

St. Michael's Sports Corner

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 to include 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.

Here are some events some of the upcoming events at school:

School Cross Country 24th March

Diocesan Swim Carnival 5th March

Football, League and Netball trials 6th March

Paul Kelly Cup 6th March

Yr 3 and 4 AFL Gala Day 19th March

Athletics Carnival 5th 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