

WILDERNESS SCHOOL RECEPTION TO YEAR 12

# SPORTS HANDBOOK 2023



## **Sport Department Contacts**

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### **Sports Administrator**

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### **General Enquiries**

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### **Director of Rowing**

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lacrosse@wilderness.com.au

### **Netball Coordinator**

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# Vision, Mission and Values

## Vision

An organised, successful Sport and Recreation program complimenting the Wilderness educational experience to inspire excellence in sport, school, and life.

## Mission

- To source high quality coaches and provide for their development.
- To offer resources and facilities of a similar or superior quality to other South Australian Girls' Schools.
- To encourage participation and recognise excellence.
- To develop life skills and lessons through sport.
- To develop sport pathways locally, nationally and internationally.

## Wilderness Sport Values

### Respectful Relationships

- Building a strong team culture through working towards common goals.
- Respectful of opposition, coaches and umpires at all times.
- Maintaining strong, positive student and staff relationships; the power of 'we', not 'me'.
- Encourage all girls to participate regardless of ability and/or experience.

### Responsible Citizenship

- Accountability and ownership of your actions.
- Commitment to Wilderness sport through attendance at all trainings and matches.

### Adventurous Learning

- A passion for growth and improvement.
- Relentless effort in the pursuit of excellence.

### A True and Courageous Self

- A positive role model and leader in the community.
- Provide opportunity to grow through accomplishment and learn from failure.
- Embrace the challenge.

# Sport at Wilderness

**Wilderness boasts an extensive offering of sport and recreation opportunities to all girls competing across several competitions.**

Wilderness is an Independent Girls School Sport Association (IGSSA) member school, and most of our Senior and Middle School sports compete in the IGSSA competition.

Wilderness also enters teams into the Independent Schools Junior Girls Sports Group (ISJSGS), South Australian Catholic Secondary School Girls Sport Association (SACSSGSA), South Australian Schools Head of the River, Lacrosse South Australia and Secondary Schools Sport South Australia (SSSSA) competitions.

The benefits of exercise and physical activity are well documented for the social, emotional and health benefits for children and young people aged 5-17. The Australian Government and Department of Health recommend 60 minutes of moderate to vigorous physical activity every day for overall health and wellbeing.

All girls are encouraged to participate in the Wilderness School Sport and Recreation Program designed to support their world class educational experience.

## Interschool Sport

For Interschool sports, girls are expected to attend all trainings and matches of their nominated sports. All girls are encouraged to continue their involvement and honour their commitments with conscientious efforts.

All girls are expected to show their appreciation by demonstrating punctuality, courtesy, a sense of responsibility and their best effort at trainings and matches.

## Social Sport

This option allows girls to play sport in the interschool competitions without committing to a training schedule and only for matches.

When nominating for sport through Clipboard, girls will be prompted to confirm if they would like to nominate for 'Social Sport'.

Please note, if girls select a social sport, they will not be eligible for Service and Excellence Braids or Prizes for these sports. Selection in A teams will not be considered.

The following sports will not be available for social selection: AFL, lacrosse, rowing, tennis and water polo.

## **Recreation**

Recreation activities are intended to provide girls an opportunity to be involved in sport without having to commit to a training or competition schedule. This is the perfect way for girls to engage in activity with friends.

In 2023, Wilderness will be offering recreation sport in the following ways.

### **Recreation Badminton**

Due to the popularity of badminton at Wilderness, Recreation Badminton will be available for selection in Terms 2 and 3 in the Gym during Monday lunchtimes.

Girls will be required to wear sports shoes to attend.

### **Recreational Lunchtime Activities**

Various lunchtime activities and competitions will be held by the Sports Committee on Wednesday lunchtimes every Week B during the term unless the gym is unavailable.

There is no sign on required, girls can attend at their own leisure. A schedule of activities will be published in the first week of each term.

Girls will be required to wear sports shoes to attend.

## **Recreational Pilates (Year 11 and 12 - Term 1 Trial)**

In 2023, we are continuing to offer Mat Pilates to Year 11 and 12 girls. This is a whole-body low impact mobility and strengthening program. These Pilates sessions are purposefully structured to meet the mobility needs of our girls. This opportunity is both an alternative and complement to traditional sport.

### **Session times**

(Term 1, Weeks 2-10)

- Year 11 – Monday 7.00am-8.00am
- Year 12 – Wednesday 7.00am-8.00am

### **Uniform**

- Tights and PE polo top
- Towel
- Pilates mat

### **Key contacts and coaches**

#### **General enquiries**

[sportadmin@wilderness.com.au](mailto:sportadmin@wilderness.com.au)

#### **Instructor**

Mr Shane Hill

[shill@wilderness.com.au](mailto:shill@wilderness.com.au)

# Clipboard

## **Wilderness uses Clipboard as the main tool for sport administration, nominations and communication.**

Clipboard allows us to keep accurate and instant attendance records as well as providing parents and girls with personalised calendars of their nominated sports.

There are a few ways to access clipboard for parents:

### **SEQTA Engage App**

- Select 'Co-curricular' from the main screen.
- Log in using your SEQTA credentials the same as logging in to view report cards etc.

### **Direct link**

- Follow the direct link [here](#).
- Log in using your SEQTA credentials the same as logging in to view report cards etc.

Girls can access Clipboard by going through:

### **Student lounge**

- Selecting the Clipboard tab option.
- Log in using their school credentials.

Please refer to our Clipboard [User Guide](#) for information on how to nominate and use the basic functions of Clipboard.

Please contact the Sport Department for any queries regarding Clipboard in the first instance. If you have forgotten your login credentials or need to reset your password, please contact The Hive on [support@wilderness.com.au](mailto:support@wilderness.com.au).

General information is also available through the SEQTA Portals such as team sheets and fixtures once the nominations have closed and these documents have been published by the relevant competitions.

