Co-curriculum Sports Programme
Mission Statement

The Rockhampton Grammar School has a long and proud history of Co-curricular activities. The School provides extensive facilities designed to complement and balance the Curriculum by encouraging participation, team-work, self-confidence and creativity.

The Co-curriculum Programme aims to develop students’ skills and to fulfill their potential for intelligent performance while providing the opportunity to participate and enjoy a vast array of activities. The programme caters for all levels of ability in an attempt to assist students with developing a well balanced and healthy lifestyle.

Students are the focus of the Co-curriculum programme with leadership opportunities offered in each activity. These leadership roles assumed by students in many of these activities contribute to academic success and significant personal development.

Recent Success in 2015

- State T20 First XI Cricket Champions
- State Open Boys All Schools Touch Champions
- Highest medal count at Queensland Schools Rowing Championships and medals at National Championships
- QISSN (Queensland Independent Secondary Schools Netball) Champions and Vicki Wilson Cup State Final Runner-Up
- Ballymore Cup 1st XV Champions
- Sports Aerobics State and National medals
- Queensland Country Champions in Open Girls Tennis
RGS Sports Facilities

**50m Swimming Pool**
Opened in 1994 by Australian Olympic swimmer Murray Rose, the Olympic standard waveless pool caters for Physical Education’s swimming programme and School swimming and waterpolo events. The shallow end of the pool has a large shaded cover over it to reduce the effects of the sun whilst students enjoy their PE lesson or Co-Curricular Activity.

**Gymnasium**
Developed in 2008, the Gymnasium is fully equipped to allow students to train for their individual sporting pursuits. The gymnasium has areas for machine weights and free weights and a specific room for cardio workouts. Individual and team gym programmes are used to ensure the safe and guided development of both boys and girls. The timetable for the Gymnasium is designed to have separate male, female and staff training times.

**Cricket Nets**
The Grammar Cricket programme is fortunate enough to have four Astro-Turf Cricket Nets. Constructed in 2008, and upgraded in 2015, these nets are used by the Primary and Secondary School cricket teams and local representative teams. Outside of scheduled practice the boarding students extensively use the nets before and after School and on weekends.
RGS Sports Facilities (continued)

**Rugby League/Union Oval and Cricket Oval**
One of the most picturesque ovals in the region, the field is cut into the hillside of the School and overlooks Rockhampton. In summer the Oval holds Primary School cricket on Friday afternoons and club fixtures on Saturdays. First XI matches versus other local schools and touring teams are also played on this field throughout the year. In winter, a small grandstand on one side of the field and viewing points on the cliff face looking down on the field make it an enjoyable experience for all spectators. RGS has a rich tradition in both Rugby League and Union and has hosted many international touring teams.

**Top Oval**
The School's Top Oval is home to a wealth of sporting history at the School. The School’s original sports ground is today home to football (soccer) games, PE lessons and training sessions for sports including football, cricket and touch football. The Oval is popular for boarders’ recreation time.

**Spaceframe**
The multi-purposse undercover Spaceframe area hosts a variety of sports. The area includes a full sized basketball court and netball court, used for both games and training sessions. Several other sports also use this area for fitness programmes.

**Duggan Hall**
Constructed in 2010, the multi-purpose hall is designed to cater for indoor sports such as Basketball, Netball, Futsal, Badminton, Volleyball and Table Tennis. Primarily used for Primary PE lessons this facility allows activities to be played all year round in a state of the art facility.

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Rowing Club
Situated above the barrage on the Fitzroy River the Rowing Club provides a function room upstairs and a storage and canteen facility downstairs for rowing regattas. With a deck overlooking the finish line of the Olympic Standard rowing course and a function room that can cater for 200 people, this facility is very popular among the Grammar community. Constructed in 2013, the RGS Rowing ERGO Centre provides an excellent off-water training facility for our rowers. Set up under the Rowing Club, the centre includes the following: 12 ergos (pictured left), a weights area, a stretching/flexibility area, a classroom area. The ability for students to train on and off the water provides more opportunities for more rowers during a training week.

Multi-Purpose Netball/Tennis Courts
Positioned down near the Primary School are four multipurpose netball/tennis courts that utilize the space to allow netballer and tennis players the opportunity to train and play on campus.

Beach Volleyball Court
A full size beach volleyball court can be found on the Top Oval. Used in PE lessons and for the RGS Beach Volleyball players the facility is the only specifically designed court outside the Rockhampton Beach Volleyball Courts.
RGS Primary School Sport

Primary School students are encouraged to be active whilst at School. This ranges from supervised recreation time during lunch breaks, Physical Education lessons and Inter-school Sport on Friday afternoons. All students are provided with the opportunity to start their physical development through structured and controlled physical activity.

