



The Weekly Newsletter of Sydney Boys High School

From the Principal High Talent

Well done to our Junior Chess team for their



win against James Ruse to claim the NSW Junior Chess League Metropolitan Championship. The teams comprised: Dean Nguyen (7S),

Harry Wu (8R), Ryan Lee (8E), Jack Keating (7R), Kevin Ton (8M) and Simon Wu (8E). Last Saturday the High Chess team reclaimed the GPS trophy from Sydney Grammar. Congratulations go to: James Snow (12R), Peter Boylan (10R), Henry Chen (10S), Amerthan Thevasathan (10M), Ryan KC (10E), Davis Zeng Yin (10F), Justin Wayne-Lowe (9S) and Harry Wu (8R). Thank you to Rowena Barr as MIC of chess for her management of the teams and to Vlad Feldman, our long standing Chess Coach.

Congratulations to our U15 Boys who overcame their nemesis SGS to claim the inaugural trophy at the Foil School Team Championships for fencing. Twelve teams competed. The members of the successful 'A'



team were: Nicholas Leong (10M), Kenaz Chan (9E), Lachlan Ho (9T) and Owen Zhang (9R). Our depth was shown in the bronze medal won by our 'B' team. Thank you to our Fencing MIC Dat Huynh for managing the team and to Feng Yeng (SHS -2000) our Head Coach.

Congratulations to all the boys who represented High at the CHS state athletics carnival last week. From Year 12 (David Chen, Adam Yang, Connor Fisher, Nicholas Katsilis, John Zhao); from Year 11 (Ryan Ho-Shun); from Year 10 (Eric Holmstrom, Sudaraka Pieris); from Year 9 (Matthew Moloney, Eric Cao); from Year 8 (Dylan Huynh, Rhys Shariff, Rowan Tan); and from Year 7 (Joshua Suto, Jack Yoon).

Congratulations to our CHS table tennis team. Our boys became undefeated champions in the state final. High has held the title since 2015. All our team were Year 9 boys: Adam Masen, Roy Lin, Cedric Sussebach, and Alex Yeung. Thank you to Anthony Cipolla for managing the team and Peter Masen for his coaching advice.

Athletics Importance

At High, we believe in athletics because ability there is fundamental to capacity in other sports. For many years we have run speed and agility sessions on Monday afternoons and more recently a Friday morning Runners Club. We provide these services at no cost because we want to encourage improved health and fitness in our students. Our official GPS athletics season is short (4-5 weeks) and free. Once again, our policy is to provide venues, coaching, training and supervision free of charge, to encourage participation. Our seasonal investment for these services exceeds \$50k.

It is an honour to represent your school at any sport but particularly athletics, because anyone can run and jump. Hence, the competition in this sport is truly state wide. High competes in both the CHS carnivals midweek and the GPS carnivals on Saturdays. The best things are that our representatives get to compete as teams, not just as individuals. At CHS boys compete for points as a team for the Kippax Cup and at GPS for the Junior, Intermediate and Senior trophies. I expect all boys who are successful at our school athletics carnival to offer themselves for selection in CHS and GPS representative teams. I call upon all students to develop the athletic gifts they inherited and turn them into talented performances.

House Athletics

This year we revived a past policy of organising a compulsory athletics season for the Junior School. For four weeks, boys in Years 7 – 9 competed in House or Year groups in six disciplines – 100m, 1000m, high jump, long jump and shot put. The season worked very well, thanks to the great organisation of Wayne Baldock and Mick Aldous. The boys participated wholeheartedly for the most part. Still, there were several boys at House Athletics who should have been in the GPS

Athletics Squad. I hope that next year they show more pride in themselves and the school and compete at their appropriate level of ability. I want to thank the rotation organisers for their leadership and collaboration – Kerryn Ibbott, Matt Cotton, Michael Gubb, Geoff Stein, Brett Jackson and Richard Gifford.

Athletics Assembly

Our GPS Athletics Assembly was held on Tuesday. Old boy Joshua Tassell was our guest speaker. My address to the assembly is reprinted below.

Special guest Joshua Tassell (SHS-2010) staff, parents, students, coaches and GPS athletics representatives, good morning and welcome to our annual athletics assembly. I acknowledge this morning the Gadigal people of the Eora



nation as the custodians of the land on which we meet and pay my respects to elder's past and present and extend that respect to any Aboriginal people here today.

Thank you to our piano players for today: Harrison Li and Nigel Sun. We gather this week to celebrate the end of our short athletics season which culminates in the GPS Carnival at Homebush on Saturday. I appreciate the effort that every one of our students in the GPS athletics team has made to prepare himself for his event or multiple events. Each extra point earned matters on a day when the team performance is what counts in three divisions – Junior, Intermediate and Open. Schools with great depth get good results. For those who have participated but haven't made the team, GPS reserves and the Development Squad, it is your support that drives better competition for places. Your contributions to the program is what makes it flourish. Keep pushing yourself to win a spot next year.

On behalf of the extended High community I want to thank Kurt Rich again for his dedicated management of our program as MIC of athletics. He has earned the loyalty of many Old Boy coaches because of the way he interacts with them and models his long-term commitment to the sport at High. We are fortunate that our coaches have remained with our program. For sprints, we have Neil Song (SHS-2015), Joshua Leo (SHS-2014), Bovan Lin (SHS-2016) and previous Head Coach, Joshua Tassell (SHS 2010) returning to lend a hand. Lachlan Youll heads up the long and middle-distance team as usual. Working with him are: James Tinker (SHS-2015), Kenneth Liu (SHS-2015), Elias Hall (SHS-2016), with Luke and Hayden Schofield



(SHS-2016). Christian Lozada continues to make a difference to our hurdling performance. This year he has been assisted by Neil and Rick Saha (SHS-2015).

Thank you also to Davina Strauss, our coach for long-jump. She has some strong new talent to work with this year. Andrew Walters (SHS-2003) is coaching our shot-put competitors again.

Myles Cole-Clark is working with our high jumpers. Jerry Gek (SHS-2016) has the unenviable job of managing results each



week. It is great that we have such support for our athletics program. We have a context that allows boys to enlarge their talents and reach a standard to win. Our under 13 team has

shown great potential in the invitational carnivals so far this season.