# 2023 Carnivals

## Term 1

DATE	EVENT	LOCATION
Thursday 23 February	Middle/Senior School Interhouse Swimming Carnival	SA Aquatic and Leisure Centre, Marion
Tuesday 28 February	School Sport SA Swimming Championships	SA Aquatic and Leisure Centre, Marion
Tuesday 14 March	IGSSA Swimming Carnival	SA Aquatic and Leisure Centre, Marion
Thursday 30 March	SAPSASA Swimming Carnival	SA Aquatic and Leisure Centre, Marion
Tuesday 4 April	School Sport SA Athletics Championships	SA Athletics Stadium, Mile End
Wednesday 5 April	Junior School Sports Day	Park Lands

## Term 2

DATE	EVENT	LOCATION
Thursday 4 May	Junior and Middle/Senior School Cross Country	Park Lands
Wednesday 15 to Friday 19 May	SAPSASA AFL Carnival	Venue TBC
Thursday 8 June	School Sport SA/SAPSASA Cross Country	Carnival Oakbank Racecourse
Wednesday 21 to Friday 23 June	SAPSASA Netball Carnival	Venue TBC
Wednesday 21 to Friday 23 June	SAPSASA Netball Carnival	Venue TBC

## Term 3

DATE	EVENT	LOCATION
Monday 21 to Wednesday 23 August	SAPSASA Soccer Carnival	Venue TBC
Friday 8 September	Middle/Senior School Interhouse Athletics Carnival	SA Athletics Stadium, Mile End
Tuesday 19 September	SAPSASA Athletics State Championships	SA Athletics Stadium, Mile End
Wednesday 27 September	IGSSA Athletics Championships	SA Athletics Stadium, Mile End

## Term 4

DATE	EVENT	LOCATION
Friday 3 November	Wilderness Junior School Swimming Carnival	Adelaide Aquatic Centre, North Adelaide
Wednesday 15 to Friday 17 November	SAPSASA Tennis Carnival	Venue TBC

# Junior School Sport

**Years 3-6 Junior School sport is focused on participation and fostering a safe environment for girls to develop skills, competence, confidence and the social skills through the interactions of team sports.**

For most sports, teams are not graded and selection trials are not held.

Tennis is an exception to this as it is a graded sport and girls will be placed in a division according to their ability and skill level.

Requests can be made to the Director of Sport and Recreation if girls need to be placed together to assist with transport requirements.

There is no Interscholar sport available for Year 1 and 2 girls. In 2023, we will continue to offer a different after-school program on-site during each of the school terms to compliment the fundamental movement skills developed in PE.

## Uniform

The PE uniform is worn for all Junior School sports. There is no requirement to purchase further clothing.

Additional equipment may be required depending on the sport, such as a mouthguard, shin pads, tennis racquet, lacrosse stick, hockey stick, boots and socks.

## Sport Choices

	TERM 1	TERM 2	TERM 3	TERM 4
<b>Year 1/2</b>	Tennis (Monday)	AFL (Auskick) (Monday)	NetSetGo (Monday)	Multi-sport (Monday)
<b>Year 3/4</b>	Cricket Tennis (Year 4 only)	Lacrosse Minkey	Lacrosse Netball Soccer	Teeball Tennis (Year 4 only)
<b>Year 3/4 Training only</b>	Basketball Tennis (Year 4 only)	Lacrosse Minkey	Soccer	Tennis AFL
<b>Year 5/6</b>	Cricket Tennis Touch	Hockey Lacrosse Netball	Basketball Lacrosse Soccer	AFL Tennis Volleyball
<b>Year 5/6 Training only</b>	Tennis	Hockey Lacrosse	Soccer	Tennis

Please refer to Appendix D for the Junior School Indicative Training Schedule.



## Transport

No transport is provided for Junior School sport. It is the parent/caregiver responsibility to arrange transport where and when required.

Where training or matches occur in either the School Gym or at the Park Lands, girls will be collected from the Junior School at 3.20pm and walked to their venue. Parents/Caregivers can collect their daughter at the venue at the conclusion of the session.

Where matches occur at an away venue, it is the parent/caregiver responsibility to ensure the girl arrives at the venue and is collected at the conclusion of the match.

### **South Australian Primary School Amateur Sport Association (SAPSASA)**

Wilderness School is part of the North Adelaide SAPSASA District that runs through School Sport SA for Years 5 and 6 students.

The North Adelaide District comprises 14 schools around the area and is coordinated by a District Convenor. There are a total of 40 Districts in the State, 22 metropolitan and 18 country areas.

Numerous State Championships (3-day events) and Carnivals (1-day events) are held throughout the year in a variety of sports. Students must be in Years 5 or 6 to trial and be selected to represent the District in these

events. There are slight differences to the selection criteria for athletics, swimming and cross country where Years 4-6 students can be selected depending on age.

Information is forwarded to the School in advance of the District trials. Depending on the sport, this information is distributed to any students who wish to attend or internal trials will be conducted by the School to determine which students are invited to trial for the District team.

These are not participation events. They are selected teams of a higher standard and selected by the District. Girls and parents should consider their skill and competency before nominating. Those nominating to trial should possess the ability, competence and experience necessary to be considered for selection.

Girls and parents are also able to nominate for Interstate team selection trials in a variety of sports. Interstate selection information including a calendar of events (published at the start of the year), eligibility, trial details and the nomination process on each specific sport is available on the School Sport SA website. Nominations must be completed before the sport's first selection trial. Please note that nominees should possess above average ability and experience to be considered for selection.

# Middle/Senior Sport Selection Process

**School sport at Wilderness promotes and supports the implementation of appropriate sport and sport-focused programs for all students by encouraging participation, skill development and excellence in performance.**

## **Selection Policy**

1. All girls who nominate to play a School sport will be placed in a team.
  2. Trials will be undertaken at the beginning of each season to grade students into the most appropriate team or division. When selecting students during trials, consideration will be given to those who display:
    - Ability and strong skill level;
    - Sportsmanship;
    - Cooperation and attitude;
    - Attendance and effort; and
    - Positions played
  3. The selections will be made according to performance at selection sessions.
  4. All students will be given equal court/field time and the opportunity to play a variety of preferred positions.
  5. If a student is absent the selection days, there will be opportunity to demonstrate their ability at trainings and be considered if another trial is not scheduled.
  6. All Year 10-12 students must play in the senior competition, with Year 7-9 in the middle competition.
  7. Where a student displays outstanding ability, they will be considered for selection in the Senior A and B teams.
  8. During the season a player can move into a higher team if they show consistently strong performances, effort and attendance.
  9. During the season a player can move into a lower team if they show inconsistent performances, effort and attendance.
  10. Selection is undertaken by coaches with the supervision of the Sports staff.
  11. Once selections have been made, decisions are final and must be respected.
- All girls are encouraged to seek feedback on how they can improve their performances from the coaches and selectors. For an indication of selection and competition timelines, please see the indicative season schedule in Appendix C.

# Braids

**Braids are awarded to girls in Year 7 to 12.**

**Service Braid Awarded for:**

- Participation in at least 80% of training and matches\* in two consecutive seasons of a sport.

**2nd Service Braid Awarded for:**

- Participation in at least 80% of training and matches\* in four consecutive seasons of a sport.

**Service Pocket Awarded for:**

- Participation in at least 80% of training and matches\* in six consecutive seasons of a sport or five consecutive rowing seasons.

Subsequent Service Braids and Pockets may be received according to the calculations above.

