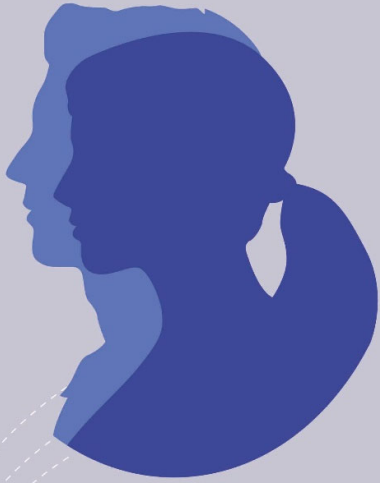


Head, heart
and hands



This is what the
Lord asks of you:
only this; to act justly,
to love tenderly
and to walk humbly
with your God.
Micah 6:8



2020

Celebrating 40 Years

Loyola College

Student Co-Curriculum Handbook 2020

Choosing a Co-Curricular Program

Being involved in co-curricular activities is a vital part of an Ignatian education, so it is expected that **all** students in Years 7–12 will contribute their talents to some aspect of College representation.

College representation encompasses all activities where a student is actively representing the College community through service, skill, performance or effort. It is our belief that each student has unique talents and that by representing their College they are given a chance to showcase these in the community.

All students are required to meet the minimum requirements for **co-curriculum points** over two years. The requirements for each year level in terms of co-curriculum commitment are listed in this handbook.

Students are now able to join co-curriculum activities on the LMS. Instructions are contained in this guide.

Please refer to the 'who to contact' guide for these contacts and their email addresses.

Once you have chosen your activities, remember the following:

- **Honour** your commitment to the activity by attending on time each week and by doing what is required. An 80% attendance requirement must be met if you wish the activity to be recorded on your report.
- **Never give up** an activity without giving it a fair go for at least one term.
- Any **commitment** to a **team** should be for the **full program** for that year.
- **Speak** to the teacher or patron if problems arise.
- Give the activity **your best** at all times: try to make it work.
- **Have fun!**

Lauren Hartigan
Head of Co-curriculum
hartiganl@loyola.vic.edu.au

Co-Curriculum Contact List

Activity	Key contact	Email
ACS & LCS Sport, JACSA tournament	Mr John Baxter Director of Sport	BaxterJ@loyola.vic.edu.au
ACS Swimming	Mr Michael Gowan Teaching staff	gowanm@loyola.vic.edu.au
ACS Athletics	Mr David Miller Head coach	MillerD@loyola.vic.edu.au
ACS Cross Country	Mr Hayden Langford Head coach	LangfordH@loyola.vic.edu.au
Art Attack	Ms Sarah Phipps Head of Visual Arts	PhippsS@loyola.vic.edu.au
Book Club	Ms Fiona Joyce Librarian	JoyceF@loyola.vic.edu.au
Bike Riding Club	Mr Michael Gowan Teaching staff	gowanm@loyola.vic.edu.au
Centre for Assisi Visits	Mrs Maria Danielle	daniellem@loyola.vic.edu.au
Cheerleading	Ms Lauren Hartigan Head of Co-curriculum	hartiganl@loyola.vic.edu.au
Chess Club	Andrew McDonnell Teaching staff	McDonnellA@loyola.vic.edu.au
College Musical	Mr Matthew Thomas Head of Performing Arts	thomasm@loyola.vic.edu.au
Computer Club	Mr Alex Fragapane Teaching staff	fragapanea@loyola.vic.edu.au
Concord	Mrs Caroline Need Teaching staff	NeedC@loyola.vic.edu.au
Culture Club	Ms Amanda McLeod Teaching Staff	McLeodA@loyola.vic.edu.au
Design Club	Ms Julia O'Brien Teaching staff	OBrienJ@loyola.vic.edu.au
Duke of Edinburgh Award	Mr Gerald Kuhlmann Teaching staff	kuhlmannng@loyola.vic.edu.au
e-Sports Club	Justine Bell Teaching staff	bellj@loyola.vic.edu.au