In sport, having a great routine or training schedule is vital. Sometimes you need to compete against yourself to improve. Doing sprint or distance work or building up core strength in the weights room, are personal ways boys can maintain their fitness all year around. Someone who had to train and compete against himself was the most successful ever athlete at the Australian Championships – Warwick Perrins Selvey. He won a total of 18 Australian Titles in discus and shot put from 1960 to 1973. He represented Australia at the Rome Olympics, gualifying for the final in each event. At the Commonwealth Games in Perth in 1962 he set a Games record on his way to winning the gold medal in the discus. He went to the 1964 Olympics in Tokyo but was unable to qualify for the finals. His PB for discus was 58.9m and for shot put 17.5m. Warwick had to keep focussed on his training all year, despite his dominance in his two field events. His great technique kept him at the top of his sport in Australia for more than a decade. He would have needed much more international competition to see what was necessary to do to be competitive at an Olympics.

I had an English teacher at school in country NSW called Brian Waters. He represented Australia at the Perth Commonwealth



Games. He was a 47.5 runner who virtually trained himself on grass without a marked track and used to get some competition by running against the four fastest school sprinters around the oval, without them having to change a baton. He still won very easily.

His perseverance was an inspiration.

These days schoolboy athletes specialise in particular events from a young age. They have synthetic tracks, personal coaches, fancy shoes and drink containers with special formulas in them. They have so much going for them. That is why events such as pentathlon and decathlon are still so impressive to watch – the athletes have to perfect so many sporting disciplines. Their dedication to training is awe-inspiring.

Like academic study, sport is about self-regulation, sticking to training schedules, maintaining a balance and being committed to goals. That's why training for both is so complementary in philosophy. That is why we believe in the ideal of the scholar-sportsman. It's all about character. I congratulate all the boys who were selected to represent our school at the prestigious GPS Athletics carnival. I wish you all the best of luck and I hope you all perform PBs in your events. **Dr K A Jaggar**

Principal

Open Day



A BIG **THANK YOU** to all our parent volunteers at last Thursday's Open Day. We had a record breaking number of visitors and over 40 parents came in to prepare and serve morning tea to our visitors.

P & C truly appreciate the superb effort you've together for this important school event.

Thank you Anita Bu, Annie Zhong, Arti Shah, Carrie Efthymiou, Connie Tang, Diane Harapin, Glynis Bartley, Grace Chung, Hohan Wong, Holly, Ingrid Winter, James Shen, Jane Ye, Joanne De Araujo, Johnny Chan, Jude Love, Kathleen Loi, Kathy Hangyu, Kevin Eadie, Kim Markworth, Kim Ngan Do, Letty Chan, Likang Wang, Ling Cui, Lisa Fackender, Livia Zhang, Lynn Teo, Maria Dos Santos-Lee, May Wu, Michael Lee, Michelle Wong, Oliver Yoon, Penny Chan, Rasni Nazar, Romona Ren, Ron Trent, Sam Guo, Stella Tsui, Stephanie Fung, Susan Mitchell, Velli Mutham, Wendy Dar, Xia Zhou and Yasmin Khan.



Stephanie Fung P & C Open Day Coordinator



Letters Re Student Absence/Late Arrival/Early Leave

When your son returns to school from being absent he is



required to provide a letter of explanation signed by a parent or guardian. If your son is going to be late for school a note is also required. Alternatively, you may contact the school by phone on 9662 9300 and

dial "1" for the absentee line.

If your son has an early leave note he is required to have his note signed by either Mr Dowdell, Ms Powell or Mr Prorellis **before 9:00 am** and handed in to the Main Office immediately after. Each letter should be signed by a parent or guardian with the **name**, **date** and **roll class** of your son **printed clearly**. Your son needs to pick up a leave pass from the Main Office before he leaves the school.

Absences

Absences – School: <u>absences@sbhs.nsw.edu.au</u> Absences – Sport : <u>absences.sport@sbhs.nsw.edu.au</u>

Leave

If you require **extended leave** for your son **exceeding four days** please, apply in writing, on the departmental application leave form which is available on the parent portal or front office. Your son must then present this application to Dr Jaggar for permission for extended leave. Please note that leave applications need to be submitted **four weeks prior** to your son's leave of absence.

CASH REGISTER RECEIPTS

Cash register receipts for all items (with the exception



of General Contributions and Tax deductable receipts) **are not delivered to students in classrooms**. Receipts for payments made via telephone, the online payment system or left

with the office for processing will need to be **collected by the student** before the end of each term.

Receipts will be available for collection from the **McDonald Wing Office** during the following times:

Monday to Friday Lunch 2

Uncollected receipts will be destroyed at the end of each term and copies will not be reissued.

Receipts will still be issued directly when paying in person at the register.

CHESS NEWS NSWJCL METROPLITAN CHAMPIONS

Last Friday night our Junior A team beat James Ruse High School on three boards to become Metropolitan Champions.



Congratulations to Harry Wu, Dean Nguyen, Ryan Lee, Jack Keating and to Simon Wu and Kevin Ton for their efforts this year.

GPS CUP

On Saturday 9th September Sydney Boys High hosted the annual GPS Invitational. This year we reclaimed the cup from Sydney Grammar School.

Congratulations to our players:

Peter Boylan, Henry Chen, James Snow, Amerthan Thevasthasan, Harry Wu, Justin Wayne-Lowe, Ryan Lee, David Zeng-Yin and Ryan KC.

Many thanks to our coach Vladimir Feldman for the work that he does with the boys throughout the year. Rowena Barr MIC Chess



Debating Report

The debating dinner was a triumphant finale to an historical debating season which crowned us as GPS champions for the third year running.

Here is a copy of my speech.

I acknowledge the traditional custodians of this land: the Gadigal people of the Eora nation. I pay my respects to the Elders both past, present and future and recognise that this was, is and always will be Aboriginal Land.

Good evening debaters, debating families, coaches, teaching staff and Dr Jaggar. I wish you a very warm welcome to the 2017 debating dinner where we celebrate the end of another successful year of debating at High and in particular our third successive year as GPS Champions which makes this an historic occasion indeed.



