**Sport Opportunities at GCCC**

There are many opportunities throughout the year for your child (10 – 12 yrs) to be involved in sport at a variety of levels. Our College Swimming Carnival, Cross Country and Athletics Carnivals are compulsory for all students to participate in and also a lot of fun. At these Carnivals students have the opportunity to qualify for College teams to compete against other schools in the Glasshouse District. As a College we also play Interschool Sport against schools in the Glasshouse area which is named the Glasshouse District and is part of Sunshine Coast School Sport.

There are also one or two day competitions such as the Rugby League Development Cup, Brisbane Lions Cup AFL, Community Cup Football, Mission Foods Primary Schools Netball Cup, Oz Tag and Equestrian which the College sends teams to compete in.

**Year 5/6 Interschool Sport:**

GCCC plays three weeks of interschool competition each term on a Friday afternoon at the Glasshouse Mountains Sports Club (Beegees). Students in Yr 5 and 6 can trial for our College teams to compete over the three week competition. We take 2 girls teams and 2 boys teams to these competitions. The sports played are Term 1 - Softball, Term 2 - Soccer and Netball, Term 3 - Touch Football and Term 4 - AFL. Students will be notified by their class teachers as to when trials are. Year 5 and 6 team practises will be held during first breaks on the College Oval on days yet to be decided.

**Glasshouse District Sport Representative Teams:**

During Terms 1 and 2 trials are held for Glasshouse District Sports teams in a variety of sports. Students from all Glasshouse District Schools can attend the trials and teams are selected from these trials. Students who attend the trials need to be born in 2003 or later and need to be able to play the sport quite well. The Glasshouse District team selected will train together for a few weeks after school at a local school and then play in a carnival against other District teams from the Sunshine Coast area. At this carnival, Sunshine Coast School Sport teams will be selected in each sport and will compete at Queensland State Championships. It is an honour to be representing the area at these levels and many new and lasting friendships are made with students from other schools.

**Early Morning Training**

At GCCC we believe our athletes need to be as fit and prepared as possible when going to competitions at varying levels. The Early Morning Training program is available to all students and aims to improve fitness and skills needed to compete well in swimming, cross country and athletics.
Students are able to choose to perhaps train just for swimming and do not need to commit to the year of training across all disciplines.

Training is held every Tuesday and Thursday morning with students meeting at the Beerwah Pool for swimming or at the Senior Undercover Area for cross country and athletics. We have seen great improvements from students who participate in this program. This training is run by the PE teachers.

Students selected in GCCC teams to compete at the District Competitions (swimming, cross-country etc) are expected to attend these training sessions at least once a week prior to the competition.

Dates of trials and competitions are attached to this letter for your information. Students will usually be reminded about the opportunities but it is their responsibility to get the correct forms from class teachers or PE staff and take these to District Trials. Forms and information will also be on the College website. District Trial forms will need to be accessed from the website or a paper copy may be obtained from the PE office.

Please not hesitate to phone or email the PE staff for more information about any of the above information. Phone: 54390033