



Rockhampton Girls
Grammar School

Est 1892

2025
Cocurricular
Handbook



A-Z OF COCURRICULAR PROGRAM

All students are expected to participate in at least one Cocurricular activity each term. There is a broad range of activities to entice student interests, increase physical and creative activity and to enrich experiences.

Along with the range of cultural and sporting cocurricular offerings, there is also a wide range of academic tutorials on offer. Students can contact their subject teachers for more information regarding tutorials.

Students signing up to team activities should aim for 100% participation in trainings and games/events, however attendance of greater than 80% is required.

ACADEMIC SUPPORT AND TUTORIALS

Our tutorial offerings provide support tailored to meet student needs across many subjects. Each term, a newly revised tutorial schedule will be released to reflect student feedback/suggestions and teacher availability. Sessions focus on strengthening core subjects, enhancing study skills, and building overall confidence within the offered subject areas. This flexible approach allows students to determine individual needs for support and access relevant resources throughout the year.

Contact Christie Dey ChristieDey@rggs.qld.edu.au

ART CLUB – PRIMARY (YEARS P - 3)

Prep to Year 3 Primary Art club is a time for students to work creatively on art projects and activities. This time will also provide the opportunity to try new art mediums or simply get creative and explore. Art club will be available for students in Term 2 and 3. More information will be emailed home throughout the term.

Contact Leonie Carroll

ATHLETICS TRAINING (AGES 10 – OPEN)

Athletics training will be held on the Girls Grammar oval in Term 2 in preparation for the interhouse carnival. Training will be held on T afternoons with weekly sessions to focus on a different track or field discipline.

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

BASKETBALL (YEARS 7-12)

Interschool basketball will run on a Tuesday afternoon from Week 3 to Week 9 throughout Term 1. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing singlet from the Uniform Shop for the term. This playing singlet is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au

BOOK CLUB (YEARS 7 – 12)

Embark on a literary journey with the Years 7-12 Book Club, where avid readers unite to explore the boundless realms of imagination. Book Club delves into a diverse selection of novels, fostering lively discussions that traverse genres and perspectives. From dissecting intricate plots to unravelling the complexities of characters, this club not only enhances literary appreciation, but also cultivates a vibrant community of young minds passionate about the power of storytelling. Members are encouraged to attend weekly meetings and obtain copies of books on our selection list.

Contact Jade Ladewig JadeLadewig@rggs.qld.edu.au



DANCE - PERFORMANCE COMPANY (YEARS 7 - 12)

This is an auditioned intermediate / advanced dance group suitable for students in Years 7-12. 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. Each member is expected to be part of the team as well as continuing to excel in the art of dance. This will be an additional cost and commitment.

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au



EQUESTRIAN (YEARS 4 - 12)

To compete in Interschool competitions, students require their own horse and must be a member of Equestrian Australia and/or Pony Club. The School offers horse agistment at Bouldercombe; information regarding Equestrian Queensland can be found here <https://www.qld.equestrian.org.au/>

The School's Campdraft competitors compete in the annual Ariat High School Campdraft Percentile Cup held at the Pittsworth Showgrounds in early October. The Equestrian team also competes in the local interschool Gymkhana at Alton Downs in September. Students involved in the Equestrian Team are encouraged to participate in the annual Bulls 'n' Barrels event, a fundraiser organised through the Parents and Friends Association, aimed at raising funds and awareness for the Breast Cancer Foundation.

Contact Salena McBride SalenaMcBride@rggs.qld.edu.au

FUTSAL (YEARS 7-12)

Interschool futsal will run for 5 weeks in Term 4 on a Wednesday afternoon. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing shirt from the Uniform Shop for the term. This playing shirt is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au



FOOTBALL (YEARS 7-12)

Interschool football (soccer) will run on a Thursday afternoon from Week 2 to Week 8 throughout Term 3. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing shirt from the Uniform Shop for the term. This playing shirt is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au

NATIVE GARDEN CLUB (YEARS P - 12)

The Rockhampton Girls Grammar School Native Garden Club aims to foster environmental stewardship, sustainability, and community engagement through the cultivation of native plants and the establishment of native bee hives. Students will have hands-on opportunities to garden and water plants and native plants to use around the school. School hats are mandatory for this activity. Additionally, native bee hives will be established to bolster local pollinator populations and contribute to the biodiversity of the region. This will be available in 2025 with specific day yet to be decided.

