



From the Principal High Talent

A great result for the Year 10 Teasdale Trophy debating team – Riley Irwin, John Seroukas, Lokesh Sharma and Peter Stephens are through to the PDC State Final! Congratulations to Thomas Nguyen (Year 8) who won the Year Level 8 category of the National History Challenge. High boys were successful at the 8th Informatics Olympiad. Yujin Wu won gold in the senior division. Michael Hauser (Year 10) was awarded a silver medal in the Intermediate Division and Calvin Chen (Year 10) gained a bronze medal. Good effort boys! Well done to the 15 years basketball team who progressed through to the last 16 in the CHS Knockout Tournament.

UNSW School of Electrical Engineering & Telecommunications

Researchers in the School have created the world's first working quantum bit based on a single atom in silicon – a precursor to the development of quantum computers within 15 years. This is world class research! The BE ME course proved to be popular in 2012, with a 33% jump in enrolments. Enrolments in the BE Arts / Science courses increased too. A Masters in Satellite Systems Engineering is planned for 2013. The School is considering offering summer session courses to high school students for advanced standing credit towards a degree. The school is interested in students Y9-12 to work in a team for the FIRST Robotics Competition. The *Taste of Electrical Engineering* Workshops for Year 10 and Year 11 students were well attended by High boys in the first week of the September holidays. Two days of designing, building and working in a laboratory were followed by a half-day industry visit. It was a worthwhile vocational experience for participants. If you are good at mathematics and science, you might consider one of these workshops in 2013.

Scholarships – Phillip Day Memorial and Sir Roden and Lady Cutler Foundation

The School has two scholarships on offer each year. Enrolled or enrolling students are

eligible to apply. Look for the details on the website under 'scholarships' on the navigation bar. Do not assume that you are not worthy or eligible. Applications close on November 30.

Summer Sports Assembly

At our recent Summer Sports Assembly we were fortunate to have Tim Hudson, former NBL basketball player and now a coach with the Sydney Kings who looks after school development. He shared his journey from high school to professional sport. He stressed to our boys the need to persevere with your sport despite selection disappointment and injury. My address to the assembly is reprinted below:

Special guest Mr Tim Hudson, coaches, staff, GPS sports teams, parents and students – welcome to the 2012 October Summer Sports Assembly. The purpose of this morning's assembly is to introduce and congratulate boys who were selected in the teams who have GPS competitions beginning in term 4 – basketball, cricket and water polo.

Water Polo has been re-developing its profile in the school with a Junior and Opens team. Rhiannon Davis has organised the sport well, facing the usual challenges of access to suitable training venues. When that problem is overcome, I am confident that the program can flourish. Our ongoing relationship with Sydney University Sports is integral to the future of the sport at High but we also need longer and more reliable training opportunities. I encourage good swimmers to get involved in water polo.

High basketball has continued its impressive level of success in 2012. Winning the Raschke Cup, the CHS Knockout and a second GPS Co-Premiership, proved the depth and consistency of our great team, 2010-2012. Their success kept the dream alive for our young players. The quality of facilities, equipment, coaching and skill development is good. Our teams have a foundation in defence. We hustle, work together and keep up the pressure. Sticking to the game plan and communicating with one another, allow us to overcome deficiencies in size, speed and strength. We keep the ball moving in offence. We are trying to deliver a strong program right down to the Fs. The standard of GPS basketball continues to rise as a function of the number of talented players now involved in many schools. For the upcoming season we plan to consolidate,

expand our training base and rebuild for the future.

I want to acknowledge the ongoing commitment of Ben Hayman as Coaching Coordinator, MIC and first grade coach; Alex Hayman as Assistant first grade coach and Junior Development Coordinator; and the Basketball Committee for its work in supporting and marketing the program. Thanks to Reg Day and George Krastev for their work with second grade. As ever, Bruce Gordon gives generously of his time as a touring first aid man, strapper and psychological supporter. Wayne Baldock is tireless in his Saturday commitment too. The 2012-13 season should be the best organised and resourced program that High basketball has ever had.

The cricket program has responded well to the new competition format, with a mixture of 20/20, one day and two-day games. Its first season was a success in the judgement of GPS Heads. Flexibility and adaptability are necessary team attributes. However, fundamental skills like shot selection, tight defence, footwork, line and length bowling, varying deliveries and safe hands in the slips and in the field, still make all the difference. For the 2011-12 season, Old Boys Hugo Richards and Siva Valliappan worked as Co-MICs. I want to thank them for bringing a fresh approach to cricket administration. For 2012-13 Siva will do the MIC role with Hugo involved in coaching. I am looking forward to our First grade and Lead Cricket Coach, Tim Roslin, moulding a more competitive squad for the 1st and 2nd XI GPS season. Cricket needs to professionalise its administration and training in order to provide a sustained, in depth development program for players. I am confident that Siva and Tim will make a difference this season.