'We are the champions' is a truly fitting finale to the ups and downs that have beset the Year 12 debating team over the years. Hugh and Louis were in the Year 7As when I stated at the 2012 Dinner "I have had the pleasure of seeing the GPS As debate and can already see that they have the potential to go all the way in debating." Now joined by David and Alex they are a formidable team and it has been extremely satisfying to see them finishing as Champions of GPS - the most prestigious of debating competitions. Very well done boys. Let's all show our appreciation of them.

A special mention today for Hugh Bartley who celebrated his 18th Birthday yesterday. It is my belief that Hugh was already acting in the role of Debating Prefect this year as he instigated and ran the weekly Junior Debating Club. Therefore, I was very thrilled that he was able to take over the role officially part way through the year, adding it to his role of School Captain. Happy Birthday Hugh.

It is pleasing to see that so many Year 12s have remained part of the debating community throughout their time at SBHS. By maintaining their commitments to school life, Patrick, Jasper, Desmond, Dharmesh and Aroon are great role models for the younger boys. They are evidence that: even if you don't make a GPS team each year and even if you are not ultimately selected for Firsts you can still make a valuable contribution to the school debating program and continue to develop as a debater and have fun whilst doing it.

Furthermore, I would like to congratulate Louis Saunders and Jasper for their success in winning the NSW Dr Evatt Competition and wish them success in the National Event in November.

Of course, the departure of the Year 12s means that we need to say goodbye to their parents. Parents are the back bone of the debating program- they provide transport and food, they come to watch you debate and they help with the suppers and the dinner we have today. We have many supportive Year 12 parents, but I would like to say a particular thanks to Glynis Bartley who has been a long-standing member of the Debating Supporters Group.

Well done to all the other debaters this year. Whether you made a team or were a social debater, I encourage you to continue your commitments to the debating program. The knowledge and skills you learn in debating are invaluable for success in school and beyond and it truly is an activity that will serve you well in a future which seems increasingly unclear.

Of all the Year groups, it is the Year 11s who have really been the doyens of debating this year. They are GPS Co-Premiers, Eastside winners, semi-finalists in the Premiers Debating challenge, winners of both University Debating competitions, winners of the United States Studies Centre's 'Debate the Future of America' competition, and are currently down to the last 16 in the Mock Trial. Big round of applause for the Year 11s please.

Our success in debating is due to the combination of fantastically gifted students and amazingly talented coaches. This year we have had a wonderful team and I would like to thank all the coaches who work hard to make our debating program so outstanding. I have been particularly impressed with the enthusiasm shown by coaches during debating and their ability to create a calm atmosphere in each coaching room. Thanks to Khuhsaal for being our Head Coach this year and to Nakul, Nick and Ali who have coached the Firsts, Seconds and

Thirds so well. Thanks to Robert and Romaan who have coached the Year 10s and to Riley and Sumaan who have worked with non-GPS Seniors. Thanks to Ganesh and Thomas for coaching 9 As and Bs and to Ben, Sujneet, Jon and Susnaina for their hard work with non-GPS Year 9s. In Year 8 Racheal and Albert have done a great job with 8As and Bs and have been supported by Simone and Nicholas with the other Year 8s. The Year 7 GPS and PDC teams have been taught by Chris, Masrur and James and everyone else by Eli, Arthur and Agnish. Thanks to all of the Year 7 and 8 coaches. In addition, we have been lucky to have Sara Critos coaching the Mock Trial and Mock Mediation teams and we are even luckier that she has committed to continue coaching with us next year. We owe the coaches a huge thanks for their loyalty and commitment to SBHS. Please give all the coaches a huge round of applause.



This year we have some long-standing coaches to say goodbye to. Unfortunately, we will be losing both our Firsts and Seconds coaches: Nakul and Nick who have been the 2017 dream team coaching our Senior boys to great success. We won't dwell upon Nick's lack of humour in the 2016 coaches debate or Nakul's time spent coaching at 'another place', but instead focus on the amazing contribution that they have made individually in previous years and together this year. Our students have really benefited from having two such incredibly skilled and experienced debaters as coaches. I would personally like to wish you both success in your future endeavours and look forward to hearing where they will take you.

We will also be saying goodbye to the most long-standing members of our debating community: Robert Sternhell and Christopher Chiam. These two were part of the debating team who won the Teasdale Cup in Year 10, the Karl Kramp and GPS Cup in Year 11 and the Hume Barbour in Year 12. They met Grammar, at Grammar, in the last week of the 2012 GPS season as a team which had had only one loss in Year 10, were undefeated in Year 11 and had won each of their debates in Year 12 up to that week. It was the biggest audience we had organised for an away debate and I can still clearly remember the stunned silence that followed the split decision announcement that Grammar had won the final debate of the GPS season and thus the Premiership. From 2013 Chris and Robert have been committed to Sydney Boys High debating as coaches in a number of roles and I have been thankful to them for being so flexible and generous with their time. Robert has found his niche with the seniors and Christopher with the juniors where he has been a marvellous role model for coaches and students alike.

With these two young men leaving, I really feel like this is an end of an era. The Chiam family have been part of the fabric of debating over the years: Karen and her mother would attend a Junior and a Senior debate every week and always bringing something sumptuous for supper, Karen made the dinners the occasion that they have now become and Harry still helps me obtain high quality debating assembly speakers. The Chiams are now friends of mine so I will not miss them, but High will miss having such a committed family involved in the debating program.

Please give all the departing coaches a very sincere goodbye and good luck for the future.

As Manager in Charge of Debating, I am fortunate to have an excellent team of teachers to help coordinate our uniquely broad and deep debating program. Jeanette Cook, Melinda Jollie and Rowena Barr are now in their third year as the team of teachers supporting the Premiers Debating Challenge teams. I thank them for their hard work on behalf of the school and their absolute dedication to the boys. We owe thanks to Hazel Stephens who stepped in for a seamless transition when we were all struck so sadly by the sudden death of Evan Higgins. I don't want to dwell upon something so solem on a night of celebration, but Mr Higgins was instrumental in building strong foundations for our UN and Legal Debating Program and I know he would have been proud to have seen just how successful you have been this year, boys. His presence is sorely missed within the High Debating Community.

I want to take this opportunity to thank the other members of the Debating Support Group. Our President: Pam Jepson, Secretary: Victor Ziegler, Treasurer: Zerman Akarsu, Wendy Dar our Dinner Coordinator and Our super Supper Coordinator, Edwina Henningham I also want to thank the parents that help with the supper each week. Without parents stepping up to these key roles we could not run such a successful debating program and I encourage you to join me in thanking the parents.