Exodus Community Support	James McIlroy Head of Ignatian Service	mcilroy@loyola.vic.edu.au
Activity	Key contact	Email
Fitness Club	Ms Melanie Paino Teaching staff	painom@loyola.vic.edu.au
Fire Carrier Group	Ms Vanda Tolli Intercultural Perspectives Co-ordinator	tolliv@loyola.vic.edu.au
Fundraising for Others	James McIlroy Head of Ignatian Service	mcilroy@loyola.vic.edu.au
Games Club	Luke Mansour Teaching staff	mansourl@loyola.vic.edu.au
Homework Club	Ms Jan Johnston Teaching staff	johnstonj1@loyola.vic.edu.au
House competitions	Heads of House	Heads of House
i-Nstein	Mr Dinh Tran e-Learning Co-ordinator	trand@loyola.vic.edu.au
Inventors Club	Mr Stephen Doumtsis Teaching staff	doumtsis@loyola.vic.edu.au
Lighthouse Club	Sister Nelia Llanto School Parish Liaison Officer	Llanton@loyola.vic.edu.au
Loyola Ambassadors	Mrs Dianna Alonso Community Liaison	alonsod@loyola.vic.edu.au
Lego Robotics	Mr Dominic Denton Head of McAuley House	dentond@loyola.vic.edu.au
Loyola College Walking Group	Mrs Jacqueline Salamon Head of Mackillop House	SalamonJ@loyola.vic.edu.au
Loyola Productions	Mr Jonathan Prout Teaching staff	ProutJ2@loyola.vic.edu.au
Loyola Young Vinnies	Mr John Tran Youth Minister	TranJ@loyola.vic.edu.au
Magis Club	Mr John Tran Youth Minister	TranJ@loyola.vic.edu.au
Maker Space	Ms Alida Galati Librarian	GalatiA@loyola.vic.edu.au
Mountain Bike Club	Mr Anthony Lynch Head of Mathematics	LynchA@loyola.vic.edu.au

Music bands, ensembles & choirs	Mr Nicholas Williamson Director of Music	WilliamsonN@loyola.vic.edu.au
Public Speaking & Debating	Ms Justine Bell Head of Public Speaking & Debating	BellJ@loyola.vic.edu.au
Activity	Key contact	Email
Refugee Tutoring & St Pius X Reading Help	James McIlroy Head of Ignatian Service	mcilroy@loyola.vic.edu.au
Relay for Life	Mr Chris Lynch Deputy Principal – Ignatian Mission	lynchc@loyola.vic.edu.au
Rock Band	Mr Ianto Kelly Teaching staff	kellyi@loyola.vic.edu.au
Science Fiction & Fantasy Club	Ms Ilaria Manna Teaching staff	Mannal@loyola.vic.edu.au
Social Badminton	Mr Jason Van Leest Head of Languages	VanLeestJ@loyola.vic.edu.au
Sustainability Club	Ms Elise Mezner Sustainability Co-Ordinator	Meznere@loyola.vic.edu.au
Umpires' Academy	Mr David Miller Teaching staff	MillerD@loyola.vic.edu.au
Winter sleepouts	Mr Chris Lynch Deputy Principal – Ignatian Mission	lynchc@loyola.vic.edu.au
Year 7 Free Play	Ms Melanie Paino Teaching Staff	Painom@loyola.vic.edu.au
Young Visonaries	Ms Elise Mezner Sustainability Co-Ordinator	Meznere@loyola.vic.edu.au
Youth Outreach Programs	Mr John Tran Youth Minister	TranJ@loyola.vic.edu.au
All other enquiries	Mrs Lauren Hartigan Head of Co-Curriculum	hartiganl@loyola.vic.edu.au

COLLEGE REPRESENTATION

Loyola College recognises and rewards co-curricular participation via a points system.

This participation takes two forms:

- **College Representation** describes all activities where a student represents the College externally.
- **College involvement** describes activities that are conducted within the College environment.

All students are required to accumulate 50 points over two years (Years 7-8, Years 9-10, Years 11-12) in 'College Representation' and/or 'College Involvement'.

****VCAL students must accumulate 30 points over two years during year 11 and 12.****

All individual student *College Representation* points contribute to House Shield.

House Shield points are calculated on a semester-by-semester basis with houses awarded points according to the order in which they are placed on this tally.

Student sign-up to Co-Curriculum activities

1. From the home page of Companion Learning, click the Co-Curriculum icon:



2. Click the Join Today image:



3. Scroll down the list of available Co-Curriculum activities and tick the ones you are interested in:

Join Groups

Free Access ?

Moderated Access ?

- Hairspray
- ACS Athletics
- ACS Cross Country
- ACS Swimming
- Book Club
- Chess Club
- College Magazine
- Computer Club
- Concord

4. When you are finished, simply click the Join Selected Groups button at the bottom of the screen.

Clubs & Societies

Art Attack

Art Attack is for students interested in creating project-based artworks. These artworks may be for special days such as Christmas or Mother's Day. Student groups may create artworks for the College or for school-based events.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.

