

Term 1 Sport Newsletter

As we conclude an eventful term, we are proud to reflect on the outstanding efforts, commitment, and achievements of our students across a variety of sporting disciplines. From early morning training sessions to spirited school competitions, our athletes have once again demonstrated the values of teamwork, resilience, and sportsmanship.

Swimming

The 2024 swimming season was a showcase of talent and determination marked by strong representation and commendable performances. Our athletes competed in both the IGSA Swimming Carnival and the IPSHA Swimming event, demonstrating unwavering dedication and a competitive mindset.

Many of our students achieved personal best times, their commitment to training and focus on refining their technique were clearly evident, and we are incredibly proud of their efforts in representing NEGS.

On Friday, 14th March, six NEGS girls travelled to Sydney to compete in the IGSA Swimming Carnival. Selected from the NEGS Swimming Carnival, the team included Anna Clancy, Grace Rogers, Sasha Scott-Hamilton, Jorja Burden, Charlotte Kentwell, and Charlotte Grace.

All the girls performed exceptionally well. A special congratulations goes to Sasha Scott-Hamilton, who reached the IGSA Final in Freestyle and achieved an impressive four personal bests in the 50m Backstroke, 50m Freestyle, 50m Breaststroke, and 200m IM - an outstanding accomplishment.

Congratulations also to Jorja Burden, who recorded a personal best in the 50m Breaststroke.

This event was particularly significant for Grace Rogers, as it marked her final IGSA Swimming appearance. We thank her for her years of commitment and celebrate her final swim for NEGS with admiration and gratitude.

Well done to all our swimmers on a fantastic season!



NEGS
MORE THAN
A SCHOOL



Scout Bush proudly represented NEGS at the IPSHA Swimming Carnival on Monday, 4th March. Selected to compete in the 50m Freestyle, Scout swam with determination and earned a commendable 5th place in her heat. Congratulations to Scout on a fantastic effort and a great result.



Cross Country

Scout and Buster Bush competed in the IPSHA Cross Country event, representing NEGS with energy and enthusiasm. It was a true test of endurance and mental strength, and our students performed with determination on challenging terrain, beating their seed times by over 1 and a half minutes, which is fantastic. Scout finished 30th and Buster 81st.



Touch Football

The Armidale Touch Football Competition has offered a valuable opportunity for NEGS students to develop strategic thinking, collaboration, and composure under pressure. Throughout the season, our teams have shown consistent improvement, with many matches highlighting impressive teamwork, agility, and determination.

This summer, NEGS entered four teams into the town competition, all of which performed admirably. We are especially proud to announce that our Senior Firsts Team were crowned Division 1 Women's Champions - a remarkable achievement. Congratulations to Felicity, Molly, Evie, Indie, Bonnii, Emily, Regan, and Lorraine on this outstanding result.

Regan Simpson received player of the tournament and Molly Collett received the player of the final.

A special thank you goes to Jordyn Snape and Kristin Willis for their leadership and commitment throughout the season. Their guidance played a key role in the team's success.

Hockey

CIS Success

On 31st March, three NEGS students travelled to Sydney to trial for the CIS Hockey Team. Abigail Smith and Frankie Taylor represented the girls with determination and skill, narrowly

missing selection. Congratulations to both students on an excellent effort and for representing NEGS with pride.

We are thrilled to announce that Austin Kelly was successfully selected for the CIS Primary Boys' Team - an outstanding achievement. Austin will go on to represent CIS at the All Schools Hockey Championships in May. We wish him the very best of luck and hope he enjoys this exciting opportunity.



Hockey New England Reps

Congratulations to the following students on their selection to the **Hockey New England Representative Teams for 2025:**

- **U14s:** Prudence Chapman, Anna Clancy, Ashlyn Jackson, Maggie Clancy, Abigail Smith, Rhali Williams
- **U16s:** Tabitha Havas, Indie Lavery, Evie Green, Imogen Cadzow, Taylor Howe, Amanda Knight, Willa Maples, Isabella McDonald
- **U18s:** Chilali Baggins-Cupitt, Dominique Baker, Tabitha Havas, Evie Lavery, Indie Lavery, Heidi Zwiers

A special congratulations to **Evie Lavery**, who has also been selected as an umpire for the **U16 Girls State Championships**.

Well done to all on this outstanding achievement!

NSW Hockey

Ella Tanna and Indie Laverty proudly represented New South Wales as members of the NSW Blues team at the Australian National Championships over the past week. The team delivered a strong performance, finishing in 5th place overall. Both students are to be commended for their dedication and achievements.

Heidi Zwiers proudly represented New South Wales at the Indoor Hockey Nationals held in January this year, showcasing her dedication, talent, and passion for the sport. Competing at such a high level is a significant achievement.