Contact Vanessa Hemson VanessaHemson@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 Education lessons. Get Active is available each lunchtime in the CAB area.

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

HIP HOP CREW (YEARS 7 - 12)

Girls Grammar Hip Hop crew is for a group of girls who love to dance but may not have any technical training. Students will be practising routines in Semester 2 to improve skills and to prepare for a Girls Rock performance. Everyone is welcome, the only requirements are enthusiasm and energy to move!

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au

HOMEWORK CLUB (YEARS 2-4)

Looking for extra support to complete homework tasks or practice skills in a focused and friendly environment? Join our Homework Club for students in Years 2–4! Held after school, this session offers support to help students stay on track, build confidence, and develop positive study habits Wednesday afternoons in the Year 2 classroom in the Discovery Centre, from 3.10pm to 4.10pm.

Contact Donna Bennett DonnaBennett@rggs.qld.edu.au

MUSIC – MOLTI VOCE (YEARS 7 - 12)

This vocal ensemble is open to all students in Years 7 - 12 who want to experience the joy and power of singing in a group. Singing together not only builds a sense of community and shared purpose but also supports mental well-being, reduces stress, and enhances memory and concentration skills. Students in the choir will develop essential life skills, such as teamwork, responsibility, and confidence, as they prepare for performances at the Rockhampton Eisteddfod and various Girls Grammar and community functions and events. Additionally, students involved in the musical will be required to join the choir to strengthen their vocal abilities and ensemble experience. Rehearsals for this group take place during Clubs time on Thursday afternoons.

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



MUSIC – BELLA VOCE (YEARS 7 - 12)

Bella Voce is the schools' premier singing ensemble, called on to sing at school and community events throughout the year as well as participating in events such as the Rockhampton Eisteddfod and graded examinations. The group is a small, auditioned singing group from the secondary school who rehearse Monday afternoon from 3.10pm to 4.15pm. All students wishing to be involved in this ensemble must also participate in Molti Voce.

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

MUSIC - CONCERT BAND (YEARS 7 - 12)

Concert Band is open to students with a Grade 3 AMEB (or equivalent) level of skill or higher who play woodwind, brass, or percussion instruments. Rehearsals are held on Tuesday afternoons from 3:10 pm to 4:10 pm. Playing in an ensemble offers students the chance to develop critical skills such as listening, timing, and coordination, while also building their confidence, discipline, and teamwork abilities. Band members will work towards school performances, group examinations, and local competitions like the Rockhampton Eisteddfod, showcasing their hard work and dedication to musical excellence.

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

MUSICAL (YEARS 5 – 12)

Open to students across year levels 5 to 12, the school musical combines elements of singing, acting, and dancing, which provides a platform for both experienced performers and beginners to develop their talents. Through auditions, rehearsals, and ultimately, the live performance, students build confidence, teamwork skills, and creative expression. Cast and crew learn stagecraft, explore musical theatre techniques, and gain insights into the production process. Being part of the school musical is a rewarding journey, fostering friendships amongst year levels, discipline, and a sense of accomplishment as students work together to bring an exciting story to life for the school community. Additionally, students involved in the musical will be required to join Molti Voce (run in clubs time Thursday period 6) to strengthen their vocal abilities and ensemble experience.

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



MUSIC - STRING ENSEMBLE (YEARS 3 - 12)

The Strings Ensemble is the Schools' only strings group. The ensemble rehearses on Tuesday, from 12.45pm to 1.15pm and is open to string player who have been playing for at least six months. They will work towards school events, group examinations or local competitions such as the Rockhampton Eisteddfod.