Book Club

Book Club is for the avid readers. It is a place for students to share their opinions with their peers about the books they have read and enjoyed.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.

Chess Club

Open to students from all levels and abilities, including beginners. Students can choose to play either socially or competitively (including House Chess Competition). An ACS Chess competition is also held once a year.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.
College Representation:	5 points for ACS & Inter-school competitions.

Computer Club

Advanced computer skills in web design and other internet technologies. Students will be asked to undertake specific projects developed in consultation with the teacher.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.

Design Club

Offers students from all year levels the opportunity to learn about design and create things for a specific design purpose. Students learn how to use design programs such as Adobe Illustrator and how to combine their creative ideas with digital technologies to produce different outcomes.

Duration: Semesters 1 & 2.

When: Lunchtimes.

College Involvement: 5 points per semester.

College Representation: 5 points for active involvement in the creation of the annual College banner.

e-Sports Club

e-Sports gives students who enjoy gaming the opportunity to meet and work together to play games socially, to assist with the organisation of the inter house e-Sports competition, and for the chance to be selected to represent the College in interschool competitions.

Duration: Semesters 1 & 2.

When: Lunchtimes.

College Involvement: 5 points per semester.

College Representation: 5 points for representing the College in an external competition.

Games Club

Students play a variety of traditional board and card games in a friendly and encouraging environment, everything from *Snap* and *Uno* to *Cluedo*, *Scrabble*, *Risk* and *Yahtzee*.

Duration: Semesters 1 & 2.

When: Lunchtimes.

College Involvement: 5 points per semester.

i-Nstein

The i-Nstein team provide digital literacy support to students and teachers both while in the i-Centre and to the extent that is practical outside the i-Centre. They are tech-savvy and willing to share their skills with others.

Duration: Semesters 1 & 2.

When: Lunchtime meetings & evenings for filming.

College Involvement: 5 points per semester.

Inventors' Club

Inventors club is designed to help encourage and promote young minds to use their imagination to come up with new and insightful ideas and inventions which may help pave the way for new innovations we can use in our society.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points.
College Representation:	5 points per semester.

Loyola Ambassadors

Members of this group serve as guides and/or ushers during College events throughout the school year, such as Open Day tours, information evenings, College Musical performances and Grade 6 visits. You can express interest in being selected via the LMS, but participation is by invitation only.

Duration	Occasional
When:	Before, during or after school, some evenings, some weekends.
College Representation:	5 points per semester for two or more events.

Lego Robotics

Students will be introduced to the building and designing of LEGO Robotics. Groups of 2 or 3 will work through basic activities in the LAN programming system. From there students will be able to develop a working robot. The robot, with the correct programming, will be able to dance to music, move depending on light sensors or any of the many various applications we will research.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.

Loyola Productions

Loyola Productions is responsible for filming and editing major Loyola events throughout the year. The group is also responsible for the distribution of media across a number of platforms. Preference is given to students in years 10-12. This group is responsible for the digital recording of House Eisteddfod, the dramatic play, the musical production, St Ignatius Day events, the year 12 DVD, Awards Night, and any other events as determined by the College administration.

Duration:	Semesters 1 & 2.
When:	Lunchtime meetings & evenings for filming.
College Representation:	5 points per semester.

Maker Space

Offers the opportunity for students to explore a variety of hands-on activities. These activities vary from year-to-year, depending on opportunities that arise and new ideas provided by group members. Some examples of previous activities include paper-crafting such as origami, paper-making and invisible ink, and technology-based creations involving coding, VR and electronics. Students are encouraged to try new things. Maker Space is a fun, socialising activity which not only builds students' crafting and design skills, but also enables them to meet and interact with students across all year levels and help build their self-confidence.

Duration: Semesters 1 & 2.
When: Lunchtimes.
College Involvement: 5 points per semester.

Science-fiction & Fantasy Club

Members of this club meet together to promote the genres of Science Fiction and Fantasy through books, video and games. While a particular focus will be on popular card games including *Werewolf*, *Exploding Kittens* and *Super Fight*, students will also participate in popular board games such as *Cluedo* and *Monopoly*, but with a Science Fiction twist! Discussion of new movies and TV shows in the genre will be encouraged, both during activity time and in the online forum, as will participation in group video games including *Fibbage*.