As always, a huge thanks to Dr Jaggar for his continued support of me, the debating program and everything High. His commitment truly is inspirational.

Finally, I wanted to recall the strong and clear message that we received from our Debating Assembly Guest: Jenny Leong MP. She spoke passionately about using the skills and knowledge you gain from debating to be an advocate for others. For the last two years I have been pleased to see our senior debaters reaching out on matters of social justice, the environment and issues of equality. Above all else debating gives you the opportunity to develop a strong, logical and persuasive voice. I would urge you to make good use of it in order to make a positive impact on the world around you.

But before you all rush off and do that. Let's enjoy the 2017 Debating Dinner. Rachel Powell MIC of Debating

MUSIC NOTES

Meet the Music 1 Concert #3

Year 9-10 Music Elective Students will be attending, Meet the Music 1 Concert #3 @ the Sydney Opera House on Thursday 21st September 6.30pm. The concert will be 90 minutes with no interval and will conclude at approximately 8.00pm. There is also a Pre-Concert talk by conductor Benjamin Northey that will commence at 5.45pm in the Northern Foyer of the Concert Hall. [Tickets will be handed out in class]

Term 3 – Term 4

As Term 3 is drawing near, could students please ensure they take their instrument(s) home over holidays.

Term 4 will commence on Monday, 9 October. Ensemble(s) and Private Instrumental Lessons will commence in Week 1, unless advised by the tutor/conductor.

Students are to also check the School Daily Notices daily, regarding rehearsal time(s) and of any changes.

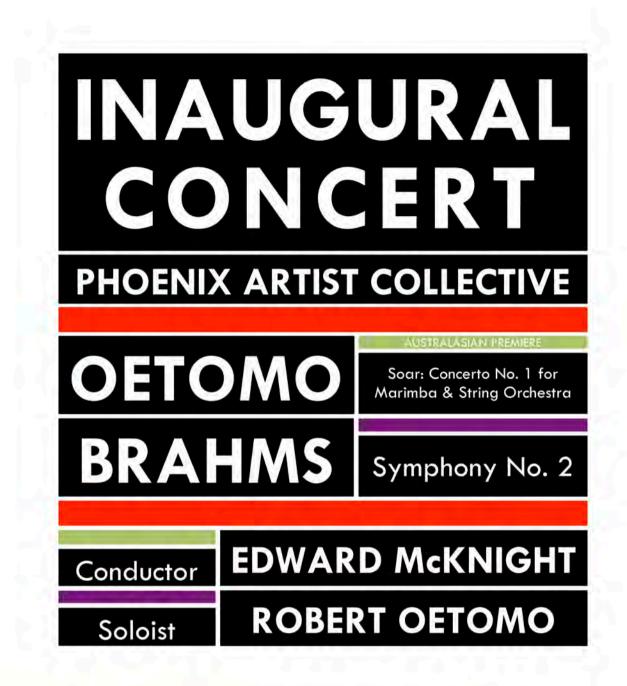
Inaugural Concert [Phoenix Artist Collective]

Mr Oetomo (Drums/Percussion Tutor & Percussion Ensemble Conductor @ SBHS) will be performing his own Marimba Concerto [Australasian Premiere Performance] with a new orchestra called the "Phoenix Artist Collective." The concert will be held at the Seymour Centre [Everest Theatre] on Saturday, 30 September @ 7.00pm. You can book online at <u>www.seymourcentre.com</u> or call (02) 9351 7940. General Admission: \$33

Date	Event	Students Involved
Tuesday 19th September	Year 12 Farewell Assembly,	Selected Music Students
	1.30pm (Great Hall)	
Thursday 21st September	Meet the Music 1 Concert #3 @	Elective Music Students Years 9-
	Opera House, 6.30pm	10
Friday 22 nd September	Last Day of Term 3	ALL Staff & Students
Monday 9th October	Term 4 commences	ALL Staff & Students
Wednesday 18th October	Meet the Music 2 Concert #4 @	Elective Music Students Years 10-
	Opera House, 6.30pm	12
Tuesday 14th November	Annual Music Assembly, 9.55am	TBC
	(Great Hall)	
Sunday 3 rd December	Jazz Workshop + End of Year	ALL Music Ensembles
	Concert (time TBC)	
Friday 15 th December	Last Day of Term 4	Students Years 7-12

Music Events Calendar





Saturday, 30 September 2017 at 7:00 PM

Everest Theatre, Seymour Centre

General Admission: \$33

Book online at www.seymourcentre.com or call 02 9351 7940









BOGGABILLA CULTURAL EXCHANGE



Dear Parent/Guardian,

A group of 20 students will be selected to go to Boggabilla Central School from Sunday 15 until Wednesday 18 October 2017. This trip builds on the long-standing, incredible relationship Sydney Boys High School has with the Boggabilla community.

The excursion is planned to support Aboriginal Culture and Understanding within the NSW Syllabus and is tied in with the community service activities of the school. In mid-June this year, the students from Boggabilla Central School came to Sydney Boys High so students involved in their billeting will be given preference to be included in this excursion.

The idea of the trip is as an exchange so anybody travelling to Boggabilla who has not billeted before will be expected to return the hospitality on the return visit next year unless there are extenuating circumstances.

The group will depart from school at 8am on Sunday 15 October and will return to the school on Wednesday 18 October at the <u>Cleveland St Entrance</u> at approximately <u>8pm</u>. N.B. This time may vary and should be confirmed with the boys on the return leq.

Г Cundou 1E Т Troval to Deggabilla

All travel will be by the school mini-bus. The following is the general plan of events for the trip:

Sunday 15	Travel to Boggabilla Welcome meal at Boggabilla Central School Sleep in Boggabilla Central
	School gymnasium
Monday 16	Official Welcome to Country
	Explore local area, cuisine
	lesson and local lifestyle
	Camping
Tuesday 17	Explore the school and
	surrounding areas
	Boys prepare meal for locals
	Sleep at Boggabilla Motel
Wednesday 18	Depart for Sydney at
	approximately 7:30am
	Arrival time TBC on the return
	trip

The staff members attending for the duration are Mr Matt Cotton, Mr Con Barris, Emily Stephens all of whom have Emergency Care training.