**Excellence Braid Awarded in Sport at the end of each season to:**

- A member of the highest level team in a sport, for excellent achievement, calculated throughout the season (Appendix A).
- Girls who meet the requirements for Excellence Braids in individual sports (Appendix B).
- All members in the highest level team in a sport who win a premiership or equivalent.
- State representatives or higher if they also play that sport for the School.

**2nd Excellence Braids Awarded to:**

- Girls meeting the criteria for an excellence braid for a second consecutive year/season.

**Excellence Pocket Awarded to:**

- Girls meeting the criteria for an excellence braid for a third consecutive year/season.

**Embroidery on Sport Jumpers Awarded to:**

- Girls in the highest level team in a sport, where there is more than one team.
- Girls in interschool swimming, athletics and cross country teams.

**Medallions in Sport Awarded to:**

- All members of an A level team which is undefeated for a season.

**To be eligible for any Award girls must also:**

- Attend meetings, practices, matches and events.
- Contribute, collaborate and demonstrate an ongoing effort in sport.

\*Girls who have an agreed Wilderness Individualised Sporting Plan (WISP) will be awarded braids on their adherence to their WISP.

# Attendance Procedures

## **Sport attendance will be recorded by Wilderness coaches/supervisors using Clipboard.**

Students will be marked at the beginning of scheduled training or match as either:

- Present
- Explained Absence
- Unexplained Absence.

Parents/Caregivers or girls are required to email:

**Wilderness Sport Department**  
sportadmin@wilderness.com.au  
to notify when a student will be absent from a scheduled training or match. This will be recorded as an "Explained Absence".

Notifications can only be processed between 8.30am-3.00pm Monday to Friday. Any notifications received outside these hours will not be processed until the following day.

Where notification of absence has not been received, the student will be marked as an 'Unexplained Absence'.

Girls who are absent due to school camps such as REALISE will automatically be entered as 'Explained Absence'.

In the event of a late or unexpected absence within 24 hours of a match, the Director of Sport and Recreation should be contacted directly by email and SMS using contact details located at the start of this handbook.

Attendance is a consideration for Service and Excellence Braids as well as weekly selection.

# Wilderness Individualised Sporting Plans (WISP)

**Wilderness caters to talented student athletes by providing support and oversight to foster their individual development needs around their busy schedules.**

Through this proactive approach, we hope to provide support to girls competing at a state level or higher in their sport to balance their training needs with their school, sport and social commitments while avoiding over training and burnout.

To apply for a WISP, it is the responsibility of the student to contact the Director of Sport and Recreation to negotiate their training schedule and commitments. As a result, a girl's commitment to her individualised plan will be the distinguishing factor for weekly selection and Service or Excellence Braids, not her attendance at individual sport trainings.

# Middle and Senior School Sports

## AFL (Footy)

**AFL was introduced to the IGSSA Sport offerings in 2017. Women's Football is one of Australia's fastest growing sports and this is no exception at Wilderness with over 100 girls nominating to play in 2021.**

Since the introduction in 2017, AFL has offered a Senior A and B and Middle A and B competition. The Senior and Middle competitions are full contact and are played 16 a side except for the Middle B competition which is played 12 a side.

The matches are played over 12-minute quarters. The Middle A and Senior A teams compete for the IGSSA Premiership shield each year.

### Training

Training is held on a Tuesday afternoon during Terms 2 and 3 from 3.30pm-5.00pm. Training sessions are held at the Park Lands.

Girls walk to training and can be collected from the Park Lands at 5.00pm.

### Matches

Girls play in the IGSSA Competition on Friday afternoons in Terms 2 and 3 from 4.10pm-5.15pm at home and away venues. Return buses are provided to all matches and parents are welcome to collect their daughter following the match from the venue.

Wilderness home venues are Park 9, Bunday's Road and Park 2, Fitzroy Terrace.

### Uniform

- Wilderness footy guernsey
- Wilderness footy shorts
- Wilderness footy socks
- Boots
- Mouthguard (compulsory).

### Key contacts and coaches

#### General enquiries

sportadmin@wilderness.com.au

#### Senior A Coach

Mr Brad Snell

bsnell@wilderness.com.au

## Badminton

**Badminton is one of the most popular sport choices at Wilderness. Wilderness have entered the most Badminton teams for the past few seasons in the IGSSA competition with more than 100 girls playing competitively.**

Wilderness have enjoyed success winning the Senior B shield for the past three seasons.

Badminton teams are selected on merit of skill and ability, not age group like many other sports. Girls will often play alongside girls from different year groups. The Senior A and B teams play one set of doubles and a best-of-three match of singles. All other grades play one set of doubles and one set of singles.

The Senior A and B teams compete for the IGSSA Premiership Shield each year.

### Training

Training sessions are based on age groups:

- Year 7 and 8 on Monday afternoon
- Year 9 and 10 on Thursday afternoon
- Year 11 and 12 on Friday morning.

Training sessions are held in the Wilderness Gym. Please refer to the Term 2 and 3 training schedules for more information.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the courts for training. Girls walk to afternoon trainings and can be collected from the Gym at 5.00pm.

### Matches

Girls play in the IGSSA Competition on Saturday mornings in Terms 2 and 3 with matches beginning from 7.45am at various venues. All matches are played on an indoor court, please refer to the weekly draws and Clipboard information as start times can vary depending on your team.

Girls are expected to arrive 15 minutes before their scheduled match time to warm up with the coaches.

### Uniform

- Wilderness polo top
- Wilderness grey shorts
- Short white socks.

### Key contacts and coaches

#### General enquiries

[sportadmin@wilderness.com.au](mailto:sportadmin@wilderness.com.au)

#### Senior A Coach

Mr. Chris Thirlwell

# Basketball

**Basketball has grown in popularity over the past few years with 90 girls participating in IGSSA competition in 2021 across the Middle and Senior School.**

The core draw for basketball consists of Senior A/B and Middle A/B teams. Any additional teams play in the colours competition (C grade) on a Monday night.

Basketball matches are played over 10-minute quarters. The Senior A/B and Middle A teams compete for an IGSSA Premiership each year.

## Training

Training varies based on the team and age group. All training sessions are held in the Wilderness Gym.

The Senior A/B teams train on Wednesday and Middle A/B teams on Monday morning from 7.00am-8.10am.

The Middle and Senior colours teams train during lunchtimes. Please refer to the Term 1 and 4 training schedules for more information.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the court for training.

## Matches

Girls play in the IGSSA Competition on Monday afternoons (colours competition) and Wednesday afternoons (Senior A/B and Middle A/B competitions) in Terms 1 and 4 from 4.00pm. The core draw and colours matches are played at school home and away venues, typically on indoor courts.

Return buses are provided to all away matches and parents are welcome to collect their daughter following the match from the venue.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

## Uniform

- Wilderness singlet
- Wilderness basketball shorts
- Short white socks.