Duration: Semesters 1 & 2.
When: After school
College Involvement: 5 points per semester.

Social Badminton

Offers the opportunity for students to develop their badminton skills in a supportive environment. No previous experience required, with advice and tuition available.

Duration: Semesters 1 & 2.
When: 1 x lunchtime plus 1 x after school per cycle.
College Involvement: 5 points per semester.

Umpires' Academy

Students complete the AFL Victoria Basic Umpiring Course during a 10-week training block. The course covers positioning, decision making, communication, fitness and nutrition for field and boundary umpiring. It is delivered by the Northern Football League's Director of Umpiring supported by staff from Loyola College. Successful participants are subsequently appointed to officiate in NFL footy matches, for which they are paid.

Duration: Term 2.

When: Fridays after school.

College Involvement: 5 points for completion of the course.

The following activities are also available but do not qualify for participation points.

Homework Club

Open to students from all year levels. Provides an opportunity to seek assistance with homework or preparation for assessment tasks from teachers from a variety of faculties, but with a particular focus on maths, science humanities and English.

Duration: Semesters 1 & 2.

When: After school on Tuesdays, Wednesdays and Thursdays.

Year 7 Free Play

Free play is designed especially for year 7s. Under the supervision of HPE staff members, students play a variety of games and activities, and meet new people.

Duration: Term 1.

When: One lunchtime each week for 5 weeks.

Public Speaking & Debating

DAV Debating

Research, prepare and participate in interschool debating. Students are grouped in teams of five in various grades, A to D. Debates are held at the College from 6.00 p.m. onwards (5 rounds) on Monday nights.

Duration:	Terms 1, 2 & 3.
When:	Lunchtime preparation, after school debates.
College Representation:	Up to 10 points determined by level of participation.

Junior DAV Debating

Learning how to debate, practice debates and a three-round interschool competition specifically for year 7s.

Duration:	Semester 2.
When:	After school preparation and debates.
College Representation:	5 points on completion of the activity.

House Debating

Research, prepare and participate in inter-house debating at allocated times (3 rounds plus finals). Lots of help given. No previous experience required.

Duration:	Terms 1, 2, & 3.
When:	Lunchtimes.
College Involvement:	1 point per round, or 5 points for 3 rounds plus finals.

House Public Speaking

One student per house each round (3 rounds). Prepare and deliver speech on a specific topic in an inter-house competition. Learn how to communicate by speaking to an audience. Lots of help given. Beginners welcome.

Duration:	Terms 1, 2 & 3.
Duration:	Single semester.
When:	Lunchtimes.
College Involvement:	1 point per round, or 5 points for 3 rounds plus finals.

ACS Public speaking competition

Competition for public speaking in the ACS. Awarded to our best public speakers, by invitation only.

Duration: Occasional.

When: After school or evening.

College Representation: 5 points on completion of the event.

External Public Speaking Competitions

Participation for competitions outside the school including the Lions Youth of the Year Award and Rotary Public Speaking. For more experienced speakers. Lots of help given.

Duration: Occasional.

When: Generally of an evening, some weekend events.

College Representation: 5 points per event.

Performing Arts

College Musical

The College musical this year is *Mary Poppins*. Students can involve themselves in the following ways:

- Cast – acting, dancing and singing
- Orchestra
- Backstage – sets and props, sound and lighting
- Costuming
- Makeup
- Front of House

Note that there are costs associated with participation in this activity.

Duration: Terms 1-3.

When: Lunchtimes, after school, weekends in terms 1–3.

College Representation: 10 points (cast), 5 points (backstage, musicians, front of house) on completion of the activity.

House Eisteddfod

Each House presents a 12-minute performance during the House Eisteddfod, which will be held in the LCH on Thursday 26 March. The performance includes acting, singing and dancing.

The opportunity also exists for students to get involved backstage, creating sets and props, assisting with costuming, or with hair and makeup.

Duration: Term 1.

When: 7 x after school rehearsals (mainly Fridays) plus Eisteddfod night.

College Involvement: 5 points on competition of the activity.

Training Band

Open to all levels, especially Year 7. For students who have not had the experience of learning music and performing in a large ensemble, but who are enthusiastic about music.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.

Concert Band

For students who have musical expertise (Grade 2 and 3) in their instrument.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, occasionally after school.
College Representation:	5 points per semester.

Symphonic Band

For students of more advanced musical skills, including VCE Music students requiring an avenue for Group Performance Work Requirement. Entry by audition only – apply to the Head of Music.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, after school.
College Representation:	10 points per semester.