There are only 20 spots available so if you are interested get in quick by collecting a form from outside the science staff room or emailing cottonm@sbhs.nsw.edu.au Mr M Cotton



YEAR 8 CLASSICS CAMP



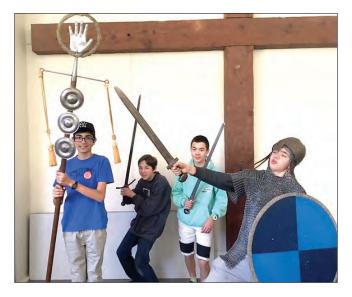
Over the weekend of September 8th to 10th, ten Year 8 Classics students from Sydney High attended the annual Classical Languages Teachers Association Year 8 Classics Camp. It was the 42nd time this camp has been held and the first time Sydney Boys have attended in over three decades.

Throughout the weekend, our boys enjoyed a number of Classics-related activities, which included a 'mythological' bushwalk through the Underworld, a Roman army display, training in a gladiatorial school, a tribal Olympic Games, and activities in spoken Latin and Greek. This camp was a fantastic opportunity for our boys to further explore their passion for the ancient world and Classical languages with peers from fifteen schools across the State.

I'd like to congratulate and indeed thank the ten boys who represented our school so well over the weekend, fully involving themselves in all activities with much enthusiasm. I look forward to taking many of the current Year 7 Latin cohort to the camp in 2018. Dane Drivas









State CHS Athletics Championships

Day by Day Wrap Ups

CHS Day 1 Wrap Up:

David Chen kicked things off by defending his CHS Long jump title, jumping 6.78 in his first comp off a full run up. Sudaraka Pieris made his return from a knee injury, running 24.03 with the rustiest technique of his sprinting career. Despite him being disappointed with his own result, he managed to break the Schools 15s record set by Leonard Mah by 0.07 seconds. The young man can only run faster from here on. Rhys Shariff ran 2:15 in his 800m heat to secure a spot in the final tomorrow in 7th place. Nicholas Katsilis ran 2:07.30 to come 2nd in his heat, automatically qualifying for the final the next day. Eric Holmstrom ran 9:20.31 in the 3k, finishing 8th in a very quick race. The 13s relay team (Justin Lee-Nonis, Dylan Huynh, Rowan Tan, Joshua Suto) ran 48.96 in the heats to qualify for the final as the fastest team, missing out on the school record set by Ryan Ho-Shon, Lucas Wong, Ryan Zheng and Ray Gu by 0.06 seconds. Watch this space for the record to be beaten next week. In the 13s relay final the boys pushed hard, missing out on gold by the smallest of margins. Rowan Tan jumped 1.60 in the 13s High jump, only just missing his attempt at 1.65, finishing in 5th. Jack Yoon jumped 4.11 twice in his first major long jump event.

CHS Day 2 Wrap Up:

David Chen added another gold medal to his tally, winning the 17s hurdles final in 14.38 seconds, smashing 2nd place by 0.82 seconds. Rowan Tan earned his 2nd silver medal of the champs, jumping 5.51 on his last jump in the 13s long jump. 20 minutes after his incredible jump, Rowan then proceeded to run an age group up in the 14s 400m Heats. Despite his 2 main competitors in his race blistering out of the blocks, Rowan stayed calm and scalped both runners on the home straight, running 55.20 seconds. Take note that this time is another school record, and only 0.6 seconds behind the GPS record set by none other than Louis Stenmark. In the 14s 800m Rhys Shariff ran a 2:13.72, smashing his old PB by a whole 2 seconds! The young fella stepped up in very swirly conditions today, and is expecting to run even faster on GPS day! In the 12s 100m, Joshua Suto braved a hurricane of a headwind that would have sent any other child of his body mass flying. Despite the horrendous conditions and overcoming fatigue from a long 2 days of competing, Josh still pumped out a 13.6 to finish his first high school championship athletics comp. Expect huge things from this young kid in the future! Last but not least, Connor Fisher returned to the track to compete in the prestigious 3000 metre walk, striding his way into 6th place. It has been reported by spectators that he was still celebrating his 100 UMAT midway through the race

CHS Day 3 Wrap Up:

Firstly I have to point out again Rowan Tan's efforts. His 53.84 in the 400 today has smashed the schools original 13s record held by Anton Brokman of 1:00 by over 6 seconds! To put that

into perspective Louis Stenmark's 13s GPS Record is 54.57! Absolutely incredible stuff from this young man. This result is absolutely incredible, especially when you put into account that he was already fatigued pre-race from a week of intense competition. Coming 3rd in the 400 today puts his medal tally to 2 silver medals and a bronze. Expect huge things from this athlete in the future. Eric Holmstrom ran in the 17+ 1500m final today, setting a new personal best of 4:16! To add to this, he managed to snag away the silver medal, edging out 3rd by a mere 0.2 seconds!! His run is exceptional considering the leader of the race pulled well ahead of the field, and Eric basically had to run his own race vs 3rd. Rhys Shariff ran in the 14s 1500m, smashing his old pb of 4:37 by a whole 4 seconds!! Rhys left everything he had on the track, as he struggled to walk off under so much fatigue from 3 days of racing. He will be extremely keen to crack the 4:30 barrier next week! Mathew Maloney clocked nearly 5km of race mileage today, running in both the 3k and the 1500 finals today. Matt finished 11th in the 3k with a time of 10:14, and 6th in the 1500 clocking 4:34. Expect Matt to lead the field in the races vs Angus Beer next week. Nicholas Katsilis overcame an injury scare yesterday to run in the 2000m steeplechase final. Nick paced himself well, finishing in 5th place in 6:49. Unfortunately, David, Eli, Desmond and John's 2016 CHS alory could not be repeated this year. The 17s 4x100m relay boys ran well, and finished the race in 1st despite the dodgy 3rd change, but later disgualified. An unfortunate result, that will surely motivate the boys to smash those GPS boys next week!

Overall the past 3 days have been incredible. Every athlete gave it their all against some incredibly stacked fields.

Summary –

Despite many pleasing efforts and great results, Sydney Boys did not win the KIPPAX cup, failing to make it five years in a row. For improved results next year there would need to be a greater attendance to pre-season training and far less athletes refusing to represent the school in athletics.