## Key contacts and coaches

### General enquiries

[sportadmin@wilderness.com.au](mailto:sportadmin@wilderness.com.au)

### Senior A Coach

Ms Kate Snell

[ksnell@wilderness.com.au](mailto:ksnell@wilderness.com.au)



# Hockey

## **Hockey remains a strong and competitive offering at Wilderness with an impressive Intercol record.**

Wilderness fielded a Senior A and B team in 2022 with 30 girls playing competitively in the Middle and Senior School and the Senior Bs winning the B Grade IGSSA Shield.

Hockey teams are selected on merit of skill and ability, not age group like many other sports. Girls will often play alongside girls from different year groups. Matches are played at various turf pitch venues across Adelaide on a Saturday morning.

Hockey matches are played over 13-minute quarters. The Senior A and B teams compete for the IGSSA shields each year.

## **Training**

Training is held on a Tuesday morning during Terms 2 and 3 from 7.00am-8.00am.

Training sessions are held at Adelaide Hockey Club. Girls can be dropped directly to Adelaide Hockey Club or can catch the return bus departing Hawkers Road at 6.40am sharp. The bus will return girls to school following training.

## **Matches**

Girls play in the IGSSA Competition on Saturday mornings in Terms 2 and 3 at various venues. Please refer to the weekly draws and Clipboard information as start times can vary depending on the venue.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

## **Uniform**

- Wilderness singlet
- Wilderness grey shorts
- Wilderness footy socks
- Shin guards
- Mouthguard
- Hockey stick.

Goalkeeper protective gear is provided.

## **Key contacts and coaches**

### **Head Coach and Senior A Coach**

Mr Travis Henderson

thenderson@wilderness.com.au

# Lacrosse

## **Wilderness is one of three girls' schools offering Lacrosse as a sport in South Australia.**

The Wilderness Lacrosse Club was founded by ex-Australian Lacrosse star Ms Judy Thurgood who taught and passionately drove Lacrosse at Wilderness for many years.

Lacrosse SA offers competition for teams from U8 in the Junior School through to U18. As part of the Wilderness Lacrosse Club, girls can continue a pathway for Lacrosse past school with opportunities to play in Division and State League teams. Girls often play in more than one division to help develop their game and learn from more experienced players.

The rules are tailored to suit to developmental needs of each age group with matches played over 12-minute quarters. Teams compete for ladder positions with a finals series to determine the competition winner.

The Wilderness Lacrosse Club is managed by a parent committee, and parents are encouraged to be involved. There is an annual awards dinner to recognise player achievements and celebrate the season.

### **Training**

Training is held on a Tuesday morning from 7.00am-8.10am and Thursday afternoon from 3.30pm-5.00pm for all Middle and Senior school teams. Training sessions are held either at the Park Lands.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the courts for training. Girls walk to afternoon trainings and can be collected from the Park Lands at 5.00pm.

### **Matches**

Girls compete in the Lacrosse SA Club competition on Saturday mornings in Terms 2 and 3 at various away venues. Please refer to the weekly draws and Clipboard information as start times can vary depending on your team. More information can be found on the Lacrosse SA website.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

### **Uniform**

- Wilderness polo top
- Wilderness grey shorts
- Wilderness footy socks
- Boots
- Approved protective eyewear
- Mouthguard (non-white)
- Lacrosse stick.

Goalkeeper protective gear is provided.

### **Key contacts and coaches**

#### **Lacrosse Coordinator**

[lacrosse@wilderness.com.au](mailto:lacrosse@wilderness.com.au)

# Netball

## **Netball is the most highly participated IGSSA Sport with 200 teams competing in 2022.**

Netball is the most popular sport at Wilderness with over 180 girls participating in the Middle and Senior School in 2022.

The core draw for netball consists of Senior A, B, C, D and Intermediate and Year 9, 8 and 7 A, B teams. Any additional teams play in the colours competition and all matches are hosted at ANZAC Highway each week.

Netball matches are played over 15-minute quarters. The Senior A and B and Intermediate, 9, 8 and 7A teams compete for an IGSSA Premiership each year.

### **Training**

Training varies based on the team and age group. Training sessions are held either at the Park Lands Courts or the Wilderness Gym. Please refer to the Term 2 and 3 training schedules for more information.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the courts for training. Girls walk to afternoon trainings and can be collected from the Park Lands at 5.00pm.

### **Matches**

Girls play in the IGSSA Competition on Saturday mornings in Terms 2 and 3 either at 8.00am or 9.15am at various venues.

Senior A/B matches are played on an indoor court and the core draw matches are played at school home and away venues, typically on outdoor courts. Colours matches are played at ANZAC highway each Saturday.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

### **Uniform**

- Wilderness netball dress
- Position bibs provided.

### **Key contacts and coaches**

#### **Netball Coordinator**

[netball@wilderness.com.au](mailto:netball@wilderness.com.au)

# Rowing

**Wilderness girls have been rowing since 1985, making it a strong part of the School's history.**

Wilderness is proud to be one of only 12 schools in Adelaide that offer the chance for girls to row which is a considerable but rewarding experience.

Rowing participation has grown in recent years and 2021 saw the most successful season in over a decade.

Please note that due to the provided buses and expensive equipment, rowing does attract an additional fee.

## Training

In rowing, attendance at training is compulsory to ensure the crew can row. Training times vary based on the team and age group. Training sessions are held between the Park Lands gym and West Lakes Rowing Course (100 Military Road.) On water trainings are held in the afternoon to avoid early morning starts. Please refer to training schedules for more information.

A return bus service is provided to and from the West Lakes trainings Monday-Friday.

## Regattas

In Term 1, girls will have a regatta every Saturday. The School Premiership Series (SPS) is a set of school specific regattas to decide the Rowing SA Schools Premiership School and Champion Crews.

The SPS is comprised of four Regattas with placings seeding crews for the Head of River. The Head of River is the Blue-Ribbon event held at the end of the SPS season. It attracts huge crowds along the banks and a community atmosphere. All crews compete for medals and the A-E grade crews compete for perpetual trophies.

## Camps

The purposes of our camps are to improve technical competency, rowing fitness and to allow the crews and the rowing program to bond as a fraternity. Further information will be sent out prior to each camp. The camps for each age group are listed below.

- Pre-season Camp – Seniors (Year 10/11 and Year 11/12) and Intermediates (Year 9/10), held in October.
- Waikerie Camp – All ages, held in January.

## Uniform

- Wilderness Zootie
- Wilderness rashie
- Wilderness pink visor.