Big Band

For students in senior years and/or those with outstanding ability in instruments appropriate to the Stage Band. Entry by audition only – apply to the Director of Music.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, occasionally after school.
College Representation:	10 points per semester.

Jazz Improvisation Band

For students learning an appropriate instrument who are willing to learn to play music from a range of jazz styles. This is a stepping stone to the Big Band.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Representation:	5 points per semester.

Instrumental Ensembles

For **Brass, Strings, Guitar and Clarinet**. Other ensembles may be created as opportunities arise.

These ensembles are for students with sufficient expertise in an appropriate instrument. Entry is by invitation only through the Head of Music and/or instrumental music teacher. See the Head of Music for further information.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Involvement:	5 points per semester.
College Representation:	5 points per semester.

Rock Band

For students in senior years and /or those with outstanding ability in appropriate instruments. Bands will perform on a variety of occasions, including school and College assemblies, annual concerts and at local 'Battle of the Bands' competitions. Entry by audition only.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, occasionally after school.
College Representation:	5 points per semester.

Junior Choir (Years 7 & 8)

This choir will prepare and perform material from a variety of musical styles drawing from a great list of music, including songs from musicals, current popular music and some classics. The choir will also sing at major College liturgies and events.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, occasionally after school.
College Representation:	5 points per semester.

Senior Choir (Years 9–12)

This choir is aimed at students who have no musical background as well as those who have varying degrees of experience in music. The choir will prepare and perform material from a variety of musical styles and will sing at major College liturgies and events.

Duration:	Semesters 1 & 2.
When:	Lunchtimes.
College Representation:	10 points per semester.

Service & Spirituality

Concord

Working with students from Concord in a variety of areas. This will involve students visiting Concord school for activities. Senior students only.

Duration: Semesters 1 & 2.

When: Wednesday lunchtimes & period 5.

College Representation: 5 points.

Culture Club

The activities will include discussion and reflection, intercultural sharing with visitors/exchanges, guest speakers, weekend bike rides, visits to Melbourne, planning contributions to year level PD and assemblies, poster making for appeals.

Duration: Semesters 1 & 2.

When: Lunchtimes, after school, some weekends.

College Involvement: 5 points per semester.

College Representation: 5 points for participation in specified events.

Exodus Community Support

The aim of the program is to support and undertake community involvement with the Exodus group. This will form a range of activities.

When: Thursday afterschool

College Representation: 5 points on completion of specified activities.

Lighthouse Club

The aim is to engage students in sessions and activities where they gain knowledge and are equipped to help animate the liturgical life and practices of Loyola College and their parishes. Students deepen their love for the Liturgy, the Sacraments and the Word of God; they reach out to elderly and sick people through the giving of Holy Communion; and they are trained in decorating and making flower arrangements for liturgical celebrations and activities.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, occasionally after school, some weekends.
College Involvement:	5 points per semester.

Loyola Vinnies Group

Students promote a strong sense of justice and compassion within the College by standing in solidarity with people who are living in poverty and experiencing disadvantage. They organise a number of fundraising and collection activities throughout the year, such as Easter Egg and Christmas present drives, the Winter Food Drive, and through various clothing and toiletry drives.

Duration:	Semesters 1 & 2.
When:	Lunchtimes, occasionally after school.
College Involvement:	5 points per semester.

Magis Group

A voluntary group that provides service for the greater good of others. Focusing on friendly interaction, the group meets each week to run social events and fundraising activities. The emphasis is on fun and the promotion of a relaxed atmosphere.

Duration:	Semesters 1 & 2.
When:	Friday lunchtimes.
College Involvement:	5 points per semester.

Refugee Tutoring & St Pius X Reading Help

Tutoring refugee students at the Sunshine Harvester Primary School and/or offering literacy assistance at St Pius X Primary School, Heidelberg West. This activity is to be confirmed for 2020.

Duration:	Semesters 1 & 2.
When:	After school (Tuesdays or Thursdays).
College Representation:	Up to 10 points depending on involvement.

Sacred Heart Mission

The Sacred Heart Mission works to help people who are experiencing homelessness and disadvantage in the Melbourne CBD and surrounding suburbs. Service activities may include working in the Op Shop, helping prepare and serve meals, or assisting in the accommodation and health service programs.

Duration:	Occasional.
When:	School holidays.
College Representation:	5 points on completion of specified activities.