The dedication that it takes to reach these levels is huge and these girls have worked very hard to get here. Congratulations to all three of you, we are very proud of you.



Australian Representation – Evie Laverty Selected for U16 Joeys Development Tour

Congratulations to Evie Laverty on her selection to the U16 Australian Joeys Development Team, following her standout performance at the Hobart 2024 Nationals.

Over the next 2.5 weeks, Evie and her teammates will embark on an exciting European tour, visiting Amsterdam, Brussels, Hanover, and other parts of Germany. A highlight of the trip includes a special training session with renowned coach, Alyson Annan.

We wish Evie and the team all the best for this incredible experience!

Mark Knowles Hockey Clinic: A Memorable Weekend of Mentoring and Skill Development

The NEGS community was incredibly fortunate to host renowned Australian hockey player and Olympic gold medallist, Mark Knowles, for an unforgettable two-day coaching clinic. Over the course of the weekend, Mark brought his wealth of experience, passion for the game, and genuine enthusiasm to athletes from NEGS and the broader community.

Through a series of high-energy training sessions, tactical workshops, and one-on-one mentoring opportunities, Mark shared invaluable insights into elite-level hockey. Players of all ages and skill levels benefited from his expert guidance, learning not only technical skills, but also important lessons about teamwork, resilience, and leadership on and off the field.

The weekend proved to be an inspiring and energising experience for everyone involved. For many of our budding hockey players, it was a rare and exciting opportunity to learn from one of the sport's greats. The atmosphere was electric, the feedback overwhelmingly positive, and the impact will undoubtedly be felt for seasons to come.

We are incredibly grateful to Mark for his time, generosity, and dedication to growing the game of hockey within our community. His visit has left a lasting impression and has sparked a renewed sense of motivation and ambition among our athletes.

I would also like to thank the students who helped assist with the weeknd, Indie, Evie and Chilali, thank you for your time and commitment to hockey this past term.



Rugby

Congratulations to the following students on their selection to the 2025 Rugby Representative Teams:

- **Macey Cabot** – Central North XV's U16 Girls Rugby Union Team
- **Emily Simpson** – Central North XV's U16 Girls Rugby Union Team; Waratahs Northern Academy U16s
- **Evie Hewens** – Mid North Coast XV's U16 Girls Rugby Union Team; Waratahs Northern Academy U16s
- **Bridget Foster** – Central North XV's U16 Girls Rugby Union Team
- **Zahlle Cabot** – Central North XV's U16 Girls Rugby Union Team
- **Bonnii Porter** – Central North XV's U18 Girls Rugby Union Team; Waratahs Northern Academy U18s; Australian Raptors
- **Lorraine Townsend** – Central North XV's U16 Girls Rugby Union Team
- **Lily Kennelly** – Central North XV's U16 Girls Rugby Union Team
- **Regan Simpson** – Central North XV's U18 Girls Rugby Union Team; Waratahs Northern Academy U18s

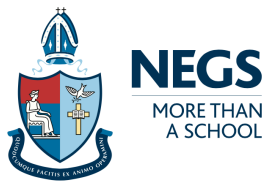
A special congratulations to **Regan Simpson**, who was named **U18 Player of the Tournament** at the NSW Waratahs Youth Girls Academy. This prestigious recognition highlights her exceptional skill, leadership, and composure - qualities that mark her as a standout in the future of women's rugby.

Well done to all students on these remarkable achievements.

Netball

We are proud to announce the students who have been selected for the **ADNA Representative Teams for 2025**:

- **U12s**: Indiana-Belle Dunne, Charlotte Kentwell
- **U14s**: Samantha Fiechtner, Maeve Curry



- **U15s:** Charli Kennedy
- **U17s:** Sophie Schweitzer, Chelsea Curry

Additionally, congratulations to **Isabel Schweitzer, Sophie Schweitzer, and Chelsea Curry** for their selection to represent ADNA in the **North West Regional League**. This competition is an opportunity for talented players, coaches and umpires across the region to showcase their skills and have the opportunity to be selected for the North West Regional State Cup. Selections for this team have not been announced yet so watch this space.

Well done to all our talented athletes!

This term we held trials to represent NEGS in the ADNA Winter league and we will be entering 1 primary school team and 4 senior teams. The ADNA league will kick off in Term 2, on the 3rd of May.

We have introduced a twilight netball competition at NEGS on a Wednesday night, and this has been not only a great way for students to be exposed to netball, but also for those who play competitively. It has been an enjoyable way to keep playing with friends throughout the term. It was a great success and we hope to continue with this throughout the year.

ADP and NEGSFit

NEGSFIT Term 1 Wrap-Up – Strong Starts and Big Smiles!