## Key contacts and coaches

### Director of Rowing

Mrs Eleanor Trovas  
etrovas@wilderness.com.au  
0451 692 220

### Rowing Head Coach

Mr Jon Trovas  
jtrovas@wilderness.com.au

## Soccer

**Soccer is one of the longest running IGSSA Sports and has seen strong participation from both girls and staff in coaching positions.**

In 2022 Wilderness entered five teams with 70 girls participating. Wilderness has featured strongly in the tables over the past few years winning the Senior B/Division 1 shield in both 2021 and 2022.

IGSSA has traditionally offered Senior and Middle grades of soccer. In 2021, the grading was restructured and renamed Premier League, Division 1, Division 2 and Division 3. Teams are now selected based on merit of skill and ability irrespective of year level. The Senior and Middle competitions are played 11-a-side.

The matches are played over 20-minute halves. The Premier League and Division 1 teams compete for the IGSSA Premiership Shield each year.

### Training

Training is held on a Monday morning during Terms 2 and 3 from 7.00am-8.10am. Training sessions are held at the Park Lands.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the equipment for training.

### Matches

Girls play in the IGSSA Competition on Wednesday afternoons in Terms 2 and 3 from 4.10pm-5.15pm at home and away venues.

Return buses are provided to all away matches and parents are welcome to collect their daughter following the match from the venue. Wilderness' home venue is the Park Lands.

### Uniform

- Wilderness polo top
- Wilderness grey shorts
- Wilderness footy socks
- Boots.

### Key contacts and coaches

**Head Coach and Premier League Coach**  
Mr Shane Hill  
[shill@wilderness.com.au](mailto:shill@wilderness.com.au)

# Tennis

**Tennis is the longest running IGSSA sport with records dating back to the First Singles Champion in 1943 who was G. Saubrier of Wilderness.**

Tennis participation is strong at Wilderness with 70 girls playing competitively in 2022.

In 2015, IGSSA renamed the Senior Teams to Premier League and Premier League Reserves and moved these teams to play on a Monday afternoon. The core draw for tennis consists of Premier League and Premier League Reserves teams. Any additional teams play in the Division competition.

Tennis matches consist of one set of single and one set of doubles for each player. The Premier League and Premier League Reserves teams compete for an IGSSA Premiership each year.

## Training

Training varies based on the team and age group. Training sessions are held at the Park Lands. Please refer to the Terms 1 and 4 training schedules for more information.

In Term 1, we offer a 'Transition to Tennis' option designed to help build competence and confidence for girls with the purpose of transitioning to matches in Term 4.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the courts for training.

## Matches

Girls play in the IGSSA Competition with Premier League and Premier League Reserves matches on Monday afternoons and Division matches on Saturday mornings in Terms 1 and 4 commencing at 8.00am at various venues.

Return buses are provided to all away Monday afternoon matches and parents are welcome to collect their daughter following the match from the venue.

Girls are expected to arrive 15 minutes before their scheduled match time to warm up with the coaches.

## Uniform

- Wilderness polo top
- Wilderness grey shorts
- Short white socks
- Tennis racquet.

## Key contacts and coaches

### General enquiries

sportadmin@wilderness.com.au

# Touch Football

**The Wilderness Touch Football program is one of the best school-based programs in the South Australia.**

With a strong coaching team and consistent levels of participation, Wilderness have enjoyed success in the SACSSGSA and SSSSA competitions. Our Senior A team won the A1 Premiership Flag in 2022 remaining undefeated in all matches.

The SACSSGSA competition allows schools to enter their teams where they feel they fit with grades including Middle and Senior A1, A2, B1, B2, C1 and C2.

Touch matches are played over 20-minute halves. All divisions compete for ladder positions with a finals round for the season premiership flag in Term 1.

## Training

Training sessions are based on age group. Senior trainings are held on Tuesday mornings with a second optional training on Friday mornings from 7.00am-8.10am.

Middle teams train Tuesday afternoons from 3.30pm-5.00pm. Training sessions are held at the Park Lands.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the courts for training. Girls walk to afternoon trainings and can be collected from the Park Lands at 5.00pm.

## Matches

Girls play in the SACSSGSA competition on Saturday mornings in Terms 1 and 4; all matches are played at Park 17. Matches start times vary each week depending on the draw, please refer to the weekly draws and Clipboard information as start times can vary depending on your team.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

## Uniform

- Wilderness singlet
- Wilderness grey shorts or Wilderness grey bike shorts
- Short white socks
- Boots.

## Key contacts and coaches

### Head Coach

Ms Marnie Eddington  
meddington@wilderness.com.au

# Volleyball

## **Volleyball is one of the more traditional and long running IGSSA sports.**

Wilderness has seen steady growth in participation and results in recent years with 70 girls playing in 2022.

The core draw for volleyball consists of Senior A, B and Middle A teams. Any additional teams compete in either the Middle B or Senior and Middle the C and D grade competition.

Volleyball matches are played best of three sets with a maximum length of 55 minutes. The Senior A, B and Middle A teams compete for an IGSSA Premiership each year.

## **Training**

Training varies based on the team and age group on Thursdays from 3.30pm-5.00pm and Fridays from 7.00am-8.10am. Training sessions are held in the Wilderness Gym. Please refer to the Terms 1 and 4 training schedules for more information.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the courts for training. Girls walk to afternoon trainings and can be collected from the Gym at 5.00pm.

## **Matches**

Girls play in the IGSSA Competition on Saturday mornings in Terms 1 and 4 either at 8.00am, 9.00am or 10.00am at various venues. Matches are played on an indoor court and played at school home and away venues.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

## **Uniform**

- Wilderness singlet
- Wilderness grey shorts or Wilderness grey bike shorts
- Short white socks.

## **Key contacts and coaches**

### **Head Coach**

Ms Billie Newton

bnewton@wilderness.com.au



# Water Polo

**Water polo is a demanding and physical game involving treading water and short but intense periods of swimming.**

In order to be safe playing this contact sport in deep water, attendance at training is compulsory to gain the necessary fitness and skill.

The SACSSGSA Competition allows schools to enter their teams where they feel they fit with grades including Middle and Senior A1, A2, B1, B2 and C.

Water polo matches are played over 4 x 5-minute quarters. All divisions compete for ladder positions with a finals round for the season premiership flag in Term 1.

## Training

Training varies based on the team and age group. The Middle water polo teams train on a Wednesday morning and Senior teams train on a Monday morning from 7.00am-8.10am. Training sessions are held at the Adelaide Aquatic Centre.

Girls are expected to arrive by 6.50am for morning trainings to mark attendance and set up the pool for training. A bus is provided to return girls to school following training. A bus is provided to transport boarders to morning trainings departing Hawkers Road at 6.45am sharp.

## Matches

Wilderness plays in the SACSSGSA Competition on Thursday afternoons in Terms 1 and 4. Senior teams play at the Adelaide Aquatic Centre and Middle teams play at the Pembroke School pool. Matches can start at either 4.00pm, 4.30pm, 5.00pm, 5.30pm or 6.00pm. Please refer to the weekly draws and Clipboard information as start times can vary depending on the venue.