Sustainability Club

Involvement in the planning of and undertaking of environmental projects, as determined by student-led committee. The group takes an active interest in various types of environmental issues, participating in as many local festivals as possible. Fundraising to finance their activities is an important part of the group's regular activities. For example, the promotion of Earth Hour, participating in Clean Up Australia Day & National Tree Planting Day, entering various competitions for schools, such as the EPA calendar competition and Ecological Footprints Banner competition, sponsoring endangered species, and publicising petitions about sensitive environmental issues.

When:	Lunchtimes, occasionally after school.
College Involvement:	5 points per semester.
College Representation:	5 points on completion of specified activities.

Young Visionaries

Involvement in considering broad issues that affect local and global communities.

When:	Lunchtimes, occasionally after school.
College Involvement:	5 points per semester.
College Representation:	5 points on completion of specified activities.

Youth Outreach Programs

Students assist the organisers during primary school fetes and feast day celebrations. They also organise and run holiday programs for primary school students, either at Loyola or at the schools themselves, with activities such as *Winter Olympic Games*, *Friendship and Friends* and *Who's your Idol?*

When: Occasional weekends, school holidays.

College Representation: 5 points on completion of specified activities.

Winter Sleep Out

Students undertake the Winter Sleep Out to raise funds for this charity that supports homelessness.

When: TBC

College Representation: 5 points on completion of specified activities.

Sport & Outdoor Activities

ACS Sport

1. The Sports Faculty under the supervision of the Director of Sport will undertake all team and squad organisation.
2. ACS sport is played during the appropriate year level's sport afternoon: Tuesday (Years 7 & 8),
Wednesday (Years 10 and 11 / 12) and Thursday (Year 9).
3. Please note that College policy is that all students in Years 7–11 must be associated with an ACS sport squad, or they must participate in LCS during their sport afternoon.
4. All Year 12 students selected as 'Principal's Representatives' and those requested to participate in ACS sport as part of their co-curriculum commitment are obliged to attend all training and match sessions as timetabled.
5. The College also enters teams in the major ACS Interschool Carnivals – Swimming (on Tuesday 12th March at MSAC), Athletics (on Tuesday 28th May at Albert Park) and Cross-Country (on Friday 16th August at Bundoora Park).

Points per season or ACS event

1 season ACS weekly team participation	College Representation	5 points
1 season ACS weekly team participation (1 st team)	College Representation	10 points
ACS carnivals Training & participation	College Representation	10 points
ACS carnival only	College Representation	5 points

Bike Riding Club

Offers the opportunity for students to experience extended bike riding trips, usually on shared tracks and pathways, which will be challenging yet enjoyable. The aim is to encourage greater interest and participation in regular bike riding.

Duration: Occasional.

When: 1 x weekend per term.

College Involvement: 5 points per semester for participating in both rides.

House Sport

1. A number of inter-house sporting carnivals occur during the year. Teams for these are organised through House Patrons and House Captains at house assemblies before the events. Results from these major carnivals are used as the basis of selecting the squads for ACS Sporting Carnivals, for which coaching is organised by the Director of Sport.

2. Remember that if you are physically unable to undertake a particular House sport, you can assist by being an official. These positions will also be advertised at the time that House teams are being organised.

3. House Sport comprises the following events:

- Swimming carnival
- Athletics carnival
- Cross Country championship
- Year Level Lunchtime Sport

These activities are undertaken during school hours. Only participants in House Lunchtime Sport are eligible for College Involvement points.

House Lunchtime Sport

Inter-house lunchtime competitions are arranged at Junior (years 7 & 8), Middle (years 9 & 10) and Senior (years 11 & 12) levels, with results contributing to the Jace Dufty House Shield.

Duration: Terms 1-3.

When: Designated lunchtimes.

College Involvement: 2 points (junior), 5 points (middle, senior).

Fitness Club

Based in the LCH gym, Fitness Club offers students the opportunity to engage in a range of fitness activities. Get fit and have fun with your friends.

Duration: Semesters 1 & 2.

When: Lunchtimes.

College Involvement: 5 points per semester.

Mountain Biking Club

The club offers an opportunity for students to connect with other students who enjoy mountain bike riding. Through their participation in the club, students will learn some basic bike handling skills as well as some essential bike maintenance skills. Students will also be introduced to some of the local mountain bike trails during the group rides.

Duration: Occasional.

When: Lunchtime meetings, after school or weekend rides.

College Involvement: 5 points per semester.