS 4-12)

Opti-MINDS is a collaborative problem-solving challenge which promotes creativity and critical thinking. Students are required to solve demanding, open-ended challenges from one of the following categories: Language Literature, Science Engineering and Social Sciences.

Teams of four to seven members may be entered in:

- Division I: Years 4-6
- Division II: Years 7-10
- Division III: Years 7-12
- Open Division: All ages

Teams are required to work together on a long term challenge for up to six weeks without assistance from anyone outside the team. Participants are encouraged to explore possibilities and experiment with ideas as they endeavour to produce their best solution. They develop creative and original ways to

communicate this solution to others, working within predefined parameters such as limited materials, complex challenge criteria and the deadlines of 'The Challenge Day'.

Students present the product of their ideas - their Challenge solution - to a panel of judges and an audience on Challenge Day. They have 10 minutes in which to present and must do so in a 3X3 metre performance area. The teams also participate in an unseen Spontaneous Challenge which requires well-developed group cooperation skills, rapid interchange of ideas and the ability to think creatively.

Opti-MINDS Rockhampton Regional finals will run on a Sunday in August, roughly in the middle of Term 3. The State Finals are held in mid-October. If selected as a finalist in their division and category, students are invited to attend the State Finals in Brisbane and possibly the International Cultural Exchange held in November. Please note it is not compulsory for teams to attend the State Finals or International Exchange should they be successful at the Regional event.

Costs involved: The school pays a general registration fee which allows access to the three challenges at the beginning of the Long Term Challenge period. During this time students are able to nominate their teams which incur a nomination fee of \$10.00 per student. During the challenges students are encouraged to create and design props mostly made out of recycled items as the challenge is designed to be sustainable and environmentally friendly. However, students are allowed a budget generally around \$50.00 for miscellaneous items which the team must pay for themselves. If a team should win they would need to cover the cost of flights and accommodation prearranged by Opti-MINDS to attend the State Finals.

Contact Melanie Brooks MelanieBrooks@rggs.qld.edu.au

PUBLIC SPEAKING (YEARS 7-12)

Oral skills are an important element at all year levels. Students are encouraged to gain confidence by developing these skills as Class Representatives on Student Committees and as School Leaders. Students also have the opportunity to be involved in Debating, School Oratory Competitions and Public Speaking Competitions organised by Service Clubs. Students who are considering applying for leadership positions are strongly encouraged to participate in the annual Girls Grammar Years 7-11 Oratory Competition. Year 12s have the opportunity to present in the annual Valedictory Competition.

Contact Lee Bartlem LeeBartlem@rggs.qld.edu.au

RIDING FOR THE DISABLED (YEARS 7-12)

Riding for Disabled is a not for profit organisation that provides Equine Therapy for Disabled Persons. The organisation relies on volunteers to assist with all aspects of Equine Management and Equine Therapy. Volunteers receive ongoing in service from accredited RDA Coaches. Students from Girls Grammar are invited to attend the Sunday sessions.

Contact Tamara Allen Boarding@rggs.qld.edu.au

ROTARY QUIZ (YEARS 10-12)

The Rotary Quiz is an annual event hosted by the North Rockhampton Rotary Club for Secondary Schools in the Rockhampton District. Schools nominate a three person team of students in Years 10-12. The contests are held on separate nights at the North Rockhampton State High School. Prize money for the school is awarded to the first three places in each year level.

Contact Nikki Hislop NikkiHislop@rggs.qld.edu.au

ROWING (YEARS 8-12)

Rowing is conducted in Terms 2 and 3, for girls in Years 8-12. The main competitions are in Term 2 and 3. In 2016, Girls Grammar crews are aiming to compete in several regattas including; the Central Qld School Championships (June – Rockhampton), South Qld Schools Championships – (July - Sunshine Coast) and the Qld Schools Championships (September-Bundaberg). There are also local regattas in Rockhampton that the school competes in during Term 2 and 3.

Learn to row sessions will be offered in Terms 2 and 4 to new rowers. Rowing requires a high level of commitment. Practice sessions are three times per week for Years 8-9 and more frequently for older students. Rowing Practice takes place on the Fitzroy River and at school on designated mornings and

afternoons. In March 2016, there will be more details available of the competition dates and the training schedules. Girls Grammar has had a long established rowing program that has had success at many levels including, State, National and International.

Contact Rob Fay FacilitiesManager@rggs.qld.edu.au or 4930 0901.

RUNNING CLUB (YEARS 7-12)

Sometimes, after a hard week of studying and learning, the best thing to do is to go for a casual run. For all of those who enjoy being outside, releasing some energy, keeping fit and encouraging others, this is a club for you. With varying distances and intensities, the students can chose their own pace. Every Friday afternoon, we will be running around the local area, churning up the flats and flying down the hills.