A return bus is provided to all matches and parents are welcome to collect their daughter following the match from the venue.

Girls are expected to arrive 30 minutes before their scheduled match time to warm up with the coaches.

## Uniform

- Wilderness bathers
- Headgear provided.

## Key contacts and coaches

### General enquiries

sportadmin@wilderness.com.au

Appendix A: Excellent Achievement in Team Sport Calculations

<b>Rowing</b>	<p><b>Excellence Braids</b></p> <p>An excellence braid is awarded to girls who achieve selection in the Open 1st VIII. An excellence braid is also awarded to girls who win 70% of their races throughout the season.</p> <p><b>Service Braids and Pockets</b></p> <p>A service braid is awarded to girls who have actively participated in the rowing program for two consecutive years. A second service braid will be awarded to girls who continue to actively participate in the rowing program for another two years. A service pocket is awarded to girls who actively participate in the rowing program for five years.</p>
<b>AFL, Badminton, Basketball, Hockey, Lacrosse, Netball, Soccer, Volleyball and Water Polo</b>	<p>Minimum of 2.2 points/match x number of matches scheduled.</p> <p>Does not include finals.</p> <p>Best player five points, second best player three points.</p>

## Appendix B: Requirements for Excellence Braids in Individual Sports

<b>Athletics</b>	Compete in at least two individual events in each of IGSSA and SSSSA competitions. Place first or second in at least three individual events, with a minimum of one in each competition.
<b>Cross Country</b>	Finish in the top 10 places individually in their age group in SSSSA results.
<b>Equestrian</b>	<p>Offered a place on a State team, for the National Interschool Championships and were placed* in the top six in a Interschool National Championships qualifying class at the South Australian State Championships.</p> <p>*This refers to an overall class placing and not a section of a class.</p>
<b>Swimming</b>	Swim in at least six events over both IGSSA and SSSSA, one of which must be a relay team. Place first or second in at least three individual events, with a minimum of one in each competition.
<b>Tennis</b>	Win at least 55% of scheduled matches in a season.

# Appendix C: Indicative Season Schedule

	TERM 1										
WEEK	1	2	3	4	5	6	7	8	9	10	11
AFL											
Athletics											
Badminton											
Basketball											
Cross Country											
Hockey											
Lacrosse											
Netball											
Pilates											
Rowing											
Soccer											
Swimming											
Tennis											
Touch											
Volleyball											
Water Polo											

	TERM 2								
	1	2	3	4	5	6	7	8	9
AFL									
Athletics									
Badminton									
Basketball									
Cross Country									
Hockey									
Lacrosse									
Netball									
Pilates									
Rowing									
Soccer									
Swimming									
Tennis									
Touch									
Volleyball									
Water Polo									



## Appendix D: Term 1 Summer Training *Please note that training is subject to change*

### Junior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings		5/6 Touch Park Lands	
3.30pm-4.45pm Trainings	1/2 Tennis Gym 3/4/5/6 Cricket Park Lands	4/5/6 Tennis Park Lands Courts 5/6 Volleyball Gym	
4.00pm-5.15pm Matches		5/6 Touch Park 17	3/4/5/6 Cricket Away

### Middle and Senior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings	Middle A,B Basketball Gym	Div 3 Tennis Park Lands Courts	Senior A,B Basketball Gym
	Div 4 Tennis Park Lands Courts	SS Touch Park Lands	Div 2 Tennis Park Lands Courts
	SS Water Polo AAC***	Inters Rowing Park Lands*	Senior Rowing Park Lands*
	Senior Rowing West Lakes**		MS Water Polo AAC***
	Inters Rowing West Lakes**		Year 12 Pilates MPR (Weeks 2-10)
	Juniors Rowing Park Lands		
	Year 11 Pilates MPR (Weeks 2-10)		
1.05pm-1.55pm Lunch Trainings			Recreation Activities Gym (Week B)
3.30pm-5.00pm Trainings	Senior Rowing Park Lands	MS Touch Park Lands	Senior Rowing West Lakes
		Inters Rowing West Lakes	Juniors Rowing West Lakes
		LTR Rowing Torrens	LTR Rowing Park Lands
4.00pm-6.30pm Matches	MS/SS C Basketball Away		MS/SS A,B Basketball Home/Away
	PL/PLR Tennis Home/Away		

\* Morning rowing training at Park Lands starts at 6.30am

\*\* Morning bus for rowing training at West Lakes departs Hawkers Road at 5.05am

\*\*\* Morning boarders bus for water polo training at Adelaide Aquatic Centre departs Hawkers Road at 6.45am

THURSDAY	FRIDAY	SATURDAY MATCHES
Cross Country Park Lands (Weeks 7-11)		Various times and venues
3/4/5/6 Tennis Train only Park Lands Courts		
	5/6 Volleyball Gym	
	4/5/6 Tennis Home/away	

THURSDAY	FRIDAY	SATURDAY MATCHES
Div 1, PL, PLR Tennis Park Lands Courts	SS Touch Park Lands	Various times and venues
Swimming Training AAC (Weeks 1-5)	Transition to Tennis Park Lands Courts	
Cross Country Park Lands (Weeks 7-11)	All SS and MS A/B Volleyball Gym	
	Senior Rowing Park Lands*	
		Div Tennis Home/Away MS/SS Touch Park 17 MS/SS Volleyball Home/Away Rowing Regatta
All MS and SS A/B Volleyball Gym	Senior Rowing West Lakes	
Inters Rowing West Lakes	Inters Rowing Park Lands	
LTR Rowing Torrens	Juniors Rowing West Lakes	
MS/SS Water Polo Pembroke/AAC		

## Appendix D: Term 2 Winter Training *Please note that training is subject to change*

### Junior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings			
3.30pm-4.45pm Trainings	1/2 Australian Rules Football	3/4 Basketball Gym	
		5/6 Hockey Park Lands	
		5/6 Netball Park Lands Courts	
4.00pm-5.15pm Matches			5/6 Netball Home/Away
			3/4 Basketball Gym

### Middle and Senior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings	MS/SS Soccer Park Lands Oval	Open A/B Netball Gym	Athletics
		7-10 A/B Netball Park Lands	
		MS/SS Hockey Adelaide Hockey Club*	
		MS/SS Lacrosse Park Lands Oval	
1.05pm-1.55pm Lunch Trainings	Recreation Badminton		Recreation Activities Gym (Week B)
3.30pm-5.00pm Trainings	Year 7/8 Badminton Gym	MS/SS AFL Park 9 or Bunday's Oval	
	MS/SS Colours Netball Park Lands		
4.00pm-5.15pm Matches			MS/SS Soccer Home/Away

\* Morning bus for hockey training at Adelaide Hockey Club departs Hawkers Road at 6.40am.