Kurt Rich MIC of Athletics Neil Song Athletics Coach



Athletics Results from 4th Invitational Athletics Carnival 2017

Also known as Judgement Day, the 4th Athletics Invitational was hosted by Waverly and Cranbrook last Saturday, 9th September. This year Athletics is a 5 week season in the GPS calendar. Being such a short season, Athletes and coaches need to work very hard and remain focused to give the school athletics program the best chance of high performance come 16th September. This being the last Saturday was a good chance to race certain students against each other to help selections and rest athletes, such as the athletes who were competing at the State CHS Athletics Championship.

It is common for boys to enter events for specific training purposes or refrain from events to manage load throughout the program. The High Athletics Program uses a combination of results, training attendance and attitude to select the team for the final GPS athletics carnival.

Below is the summary of the Top 3 placings from the meet.

Opens -

Athlete	Event	Place	Time/Distance
Nicholas	3000m	3 rd	9.53
Katsilis			
Ryan Ho- Shon (17)	400m	3 rd	

17s

Athlete	Event	Place	Time/Distance
Ray Gu	Long	2 nd	5.46
	Jump		

<u>16s</u>

Ramanathan

Jump

105			
Athlete	Event	Place	Time/Distance
Noah	100m	3 rd	11.9
Casaclang			
Julian	Long	1 st	5.92
Markworth-	Jump		
Scott			
Pico Dos	100m	1 st	15.25
Santos-Lee	Hurdles		
Oliver Gao,	4x100m	3 rd	46.95
Picos Dos			
Santos-Lee,			
Indigo			
Umbina &			
Julian			
Markworth-			
Scott			
15s			
Athlete	Event	Place	Time/Distance
Sudaraka	100m	2 nd	
Pieris			
Raghav	High	1st	1.71m

13s			
Athlete	Event	Place	Time/Distance
Dylan	200m	2 nd	25.2
Huynh			
Kane	400m	2nd	
Shields			
	1500m	1 st	4:44
Joshua	Long Jump	3rd	4.8m
Suto			
	400m	3rd	1:01
Dylan	4x100m	2nd	51.46
Huynh,			
Justin Lee			
Nonis,			
Andrew			
Ren &			
Josh Suto			

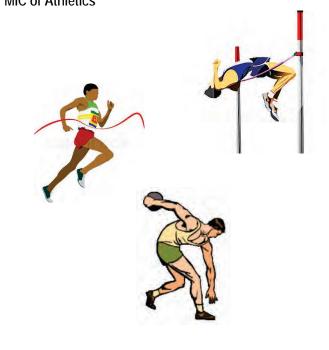
Athletics Assembly

On 12th September, 4 days out of GPS Athletics Carnival and the day before the year 8's went on camp the school had its GPS Athletics Assembly. Joshua Tassell (Old boy-2011) and coach addressed the boys on how to face fear and use it to make the most of the opportunities the school offers. Dr Jaggar reinforced the message of what it means to be dedicated and attitude to sport is highly reflective across all work ethic – study, career etc.

All athletes were presented to the students and teachers present. The Opens team were gifted athletics warm up tops.

I would love to see as many supporters as possible at the annual GPS athletics carnival at SOPAC (Sydney Olympic Park Athletic Centre, Homebush) Saturday 16 September 8:15am -3:20pm

Kurt Rich MIC of Athletics



GPS Tennis

	Term 3 Wk 9 - 10								
	Notes - Y	ear 11 Exams, Ye	ear 8 Camp 13th	15th September.					
Group	Monday	Tuesday	Wednesday	Thursday	Friday				
1st-3rd	School 7:15-8:45am		School 1-3pm	Eastcourts 1-3pm	School 7:15-9am				
4-6th +			Moore Park 1-3pm	Moore Park & School 7:15- 8:45am					
16's		Moore Park 7:15- 8:45am		Eastcourts 1-3pm					
15's			School 7:15- 8:45am	Moore Park 1-3pm					
14's		School 7:15- 8:45am		School 1-3pm					

"Sign Up for InDeep Tennis Spring Camp Now!"

This year we are running two weeks of school holiday tennis camps and this is a fantastic opportunity for an intense week of tennis training. Spots are limited so please sign up as soon as possible to reserve a place in our camp for intermediate and advanced players. Players will be able to improve and develop their tennis abilities, as well as participate in daily competitions.

Camps will be run by InDeep Coaching Staff, so you'll be sure to see your favourite coach during the week.

US Open Men's Final

Enrol now as limited spots are available.

Camp Dates

Week 1: September 25th - 29th Week 2: October 2nd - 6th

Age Group: 5 - 17 Year Olds

Time: 9am - 3pm

Single Day: \$75 Full Week: \$300

Included: Sausage Sizzle provided on the last day of camp every week.

Please contact Director David Deep at <u>david@indeep.com.au</u> to reserve your spot today."



Photo by Mike Stobe/Getty Images for USTA



Photo by DON EMMERT/AFP/Getty Images



Welcome to another edition of Shootin' Hoops. Not too much has changed since last week, so it will be short and punchy. Just make sure to keep practising for the upcoming season.



Old Boy v School Game 2017

The Annual Old Boys v School game began in 2003, and Sunday showed a fierce contest between the upcoming First Grade side and the Old Boys squad. The game ended up going into overtime, but Firsts managed to pull away, winning 92-89, and winning back the Old Boys vs School Trophy after 4 years of it being in the Old Boys' hands. The total number of wins now stands at 8 wins to the Old Boys, and 6 to High. Let's make sure to keep the trophy with High again next year, and hopefully for many years after that. Monday saw the CHS Opens side come up against fierce opposition in the NSW CHS competition. Their opponent was St Dominic's College. Unfortunately, after fighting to go into the fourth quarter with a lead, they ending up losing 79-69. The team will move on and continue to improve under Coach Hayman's guidance into GPS and National tournaments. Careers for many old boy basketball stars are indubitably looking bright! Huge congratulations to Old Boy Christian Jurlina, who has signed his first professional contract with the Sydney Kings, joining another Old Boy Craig Moller in the NBL. Huge congrats to Christian, we wish you success in the coming season!

