



GREYSTANES HIGH SCHOOL

Beresford Road, Greystanes 2145. P.O. Box 125, Wentworthville 2145.

Telephone: 02 9631 9144 Facsimile: 02 9896 3087

Dear Parent / Guardian

Sport at Greystanes HS for students in Years 7-11 is conducted on a Wednesday afternoon between 12.10pm and 2.30pm. This is a mandatory component of your child's education and your cooperation in ensuring that your child meets the requirements of attendance, participation and wearing correct sport uniform, would be appreciated.

Your child has chosen to do a Recreation Sport for the winter sporting competition. The winter sporting competition will run for every Wednesday from 03/05/23 to 21/06/23. Students and parents need to be aware of the commitment and costs involved in this sport. Payment for the actual sport is weekly, payment for the bus to and from the venue is upfront in the form of a bus card. Bus cards are \$40 for 5 round trips. In term 3 this will increase to \$50 for 5 round trips. These cards are purchased from D-Block office at the finance window.

The table below details further information regarding Recreation Sports.

SPORT	VENUE / TIME	SPECIAL CONDITIONS	ACTIVITIES
Girls Gymnasium \$5 per week	Ever willing Gymnasium Girraween	Walk to venue under teacher supervision Dismissed at 2.30pm Full sports uniform must be worn	Students to undertake a range of fitness based activities Bottled water advisable
Ten Pin Bowling \$8.00 per week (Bus card required)	Wetherill Park 12.05-2.30 All sessions	Catch Bus to venue under teacher supervision. Dismissed at 2.30pm. Full sports uniform must be worn	Skill development and game play. Bottled water advisable
Lasertag \$12 per week (Bus card required)	Lasertag at Rosehill	Catch Bus to venue under teacher supervision. Dismissed at 2.30pm. Full sports uniform must be worn	Students will be involved with laser tag games over the course of the hour
TLC gymnasium \$10 per week (bus card required)	TLC Gym- Toongabbie 12.10-2.30	Catch Bus to venue under teacher supervision. Dismissed at 2.30pm. Full sports uniform must be worn	Students will participate in 1 of 3 activities 1) Squash 2) Weights 3) Circuit
Tennis \$3 per week	Bathurst St Courts	Walk to venue under teacher supervision. Dismissed at 2.30pm Full sports uniform must be worn	Skill development and game play. Bottled water advisable.
Ultimate entertainment centre (yr 7 and 8 only) \$10 per week (bus card required)	Northmead Centre 12.10 - 2.30	Catch Bus to venue under teacher supervision. Dismissed at 2.30pm. Full sports uniform must be worn	Bottled water advisable. Range of fun activities participated in Waiver note required Grip socks required
Gardening \$2 one off payment	School Grounds	Dismissed at 2.30pm Full sports uniform must be worn	Students will take part in maintaining and developing gardening project within the school.
Power Walking No Cost	Local area 12.05-2.30 All sessions	Power Walking contract to be completed	Students walk briskly around local streets, accompanied by staff. Bottled water advisable
Badminton - \$7 per week (bus card required)	Prospect	Catch Bus to venue under teacher supervision. Dismissed at 2.30pm. Full sports uniform must be worn	Students will play in organised games of badminton. Water bottle needed
Cheerleading/Dance	School	Students will learn the basic movements of cheerleading	Water bottle needed



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<p>Flip out Indoor Trampoline centre \$9 per week (bus card required)</p>	<p>Castle Hill</p>	<p>Online waiver to be completed before going Catch Bus to venue under teacher supervision. Dismissed at 2.30pm. Full sports uniform must be worn Grip socks required</p>	<p>Bottled water advisable. Range of fun activities participated including trampolining</p>
<p>Kickboxing/self defence</p>	<p>Students will remain at school. Students are to bring a water bottle</p>	<p>Dismissed at 2.30pm</p>	<p>Students will be involved in activities that will involve self-defence, kicking, punching and protecting. This will be done with the use pads and protective gloves. All efforts will be made to ensure students are protected from injury</p>

If you have any questions regarding this information please contact Mr Williams or Mr Scanes on 9631 9144 during school hours.