As is commonly known, much of individual success is determined by attitude. I was recently attracted to a slender volume entitled "Winning Attitudes" introduced by the legendary Herb Elliott. As Athlete Liaison Officer at the Barcelona Olympic Games in 1992 Elliott asked many athletes: Why are you in Barcelona? In several cases the answer was: "I'm here to do my best". In Elliott's view "such an answer is an opportunity to let yourself off the hook – because you don't set yourself a black and white target". When you do set one, "failure is defined, and therefore the risk is great." You need to take emotional risks to challenge yourself. If you set a high level goal, like to finish in the top three in the GPS, you have to impose a higher standard on your daily process. How intense is your training? How much effort is everybody putting in on each practice manoeuvre? Are we training at the speed and intensity at which the game is played by the top three teams in the GPS?

In life, as in sport we are faced by the challenge of compromise. For Elliott, compromise is "the little voice that speaks to us all". However, when you aspire to be really successful, "you can't allow the little voice to win on any one occasion". That's how champions are made. Endurance athletes tend to have split personalities. Their

bodies are connected to the 'little voice' crying out for them to stop and relax and ease the pain. Their minds are connected to aspirations and specific goals for training and racing. In training we all have to develop our spiritual side; the one focussed on bigger and greater things. Herb Elliott visualised a competitor on his shoulder to grow his spiritual side. This competitor could see into Elliott's heart and understood how he was feeling at any moment. The competitor was just waiting for that sign of weakness taking over so that he could slip past and take control. "That thought and image would sustain me".

I urge boys in both training and competitive situations to learn how to 'say no to your little voice.' If you want greater success at any level of competition, the team needs to say no to the little voice and to grow its collective spiritual side, the one that visualises victory. Congratulations to all boys selected in GPS competition teams. Good luck for the season.

Dr K A Jaggar



Notice to All Parents

It is a parent responsibility to notify the Front Office First Aid Staff if your son has a medical condition which requires medication. All medication such as Epipens need to be clearly marked with your son's name and have a current expiry date.

Your cooperation is appreciated.

Disclaimer

Products and services advertised in *High Notes* are not necessarily recommended or endorsed by Sydney Boys High School.

From the Canteen

Welcome to the new Year 12 Prefects. We are sure you will settle in quickly and become valuable helpers in the canteen.

Thanks to our volunteers last week:

MON: Carol Davis
TUES: Amy Cao, Ying Ying Xiao, Yan Yang Wu,
WED: Jim O'Sullivan, Penny Chan
THUR: Kamala Selvakkumar, Ha Tran
FRI: Sue Rynsaardt, Frances Salmon, Nina Liu, Soogie Sim

The Canteen Team



3rd-6th Grade Tennis Match Report

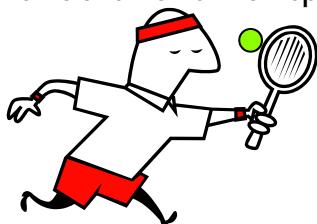


Last Saturday, our team faced St Joseph's College for our first match. Unfortunately, we were sorely underprepared from our return from the winter season. However, several players produced promising performances for the Summer season. Denny Dien narrowly lost in a closely fought match being edged out 4-6 in the No 1 position in 3rds while Alan Stoneham cruised through with a smashing victory of 6-1 playing No 3. Doubles proved to be our weak point, with the team losing both 3rds double pairs.

4ths fared better with a narrow victory in the first doubles pair winning 6-5 but this was after Edward Zhang filled in from the 3rds as a stand-in for that doubles match.

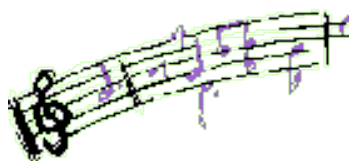
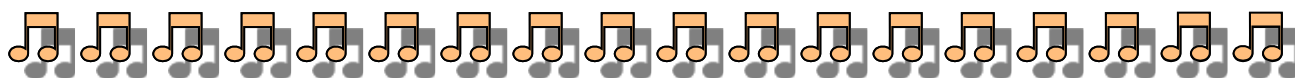
Edward Zhang 11M

16 As and Bs Tennis Report 13/10/2012



The first week of the GPS trials for the 16 Bs tennis team went great, with five of the six matches that were played, resulting in a victory. Our B4, Angus Wu, did particularly well by defeating his opponent with a whopping score of 6-0. However, our As did not have such a fortunate day with the loss of all 6 matches. However, this will only encourages our team to train harder to win our upcoming games, where we will perform to the best of our abilities as 16 As and Bs of High Tennis 2012-13.

16 As Tennis Captain
Jason Jung



MUSIC NOTES

ENCORE NOMINATION 2012

Ennes Mehmedbasic (Year 12) and Tin Wu (Year 11) were nominated for Encore. Encore recognises the outstanding performances and compositions of students from the HSC examinations. Congratulations to both these boys. Great Work!!!

HONOURABLE GEORGE ALFRED PALMER'S COMPOSITION

Ennes Mehmedbasic (Year 12) has just finished the recording of "Sonata for Piano and Oboe" composed by the Honourable George Alfred Palmer, our guest speaker from last year's Music Assembly. It can be viewed on YouTube: <http://www.youtube.com/watch?v=htS2rXK4yO0> Well Done, Ennes!!!