That's it for this week. Thanks to Mr Hayman and everyone in the High Basketball Community for making things possible. Be sure to train hard for the upcoming trials, and let's start strong this season.



Go HIGH! Play Hard, Play Smart and Play Together! Thanks to everyone who makes Shootin' Hoops possible Brought to you by Adam Gordon and Alex Zhou



Week 10 Term 4 marks the start of training for all rowers as the Athletics season has now finished. For junior crews and Year 10 VIIIs week 10 will include some testing at school and on water rowing during sport time.

Week 10 Term 3	Mon	Tue	Wed	Thu	Fri
Year 10 VIIIs	AM – Erg test – Erg room		AM – Run test - MPW	Sport time row – catch bus at normal spot	AM - Weights
Year 9 Quads	PM – Run test - MPW		PM – Erg Test – Erg room	Sport time row – catch bus at normal spot	
Year 8 Quads	PM – Erg Test – Erg room		PM – Run test - MPW	Sport time row – catch bus at normal spot	

Seniors					
Monday	Tues	Wed	Thurs	Fri	Sat
Weights		Coogee Stairs – 9am	Row – 7am	Row – 7am	
		Camp	Camp	AM-Row	Row – 6.30am
Year 10 VII	ls				
Mon	Tues	Wed	Thurs	Fri	Sat
Weights		Coogee Stairs – 9am		Row - 7am	
		Weights	Camp	Row	Row – 7am
Year 9 Qua	ıds				
Mon	Tues	Wed	Thurs	Fri	Sat
		Weights	Erg/Run – 9am school	Weights	
		Weights	Row – 8.30am	Row – 8.30am	Row – 8.30am
Year 8 Qua	ıds				
Mon	Tues	Wed	Thurs	Fri	Sat
		Weights	Erg/run – 9am school	Weights	
		Weights	Row – 9am	Row – 9am	Row – 9am

During the September/October holidays the training schedule will be: Seniors

George Barris MIC Rowing

<u>Rick Saha Competing for Australia in the Junior</u> <u>Oceania Weightlifting Games</u>

Congratulations to Old boy & Coach Rick Saha who represented the school and Australia at the Junior Oceania Games. Rick equalled the total of a fellow Australian competitor for 3rd place but with the new international rules in play, Rick reached the total after his competitor. Rick was then placed 4th. When representing the State & Country, athletes are coached by elected coaches. I personally would have made him attempt 1 more kg in his final lift for a podium finish.



Well done Rick! Kurt Rich Head Strength & Conditioning Coach



SBHS FENCING NEWS

Asian Cadet Circuit Sydney

2 - 3 September

Congratulations to James Siu for winning Gold at Individual Men's 2017 Asian Cadet Circuit sabre competition on 2 September.



Aus Gold team won Silver at the event.

Well done to the following fencers for being selected into the National team and participated in the Men's Team Sabre Asian Cadet Circuit on 3 September.

Ethan Kwan (Aus Blue) Adrian Leong (Aus Blue) Arshad Aman Mohamed (Aus White) James Siu (Aus Gold) Nicholas Yuen (Aus Blue) Report by Stephanie Fung

U15 School Team Foil Premiership Finals: 9 September

Out of the twelve teams competing in the Premiership, our U15 Foil fencers brought home the inaugural U15 Boys



Foil School Team Premiership Trophy!

The SBHS A team (Kenaz Chan (9), Owen Zhang (9), Lachlan Ho (9), Nicolas Leong (10)) came from behind to clinch the gold in the finals against the top seed, Sydney Grammar A.

The SBHS B team (Matthew Bui (9), William Chen (9R), Ben Bao (9), Yuchi Zhang (9)) also achieved a podium position with equal Bronze.



SBHS U15 Foil Fencers with Coach Feng and Mr Huynh

Congratulations and well done, boys!

For more information and up to date news on SBHS Fencing, please visit: <u>www.sbhsfencing.com</u>

Dat Huynh MIC Fencing As a service to the High Family

A FULL PAGE ADVERTISEMENT



can be placed for a fee of **\$50.00 (GST incl.)** for a full page ad in two weeks' publication

Whether it be a business service, educational course/s or something for sale.

Contact : Dave Te Rata or Meredith Thomas - High Notes Editors

> P: 9662 9300 F: 9662 9310

Email: highnotes@sbhs.nsw.edu.au

N.B. Content is subject to approval



SYDNEY BOYS HIGH SCHOOL

FENCING DINNER 2017

The Great Hall Sydney Boys High School Thursday, 21st September 5.30 pm - 9.00 pm

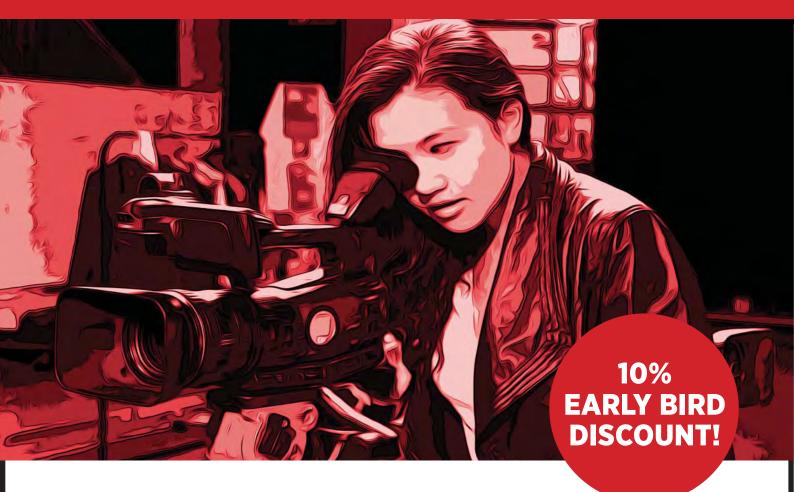
Come along for a night of fun, food & awards.

All welcome.



TICKETS \$40 PP | PERMISSION FORMS AVAILABLE OUTSIDE THE IA STAFFROOM PLEASE PAY AT THE FRONT OFFICE BY 1ST SEPTEMBER 2017

SEPTEMBER-OCTOBER 2017 SCHOOL HOLIDAY COURSES!



