

# St. Michael's Sports Corner

Last Friday students in Years 5 and 6 trialed for the school's Mark Taylor Cricket Shield Team. It was very pleasing to see over 20 students trial for this team. It is unfortunate that not all students who tried out can be selected as we can only take 11 players to a game. Congratulations to those students who made the team and we are looking forward to an upcoming game in the next few weeks.

Again, winter sport is just around the corner and there are clubs looking for players in a variety of sports. It is recommended that children participate in a sport as there are many benefits to the child. The benefits go beyond the known ones of coordination, strength and fitness. Other benefits of regular participation in sports are improved communication skills, decisive action, teamwork, time management, a sense of belonging and building self-esteem.

Here is a list of local sporting teams in the area;

## Netball teams

Saints: <http://saintsnc.nsw.netball.com.au/>

Rebels: <http://rebelsnc.nsw.netball.com.au/>

Jervis Bay: <http://jervisbaync.nsw.netball.com.au/>

North Nowra and Bomaderry: <http://nnbnc.nsw.netball.com.au/>

Albatross: <http://albatrossnc.nsw.netball.com.au/>

Lyrebird: <https://www.facebook.com/LyrebirdNetballClub/>

For further information on different clubs, please follow this link for Shoalhaven Netball Association: <http://sna.nsw.netball.com.au/>

## AFL

Nowra Giants: <https://www.facebook.com/shoalhavengiants/>

Bay and Basin: <http://www.bombers.net.au/>

Bomaderry: <https://www.bomaderrytigersafl.com.au/>



**SHOALHAVEN GIANTS**

**2020 REGISTRATIONS NOW OPEN!**

PLAYING SUNDAYS FROM APRIL - SEPT 2020

**AUSKICK (5 - 7YRS)  
& JUNIOR AFL (7 - 15YRS)**

MIXED TEAMS U9'S, U11'S, U13'S  
GIRLS ONLY U12'S & U15'S

ACTIVE KIDS REBATE \$100 AVAILABLE

## Rugby Union

**Shoalhaven:** <https://www.facebook.com/weareshoals/>

### **League**

Bomaderry: <https://www.facebook.com/Bomaderry-Swamp-Rats-270032815270/>

### **Football**

Bomaderry: <https://www.facebook.com/BomaderrySoccerClub>

Shoalhaven Heads/Berry: <https://www.facebook.com/headsberryfc/>

Don't forget to redeem your [Active Kids Sport Voucher](#) where you can claim two \$100 vouchers that can be used towards your child's sport each year.

The school calendar is slowly filling up with events for the students to participate in and where students will be trialling for representative honours in a variety of sports:

**School Cross Country** 24<sup>th</sup> March

**Diocesan Swim Carnival** 5<sup>th</sup> March

**Football, League and Netball trials** 6<sup>th</sup> March

**Paul Kelly Cup** 6<sup>th</sup> March

**Yr 3 and 4 AFL Gala Day** 19<sup>th</sup> March

**Athletics Carnival** 5<sup>th</sup> June

If you have any questions about sports or any events coming up please don't hesitate to contact me.

Regards,

Mr. Allmark

Sports Co-ordinator