All Year 5 and 6 students participate in Friday Afternoon Sport as well as the three major sporting carnivals through the year in Swimming, Cross Country and Athletics. The Inter-school sport year is broken down into three areas:

**(February - May)**
Football, AFL and Oz Tag

**(May to August)**
Rugby League, Netball, Hockey and Tennis

**(September - October)**
Cricket, Basketball, Softball and Teeball

[www.rgs.qld.edu.au/co-curriculum](http://www.rgs.qld.edu.au/co-curriculum)
Secondary Sport

www.rgs.qld.edu.au/co-curriculum
RGS Secondary School Sport

The Rockhampton Grammar School’s Co-Curriculum Sports Programme incorporates both Core and Endorsed Sports.

Each Core Sport and Endorsed Sport is appointed a Teacher-In-Charge (TIC) and Captains and/or Vice Captains, where appropriate, to assist in overseeing the successful organisation of each sport.

A Co-Curriculum Expo held in Term 1 introduces new Secondary School students to the different programmes available.

Some co-curricular activities have a registration fee to cover the basic costs of that particular sport.

**Core Sports**
- Athletics
- Basketball
- Cricket
- Cross Country
- Football
- Netball
- Rowing
- Rugby Union and League
- Swimming
- Tennis
- Touch
- Water Polo

**Endorsed Sports**
- Australian Rules
- Beach Volleyball
- Futsal
- Golf
- Sports Aerobics
- Tae Kwon Do
- Triathlon
Athletics

The Rockhampton Grammar School has a long association with Rockhampton District Athletics Championships and has won the inter-school title for the past 10 years. School representatives are selected from the annual Inter-house carnival. Successful students at the Rockhampton District championships have the opportunity to compete at the Capricornia Region, Queensland and Australian championships. The School last year had two Secondary School students represent Queensland.

Training: Specialist training is available for particular events throughout Term 2 and Term 3.
Uniform: (Inter-house) House shirts and black shorts; (Inter-school) Red and Black sports uniform. RGS singles (optional) are also available from the Red and Black Shop.
Basketball

The Rockhampton Grammar School plays in the Rockhampton District Secondary Schools Girls and Boys competitions, in Junior and Senior Divisions. Both competitions are played at various Schools in the district on a Tuesday after school from times between 3.45pm and 6pm. The girls’ competition is played in Term 1 and the boys’ competition is held in Term 2. Players can also assist with umpiring, scoring or time keeping.

Training: Team training is held on Mondays from 3.30pm – 5pm in the RGS Duggan Hall.
Uniform: Players wear RGS singlets, which are provided each season, and black sport shorts.
Cricket

The RGS Cricket Club caters for Primary and Secondary school students by entering teams into the local club competition on Saturdays and Rockhampton District Sport U15 and Open T20 competitions throughout the year. The RGS First XI side plays in the Senior Rockhampton Cricket Incorporated fixtures and also travels on a bi-annual tour to Sydney. For an RGS student to represent the School in cricket they must be eligible to become a member of the Rockhampton Grammar School Cricket Club and be able to play all School sanctioned competitions. These competitions include Rockhampton Cricket Incorporated fixtures, Rockhampton District Sport fixtures and touring matches or visiting tours endorsed by the School. The RGS Cricket club caters for students from Prep to Year 12.

**Training:** All teams utilise the nets and Top Oval for training twice a week.

**Uniform:** Students are provided with a training shirt and there are kits of match day shirts. Students are encouraged to purchase the white school wide brimmed cap. Players provide their own long white pants and spikes.

**Sponsors:** Chemart, Highway Auto and BLK.
Cross Country

The School’s inter-house cross country carnival is held at Rockhampton’s Rugby Park at the end of Term 1. Both Secondary and Primary school students compete in this event. Successful Secondary students in their respective age divisions then compete in the Rockhampton District carnival and if successful can progress to Capricorn Regional trials followed by State Championships.

Training: Training is held from the first week of March with sessions in the morning and afternoon.

Uniform: (inter-house) House shirts and black shorts; (inter-school) Red and Black sports uniform. RGS singlets (optional) are available from the Red and Black Shop.

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Football

Students have the opportunity to represent the School in Rockhampton District inter-school competitions and/or the Football Rockhampton club competition. The Secondary School boys can compete in the Rockhampton District Secondary Schools competition as well as the Bill Turner Cup (Under-15s). Both competitions are played during Terms 2 and 3. The girls also play in an inter-school competition which is held in Term 3. Students also have the option to represent the RGS Football Club in the local club competition, however, this has mainly been in the non-competitive age groups up to Under-12. The club does not field teams in the local senior competition, however, interested students can contact the Teacher-in-Charge. Football also offers domestic tour opportunities.