Contact John Fry DirectorLearning@rggs.qld.edu.au

SCIENCE AND ENGINEERING CHALLENGE (YEARS 9-10)

In May, a team of approximately 30 students will have the opportunity to travel to Bundaberg to participate in this challenge. The trip will be on a school day. The challenge is designed to inspire students to study science and engineering at a senior level. At the event the girls participate in a range of hands-on activities that are designed to demonstrate the varied and practical elements of a career in the disciplines of science and engineering. The challenge is a practical day of fun, teamwork and discovery. Open to students in Years 9-10.

Contact Ku Lacey KuLacey@rggs.qld.edu.au

Christie Mahon ChristieMahon@rggs.qld.edu

SPORT AEROBICS (YEARS 8-12)

Sport Aerobics is a performance sport that involves continuous high intensity movement patterns to music. A combination of Aerobics, Gymnastics and Dance routines demonstrate aerobic fitness, flexibility and strength. This sport is open to students in Years 8-12 (through audition) and meets once a week. Students have the chance to be part of the Girls Grammar Sport Aerobics team and also to represent their school at 'Schoolaerobics', the largest interschool aerobics and dance competition in Australia.

Contact Louise McSherry LouiseMcSherry@rggs.qld.edu.au

SPORT

Sports activities provide experiences which enable students to:

- Choose behaviours which promote healthy living
- Make informed, rational decisions as to their involvement in skilful physical activities such as sports, dance and outdoor pursuits
- Engage in positive social environments and build confidence and self-esteem

Rockhampton Girls Grammar School is a member of the Capricornia District Secondary Schools' Sports Association and the Rockhampton District Primary and Secondary Schools' Sports Association. Every student is invited to trial for their sport and if successful, to compete up to a State level.

The House System is used for sport within the school and girls compete in Swimming, Cross Country, Athletics, Touch and Ball Games for Primary students.

The facilities at the school include a large undercover area, Netball, Tennis, Volleyball and Basketball Courts, Swimming Pool, Sports Field, gymnasium and weights facilities room.

Main Sporting activities

Netball, Basketball, Softball, Rowing, Volleyball, Water polo, Touch Football, Swimming, Cross Country, AFL, Soccer, Athletics, and Sports Aerobics. Other sports may be available through local sporting associations.

Students are able to compete in Basketball, Volleyball, Netball, Soccer and Water Polo in interschool competitions. The school also has representative teams competing in both Touch Football and Netball

Club competitions. Students involved in Netball, Touch Football, Equestrian, Rowing and Sports Aerobics have the opportunity to represent Girls Grammar at State and National level competitions.

All students are expected to participate in at least one cocurricular activity. Sport is voluntary, although all students are involved at the Interhouse level.

Student Obligations

Students need to be aware of the commitment they make when nominating for a sports team. Most activities involve training after school and some require early morning training. Attendance at these sessions is compulsory. Fixtures involve one game per week match play or specified times during the weekend. A commitment to sporting fixtures may occasionally clash with leave requests for boarders or with employment commitments. Consultation with coaches is essential to avoid teams forfeiting.

Students and parents are asked to be aware of involvement with sports and other cocurricular activities to ensure that an appropriate, workable balance between studies and cocurricular commitments is maintained. Students should be aware that over-commitment can lead to a decline in work/study and they are encouraged to keep a balance in all they do. Our two major sports at State level are Touch Football and Netball. Students may choose only one of our major State Carnivals, QISSN or All Schools Touch. Students need to be fully committed to one sport at the elite level, as over-commitment can lead to injury and undue stress.

Major Sporting Events

Interhouse

- 6-12 Swimming Carnival
- P-6 Swimming Carnival
- 7-12 Athletics Carnival
- P-6 Athletics Carnival
- P-12 Cross Country
- P-6 Ballgames Carnival
- Naarah's Touch competition

Interschool

- 7-12 Inter-School Athletics Carnival
- 3-7 Inter-School Athletics Carnival
- 3-7 Inter-School Swimming Carnival
- 7-12 Inter-School Swimming Carnival
- 3-7 Inter-School Cross Country
- 8-12 Inter-School Cross Country
- Equestrian Events

State and National

- Queensland Independent Secondary Schools Netball Tournament
- Queensland All Schools Touch Tournament
- Queensland and National Rowing Championships
- Queensland and National School Aerobics Competition
- Equestrian Events

SPORTING FIXTURES

Girls Grammar enters teams into various interschool and club fixture competitions within Rockhampton. Sports include:

- Interschool Swimming Carnival – Term 1 at the RGS pool
- Secondary interschool Basketball - Term 1 at various schools on Tuesday afternoons
- Secondary interschool Water Polo - Term 1 and 4 at RGS pool on Monday afternoons
- Secondary Interschool Netball – Term 2 at Jardine Park Netball Courts Wednesday afternoons
- Interschool Cross Country – Term 2 at Kalka Shades
- Primary interschool Hockey – Term 2 and 3 Friday afternoon (school time)
- Primary Interschool Netball – Term 2 and 3 Friday afternoon (school time)
- Primary Interschool Athletics – Term 3 at RHS

- Primary Interschool Cross Country – Term 2 at Kalka Shades
- Primary Touch Football – Term 3 and 4 at Cyril Connell Fields on Saturdays
- AFL – Times to be advised
- Secondary interschool Soccer – Term 3 at various schools on Monday afternoons
- Secondary Interschool Touch Football – Term 3
- Interschool Secondary Athletics – Term 3 at Emmaus College
- Secondary interschool Volleyball – Term 4 at various schools on Tuesday afternoons

Other sports may be available through local sporting associations.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

SWIMMING CLUB BEFORE SCHOOL (YEARS 5-12)

Fitness swimming is held in the Girls Grammar pool between 6.00-7.00am on Monday, Wednesday and Friday mornings in Terms 1 and 4. The girls are involved in various water activities that increase their heart rate, confidence and level of safety in the water. Swimming, treading water, numerous water games and even running in the water are just some of the fun activities that we do in each session. Students in years 5-12 are invited to attend.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

SWIMMING CLUB AFTER SCHOOL (YEARS P-12)

Caribee Swimming Academy provides swimming instruction for Girls Grammar students in our school pool during Terms 1 and 4. Tuition includes: Learn to Swim, Stroke Improvement, Fitness swimming, Cross Training and Bronze Medallion. Swimming Club Membership and Competition Squads are also available. This is a fee for service activity.

Contact the Caribee office on 4926 1650 or caribee@bigpond.net.au

TITRATION (YEARS 11-12)

The Royal Australian Chemical Institute Chemical Analysis Competition is known as 'The Titration Competition'. The aim of the competition is to encourage students who enjoy Chemistry, especially practical chemistry, and to recognise those who are becoming proficient. The competition gives these students the opportunity to test their practical skills against other chemistry students from the region.

Contact Christie Mahon ChristieMahon@rggs.qld.edu.au

TOUCH - 'ALL SCHOOLS COMPETITION' (YEARS 8-12)

Girls Grammar take a Senior team away to the All Schools Touch Carnival held in Brisbane each year. The competition includes Schools from throughout Queensland, New Zealand and Singapore. Trials are held early in Term 1 and training is scheduled in the lead up to the carnival which is held in the first week of Term 4. The team will play together in the local Club Competition for both Semester 1 and 2. Further details are released throughout the school year via school notices and email.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

TOUCH - CLUB AND COMPETITIONS (YEARS 7-12)

Two teams are fielded in the local club touch football competition that plays on Wednesday night. This is a local open ladies competition that is graded from A-D for student in Years 7-12. Teams are entered in the division that best suits their ability. One of the teams is the 'All Schools Touch' team that are selected based on ability and commitment. The second team is a social team. The Wednesday night competition plays Season 1 from February to May and Season 2 from August to November.

Multiple teams also participate in a local touch football carnival, the 'Red Rooster Carnival', which is played on a weekend in November. This gives the teams the opportunity to pit their skills against teams from across Central Queensland.

During Term 3, there is an interschool touch football competition which plays on a Tuesday afternoon. This is a short season that is open to any player and the number of teams entered will be determined by participation numbers. In 2015 we fielded four teams in this competition.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

TOUCH - PRIMARY COMPEITION (YEARS P-7)

Girls Grammar primary students participate in the Rockhampton Junior Touch Association a junior competition. The competition is played at the Cyril Connell Fields commencing in August for school, club and individual teams in age divisions. Girls Grammar will nominate teams depending on interested numbers in the under 8, 10 and 12 girls only divisions.

Teams will be coached by staff members who will arrange an afternoon to train with their team when teams have been finalised. Games are played on Saturday mornings and are generally completed by 11.00am.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

WATERPOLO (YEARS 7-12)

Waterpolo is available in Terms 1 and 4. The competition consists of a Junior Mixed and Senior Girls teams and is played on a Monday afternoon. Open to girls Year 7-12.

Contact Nikki Hislop NikkiHislop@rggs.qld.edu.au



Rockhampton Girls'
Grammar School

Est 1892