

The **Reds** Rave

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HOD Report

Welcome to the 2020 edition of the “Reds Rave” newsletter. The Reds Rave allows us to connect with parents about the program’s projects and sport specific initiatives that underpin our core purpose of assisting students to Rise Every Day Stronger. I would like to take this opportunity to wish Mrs Jaz Scaysbrook (Kadry) and her husband Isaac all the best for the upcoming birth of their first child. Ms Kadry has been a netball excellence coach for nine years now and is great role model for our young athletes. I would also like to welcome our new netball coach Ms Megan Binnie to the PBC Reds. Megan has an extensive history in netball and I look forward to her work with our senior girls’ program.

By now parents should have received a Development Report regarding their child’s progress during Term 1. Please contact the Sports Excellence office if you did not receive this report. I encourage all parents to discuss their student’s feedback contained in the reports.

Upcoming Events:

- 2021 Year 6 into 7 applications close **Friday 15 May**
- 2021 Year 6 into 7 trials will be conducted on **8, 9, 11 and 15 June**
Please check our website for application forms and the specific times for each sport’s trial.
- One Percent Workshops for all female sport excellence athletes

Initiatives and projects:

- **NEW** Gym Equipment – Synergy Fitness donation

A huge shout out to Soccer sport excellence alumni Mark Conrad for his involvement in the extremely generous donation of brand-new gym equipment by Synergy Fitness. Overall, thirteen new weight machines, rollers, ladders, mats and resistance bands valued at well over \$50 000 were delivered to PBC at the end of term 1. This is the second occasion that Synergy

have supported the school through the PBC Business Alliance having also donated 4 treadmills and exercise bikes in 2018. Their support is very much appreciated by the students and sports excellence coaches.



• Tennis Facility Grant

PBC was one of five schools state wide to be successful in gaining a grant under the Tennis in State Schools Initiative. The grant funded by Tennis Australia and the Department of Education is valued at \$52,646. There will be three major projects undertaken using the grant monies. These include the upgrading of all light fixtures, the fitting of a new perimeter fence as well as the installation of a new on line booking system “Book a Court” that will allow the public to book the use of our courts at night and over the weekend. Fingers crossed all this work can be completed whilst the students are in lock down at home.



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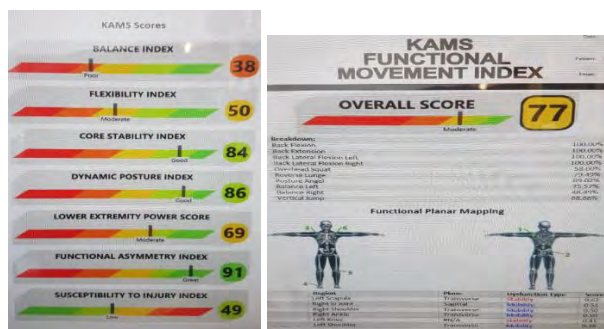
• Gym Extension

Over the Easter break the finishing touches to the gym extension were completed. A new roof has been added to the gym to provide an all-weather work area. Another addition to the gym precinct has been the installation of a 20m artificial grass area that will allow teachers to conduct sled and slider sessions as part of the student's fitness programs.



• Functional Movement Screenings Kinetisense and Inspire Physiotherapy

As part of the Long-Term Athlete Development (LTAD) program conducted for Year 7 to 9's PBC has invested in the Kinetisense functional screening software. This program allows us to measure and baseline balance, mobility, posture and range of motion of individual athletes. Once the screening has been conducted PBC's physiotherapist Mr Matt Fechner from Inspire physiotherapy will provide a tailored exercise and prehab program for students to follow. Screening of approximately thirty Year 7 students has been conducted prior to the shutdown of schools due to the pandemic. Once school reopens the screening process will once again proceed with all Year 7.8 and 9 students to get screened.



• Speed Training

In 2020 every Year 9 sports excellence student will undertake two eight-week blocks of specialised speed technique work conducted by the team from Momentum Sports. Wade Leys and his team are based at Burleigh and will deliver a holistic speed and agility program designed to improve performance in field and court sports.

Neil Mackay – Head of Department

School Business Community ~ The Red Pages

PBC has a large number of parents who own their own business. With the local and national economy experiencing turmoil we would like to support our local school business community as best we can and we are offering free membership and advertising to a new online PBC Directory - "[The Red Pages](#)" located on our school website.

If you own a business and would like to be included in the Red Pages, marketing to the families of our school, please email details (business category, name, address, phone, email, website, socials and logo) to Heidi Wallace at news@pbc-shs.eq.edu.au for inclusion.



AFL Senior Boys



Congratulations to Jack Johnston, Charles Passmore, Zach Nussey, Jackson Straughan and Luke Cahill on being selected by their peers to be our 2020 Leadership Group. A big thank you to our program sponsors Southport Sharks and Fraser Financial Services for their continued support. As a result of their contributions, the

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senior playing group will hopefully be travelling to Melbourne in Term 3 to play Hallam College.