MARCHING BAND

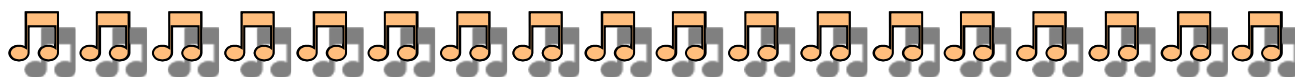
The Marching Band will resume as of WEEK 6, on TUESDAY and FRIDAY AFTERNOONS, after school.

ENSEMBLE REHEARSALS

Please check the timetable and arrive ON TIME! There are NO EXCUSES for not attending or arriving late to ensemble rehearsals. **ALL ENSEMBLES START AT 7:45AM** (unless stated otherwise). Remember a ROLL is TAKEN, and 80% of ATTENDANCE is required. PLEASE REMEMBER to pack up after rehearsals (tidy up the room/and stands back on rack). EVERYONE needs to help and not left to one or two boys. THANK YOU boys for your co-operation! Please remember PRACTICE DAILY, if only for 20 minutes, is required for you to develop your awesome musical skills and make your music tutor happy. Practice makes PERFECT!!!!

The 2012 ensemble rehearsal timetable is provided below:

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning rehearsals <u>7.45am</u> unless stated otherwise	Intermediate Concert Band Room 201	Senior Concert Band Room 201	Junior Stage Band Room 201	Symphony Orchestra Room 201	Senior String Ensemble Room 101
	Senior Stage Band Room 101		Intermediate Stage Band Room 101		Saxophone Ensemble Room 201 8:45am
	Training Concert Band Room 202 Terms 2, 3, 4		Philharmonic Orchestra Room 208		Chamber Choir 8am Room 201
	Junior String Ensemble Room 208		Woodwind Ensemble Room 202		Marching Band TERM 1 & 4 MPW
Afternoon rehearsals Start @ 3.30pm		Marching Band TERM 1 & 4 3.30 - 4.30pm			Jazz Ensemble Room 201
		Percussion Ensemble Room 201			



PDHPE – FITNESS ASSESSMENT September 2012

The final fitness assessment of our Years 7 – 10 students was carried out during September. In 2012 personal goal times were again set to encourage each student to improve and maintain a higher level of aerobic fitness. It was very pleasing to see 255 students (33%) achieve their personal goals. Congratulations to these students who achieved their personal 1.6k run goal time. Their names appear below.