Term 1 has been a fantastic start for NEGSFIT and our Athlete Development Program, with energy, enthusiasm, and plenty of positive movement across both our junior and senior school teams!

Our Junior School team have been absolute superstars – learning to move well, stay active, and enjoying light competition in a supportive and fun environment. It's been amazing to see their confidence grow with every session!

Meanwhile, our Senior girls have been getting into the gym, learning new movements, building strength and improving their overall conditioning – all tailored to support their sport of choice. Of course, no session is complete without a bit of fun and a few games thrown in to keep things exciting!

Coach Bec has been blown away by the enthusiasm and commitment this term – and she's already pumped for Term 2, with even more sessions and fresh challenges on the way!

Want to get involved?

We'd love to see even more of our NEGS girls giving NEGSFIT a go next term. Whether you're just starting out or looking to take your training to the next level, there's something here for everyone.

Chat to Miss Kenny or Coach Bec Collins to find out more and get started!

Let's keep moving, keep growing, and keep having fun – the NEGSFIT way.



We extend our heartfelt thanks to the dedicated coaches and staff who support our athletes throughout each season. Your leadership and encouragement are vital to the development of our sporting programs.

To our athletes — congratulations on your achievements this term. We are incredibly proud of your commitment to representing NEGS with integrity, passion, and pride. We look forward to another exciting term of sport ahead.

Join us in celebrating Bec Collins, our powerhouse S&C coach and surf lifesaving champion!



After 18 years of dedication to rowing and countless titles under her belt, Bec recently took the spotlight at the SLSA State & National Titles. Training rigorously with the Avalon Beach surf boat team for the SLSA State and Australian Championships, she claimed silver in NSW & Gold in Australia in the 160 Masters division and secured a Top 20 finish in the open division.

Bec's relentless passion and commitment not only fuel her own success but inspire our entire team. Alongside her, her husband has been a mentor and coach in the surfboat community for over 40 years, playing a key role in rebuilding the boating fraternity at Coffs Harbour SLSC

Let's give a huge shout-out to Bec Collins for her exceptional achievements and continue to support her incredible journey in the sport she loves!

#SurfLifesaving #Champion #GoldMedalist #Rowing #TeamSpirit #Inspiration

Training Plan for Term 2

Training Schedules will be released soon but here is a snapshot of what Term 2 will look like sport wise. If you have any questions about the below activities please contact me at ella.kenny@negs.nsw.edu.au. Sign up forms will be sent out during the holidays but here is a snapshot for planning purposes. If you are playing hockey, netball or rugby - registrations will have already been sent out to you so please make sure these are completed. All training and activities are onsite (except the matches) - Those highlighted in red are activities for Junior School students.

Monday

NEGSFit Classes 3.45pm

ADP Hockey 5.30-7pm (invite only)

Tuesday

Y5-9 Hockey Skills 3.30-4.30pm (open to all existing and new players)

u14 & u16 Hockey Training 4.30-5.30pm

Div 1 & Div 3 Hockey Training 5.30-7.00pm

Run Club 3.30-4.15pm

NEGSFit Class 3.45 (Junior School)

NEGSFit Classes 4.30 & 5.15pm

Wednesday

Primary u8 & u12 Hockey Training 3.30-5pm (Junior School)

Goalkeeper Hockey Training 3.30-5pm

Primary Netball Training 3.30-4.30pm (Junior School)

ADP Netball 4.30-5.30pm (invite only)

Div 3, 4, 5 Netball Training 5.30-6.30pm

Tennis Training 3.30-4.30pm

u14, u16, u18 Rugby Training 3.30-5.00pm

Thursday

Div 1 Netball Team Training 6.30-8.00am

Run Club 3.30-4.15pm

Futsal Social Comp - 4.00-5.00pm

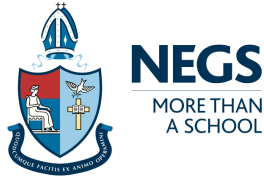
Athletics Training - 3.30-4.30pm (Sprints, Throws and Jumps)

Friday

NEGSFit 6.30-7.30am

Track Athletics Training 4.00-5.30pm

Rugby Games are all played on Friday night - u14, u16 and u18 - the draw is yet to be confirmed.



Saturday

Netball games for junior school and senior school students are played on Saturday afternoons at Lynches Road courts (times are usually between 12-3pm)

Hockey games for Junior school students are as follows (u8 - 9.45am every week, u12's are 10.30am or 12.30pm each week) - all played at UNE. For senior school students, games are played as follows. U14's at 11.30am, u16's 8.30am and Div 1 and 3 the draw is live online now. [Hockey Draw - Womens Comp](#)