Contact Alyssa Black AlyssaBlack@rggs.qld.edu.au



NETBALL - CLUB (YEARS 2 - 12)

Rockhampton Girls Grammar School runs an inclusive netball program that ranges from Years 2 to 12. Girls have the opportunity to play in the Rockhampton Netball Association competition which is played on Monday, Tuesday and Wednesday evenings at Jardine Park netball courts from February to September. 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. Trials are held at the start of the year and are open to all students. Players are required to hire the Girls Grammar A-Line netball dress from the uniform shop, which must be worn with plain navy tights or the Girls Grammar sublimated tights available for purchase from the uniform shop. The cost for club netball ranges from \$200 - \$450 depending on the playing division and number of seasons played. Players are also provided opportunities to participate in the Sullys Carnival and the Cap Coast carnival each year at an additional cost.

Contact Club Netball Coordinator Liz Curtis ClubNetball@rggs.qld.edu.au or Greta Doherty Sport@rggs.qld.edu.au

NETBALL AND HOCKEY – INTERSCHOOL (YEARS 5 - 6)

Rockhampton Girls Grammar School participates in the Rockhampton District Primary School Sports program in Terms 2 and 3. The Year 5 and 6 classes participate in the interschool netball and hockey competition against other primary school teams from around the district on a Friday afternoon between 12.30pm to 3.00pm.
Contact Jacqui Goltz JacquiGoltz@rggs.qld.edu.au

NETBALL – INTERSCHOOL (YEARS 7 - 12)

Secondary interschool netball will run on a Thursday afternoon from Week 2 to Week 9 throughout Term 2. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at the Jardine Park netball courts from 3.45pm to 8.00pm. There may also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is approximately \$30 per participant. Players are required to hire the Girls Grammar A-Line netball dress from the uniform shop, which must be worn with plain navy tights, or the Girls Grammar sublimated tights available for purchase from the uniform shop.

Contact Greta Doherty Sport@rggs.qld.edu.au





OZTAG (YEARS 7 - 12)

Girls Grammar nominates teams into the Club Oztag competition held on Monday nights. There are two seasons. February to April and May to July. This is a community competition playing in the ladies' divisions and Girls Grammar teams are graded based on ability level for students in Years 7 - 12. Teams will undertake one training session per week to develop their individual skills, game specific fitness, and team cohesion. Day students are required to provide their own transport to the competition. Cost for this competition is approximately \$125 per participant. Students are required to hire the playing singlet from the Uniform Shop, which is to be worn with the Girls Grammar Oztag shorts available from the Uniform Shop.

Contact Greta Doherty Sport@rggs.qld.edu.au

OZTAG - ALL SCHOOLS COMPETITION (YEARS 8 -12)

Girls Grammar take a senior representative team away to the Queensland Oztag All Schools Carnival held on the Sunshine Coast in July each year. Trials are held late in Term 1 and training may be scheduled before school, after school or on weekends in the lead up to the carnival which has a strict attendance and commitment policy. The team will play together in the local Club Competition for season 2. Students selected to represent the school at this event will encounter excursion costs between \$600 to \$1000. Further details are released throughout the school year.

Contact Greta Doherty Sport@rggs.qld.edu.au



READERS CUP (YEAR 5/6)

Readers Cup is organised by the Qld Branch of the Children's Book Council of Australia. It is a state wide competition for young readers. Teams of four to five students together read a set of books, and then compete with other teams to answer quiz questions from the books. Winners from regional competitions then compete in a state final. Readers Cup competitions challenge students to read widely, work collaboratively in a team and continue developing a love of reading. It allows readers to compete at a regional and state level similar to sporting competitions and to meet other students with an equal passion for books. Readers' Cup will be held in Wednesday 30 April 2025 at Frenchville State School. Students selected in Year 5 and 6 will meet weekly in Term 1 to prepare for the event.

Contact Vanessa Hemson VanessaHemson@rggs.qld.edu.au



RUGBY 7'S (YEARS 7 -12)

QLD Rugby Development Officers will be attending Girls Grammar on Monday afternoons to teach fundamental ball, movement, and contact skills. Throughout the year, students will have the opportunity to participate in the interschool competition (Term 1) and carnivals (Terms 3 and 4) if they have been able to safely demonstrate the required skills at the development sessions. Attendance at development sessions is compulsory for participation in rugby competitions.

