



Rockhampton Girls'  
Grammar School  
Est 1892

# 2017

## Cocurricular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	VARIED
<b>SWMMING CLUB</b> 6.00AM-7.00AM	<b>ROWING</b> 5.15AM			<b>ROWING</b> 5.15AM <b>SWIMMING CLUB</b> 6.00AM-7.00AM	<b>ROWING</b> 5.15AM	<b>GYM CLUB</b> <b>PUBLIC SPEAKING</b> <b>DEBATING</b>
<b>GET ACTIVE</b> 12.50PM-1.15PM  <b>P-3 CHOIR</b> 11.15AM-12.05PM	<b>GET ACTIVE</b> 12.50PM-1.15PM  <b>STRINGS ENSEMBLE</b> 12.45PM-1.15PM	<b>GET ACTIVE</b> 12.50PM-1.15PM  <b>SUSTAINABLE FASHION</b> 1.00PM-1.20PM  <b>MULTI VOCE –</b> 12.35PM-12.50PM  <b>YEAR 4-6 CHOIR</b> 2.10PM-3.00PM	<b>GET ACTIVE</b> 12.50PM-1.15PM  <b>ROCK BAND</b> 12.40PM-1.15PM  12.40PM - 1.15PM <b>DEBATING PRACTICE</b>  <b>MATHS CLUB</b> 12.50-1.15PM	<b>GET ACTIVE</b> 12.50PM-1.15PM  <b>MINI GLEE</b> 12.40pm-1.15pm		
<b>SPORTS AEROBICS</b> 3.15PM-4.00PM  <b>CHEERLEADING</b> 3.15PM-4.00PM  <b>CATTLE CLUB</b> 3.15-4.30  <b>REGIONAL TOUR REHEARSAL</b> 3.10PM-4.00PM  <b>INTERSCHOOL SPORT WATER POLO</b>  <b>INTERSCHOOL WATER POLO</b>  <b>CLUB NETBALL</b>	<b>INTERSCHOOL BASKETBALL</b> 4.00PM-6.00PM  <b>BELLA VOCE</b> 3.15PM-4.30PM  <b>CLUB NETBALL</b>	<b>SWIMMING CLUB</b> 3.15PM-4.15PM  <b>DRAMA CLUB</b> 3.30PM-4.30PM  <b>DANCE COMPANY</b> 3.15PM-4.45PM  <b>LEGAL/BCT EXTENDED STUDY</b> 3.15PM-4.15PM  <b>ROWING</b> 4.00PM  <b>TOUCH FOOTBALL</b> 5.45PM – 8PM  <b>POCO VOCE</b> 3.15PM-3.45PM  <b>CLUB NETBALL</b>	<b>ART CLUB</b> 3.15PM-4.30PM  <b>CONCERT BAND</b> 3.15PM-4.00PM  <b>RECORDER ENSEMBLE</b> 4.00PM-4.30PM  <b>FITNESS TRAINING</b> 3.20PM - 4.10PM	<b>RUNNING CLUB</b> 3.00PM  <b>BASKETBALL TRAINING</b> 3.15PM-4.15PM  <b>WATER POLO TRAINING</b> 3.15-4.15PM  <b>TOUCH FOOTBALL</b> 4.00PM – 9.00PM	<b>TOUCH FOOTBALL</b> 8.00AM-12.00 NOON	

## A-Z OF 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)

Art club will run on a Thursday afternoon in Semester 1 2017.

This semester the focus is on Photography and Digital Manipulation of our photographs using Photoshop. There will be scavenger hunts and challenging photography quests. Outstanding works will be on display at our Excellence in Art exhibition.

**Contact** Nora Hanasy Cheers: - [NoraHanasy-Cheers@rggs.qld.edu.au](mailto:NoraHanasy-Cheers@rggs.qld.edu.au)

### BASKETBALL CLUB (YEARS 7-12)

Interschool basketball will run from Week 3 Term 1 until Week 10 Term 1 on a Tuesday afternoon in 2017. The girls will compete in the Schoolgirls Rockhampton District Interschool Sport competition at various venues around Rockhampton. Training will be every Friday at 3.15pm-4.15pm.

**Contact** Michelle Gouge – [MichelleGouge@rggs.qld.edu.au](mailto:MichelleGouge@rggs.qld.edu.au)

### CATTLE CLUB (YEARS 7-12)

Cattle Club will run on a Monday afternoon in 2017 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 once off annual charge is required for Cattle Club members, determined by the number of students and shows attended. A tentative list of shows that we will attend is available in the school calendar.