FOR TEENS! 13-17 YEARS

THE REAL FILMMAKING WORKSHOP / MUSIC FOR FILM & TV / HSC VIDEO INTENSIVE

FOR KIDS! 9-12 YEARS

SCREEN ACTING / DIGI ANIMATION / TV PRESENTING MAKE A STOP MOTION MOVIE / BLOOD & GUTS MOVIE MAKEUP

> PH: 1300 065 281 aftrs.edu.au/short-courses

AUSTRALIAN FILM TELEVISION & RADIO SCHOOL



a great year to smile...

Is your child ready for braces? We also offer: - Invisalign® - Invisalign Teen® - SureSmile™ - Acceledent Call our team today on 9344 7081 to book an appointment.

Ask about our interest fee payment plans

Level 1, 822 Anzac Parade, Maroubra Park House, Level 10, 187 Macquarie Street, Sydney CBD



September/October 2017

15-09-2017

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 C	18 *** Attendance and Progress Review (all Years) Winter Sport Reports to be submitted to Record Committee Year 11 Yearly Exams Class test: 8MaP-P1 Afternoon PD: The School Plan 2018-2020: Faculty Contributions and collaboration Basketball: Year 9 House Competition Rugby: Committee Annual	19 *** Year 11 Yearly Exams Year 12 Farewell Assembly and Afternoon Tea, Great Hall, 13:30-16:00 Excursion: Year 9 Science to Narrabeen and Long Reef Year 8 History Excursion, La Perouse Year 8 Geography Excursion, Bicentennial Park, Homebush, 08:45-15:15 Fundraising Management	20 Year 11 Yearly Exams	21 Year 11 Yearly Exams Basketball: Sydney East CHS 15 years(tbc) Fencing Dinner, The Great Hall, 18:00-21:00	22 Year 11 Yearly Exams Excursion: Year 8 French, Little Snail restaurant, 11:00-14:00 LAST DAY TERM 3	Range Parking: NRL Finals, 19:40	Classrooms, Common room Cadets: Annual Field Exercise, Singleton Army Range
1 A	<pre>9 School resumes - staff and students Pre-service teacher meeting, staff common room, 11:10 Class test: 7GyM-P1, 7GyS-P4 PDHPE 1600m runs P+C Executive Meeting, Board Room, 17:30 P+C Meeting, Staff Common Room, 18:30</pre>	10 PDHPE 1600m runs Basketball: Year 9 House Competition, lunchtime Class test: 7GyE-P4 Online Selective Schools Application Forms for Year 7 2019 available Marching Band Rehearsal, Great Hall, 15:30-16:30 School Council Meeting, Board Room, 17:30-19:00	11 Foundation Day Assembly/Prefect Induction, Great Hall, (Guest Speaker from Class of 1966) 09:50-10:35 (7, 8, 11) Class test: 10MaB-P2 PDHPE 1600m runs Rowing: Committee Meeting, Staff Common Room, 19:00 Cricket: Committee meeting, 901, 18:00	12 PDHPE 1600m runs Cricket: Macquarie Cricket Leadership Day, SCG Nets, 09:00-15:00	13 PDHPE 1600m runs Marching Band Rehearsal, MPW, 08:00-09:00 Incursion: Year 9, English Performance, The Great Hall, 13:20-15:15	14 Sport: Group 1 SHS v TKS, Group 2 TKS v SHS	<pre>15 Parking: Sydney FC v Wellington Phoenix, 19:00 Boggabilla exchange, selected students</pre>
2 B	16 *** HSC Exams commence HSC: English Adv (213), English Std (1), 10:20-12:30 HSC: Music 1 (1), 13:55-15:00, Music 2 (8) 15:25-17:00 Year 9 Geography task, Oral task due, 09:00 Pre-service teacher meeting, staff common room, 11:10 NAPLAN ICT main study, room 611, 09:00-11:00,	17 HSC Exams HSC: English Adv (213), English Std (1), 09:25-11:30 Prefect Training Day, Outterside Centre Fundraising Management Committee meeting, 17:30-18:30 Foundation meeting, 18:30-20:30 Boggabilla exchange, selected students	18 *** HSC Exams HSC: Senior Science (12) 09:25-12:30, Hindi Continuers (1) 14:00-16:40 Incursion: PDHPE, Year 8, room 901, 09:00-12:30 Year 9 and 10 Visual Design Students Pitch, P3 Music: Meet the Music, Sydney Opera House, 18:30 (Elective Music Students Years 10-11)	19 HSC Exams HSC: PDHPE (13), 09:25-12:30, Latin Ext (4), 09:30-11:40, Engineering Studies (16) 13:55-17:00 Year 9 and 10 Visual Design Students Pitch, P3 Class Test: 7MaS-P3	20 *** Marching Band Rehearsal, MFW, 08:00-09:00 Legacy Public Speaking Finals, Domain Theatre Art Gallery, 09:00-13:00 Volleyball: Volleyball Referees accreditation course, Selected students 7-11 HSC Exams HSC: Modern History (38), 09:25-12:30 Basketball: Sydney School		22
3 C	23 HSC Exams HSC: Mathematics (163), 13:55-17:00, Mathematics Ext 2 (119), 13:55-17:00 NAPLAN ICT main study, room 611, 09:00-11:00, Selected Year 10 Pre-service teacher meeting, staff common room, 11:10 Year 9 Yearly Exams		25 HSC Exams HSC: Biology (38), 09:25-12:30, German Continuers (4), 14:00-17:00 Year 9 Yearly Exams Years 7 vaccinations, Years 8, 11 and 12 catch up, Jnr Library, 09:30-13:00 Cricket: Presentation of the Caps Water Polo: SE KO U/15	26 HSC Exams HSC: Business Studies (37), 09:25-12:30, History Extension (13), 13:55-16:00 Year 9 Yearly Exams	27 HSC Exams HSC: St of Rel I (5), 09:25-11:00, St of Rel II (14), 09:25-12:30, Latin (7), 13:55-17:00, German Ext (1), 14:00-16:00 Year 9 Yearly Exams Class Test: 8MaI-P1 Marching Band Rehearsal, MPW, 08:00-09:00 Parking: Sydney FC v Perth Glory, 19:50	28 Sport: Group 1 SJC v SHS , Group 2 SHS v SJC Rowing: Junior Head of the Parramatta Parking: Wallabies v Barbarians, 15:00	29