Earlier in Term 1 the team embarked on a personal development tour to continue their sports excellence education to be not only better footballers, but better men. The day began with a session at Southport Gymnastics Centre where former Olympian, *Lee McDermott* ran a workshop on body awareness and control when landing/changing direction. Lee has spent the summer working with the Gold Coast Suns players on similar movements. From there, *Shiike Vanderweuff* conducted his first session with the boys on mental conditioning and mindfulness, an important skill in young athletes, learning to control what you can and deal with what you can't.

The group then proceeded to go to Metricon Stadium where Shaun Hart from the Gold Coast Suns and his Personal excellence team spoke to the boys about decision making, moral courage and what it takes in respectful relationships, a great session that will be developed later in 2020.

To conclude the day, the boys then ventured out of their comfort zone into Burleigh Indoor Rock Climbing Centre where it was fantastic to see boys overcome fears, embrace challenges and work so well as a unit.

Thank you to all our partners for providing these services to these young men, it really was a great day and no doubt created a positive environment for the 46 players to thrive in 2020 and beyond.



Rugby League

Early in Term 1 the Year 7 Sports Excellence Rugby League students competed in the Tonie Carroll Cup hosted by Beenleigh. The students played 5 games across the day and showed great grit and determination to compete against much bigger opposition. They proudly represented the Reds and finished the day as

one of the top teams at the carnival only being beaten by Marsden 3 tries to 1 in their final game of the day. A great start for the Junior Reds in their first competition for the year and their first time wearing the Reds jersey!



Our Year 10 Group were paid a visit from St Brendan's College, Yeppoon to play a trial game in Week 4 of Term 1. This provided the group an excellent opportunity to give the entire squad some game time against stiff opposition with St. Brendan's being a strong Rugby League school. In the end it was a close game, which PBC won narrowly and saw some exciting tries and strong performances. The afternoon culminated in a presentation and a world famous Mr Geoff Bagnall barbeque!

The Red Shed is finally here! We recently completed an upgrade to our Rugby League storage with the completion of a storage shed. As you can see in the picture the shed has been fitted out with a range of shelving to keep our goods in tip top condition and is located close to the oval allowing quick access to our equipment on the run. We must give special thanks to *Mr Dave Monaghan* from our IDT Department for installing our shed along with his senior Construction students.



Football

While football has been put on pause for the time being there were certainly some big things

happening inside PBC's football program in Term 1.

On the coaching front we have had some exciting additions to our coaching team. We have welcomed *Mr Cameron Millar* to the PBC team who is coaching the Year 8 Boys and Junior Girls programs. Cameron is a FFA B Licenced coach and has previously coached in the SAP and NPL pathways at Moreton Bay Utd before joining PBC and Gold Coast Utd in 2020.

Mr Paul Jones has signed on as our Goalkeeping Coach for 2020 working with all of our goalkeepers on a Thursday. Paul holds the highest credentials possible for a Goalkeeping coach and has previously held the positions of the Matildas (Australian Women's Team) and Australian Institute of Sport Head Goalkeeping Coach. Paul has attended World Cups and Olympics with the Matildas. His experience and knowledge will see our Goalkeepers have the best guidance in the country.

Mr Jason Culina has joined our program as a Junior Boys Coach on Tuesdays. Jason is one of the most decorated Australian players of Australia's 'Golden Generation'. Having spent a decade playing professionally in Europe as well as competing in the 2006 and 2010 World Cups for the Socceroos, the insight Jason will provide our players and coaches as to what is needed to become a professional footballer will be invaluable.

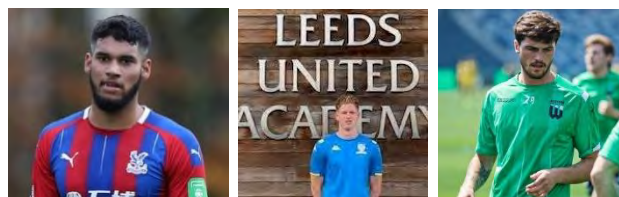
We have had some exciting news from some ex-Reds. *Cooper Skerry* has been signed to the Leeds United Academy in England as a Goalkeeper. *Jay Rich-Baghuelou* has recently been signed to Crystal Palace's U/23 team. *Oskar Dillon* has been signed to a professional contract by A-League club Western United. Jay and Oskar were 2016 graduates and winners of the SPL that year.

Prior to the suspension of competition the PBC SPL squads managed to complete Round 1 of the Schools Premier League competition vs Aspley State High. It was a dominant clean sweep for the Reds winning all four divisions across Junior Girls/Boys and Senior Girls/Boys.

The Year 9 Boys participated in the Term 1 Cluster Day at Coplicks Park playing and winning all three games on the day against SPL opposition. The style of play and effort put in by the players was exceptional.

The PBC football external training program has been developed and distributed and we look

forward to the resumption of team training when it is safe to do so.



Tennis

Tennis Excellence has made a very positive start to 2020. Students have been working very hard both on and off the court to ensure they have the best possible chance to reach their goals for 2020 and beyond. We have been fortunate enough to have Jay Deacon who is the Director of Coach Education for Tennis Queensland come into our Junior lessons and share his wealth of knowledge with our students which has included data & statistics on how and why the top players play in a particular way in an attempt to try and get our students to replicate this in their training and in matches. Jay who has played and coached at an exceptionally high standard took the tennis excellence students through numerous practices and drills that can further develop their game moving forward.