Year 7 (66 students)
Sadin Afsar, Faysal Ayub, Sanishka Balasooriya, Hugh Bartley, Bernard Chan, Jefferson Chan, Gavin Chung, Kevin Chung, Jason Feng, Terrence Feng, Connor Fisher, George Ge, Ben Graham, Ray Gu, Kevin Guo, Shadman Habib, Edgar He, Darren Huang, Marcus Ikeda, James Jiang, Da Hen Kwak, Anthony Lee, Harrison Li, Tony Li, Andrew Lin [R], Rex Lin, Chenhao Liu, Andy Lu, Jon Luo, Sabesh Murugananthan, Anh Nguyen, Christopher Nguyen, Dean Nguyen-Jariv, Sidney Pham, Rahul Prabhu, Nathan Quan, Dibyendu Roy, Brian Senthilrajan, Andrew Shek, James Snow, Jerry Sung, Wanyu Tang, Daniel Tian, John Tian, Jonathan Tran, Leighton Vuong, Charlie Weng, Corey Won, Lucas Wong, Barry Wu, Brian Wu, David Wu, Roger Wu, Eddy Xiong, Michael Yang, Zong Jie Ye, Roy Yi, Feng Jun Yio, Raiyan Yousef, Pai Yu, Wesley Yu, Ruilin Zhang, Jeffrey Zheng, Jonathan Zheng, Samuel Zheng, Alex Zhu
Year 8 (64 students)
Ethan Abergas, Manil Abeysekera Jaeco Agawin, Mohammad Taj Ali Khan, Stuart Benjamin, Desmond Cai, Anthony Chen, John Chen, Julian Chen, William Chen [F], Amit Deep, Richard Ding, Kevin Fan, Denny Fu, Jerry Gek, Dylan Goh, Jason Hong, Chen Yang Huang, Garry Huang, Harry Huang, Daniel Jiang, Masrur-ul Joarder, Pajman Johnstone, Preetham Kappadu, Aidin Karashan, Jacob Katafono, David Kim, Youki Kita-Leong, Max Li, Benny Liang, Remington Lim, James Lin, Will Lin, Johnson Lin, Andy Liu, Tim Luo, Victor Luo, Adam McCaffery, Karsten Michael, Shashank Nampalli, Thomas Nimac, Alex Petrovic, Alec Pham, Nafis Rahman, Ryan Seong, Adam Shackel, Ellery Smith, Joseph Song, Justin Song, Henry Sun, Ryan Sun, Aaron Tse, Lee Yang, Tim Yao, Nelson Yin, Marvin Yu, Peter Yu, Gordon Yuan, Robert Yuan, Anthony Zhang, Tiger Zhang, Steven Zhao, Ervin Zhou, Andrew Zhu
Year 9 (81 students)
Daniel Ahn, Anthony Allingham, Vishnu Avudainayagam, David Bang, Shaleen Barawal, Wesly Beare, James Cai, Brian Chan, Terry Chang, William Chang, James Chee, William Chen, Hideyoshi Cheong, Jonathan Chew, Raycole Dai, Benjamin Dang, Kevin Dang, Nadir Haidar, George Han-McEvoy, Luke Hoad, Nguyen Hoang, Chris Huang, David Huang, Jason Huang, Ibrahim Hussaini, Anthony Huynh, Lachlan Huynh, Alex Jiang, Bennette Jiang, Sandaru Kamalasuriya, Yoshika Kulasinghe, Kevin Lau, Bryan Lee, Jing Li, Richard Li, James Lian, Kelvin Liang, Kevin Liang, Michael Libman, Jason Lim, Kelvin Lin, Victor Lin, Joseph Liu, Yisheng Liu, Andrew Lu, Gordon Lu, Tom Luo, Sama Malolo, Joshua Maloof, Brian Mo, Niyaz Mostafa, Sam Musgrove, Adilmorad Nadir, Andrew Nam, Ashray Narula, Matthew Ng, Timothy Tin Nguyen, Kevin Ni, Jun Park, Nicholas Phillis, Alex So, Neil Song, Anthony Taing, Darren Taing, Anthony Tan, Jackson Tan, James Tinker, Johnson Tran, Joshua Tran, Shayan Vatandoust, Daniel Wang, Alex Wong, Anthony Wu, Edward Wu, Jonathan Wu, Sunny Xu, Carl Yang, Jeremy Yang, Paul Yu, David Zhou, Ian Zhou
Year 10 (44 students)
Ned Anson, Rakulan Arulmurugan, Andrew Cao, Chris Chen, Steven Chung, Steve Comninos, Andrew Dao, Tom Du, William Du, Damian Duong, David Evans, Daniel Fang, Brendan Hancox, Jimmy Huang, Jack Hutchison, Anes Harahasan, Naga Koneru, Junjie Kuang, Eugene Lee, Lokgei Lee, Joshua Leo, Samuel Lin, Geoffrey Liu, Kenneth Liu, Allan Loi, Jeremy Ma, Sagar Nagaraj, Ethan Ou, Lokesh Sharma, Allan Shi, Perry Sim, Peter Stephens, Andrew Tayeh, Dan Tran, Peter Vuong, Chris Wang, Jens Waring, Bevan Xie, Harrison Xu, Jacky Yu, Michael Yu, Tae-Won Yu, Victor Zhang [M], Wei Li Zhuang

The best times in 2012 were run by **Kevin Guo** (Year 7) 5m 54s, **Youki Kita-Leong** (Year 8) 5m 41s, **Bailey Musulin** (Year 9) 5m 29s and **Ned Anson** (Year 10) 5m 00s.

An assessment of 90% or better required a student to run the 1.6km in a time of 6 mins 30 secs, approximately, depending on the age of the student. An assessment of 50% or better, required a time of between 7 and 8 minutes, depending on age. A result of 10% or less means the 1.6km run was completed in a time greater than 9 mins 30 seconds.

1.6km results for 2012

Percentile band	No. of students in each percentile band							
	Year 7		Year 8		Year 9		Year 10	
	Feb	Sept	Feb	Sept	Feb	Sept	Feb	Sept
90 – 99	0	29	5	25	17	46	22	38
80 – 89	2	10	12	15	15	29	15	23
70 – 79	8	15	8	11	14	15	7	11
60 – 69	6	18	12	20	18	21	21	14
50 – 59	9	21	11	14	22	11	13	11
40 – 49	13	15	18	13	27	15	15	10
30 – 39	23	13	21	18	22	20	15	15
20 – 29	29	18	29	9	25	17	18	9
10 – 19	48	18	33	19	15	10	23	27
0 – 9	40	18	18	8	25	10	34	38
Non-starters	2	6	13	28	7	12	23	10

Mean results for each year group 2009, 2010, 2011 and 2012

	Feb 09	Sep 09	Feb 10	Sep 10	Feb 11	Sep 11	Feb 12	Sep 12
Year 10	54%	61%	54%	59%	42%	62%	49%	55%
Year 9	47%	55%	47%	57%	44%	60%	51%	66%
Year 8	43%	56%	43%	52%	37%	52%	42%	60%
Year 7	32%	50%	32%	50%	31%	55%	31%	56%

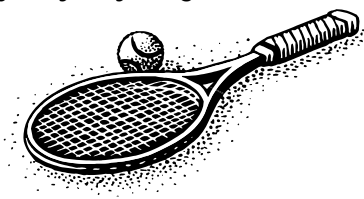
1.6Km run – Best performances and record holders