THURSDAY	FRIDAY	SATURDAY MATCHES
		Various times and venues 3/4/5/6 Lacrosse Away
3/4/5/6 Lacrosse Park Lands		
3/4 Soccer Park Lands		
	3/4 Soccer Home/Away	
	5/6 Hockey Home/Away	

THURSDAY	FRIDAY	SATURDAY MATCHES
7-9 A/B Netball Park Lands	Year 11/12 Badminton Gym	Various times and venues
		Middle and Senior Lacrosse
		Open Badminton
		Middle and Senior Hockey
		Middle and Senior Netball
Open A/B/C/D & 10 A/B Netball Park Lands		
Year 9/10 Badminton Gym		
MS/SS Lacrosse		
	MS/SS AFL Home/Away	

## Appendix D: Term 3 Winter Training *Please note that training is subject to change*

### Junior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings			
3.30pm-4.45pm Trainings	1/2 NetSetGO JS Courts		
		3/4 Nettaball Park Lands	
		3/4 Minkey Park Lands	
		5/6 Basketball Gym	
4.00pm-5.15pm Matches			3/4 Nettaball Home/Away
			5/6 Basketball Home/Away

### Middle and Senior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings	MS/SS Soccer Park Lands Oval	Open A/B Netball Gym	Athletics Training Park Lands (Weeks 1-5)
		7-10 A/B Netball Park Lands	
		MS/SS Hockey Adelaide Hockey Club	
		MS/SS Lacrosse Park Lands Oval	
1.05pm-1.55pm Lunch Trainings	Recreation Badminton		Recreation Activities Gym (Week B)
3.30pm-5.00pm Trainings	Year 7/8 Badminton Gym	MS/SS AFL Park 9 or Bundey's Oval	
	MS/SS Colours Netball Park Lands		
4.00pm-5.15pm Matches			MS/SS Soccer Home/Away

\* Morning bus for hockey training at Adelaide Hockey Club departs Hawkers Road at 6.40am

THURSDAY	FRIDAY	SATURDAY MATCHES
		Various times and venues 3/4/5/6 Lacrosse Away
3/4/5/6 Lacrosse Park Lands		
3/4/5/6 Soccer Park Lands		
	3/4/5/6 Soccer Home/Away	
	3/4 Minkey Home/Away	

THURSDAY	FRIDAY	SATURDAY MATCHES
7-9 A/B Netball Park Lands	Year 11/12 Badminton Gym	Various times and venues
		Middle and Senior Lacrosse
		Open Badminton
		Middle and Senior Hockey
		Middle and Senior Netball
Open A/B/C/D and 10 A/B Netball Park Lands		
Year 9/10 Badminton Gym		
MS/SS Lacrosse		
	MS/SS AFL Home/Away	

## Appendix D: Term 4 Summer Training *Please note that training is subject to change*

### Junior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings			
3.30pm-4.45pm Trainings	1/2 Multi-Sport Gym	4/5/6 Tennis Park Lands Courts	
	3/4 AFL Park Lands	5/6 Volleyball Gym	
	4/5/6 Cricket		
	5/6 AFL Park Lands		
4.00pm-5.15pm Matches			4/5/6 Cricket Away
			3/4 AFL Away
			5/6 AFL Away

### Middle and Senior School Indicative Training Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY
7.00am-8.10am Trainings	Senior A,B Basketball Gym	Div 3 Tennis Park Lands Courts	Middle A,B Basketball Gym
	Div 4 Tennis Park Lands Courts	SS Touch Park Lands	Div 2 Tennis Park Lands Courts
	MS Water Polo AAC***	Inters Rowing Park Lands*	Senior Rowing Park Lands*
	Senior Rowing West Lakes**		SS Water Polo AAC***
	Inters Rowing West Lakes**		
	Juniors Rowing Park Lands		
1.05pm-1.55pm Lunch Trainings	Middle/Senior C Basketball		Recreation Activities Gym (Week B)
3.30pm-5.00pm Trainings	Senior Rowing Park Lands	MS Touch Park Lands	Senior Rowing West Lakes
		Inters Rowing West Lakes	Juniors Rowing West Lakes
		LTR Rowing Torrens	LTR Rowing Park Lands
4.00-6.30pm Matches	MS/SS C Basketball Away		MS/SS A,B Basketball
	PL/PLR Tennis Home/Away		Home/Away

\* Morning rowing training at Park Lands starts at 6.30am

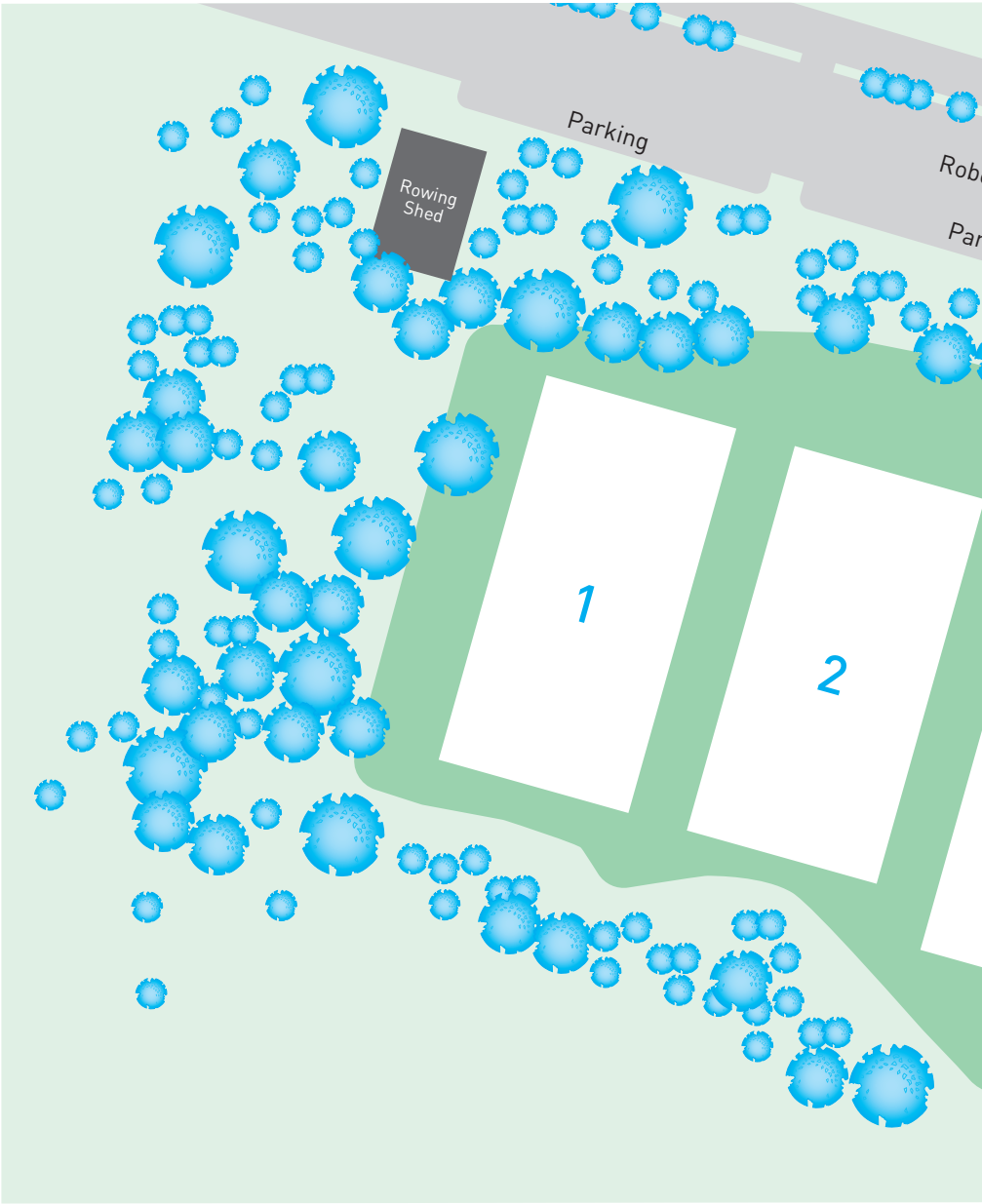
\*\* Morning bus for rowing training at West Lakes departs Hawkers Road at 5.05am