Training: Teams utilise the top oval for training during the football season with times dependent on player and coach availability.
Uniform: RGS Football Club shirts are provided to wear with black shorts/socks.
Netball

RGS Netball Club teams play in the Rockhampton Netball Association competition which is played at Rockhampton’s Jardine Park on Monday, Tuesday and Wednesday nights. Girls selected for RNA secondary school teams also represent the School in the Rockhampton District Secondary Schoolgirls Netball Competition played at Jardine Park. This competition hosts players from Year 7 to Year 12 and will be played on Thursday nights. The Club’s Open Firsts team, RGS Magic, also represents the School at QISSN (Queensland Independent Secondary Schools Netball) and the state-wide Vicki Wilson Cup. In 2015 RGS won QISSN and was runner-up in the Vicki Wilson Cup State Final. The RGS Netball Club also takes two senior teams on a biennial tour (every two years) to New Zealand where they play various New Zealand secondary school teams. The next tour is in 2017.

Training: Venues used for training during Terms 1, 2, and 3 include Duggan Hall, Spaceframe and netball courts.
Uniform: RGS Netball Club bodysuits are available for purchase from Inferno (East Street).
Sponsors: Inferno

www.rgs.qld.edu.au/co-curriculum
Rowing

The RGS Rowing Club regularly competes at State and National Rowing Championships with medal performances in recent years. This included medals at the 2015 national championships and three rowers also gained Queensland selection. Rowers also compete in Rockhampton Inter-School Regattas along with Central Queensland and North Queensland Schools Championships Regattas. The extensive boys and girls program is held on the Fitzroy River and is open for students from Years 8 – 12. Along with experiencing the thrill of racing, students are encouraged to embrace important characteristics including camaraderie, perseverance, discipline, fitness and fun. The RGS Boatshed and Rowing Club are located on Harman Street.

Training: Times vary in both the mornings and afternoons and gym sessions are also allocated.
Uniform: Rowing uniforms are available from the School’s Red and Black Shop and training uniforms can be purchased through the RGS Rowing Club.

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The RGS Rugby Club has both Rugby Union and Rugby League teams that compete in Rockhampton District competitions.

**Rugby Union:** The Inter-School competition is played in Terms 1 and 2 with teams in Years 7, 8, 9, 10 and Open divisions. The Schools Under-15 and Open teams also have the opportunity to play in the annual Ballymore Cup. The School also holds a biennial tour to New Zealand at the end of Term 1. The next tour is in 2016.

**Rugby League:** The Inter-School competition is played in Term 3 with teams in Years 7, 8, 9, 10 and Open divisions. The School's Open Firsts also compete annually in the Statewide Confraternity Carnival.

**Training:** Teams train twice a week during the year in addition to gym sessions.

**Uniform:** The School competes in red and black striped jerseys which are provided. Players are also provided with shorts, socks plus a training jersey and singlet.

**Sponsors:** BLK, PIRTEK, Mango 4, CQ Physio
Swimming

The School’s annual swimming carnival is held in Term 1. Successful students then have the opportunity to represent the School at the Rockhampton District carnival followed by Capricorn Region. RGS swimmers have also represented Queensland and they also have the opportunity to represent Australia, with several swimmers winning medals at both the State and National level in 2015.

Through a strong relationship with The Rockhampton Grammar School, the Rockhampton-based Caribae Swimming Academy also conduct learn-to-swim classes and squad training at the RGS Swimming Pool.

**Training:** Training for Years 7 – 12 students, of all abilities, is available on Monday, Wednesday and Friday from 6am.

**Uniform** – Students wear black swimmers. RGS swim caps are also available from the School’s Red and Black Shop.

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Tennis

The Queensland Secondary Schools Team Championships are held in Terms 2 and 3. Teams of four players are selected for the RGS boys and girls teams. The RGS girls’ team are the defending Country Champions having won this title in 2014 and 2015. The School’s Primary School team also represented Capricornia Region at the 2016 Brisbane International Schools Challenge in January. An Inter-School competition is held in Term 2 and the School Championships are played in Term 3. Throughout the year the School’s tennis courts are available at specific times for students to practice their tennis.

Training: The School courts can be booked for personal lessons or social tennis before and after School. A local tennis coach runs lessons for primary students on a Wednesday afternoon.

Uniform: Players can wear the RGS red and black sports uniform. Tennis shirts are also available for the Queensland Secondary Schools Team Championships.

www.rgs.qld.edu.au/co-curriculum
Touch

The School competes in the Rockhampton Touch Association competitions, both in the Senior competition on either Monday or Wednesday nights and the Junior competition on a Friday night at the Cyril Connell Fields. RGS also competes in the annual All Schools Touch Championships held in Brisbane. In 2014 the School's Junior Mixed team won the title with four other School teams qualifying for the finals while the Open Boys team won the final in 2015. The School last year also had several Queensland and Australian representatives.