Date	Year 7	Year 8	Year 9	Year 10
2003	Danny Fu 6m 55s	Quan Nguyen 6m 04s	Andrew Reis 5m 44s	Paul Watzlaff 5m 00s
2004	Alasdair Brown 6m 13s	Alastair Taylor 5m 39s	Richard Xu 5m 53s	Attila Szabo 5m 11s
2005	Keiran Taylor 5m 55s	Cameron Reeves 5m 35s	Alastair Taylor 5m 45s	Harry Walker 5m 28s
2006	Andrew Ye 6m 15s	Stephen Yoon 5m 56s	Jeremy Ireland 5m 38s	Matthew Fsadni 5m 33s
2007	Andreas Purcal 6m 07s	Sam Lane 5m 28s	Michael Ambrose 5m 24s	Jeremy Ireland 5m 03s
2008	Arjun Punekar 5m 47s	Anton Brokman 5m 41s	Sam Lane 4m 53s	Michael Ambrose 5m 24s
2009	Eugene Lee 5m 43s	Oliver Kirk 5m 37s	Lloyd Perris 5m 00s	Sam Lane 4m 54s
2010	Luke Hoad 5m 43s	Eugene Lee 5m 12s	Jonathan Clements-Lendrum 5m 10s	Adam Booth and Lloyd Perris 5m 01s
2011	Steven Xue 5m 50s	Wesley Beare 5m 32s	Ned Anson 5m 08s	Jonathan Clements-Lendrum 5m 04s
2012	Kevin Guo 5m 54s	Youki Kita-Leong 5m 41s	Bailey Musulin 5m 29s	Ned Anson 5m 00s

The personal goal challenge will continue in 2013. Personal goal times for 2013 will be posted in Room 901 during Term 4. I look forward to more students taking up the 1.6k challenge and achieving their personal best next year.

G Stein, HT PDHPE

Sydney Boys High School Tennis



High v St Joseph's

	1 st Grade	Result	2 nd Grade	Result
D1	1 + 2	W 6-2 6-2	1 + 2	L 3-6 4-6
D2	3 + 6	W 6-3 6-4	3 + 4	L 1-6 2-6
D3	4 + 5	W 6-3 6-4	5 + 6	L 1-6 6-2 4-10
S1	Brian Tran	W 6-0 6-1	Ian Li	L 5-7 1-6
S2	Patrick Rynsaardt	W 6-0 6-0	Yuan Shi	L 2-6 4-6
S3	Frank Zhang	W 7-5 6-2	Carl Yang	L 3-6 4-6
S4	Josh Sanguenza	W 6-1 6-0	Bohan Deng	L 1-6 2-6
S5	Adam Smagarinsky	W 6-2 6-1	Richard Hao	L 3-6 0-6
S6	Eddy Wang	W 6-4 2-6 6-3	Ryo Kawahashi	L 3-6 5-7

1st Grade

After a long offseason, High headed out to Joeys for the first match of the trial season. With 5 members of last season's team returning this season, the boys were excited and well prepared for action. The day started off well with High winning all 3 doubles matches. Number 1 doubles, Brian and Pat outplayed their opponents to win 6-2 6-2. New doubles combinations Frank and Eddy, Josh and Adam gelled well in their respective matches winning 6-3 6-4. The winning continued into the singles matches with Brian easily dispatching his opponent 6-0 6-1. A flawless performance by Patrick left his opponent with the dreaded score line of a 'double bagel' 6-0 6-0. Frank had to overcome a slow start to prevail 7-5 6-2, while Josh and Adam played exceptionally well, displaying the amount of training they have done in the offseason to win 6-1 6-0 and 6-2 6-1. Eddy who made his 1st grade debut on Saturday played a superb and controlled game despite being taken to three sets to capture his first singles win in 1st grade 6-4 2-6 6-3. The final result, High winning the trial rubber 12 matches to 0 completing our first whitewash since 2002. The boys look forward to taking this performance into this week's trial against Newington.

Frank Zhang

2nd Grade

In the opening match of the season, 2nd grade played St Joseph's in a tough and valuable rubber. With half the players new to the team, this

encounter gave them a taste of the best-of-three set matches and the quality of their opponents. The number 1 doubles of Ian and Yuan faced a big serving and aggressive Joeys pair. Although we played a close match, we were unable to win key points and were broken late in each set, going down 3-6 4-6. Number 2 doubles were comprised of Carl and Richard, and they performed well in their first match. However, their opponents were too consistent, triumphing 1-6 2-6. Number 3 doubles of Ryo and Bohan played exceedingly well, pushing their opponents to a super tiebreaker. Fighting back from a set down, they lost momentum after the second and were unable to close out the match going down 1-6 6-2 4-10. In the singles, Ian fought hard in the first set, but was inconsistent in the second and let the match slip 5-7 1-6. Yuan played an opponent with a very strong serve, and unfortunately was unable to overcome it to go down 2-6 4-6. Carl fought hard at number 3 against a consistent opponent, but narrowly went down 3-6 4-6. Bohan played well in his first 2nd grade match but was outclassed by his opponent 1-6 2-6. Richard played well on debut against a tough opponent, losing 3-6 0-6. Ryo played a long and tiring match, with both players evenly matched, but ultimately went down to a more consistent opponent 3-6 5-7. While it was not a successful rubber, our team received important match experience and will be looking for better results against our next opponents Newington.

