



STRENGTH

CONDITIONING

FITNESS

PERFORMANCE

“EVERYDAY I ASK MYSELF CAN I DO BETTER AND THE ANSWER IS ALWAYS YES”

REPS is short for Resistance and Exercise Programmes in Schools.

We provide students with opportunities to improve their overall physical condition.

Choose between a Fitness or Performance programme and attend 2-3 weekly sessions per term.

The fitness sessions provide fun and challenging ways to reach your weekly exercise quota.

REPS Performance training helps you progress as an athlete through advanced strength and conditioning techniques.

All sessions take place on campus before or after school hours, inside the gym or on outdoor playing fields.

Our programmes are safely supervised by experienced and motivated coaching staff.

All participants are covered under our child safety and insurance policies.

High performance or general fitness, you choose.

Parents can save on travel time, child minding and fuel costs.

Training costs less than \$10 each week, which is just \$3-5 per session.

We tailor training regimes toward individual fitness and performance goals for no extra cost.

Sign-up online at www.repsfp.com for the coming semester. The first week is free!



A Note From Matt Pennington (Sports Captain):....

Swimming Carnival

As you all know the Swimming Carnival is coming up on Tuesday 24 February. It's \$2 entry so make sure you bring money. There will also be a sausage sizzle held on the day so make sure you bring money for that as well. It is free dress day for everyone, so dress in the colours of your house and come and support your swimmers.

Senior Sport

Senior Sport started on Wednesday 18 February. Have your permission forms handed in to your coach; your money needs to go to the office or you will not be able to participate in your sport. Dress in your school uniform when playing your sport to represent the school.

Have Heaps of fun
Thanks,
Matt



Interhouse Swimming Carnival

House Captains and Vice Captains are working hard dreaming up "Themes" and designing War-Cries and Banners. Tuesday 24 February is our first big whole school event – The Interhouse Swimming Carnival! The day is organized for maximum involvement with novelty events being run in between our championship races.

The four Houses will once again be battling for points and supremacy to see which one can take out the "Martin Tenni Perpetual Trophy"

Everyone is encouraged to "Get Wet" and we have some great random prizes to give away on the day including McDonalds Vouchers & Icy Poles – just for showing up and entering the water!

Reminder to all parents it is considered part of the school curriculum and students must attend on the day – so get the boardies / togs out and support your House!



Cairns Interschool Secondary Sports Activities (CISSA)

The Interschool Sports Competition for seniors commenced on Wednesday 15 February with our first home game against newcomers, St Andrew's.

Seniors participating will be required to be in our newly produced Sports Uniforms sponsored by SMITHFIELD VILLAGE and need to have appropriate safety equipment (including sun safety) for the activities they are involved in. This year we are fielding teams in AFL, Netball, Boys and Girls Basketball, Soccer, Touch, Volleyball, and Hockey.



Trinity Coast North District Sports (TCN)

Our school is part of the Trinity Coast North District, which includes Smithfield High, Cairns High, St Augustine's, St Monica's College, Peace Lutheran, Mossman SHS, Kuranda DC, St Andrew's, Cairns Christian College and Redlynch College.

Students have the opportunity to attend TCN Sports Trials which are usually after school with the intention of representing the school and themselves at a "higher level". Students who are successful in gaining selection in the TCN Team then attend the PENINSULA TRIALS / CHAMPIONSHIPS on a set day and can be eligible to be selected in the Regional Team.

These students then have the opportunity to attend the **State Championships** in their respective sports.

Smithfield State High School



Trinity Coast North District Sport

(District Teams: Open or 15 & Under)



Peninsula Sport (Regional Team)



Queensland Schools Championships (State Team)

We encourage all our students to attend these trials and work towards achieving their best in sport. Dates and trials are advertised extensively at school and through the newsletter.



Bus money will be required to be paid to the office. Please complete permission forms as well as billeting forms and return to your SPORTS COACH.

Peninsula Softball

We have already had Regional Trials for some sports and our first "Super Athlete" Jayme Reddacliff (Year 9) has been selected to represent Peninsula at the State Titles for softball. Jayme will be heading to Noosa in March to take on the rest of the Queensland Regions and we hope she performs well!



TCN Tennis

Molly Martin (Year 8), Emma Trimble (Year 9) and Victor Slefendorfas (Year 12) were all successful in gaining selection into the TCN Tennis team which will play at the Regional Championships in Mareeba on Friday 20.

We expect them to do well, Victor already having represented Peninsula last year!

(no photo of Molly available)



SCHOOL TRIATHLON

What you need to know!

When: Wednesday 8 April (Last week of this term)

What: Individual / Team

Why: Challenge yourself, have fun and win some awesome prizes including AJ Hackett Bungy Jump, Quicksilver Reef Trips, La Porchetta Vouchers and many more coming in!!!

Where: Swim- Smithfield Swimming pool (150m – 200m)
Bike- Around Smithfield Residential Area (4km – 6km)
Run – Outside of Smithfield School (1.2km – 2 km)

Or

BIATHLON

Swim - 200m, Run – 2km
Distances depend on age / individual / team events.

Start training now!!!

Organize a team soon!!!