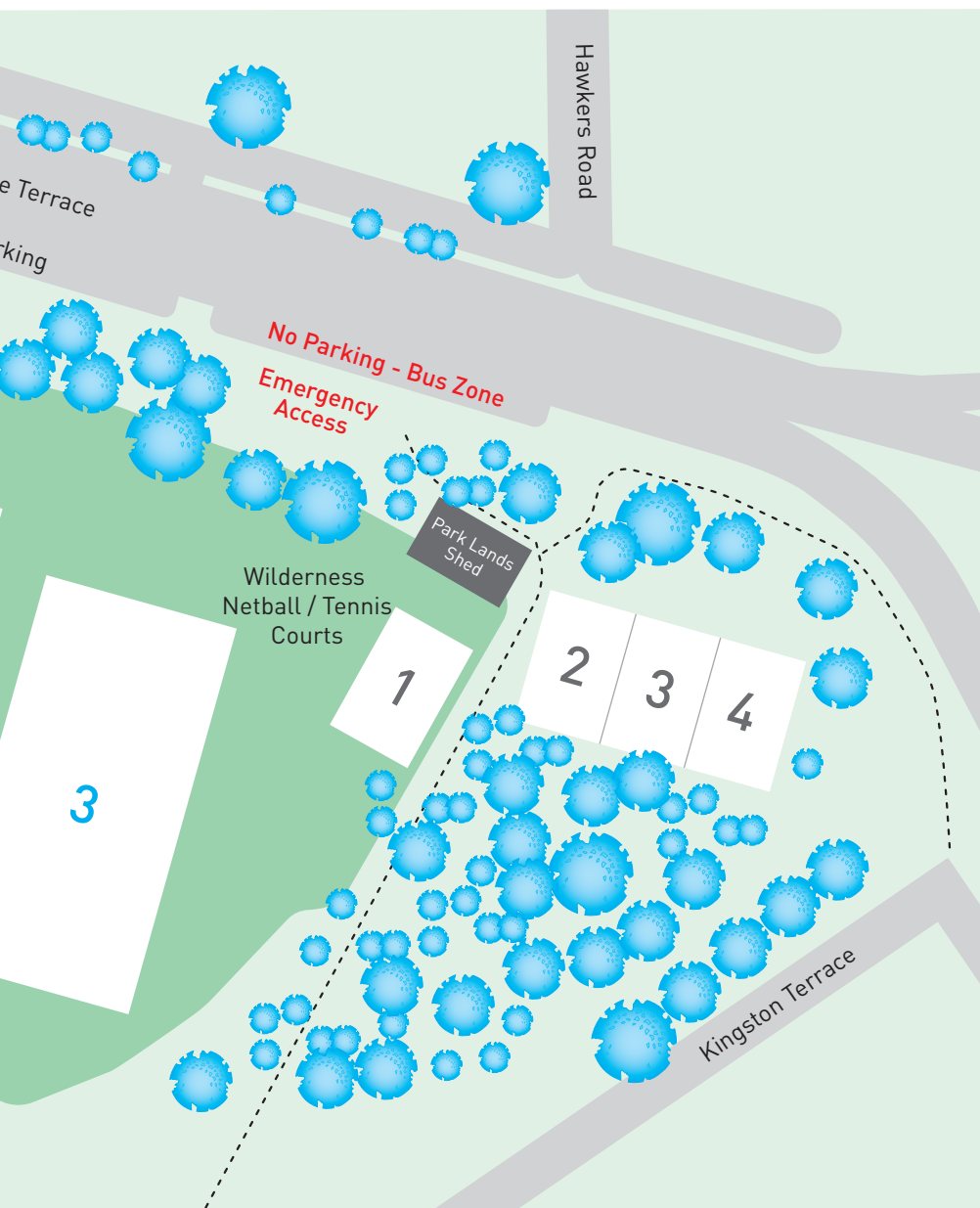
\*\*\* Morning boarders bus for water polo training at Adelaide Aquatic Centre departs Hawkers Road at 6.45am

THURSDAY	FRIDAY	SATURDAY MATCHES
		Various times and venues
3/4/5/6 Tennis Train only Park Lands		
	4/5/6 Tennis Home/Away	
	5/6 Volleyball Home/Away	

THURSDAY	FRIDAY	SATURDAY MATCHES
Div 1, PL, PLR Tennis Park Lands Courts	SS Touch Park Lands	Various times and venues  Div Tennis Home/Away MS/SS Touch Park 17 MS/SS Volleyball Home/Away Rowing Regatta
	All SS and MS A/B Volleyball Gym	
	Senior Rowing Park Lands*	
All MS and SS A/B Volleyball Gym	Senior Rowing West Lakes	
Inters Rowing West Lakes	Inters Rowing Park Lands	
LTR Rowing Torrens	Juniors Rowing West Lakes	
MS/SS Water Polo Pembroke/AAC		

Appendix E: Park Lands Maps







WILDERNESS  
SCHOOL

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ALWAYS *True*

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