Players will need to have a mouthguard, football boots (moulded soles, no metal tags) and personal water bottle as these items are compulsory at all training sessions and games. Other personal protective equipment can also be worn at the players discretion, such as head gear and shoulder pads. These items are not compulsory but are highly encouraged. Parent Lounge approval will be a mandatory requirement due to the high-risk nature of this activity.

Participation costs for Rugby 7s ranges from \$15 to \$25 for most local competitions and carnivals, with the Monday development sessions being run at no cost to participants. Regional carnivals requiring travel and/or overnight stays with incur larger fees. Players are provided a playing jersey, which is returned at the end of each competition/carnival. Players need to purchase their own cocurricular rugby shorts from the Uniform Shop to wear in competitions.

Contact Greta Doherty GretaDoherty@rggs.qld.edu.au





RUGBY LEAGUE (YEARS 7-12)

Interschool rugby league will run on a Wednesday for 8 weeks throughout Term 2. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players.

The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton and Yeppoon with games occurring between 3.30pm-8.00pm. Mouthguards and football boots are compulsory for participation in this program. Other personal protective equipment can also be worn at the players discretion, such as head gear and shoulder pads. These items are not compulsory but are highly encouraged. Parent Lounge approval will be a mandatory requirement due to the high-risk nature of this activity.

Participation costs will be approximately \$30 per participant. Players are provided a playing jersey, which is returned at the end of the competition. Players need to purchase their own cocurricular rugby shorts from the Uniform Shop to wear in competition games.

Contact Greta Doherty Sport@rggs.qld.edu.au

ROWING (YEARS 7 -12)

Learn to Row sessions will be provided in Term 1 consisting of technique work at the Girls Grammar gym using the ergo machines, then progress to on-water sessions throughout the term at a cost of \$140.

In Terms 2 and 3, training is held at the Girls Grammar gym on Monday afternoons, and the Fitzroy River Rowing course on two afternoons per week from 3.30pm - 5.30pm and an optional session on Saturdays from 6.30am to 8.30am. The girls will have the opportunity to participate in three local regattas held between May and August. The cost of the Girls Grammar program for 2025 is \$410. Racing zoot suit and training shirt are also available for purchase as an optional extra. Students may also choose to participate in other Regional, State and National regattas as their skill levels progress at additional costs.

Contact Greta Doherty Sport@rggs.qld.edu.au





RUNNING CLUB (YEARS 4 -12)

Sometimes, after a hard week of studying and learning, the best thing to do is to go for a 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, you can choose your 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

SHOW TEAM (YEARS 7 -12)

As part of the Girls Grammar Show Team program, students will attend weekly training sessions onsite at the upgraded Agricultural Plot adjacent to the ELC. This will align with the ongoing expansion and development of the school's agricultural program. The training sessions will commence in Week 3 and will be held Thursday afternoons (2.15pm – 4.15pm); this will incorporate clubs time in lesson 6 and an hour after school. During these training sessions, students will have the opportunity to learn and develop their skills in cattle judging and selection. In addition, students will learn about cattle breeds, conformation, muscling, and market suitability.

Show Team formal uniform consists of clean, plain, and tidy dark blue jeans, a plain belt, and smooth sole boots. They will wear a light-coloured (no black) Akubra (or similar) and pink School shirt to the calendared shows for preparation, as well as the pink check shirt for formal presentation, and judging. Blazers will be worn for judging events. White coats, scarves and canes will be provided. A once off annual charge is required for Show Team 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 Salena McBride SalenaMcBride@rggs.qld.edu.au



SURF LEAGUE (YEARS 7 - 12)

Held once a year the SLSQ Secondary School Surf League program has been designed to introduce students to surf lifesaving skills and competition. The SLSQ Secondary School Surf League will encompass activities relating to surf swimming, beach sprints and flags, board paddling and rescue disciplines. The format of the league will challenge and enable students to test their abilities against themselves, the environment, and students from other schools. The venue for this competition has not been set for 2024, however, participants can expect to travel to either Emu Park or Tannum Sands. Day students will be required to organise their own transport to the event.