Ian Li



All old boys, rowing community, and their families are invited to the annual

BACK TO THE SHEDS DAY

Saturday 27 October 2012

7am until 9am

at the Outterside Centre, 5 Teviot Avenue, Abbotsford



Old boys, parents and supporters will race in the
High Rowing Challenge Regatta
in front of the sheds.

Highlight Race

(approx 8.30am)

The best of the Old Boys take on the School VIII



Enjoy the traditional Shed Barbecue ... bacon and eggs rolls, juice and barista coffee served throughout the morning.

RSVP and enquiries at sbhs.rowing@gmail.com



The 2012-13 Rowing Season is well underway and will continue throughout Term Four, the January holidays and up to Week 6 Term One. The GPS regattas begin on Saturday 3rd November with the Junior Head of the Parramatta, and culminate with the Head of the River on Saturday 9th March. More information and regatta results can be found at the Rowing NSW website - www.rowingnsw.asn.au

Training Sessions

Juniors (Y7/8) – The boys enjoy their time rowing on Thursdays in school sport time and on Saturday mornings. Strength and conditioning sessions are on each Tuesday afternoon at the school. Selected competitive rowers train on Monday afternoons on water at the sheds.

Year 10 Eights - Current Year 9 boys are learning to row with a sweep oar in the mighty eights. They will start competing in more regattas leading up to their first GPS Head of the River. These boys are expected to train on water Mondays after school, Thursday sport time, camping at the sheds Thursday night, rowing Friday morning and Saturday morning. Their strength and conditioning session is on Tuesday after school.

Senior Eights/Fours – The current Year 10/12 boys row Monday afternoons, camp Monday night, row Tuesday morning, row Thursday afternoon, camp Thursday night, row Friday morning and Saturday morning in preparation for the GPS regattas and the Head of the River. Strength and conditioning sessions are on Monday mornings and Friday afternoons. Cycling and fitness is conducted in school sport time on Wednesdays.

Coaching Team

Lead Coach – Lucas McBeath

Year 8 Quads Lead Coach – **Hayden Schilling**

Year 9 Quads Lead Coach – **Juliette Baloh**

Year 10 Eights Lead Coach – **Ollie Wilson**

Senior Eights/Fours Lead Coach – **Lucas McBeath**

Assisted by an enthusiastic team of old boys – **Mr George Barris** (Relieving Head Teacher Sport), **Pravin Radhakrishnan**, **Gareth Deacon**, **Shahar Merom**, **Isaac Eveleigh**, **Alan Low**, **Koren Fang**, **Tim Gollan**, **Walter Santucci**, **Bob Henderson**, **Kyle Solomon** and **Bach Trang**.

Welcome and Information Morning for Rowing Parents

It was terrific to see so many parents at the High Rowing Sheds at Abbotsford on Saturday morning. Information sessions, morning tea, and tours of the Outterside Centre were provided for parents and everyone seemed happy, relaxed and pleased to be involved.

How parents can help –

- Junior parents are needed to help out with the barbecue for the boys as they come off the water on Saturday mornings.
- Senior/Y10 parents are required to assist in running the camps at the Outterside Centre involving meal preparation and overnight supervision.

All parent involvement is very enjoyable in a wonderful location.

The parent committee meets once a month throughout the rowing season (6 meetings) and we are always looking for new parents to become involved. Our next meeting is Wednesday 7 November at 7pm in the common room at the school.

Julie Blomberg

SBHS Rowing MIC

blombergj@sbhs.nsw.edu.au

SYDNEY BOYS HIGH STORE & CLOTHING POOL

SPRING SUMMER PRICE LIST 2012 - 2013

SCHOOL UNIFORM

BLAZERS: From: \$275.00

*Please arrange for boys to be fitted
as early as possible
(6-8 weeks delivery from order)*

PANTS: Trousers - Junior, Dark Grey w/w \$69.00
Trousers - Senior, Light Grey w/w \$69.00

SHORTS: Grey \$48.00

BELTS: Black Leather \$16.50

SHIRTS: Sky Blue & White, Short Sleeve with Logo
Sizes 10 - 14 \$27.00
Sizes 16 - 22 \$29.00
Sizes 24 - 28 \$31.00

Sky Blue & White, Long Sleeve with Logo
Sizes 10 - 14 \$28.00
Sizes 16 - 22 \$30.00
Sizes 24 - 28 \$33.00

BLUE WOOLEN JUMPERS:

Up to Size 14 \$86.00
Size 16 - 22 \$88.00
Size 24 - 26 \$90.00

SOCKS: Cotton Knee High SHS colour \$12.50
Cotton Anklet Sock SHS colours \$8.80
Sport Socks in SHS colours \$8.80

TIES: Junior \$24.50
Senior \$28.50
Prefect \$23.50
Old Boys \$27.50
SRC \$26.50

CAPS: Sky SHS in choc. \$20.00

BAGS: Backpack 6yr Warranty \$77.00
Sports Bag \$66.00
Hav-a-Sak \$30.00

MATHS: Grid Book 96pg \$2.55
Calculator \$35.00
Protractor \$0.65
Compass \$1.65

MUSIC: Music Book \$2.20

ART: Artist Paints \$24.00
Visual Art Diary A4 120pg \$6.60
Visual Art Diary A3 \$11.00
2B Pencil Graphite \$2.30
Paint Brush Size 6 \$3.75

DESIGN & TECHNOLOGY:

D.T. Apron \$11.00

UMBRELLAS:

Folding \$16.50
Golf \$33.00

SPORTS UNIFORM

P.E./HOUSE SPORT:

Polo (house colours) \$27.50
Microfibre Short \$27.50
Black with Sydney High \$27.50
Sport Socks \$8.80

TRACKSUITS: (sold as separates)

Microfibre Jacket \$88.00
Microfibre Pant \$44.00

SWIMMING:

High Swimming Costume \$35.00
Swimming Polo NEW \$44.00

TENNIS:

Junior Polo Shirt \$44.00
2nd to 5th Grade Polo Shirt \$44.00
Socks with S.H.S. Colours \$8.80

BASKETBALL:

Singlet \$55.00
Short \$55.00
Socks (White S.H.S. Colours) \$8.80
Water Bottle - S.H.S. Crest \$8.80
HIGH Training Tee \$27.50

CRICKET:

Short Sleeve with SHS crest with
Ventilated design NEW \$38.50
Long Sleeve \$33.00
Caps (Brown) Baggy Style \$60.00
Hat (Natural) - Greg Chappell \$22.00

VOLLEYBALL:

Top \$55.00
Short \$33.00

ROWING:

Zoot Suit New design \$77.00
Colorado White L/S T-Shirt \$11.00
Socks \$15.00
Rugby Jersey 34/85- 38/95 \$80.00
Rugby Jersey S-XL \$80.00
Rugby Jersey XXL-XXXL \$85.00

SYDNEY BOYS HIGH STORE & CLOTHING POOL

SPRING SUMMER PRICE LIST 2012 - 2013

MEMORABILIA

Mug with S.H.S. Crest (Gift Boxed)	\$16.50	S.H.S. Sticker	\$1.10
Bridge Scorers	\$11.00	Address Book	\$12.00
Double Pack Playing Cards	\$24.00	School Centenary Book	\$15.00
Pencil Case (School Crest)	\$8.80	Silverware: Sugar or Fluted Spoon	\$5.50
S.H.S. Pen	\$8.80	Scarf with S.H.S Crest	\$22.00
Letter Opener	\$6.50	Coat hanger	\$5.00
Wine Glasses Set of Two Gift Boxed	\$35.00	S.H.S. Cufflinks	\$16.50
Car Sticker	\$4.50	Number Plate Cover	\$39.95
S.H.S. Foldable Chair	\$49.50	S.H.S. Lanyard	\$6.00

OLD BOYS MEMORABILIA

Polo Shirt with S.H.S. Logo	SALE	\$49.50 NOW	\$35.00
Supporter Jersey		\$75.00	
O.B.U Tie		\$27.50	
GPS Old Boy Tie		\$36.00	
Sydney High Hoodie		\$66.00	

CLOTHING POOL

A recycled section operates within the High Store Shop. Items such as blazers, shorts, trousers, jumpers, rugby/soccer tops & boots, tracksuits, can be sold on a commission basis - The High Store Shop retaining 1/2 of the sale price.

Please ensure that when sending items for sale you include your name and address.

All items sent should be clean and in good condition. Shirts are gladly accepted as donations.

BLAZERS

G.P.S. Pocket	\$22.00
Music Pocket	\$27.50
Prefect Top Pocket	\$22.00
Prefect Bottom Pocket	\$40.00
Embroidery Line	\$17.50
Remove Embroidery Line	\$24.00
Full Braiding	\$70.00
Dry Cleaning	\$12.50
Service Charge	\$30.00

GENERAL - with S.H.S. Crest Badge

PAYMENT

Cash, Eftpos, Mastercard Visa
or Cheque payable to HIGH STORE

House Badge	\$9.90
S.H.S. (metal)	\$6.60
Rowing (metal)	\$7.70
Orchestra (metal)	\$4.40
Rifle (metal)	\$5.50
S.B.H. Lapel Pin (metal)	\$2.75
Basketball (metal)	NEW \$7.70
Cricket (metal)	NEW \$7.70

OPENING TIMES

Monday, Tuesday, Wednesday & Friday 10:30am to 1:30pm
Telephone 9331 7075

GOODS & SERVICES TAS (G.S.T.)

