

Girls Sport Victoria



Celebrating
GIRLS' SPORT

at St Catherine's School



- Weekly Sport
- Carnivals
- Skills Development

Girls get the most out of Sport at an All-Girls' School



Girls get the most out of Sport at an All-Girls' School



“GSV girls just love their sport!”



Sport is such an important part of school life. Our most vivid memories of school are often about sport: from the friendships formed on the bus, to the exhilaration of celebrating a big win with your team mates.

Sport promotes such important attributes as teamwork, leadership and sportsmanship. Sport epitomizes the success that comes with hard work and persistence but also helps us gain perspective on the wins and losses of life. Sport is invigorating! We form lifelong friendships with our team mates and have a reassuring sense of belonging within a community.

GSV knows just how important the school years are in developing a teenage girls' passion for sport. Girls who love sport are much more likely to continue to enjoy sport as adults and reap the benefits of a healthy and physically active life.

GSV develops sporting programs and competitions specifically tailored for girls. We have a range of competitive and non-competitive sporting experiences and we encourage girls to 'have a go' at a wide variety of sports.

The GSV sporting competition is just for girls, even traditionally male dominated sports such as AFL, Cricket and Soccer! Our girls don't have to share sporting fields or training time with boys and are more likely to step out of their comfort zone in the supportive environment of an all-girl environment.



GSV girls love their sport! They train hard and love to win but if they don't, they are just as satisfied that they've given their all. They love the team camaraderie as much as the pride of holding the Premiership Cup. Our 'G' grade Netballers are treated with the same respect and given the same accolades as our A grade girls. We do things a little differently to the boys but that's because girls are different. That's why girls go to all-girls' schools!

GSV's Guiding Principles are:

- The promotion of girls' sport;
- Enhanced opportunities for participation in elite, competitive and recreational sport and physical activity;
- Accessibility to a diverse range of programs;
- The fostering of individual talents, team spirit and commitment;
- The pursuit of excellence;
- A commitment to the highest standard of ethical behavior;
- A commitment to the promotion of health and well being of all girls.



Weekly Sport

GSV coordinates the competitive weekly sport for its member schools. Sport is primarily played after school on Mondays (Seniors), Wednesdays, (Intermediates) and Thursdays (Juniors). We don't fixture weekly sport on Saturdays so our girls can play community sport, have a part-time job or enjoy the weekend with their families. A survey of GSV girls and their families confirmed overwhelmingly that they appreciated the GSV model of playing school sport during the week rather than on the weekend.

Each school Term, different sports are offered by GSV and girls choose one to play for the length of the Term. GSV weekly sports are a mix of 'traditional' school sports such as Netball, Hockey and Tennis and less 'traditional' school sports including Indoor Cricket, Badminton and Waterpolo. In all, girls have 11 different weekly sports they can participate in throughout their school years.

Schools compete in zones and aim to win their zone to qualify for Finals, providing extra inspiration to perform at their best. GSV runs Finals in every sport and for every grade that the team entries justify. Not surprisingly, Netball is our most popular sport with almost 3,000 GSV girls hitting the Netball courts each week.

Carnivals

GSV runs Carnivals in Diving and Swimming, Cross Country and Track and Field. The Carnival seasons have been developed to encourage maximum participation throughout the Term. Our program of events for each Carnival ensures as many girls as possible get the chance to represent their school.

And girls have ample opportunity to shine. As well as getting involved in their school based training programs, girls compete in a series of practice meets leading into our Preliminary (grading) Carnivals and the 3 Divisions of Championship Carnivals. The Diving and Swimming and Track and Field seasons culminate in showcase events – the Finals Evening. Regardless of where their school sits in comparison to the other schools, the individual girls who qualify to compete in the Finals Evening Event are among the best of the best GSV competitors.

Skills Development

We know that when girls are comfortable with their skill level in a sport they are more likely to join in. As their confidence and ability improves girls are more likely to continue with that sport throughout their school years and beyond. Skill development is therefore an inherent part of GSV schools' PE and sport programs. GSV recognises this and develops programs to supplement their existing programs. GSV focuses its skills development in years 7 and 8 when their enthusiasm is at a peak.

Our Year 7 Sports Expo coincides with Health and Physical Education Week and is one of the most fun filled events on the GSV calendar. Girls learn skills in a wide variety of sports from GSV core sports to others including Lacrosse and wheelchair sport. The Ball Skills Festival focuses specifically on improving the girls' ball skills.

GSV also conducts other skills development clinics and sessions throughout the year in sports such as Diving, Fencing, Triathlon, Golf, Surf League and AFL. The GSV office is working with its member schools to help build the skill level of grade 6 students as they transition from primary school sport to the more competitive secondary school sport competitions.





GSV Sport is Exciting!

Do you already love playing GSV sport? If so you know exactly what we're talking about! If you haven't got involved in GSV sport yet then you need to speak to your Head of Sport about what sports interest you and what teams you can sign up for. Don't miss out on some of the best fun you can have at school!

And if you are considering enrolling your daughter at a GSV school then we hope this document has given you food for thought when you look at the sporting opportunities GSV schools offer girls. Sport is no different to any other aspect of school life. Girls' schools provide the best opportunities for girls because that's all they do!

So get into the excitement and action of Girls Sport Victoria at

www.gsv.vic.edu.au

or contact
St Catherine's School

"GSV
is for
Girls!"

Camberwell Girls
Grammar School

Fintona Girls School

Firbank Grammar School

Genazzano FCJ College

Ivanhoe Girls' Grammar School

Kilvington Girls' Grammar

Korowa Anglican Girls' School

Lauriston Girls' School

Loreto Mandeville Hall

Lowther Hall Anglican Grammar School

Melbourne Girls Grammar

Mentone Girls' Grammar School

Methodist Ladies' College

Our Lady of Mercy College

Presbyterian Ladies' College

Ruyton Girls' School

Sacré Coeur

St Catherine's School

St Margaret's School

Siena College

Shelford Girls' Grammar

Star of the Sea College

Strathcona Baptist Girls Grammar School

Toorak College