PBC have also entered 10 teams into the Saturday afternoon fixtures where we are taking on a number of the Tennis clubs from around the gold coast. We have teams in Pennant 1, 2 & 3 and also in a number different sections which gives our students the opportunity to compete at a highly competitive standard and also represent the 'REDS' with pride.

During term 1 PBC took a team of 32 students to compete in the annual Inter – School Challenge which was a doubles event held over 2 venues. With the vast majority of private and state schools represented it was a highly competitive tournament. The quality of tennis on display was

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exceptionally high with all of the PBC students competing and performing well. The stand out performance was in the Middle School girls competition with *Ebonie Russell* and *Karissa Muir* going all the way and winning the competition in a nail biting tiebreak in the final! PBC also had semi-final appearances in the middle school boys (*Reave Gehling* and *Quincy Khan*), Senior School girls (*Paula Merlin* and *Julia Edle Von Krempelhuber*) and Senior Boys (*Jan Constantin Arntz* and *Julian Carlos Heubach*) who all narrowly missed out on making the finals.

We had a 6 students out of a possible 8 making the Oceanic Tennis Team and going on to the South Coast Trials where *Oliver King*, *Logan Manuel-McGarry* and *Laquisa Khan* all made the team to compete at the State Finals in Rockhampton.

Moving forward into term 2 and beyond, we can look forward to a number of challenge matches against other schools, a visit to P3 which will improve our students understanding and knowledge on the importance of recovery, Extra squads before and after school for different groups of students.

We will also hope to continue our 'Friends of Tennis' committee in Term 2 which will help to raise funds for our Tennis excellence Students and offer them more help and support throughout this year and beyond.

A number of students have expressed a desire to continue their Tennis & academics after they leave PBC and some have already been in contact with 'Study & Play' about the possibility of going to the US to pursue their dream of playing Tennis whilst also continuing their education.



We look forward to an exciting 2020!

Track

A pretty strange start to 2020 for the Sports Excellence Distance runners. Students were training hard during the first part of Term 1 in preparation for the upcoming Cross Country season. Many of the group were also training for the State Surf Life Saving beach runs. Following on from the cancelled State Surf Life Saving and School Cross Country season, the athletes had a well-earned rest towards the end of the first term and over the Easter Break. Students focussed more on health and wellbeing, taking part in active recovery, which involved light intensity exercise, hopefully with their family.

Now Term 2 has begun, and we are still very uncertain of what is ahead of us – will we have a school Track and Field season or will that fall from the COVID curse? Anyway we are now training for the Track season in hope that we will get to race in 2020.

This is a photo of our last Park Run before they were cancelled



Touch Football

Reds Step Up to the Big Time at Nationals

One of the last sporting events to occur before the COVID-19 restrictions were implemented was the Inferno National Touch League held in Coffs Harbour from 11 to 14 March. This annual national competition takes place between regional representative teams to determine the best Open Mens, Womens, Mixed and Senior teams in Australia. The QLD and National teams are also selected from this tournament.

Despite this competition being an open aged competition, PBC had three girls from the Senior Sport Excellence Touch Football Program representing the Reds in the South Queensland Sharks team. The Sharks sent two Open Women teams to the Nationals with *Hannah Glew*, *Emmasen Davis* and *Emily Phillips* all playing in the development team. *Malia Morgan* was also selected but unfortunately had to pull out. This was a highly contested team and it was an outstanding effort to gain selection. Emily Phillips was also named as the Captain of this team which was extremely impressive considering she was one of the youngest girls on the team and in the entire tournament.



It was a tough week for the girls, battling against the best female players in the country but they learned so much, fought extremely hard and represented all of the Reds with pride. They were competitive in a number of games and were not out of place in any way. There was one try in particular where all three of the PBC girls were involved which was very impressive. I have no doubt that their experience at this tournament and pushing themselves to compete against this level of opposition will put PBC in good shape when competition starts up again later in the year.

Well done Hannah, Emmasen and Emily!

Track sprints

The Track sprint squad has largely been forced to train on their own since week 8 Term 1. In the meantime, we continue to do our best in this situation to keep active so that we are prepared for the school carnival that is due to be held on 30 and 31 July.

Our excellence program is not just about competing and achieving sporting goals. We are endeavouring to develop better people who have the skills, the knowledge and the desire to lead healthy, successful lifestyles post school and be determined, caring and compassionate individuals. Hopefully the squad has taken the time to take on board the messages from their AIS mental skills modules.

The junior and senior sprint squads have had a changed program so far this year, in that they have run a little less while doing more strength, resistance and plyometric training. The running sessions, Monday and Thursday mornings, have also changed in that the athletes are doing less reps, but at a faster speed with longer intervals in between – quality, rather than quantity. It is determined that this will bring about less injuries through lighter load on young developing bones and muscle.

Here's to a rapid end to the current chaos and the athletes can return to what they love.