Contact Greta Doherty Sport@rggs.qld.edu.au



SWIMMING CLUB (YEARS 4 - 12)

Fitness swimming is held in the Girls Grammar pool between 3.15pm and 4.15pm on Tuesday and Thursday afternoons during 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. Girls will be given a program to follow to improve their general swimming ability or will be allowed to work on their own program at their own pace.

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

TOUCH - ALL SCHOOLS COMPETITION (YEARS 8 - 12)

Girls Grammar take a senior representative team away to the All Schools Touch Carnival held on the Gold Coast each year. The competition includes schools from throughout Queensland, with some interstate and international teams being invited. Trials are held in Term 2 and training is scheduled before school and after school 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 during Semester 2. Students selected to represent the school at this event will encounter excursion costs between \$700 to \$900. Further details are released throughout the school year via school notices and email.

Contact Greta Doherty Sport@rggs.qld.edu.au

TOUCH – SENIOR CLUB AND COMPETITIONS (YEARS 7 - 12)

Girls have the opportunity to play in the Rockhampton Touch Association competition which is played on Wednesday nights. This is a local open ladies' competition that is graded from A to D for students in Years 7 - 12. Teams are organised and entered in the division that best suits their ability. The Wednesday night competition plays Season 1 from February to June and Season 2 from August to November. Teams will have one training session per week after school. Players are required to hire a playing singlet from the Uniform Shop, which is to be worn with the cocurricular shorts or navy tights. The cost to participate is approximately \$130 per season, with a yearly membership fee also paid to Touch Football Australia which is approximately \$25 and a yearly membership to Queensland Touch for approximately \$50.

During Term 3, there is an interschool touch football competition which is played on Tuesday afternoons. This is a short season that is open to all students in Years 7 - 12 and the number of teams entered will be determined by participation numbers. Players are required to hire a playing singlet from the Uniform Shop, which is to be worn with the cocurricular shorts or tights, or the PE shorts. The cost to participate is \$8 per student.

Contact Greta Doherty Sport@rggs.qld.edu.au

TOUCH – JUNIOR CLUB AND COMPETITIONS (YEARS PREP - 6)

Girls Grammar nominates teams to play in the Rockhampton Junior Touch Association competition in Season 2. This competition is organised in age divisions.

Season 2 is played Saturday mornings from August to November. Saturday morning age divisions are 6 Years and under, 8 years and under, 10 years and under, and 12 years and under.

The cost of registration is approximately \$85 per season, with a yearly membership fee also paid to Touch Football Australia which is approximately \$25 and a yearly membership fee to Queensland Touch for approximately \$50.

Contact Greta Doherty Sport@rggs.qld.edu.au

VOLLEYBALL (YEARS 7-12)

Interschool volleyball will run on a Tuesday afternoon for 5 weeks throughout Term 4. There will also be one training session per week after school or at lunch time, on a day to be determined in consultation with the team coach and players. The girls will compete in the Rockhampton District Interschool Sport competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing singlet from the Uniform Shop for the term. This playing singlet is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au



WATER POLO (YEARS 7 - 12)

Water Polo is available in Terms 1 and 4. The Rockhampton District Interschool competition consists of a Junior Mixed and Senior Girls division and is played on Monday evenings. Open to girls Years 7 - 12. Mouthguards are compulsory for participation in this program. Training is held one additional afternoon each week in Term 1 and Term 4.

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au

YOUNG PLAYWRIGHTS CLUB (YEARS 7 - 12)

The Young Playwrights Club is designed to foster the creative ideas of emerging playwrights, providing students with the tools they need to prepare unique theatrical works. Students meet once a week to share their progress, trial ideas and receive feedback on their writing, with prompts and challenges issued to inspire and support them as they experiment with form and style. Club members will also prepare their pieces for submission to the Young Playwrights' Award hosted by Queensland Theatre in June. The year culminates in a creative expression and performance at Girls Rock.

Contact Emma Girle EmmaGirle@rggs.qld.edu.au