Training: Teams train depending on what competitions they are involved in.
Uniform: RGS touch shirts are available from the School’s Red and Black Shop.
Water Polo

RGS teams play in Junior Mixed, Senior Girls and Senior Boys divisions in the Rockhampton Water Polo Association’s Inter-School competition. Games are played at the RGS swimming pool on Monday afternoons/evenings during Term 1 and Term 4. Flipper Ball is also available for Primary School aged students on a Wednesday afternoon in Term 1 and Term 4. Swimming and gym sessions are also available for players in addition to team trainings on Wednesday and Thursday.

Training: Flipper Ball (Primary School students) is held on Wednesday evenings in Terms 1 and 4. Middle and Senior School boys train on Wednesday afternoons and the Middle and Senior School girls train on Thursday afternoons. The development squad holds a practice day on Friday afternoons.

Uniform: Students are to wear plain black togs which can be purchased from the Red & Black Shop.

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Endorsed Sports

**Australian Rules** - Inter-School competitions are available for both boys and girls. The boys play in the Capricornia Gold Coast Suns Cup in Term 1 and the girls play in Term 2.
*Uniform*: Playing jerseys are available from the School. Players wear their PE uniform to and from the game venue. Students are responsible for supplying their own PE shorts, football boots, RGS Football Socks and mouthguard.

**Beach Volleyball** - Training is held on Wednesday afternoons at the School's beach volleyball court, open at all times for students to access. Competition is played at the Indoor Sports Arena, Hollingsworth Street, on a Thursday. All levels of ability and interest are catered for.
*Uniform*: Players wear the School's red and black PE uniform.

**Equestrian** - The Rockhampton Grammar School assist students and their families in representing the School in Equestrian Queensland Events. Each individual family is responsible for the own livestock and transport for any particular event. Competitors need to supply their own horse and transport to and from events.
*Uniform*: White Jodphurs, Boys school tie (Red and Black shop), Navy or Black Riding Coat, Black Helmet. All non-school items can be purchased from Saddleworld, Horseland or any other equestrian outfitter.

**Futsal** - Boys competitions are held in Term 1 for Rockhampton District Secondary Sports on a Wednesday afternoon. The girls competition is in Term 4.
*Uniform*: The School provides playing shirts. Players are required to wear black PE shorts and RGS football socks.

**Golf** - This social game played on Monday afternoons in Term 2 and Term 3 at the Rockhampton Golf Club. Golfers can also compete locally in the district competitions if they are a member of an affiliated golf club in Central Queensland. Golfers can nominate for the Capricornia 19 years and under team if they have a recognised handicap. Two Inter-School competitions are held each year.
*Uniform*: Players wear the School's red and black PE uniform.

**Sports Aerobics** - Students can represent the School in the annual AEROSkools competition in Brisbane. In past years RGS has been successful in having teams qualify to compete at the national level.
*Uniform*: Competition uniforms are provided when students sign-on.

**Tae Kwon Do** - Directed by Mr Tony Kennedy, Tae Kwon Do is a Korean form of Martial Art. Training is held in Duggan Hall on Monday and Wednesday from 6pm – 7pm. Advanced training is held from 7pm – 7.30pm. There is no training during School holidays, student free days, public holidays or when other school nominated events are held in Duggan Hall.
*Uniform*: Participants can purchase Gup uniforms.

**Triathlon** - RGS students can compete in the local triathlon competition with all races held at Mercure Resort at Yeppoon. Long-course events are a 750m swim, 20km ride and 5km run while the short-course events are a 375m swim, 10km ride and 2km run.
*Uniform*: There are no requirements for a specific uniform.
The Rockhampton Grammar School has four sports houses: Wheatcroft (Yellow), Wheatley (Blue), Kellow (White) and Jardine (Green). Each house is named after four of the School’s past Headmasters: John Wheatcroft (1881-1906), Frederick William Wheatley (1907-1912), Henry Arthur Kellow (1912-1935) and Fitzroy Jardine (1936-1964). Students in both Primary and Secondary schools compete for these houses in major competitions including Swimming, Cross Country and Athletics. Students also compete in inter-house competitions throughout the year.
Thank you RGS Sport sponsors for sharing with us our mission of developing whole people through a balance of academic, sporting, co-curricular and extracurricular activities. From Australian Rules to Water Polo, RGS students compete in no less than 23 different sporting activities including Basketball, Golf, Netball, Scuba, Tennis and more. We encourage students across all year levels to embrace the benefits of joining in. If you'd like to join in as a sponsor of RGS Sports or any Co-curricular activity such as Music, Show Cattle or Theatre please contact Mike Donahue, Manager of Communications.