**Contact** Ku Lacey [KuLacey@rggs.qld.edu.au](mailto: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](mailto: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](mailto:LouiseMcSherry@rggs.qld.edu.au)



## DRAMA PERFORMANCE COMPANY (YEARS 7-12)

The GGPC Drama group is open to students in Years 7-12. The aim of this group is to produce a season of independent student theatre each semester. Following the submission of a completed application, the group will meet weekly and will explore a variety of roles required to produce theatrical performances. Students will be able to pitch ideas and take an active role in determining the direction of each performance season. This program is ideal for students looking to extend themselves in the Performing and Visual Arts, as opportunities to perform, direct, design, script and film are available. Participation involves a semester-long commitment, with regular meetings held on Wednesday afternoons and occasional additional rehearsals on offer by negotiation.

**Contact** Jessica Lamb [JessicaLamb@rggs.qld.edu.au](mailto:JessicaLamb@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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:PeterCox@rggs.qld.edu.au)

## LEGAL STUDIES/ BCT EXTENDED STUDY CLUB

Legal Studies/BCT extended study provides students with an opportunity to engage in a more individualised opportunity to assist with their current studies. It will be held on a Wednesday in the library each week from 3:15pm to 4:15pm.

**Contact:** Luke Tree [LukeTree@rggs.qld.edu.au](mailto:LukeTree@rggs.qld.edu.au)

## MATHS CLUB

Held in Luck 3 being a member of maths club gives you a chance to be involved in problem solving, strategies and practice for mathematical thinking and Maths Team Challenges.

**Contact** Melanie Brooks [MelanieBrooks@rggs.qld.edu.au](mailto:MelanieBrooks@rggs.qld.edu.au)

## MUSIC – BELLA VOCE (YEARS 7-12)

The Bella Voce 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](mailto: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](mailto: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](mailto:ChristinaBond@rggs.qld.edu.au)

## MUSIC – MULTI VOCE (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 12.05-12.50pm

**Contact** Christina Bond [ChristinaBond@rggs.qld.edu.au](mailto: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](mailto: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 Friday Lunchtime. All students wanting to be involved in this ensemble must participate in Senior Choir as well.

**Contact** Christina Bond [ChristinaBond@rggs.qld.edu.au](mailto:ChristinaBond@rggs.qld.edu.au)

## MUSIC – POCO VOCE (YEARS 4-6)

The Girls Grammar Poco Voce is run by the Music Prefect and is a small auditioned group. Rehearsals take place on a Wednesday afternoon 3.15pm- 3.45pm

**Contact** Christina Bond [ChristinaBond@rggs.qld.edu.au](mailto: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 12.40-1.15 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](mailto:PaulMorris@rggs.qld.edu.au)

## MUSIC - STRING ENSEMBLE (YEARS 3-12)

The string ensemble rehearses Tuesday Lunch 12.45pm-1.15pm and is open to all strings players.

**Contact** Christina Bond [ChristinaBond@rggs.qld.edu.au](mailto: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** Kate Lang – [KateLang@rggs.qld.edu.au](mailto:KateLang@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** Kate Lang – [KateLang@rggs.qld.edu.au](mailto:KateLang@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](mailto:LeeBartlem@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 2017, 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 2017, 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](mailto:FacilitiesManager@rggs.qld.edu.au) or 4930 0901.

## RUNNING CLUB (YEARS 4-12)

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 choose their own pace. Every Friday afternoon, we will be running around the cross country track, churning up the flats and flying down the hills.

**Contact** John Fry [JohnFry@rggs.qld.edu.au](mailto:JohnFry@rggs.qld.edu.au)

## 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](mailto:LouiseMcSherry@rggs.qld.edu.au)

## SUSTAINABLE FASHION CLUB (YEARS 7 – 12)

Rockhampton Girls Grammar has formed a relationship with Boomerang Bags to reduce the use of plastic bags. We will be using recycled material to create a sustainable alternative to plastic bags. By getting involved with Boomerang Bags, you are participating in a national movement that celebrates a local grassroots initiative, community building and sustainability. This is a great activity that will allow you to extend your sewing skills and give back to the community.

**Contact** Stacey Rogers [StaceyRogers@rggs.qld.edu.au](mailto:StaceyRogers@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 and Friday mornings and 3.15-4.15 on Wednesday afternoons 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](mailto: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](mailto:caribee@bigpond.net.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](mailto: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](mailto: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](mailto:NikkiHislop@rggs.qld.edu.au)