G.S.T. is included on all prices listed.

October/November 2012

19-10-2012

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 A	22 HSC Exams Maths 2U 197, Maths Ext 2 121 (09:25-12:30) Year 9 Yearly Exams	23 HSC Exams Eng Studies 13, French 3 (13:55-17:00) Year 9 Yearly Exams French Breakfast 8Fr2-08:00, 8Fr1-09:00 Tennis: CHS, Gosford	24 HSC Exams Maths Ext 1 173 (09:25-11:30), German 6 (14:00-17:00) Rugby: Committee Annual General Meeting, Staff Common Room, 18:00 Year 9 Yearly Exams Tennis: CHS, Gosford High Resolves Year 9 School Service Project, Room 301, Periods 5 and 6	25 HSC Exams Business Studies 25 (09:25-12:30), Music 1 4 (13:55-15:00), Music 2 7 (15:25-17:00) Year 9 Yearly Exams Tennis: CHS, Gosford	26 HSC Exams Ancient History 17 (09:25-12:30), Senior Science 7 (13:55-17:00) Year 9 Yearly Exams	27 Sport: Group 1 SHS v TKS, Group 2 SHS v TKS Rowing: High Parents and Friends Rowing Challenge, Outterside Centre, 06:00-12:00, Rowing: Back to the Sheds and High Rowing Challenge Day, Abbotsford, 09:00	28
4 B	29 HSC Exams Modern History 36 (09:25-12:30), Spanish 1 (14:00-17:00) Year 7 Yearly Exams	30 HSC Exams English Ext 1 69 (09:25-11:30), Geography 4 (13:55-17:00) Year 7 Yearly Exams	31 HSC Exams PDHPE 9 (09:25-12:30) Year 7 Yearly Exams	1 HSC Exams History Extension 10 (09:25-11:30), German Ext 2 (13:55-15:55), Latin 2 (13:55-17:00) Year 7 Yearly Exams High Resolves Summit, @UNSW, Years 9 and 10 High Resolves leaders	2 Y11 Cutler Foundation External Collection HSC Exams Physics 113 (09:25-12:30), Cl Greek 2, Legal Studies 32 (13:55-17:00) Basketball: CHS (15 years) KO series Round of 16 Year 7 Yearly Exams	3 Sport: Group 1 SHS v SGS, Group 2 SGS v SHS Great Hall, 07:30-17:00	4
5 A	5 Attendance and Progress Review (all Years) HSC Exams St of Rel I 18 (09:25-11:00) St of Rel II 12 (09:25-12:30), Japanese 1 (14:00-17:00) Year 8 Yearly Exams	6 HSC Exams Chemistry 102 (09:25-12:30), Japanese Ext 1 (13:55-15:55) 10MaC class test p4 Year 8 Yearly Exams	7 HSC Exams Software Design 7 (09:25-12:30) Year 8 Yearly Exams Year 10 Peer Mediation Day, Fairland Pavilion, 09:00-15:20 Rowing: Committee Meeting, Staff Common Room, 19:00 Cricket: Committee Meeting and AGM, Room 901, 17:30 Meet the Music Concert, SOH, 18:30	8 HSC Exams Design and Technology 7 (09:25-11:00), Latin Ext 2 (09:25-11:25), Visual Arts 6 (12:40-14:15) Year 8 Yearly Exams Basketball: CHS (15 years) KO Final series	9 Selective Schools Application Forms for Year 7 2014 to be submitted to Primary Schools Remembrance Day ceremony, 10:45 Basketball: CHS (15 years) KO Final series	10 Sport: Group 1 SHS v SIC, Group 2 SIC v SHS Reunion Class of 65, 50th Reunion, Great Hall, 19:00-23:00	11
6 B	12 Music Awards Assembly, Great Hall, 10:00-11:00 Movember-Events and Fundraising P and C Executive Meeting, Board Room 18:00 Large Ensembles Concert, Great Hall, 18:30-20:00	13 Year 8 ESSAonline (mandatory Science assessment) Debating: Year 8 V Hurlstone Agricultural College Year 7 2013 Orientation Afternoon, 15:50-18:30	14 Rowing: Melbourne High Year 9 visit Cricket: Barberis Cup, Melbourne High Resolves Year 9 School Service Project, Room 301, 13:00-15:10 Water Polo: CIS 2013 Trials Great Hall, 16:45-21:00	15 Rowing: Melbourne High Year 9 visit Cricket: Barberis Cup, Melbourne	16 Rowing: Melbourne High Year 9 visit Cricket: Barberis Cup, Melbourne Year 10 Yearly Exams	17 Sport: Group 1 SHS v SIC, Group 2 SHS v TSC Tennis: Top 6 Tournament, TKS Rowing: SGS Regatta, Hen and Chicken Bay Rowing: Melbourne High Year 9 visit	18 Jazz Workshop, Great Hall, 13:00-15:00 Chamber Music, Great Hall, 15:30-17:00 Jazz in the Courtyard, 17:30