



TOOWOOMBA  
ANGLICAN SCHOOL  
Est. 1911

**TAS**  
SPORT

**2023 SPORTS HANDBOOK**







# 20+

## SPORTS

### OVER

# 80

## COMPETITIONS

## AND EVENTS





# House Spirit is strong at TAS!

Students have the opportunity to participate in a wide range of **Inter House activities** through the course of the year earning points for their House and the annual House Cup. TAS hosts annual Interhouse Cross Country, Athletics, Aquathlon, and Swimming Carnivals.

## YEARLY SPORT OPPORTUNITIES

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Netball			TNA Club Season								
Football			FQ-DD Junior & MiniRoos Club Season								
Rugby											
			Darling Downs Junior Rugby Season								
		Downs Rugby Club Season					Super Schools Cup			South-West 7s	
				Downs Rugby Club Season			Independent Schools Cup 7s			South-West 7s	
Tennis		TAS Tennis Academy - Various competitions and tournaments									
Swimming		TAS Swimming Academy							TAS Swimming Academy		
Volleyball			TVA Club Season								
Touch Football	TTA Club Season							SW Swans Competition		TTA Club Season	
Basketball		Secondary Schools Season			TBA Club Season					Primary Schools Season	
Cricket		TCA Club Season								TCA Club Season	
Cross Country		Interschool competitions/ Representative Pathways									
Athletics					Interschool competitions/ Representative Pathways						
Aquathlon	Darling Downs Aquathlon									Darling Downs Trials	
Equestrian		Competitions throughout the year									
Water Polo	TW Club Season									TW Club Season	

# SPORT AT TAS

## INTRODUCTION AND VALUES

Toowoomba Anglican School has a long tradition of sporting success and providing pathways for students to realize their potential at all levels of participation. The TAS Sport Program is designed to provide opportunities for TAS students to grow and develop positive, lifelong habits and the qualities of commitment, teamwork, and socialization.

The TAS Sport Program is partnered with the Physical Education Program, which provides students the opportunity to learn about the importance of health and fitness and develop skills in a variety of different sports. TAS students also have a rich history of participation and success in both Inter-House and Inter-School competitions, which provide additional sporting opportunities and further enhances school spirit.

While being competitive, performing at our best, and demonstrating a 'never give up' attitude is key to being successful in both life and on the playing field, TAS places a high importance on providing participation opportunities for all students and developing team and school spirit.

## TASSPORTS

The TAS Sport Program offers an exciting and challenging variety of competitive school based and Club sporting opportunities. The sports offered reflect both the extensive sporting history of the school along with current and student orientated sport options. The major school team sports offered include Basketball, Football, Netball, Rugby Union, Rugby 7's, Tennis, Touch Football, Water Polo, and Volleyball. Other potential school sport options include Campdrafting, Gymnastics, Equestrian, Cricket, Futsal, Rugby League, AFL, Softball, and Triathlon/Aquathlon. Squad and training opportunities are also offered in Cross Country, Strength and Conditioning, Swimming, and Track & Field. Strength and Conditioning programs are included as part of training programs for selected TAS Sports and age groups.

## INTERSCHOOL SPORT

### QUEENSLAND COMBINED INDEPENDENT SCHOOLS (QCIS)

QCIS was founded on the Darling Downs to provide a tier secondary school competition where students can represent their school in a friendly yet competitive environment. School's include Scots PGC, Our Lady of the Southern Cross College (OLSCC), Concordia, Downlands, and TAS. The three key sports in this competition are Swimming, Cross Country, and Athletics. Other sports have included Cricket, Futsal, Rugby 7's, and Netball.

### TOOWOOMBA SECONDARY SPORTS SCHOOLS (TSSS)

TSSS is a combination of 20 schools in the Darling Downs for secondary students Years 7-12. TAS competes in two key sports: Swimming and Athletics, with students invited to participate in a variety of other TSSS sport trials.

### QUEENSLAND GIRL'S PRIMARY INDEPENDENT SCHOOLS - ANDREWS CUP

Throughout the year, primary school girls participate in the QPGIS Andrews Cup against schools from both the Toowoomba, Brisbane, and Gold Coast Regions. Sports include Swimming, Touch Football, Athletics, Tennis, Gymnastics, AFL, Cross Country, Football, Netball, Basketball, and Cricket.

### TOOWOOMBA PRIMARY SCHOOLS SPORT (TSS)

In Terms One and Three, Year 5 and 6 students participate in TSS Inter-School Sport on Friday afternoon during school hours, with sports including Touch Football, Cricket, AFL, Softball, Tennis, Hockey, Rugby League, Netball, Soccer, and Volleyball. Basketball is also included however the TSS competition is held on Friday night in Term Four.







## **SPORTING ASSOCIATIONS**

Through our links with a variety of associations, we can deliver a broad range of experiences for our students. These associations include:

- Toowoomba Netball Association
- Football Queensland Darling Downs
- Downs Rugby
- Equestrian Queensland and the Australian Campdraft Association
- Southern Region & Queensland Tennis
- Toowoomba Volleyball Association
- Toowoomba Touch Association
- Toowoomba Basketball Association
- Toowoomba Junior Cricket Association
- Toowoomba Water Polo Association

## **CLUB SPORT MODEL**

To complement inter-school sport and to provide quality, year-round sporting opportunities, TAS also participates in several local Club competitions. This competition model has been highly successful and has seen many benefits for our students, including providing additional opportunities to represent the school and to interact with the wider community. Many of our Club sports also allow children to start from Prep and continue until Year 12. These sports include:

- Football
- Rugby Union
- Tennis
- Netball
- Basketball
- Cricket
- Water Polo
- Touch Football
- Equestrian/ Campdrafting

## **REPRESENTATIVE SPORT**

Throughout the year Toowoomba Primary School Sport and Darling Downs School Sport (both primary and secondary) run trials in a variety of sports to choose representative teams. Darling Downs representative teams compete against other State regions at QLD School Sport State Championships.

In most cases, primary and secondary students are required to participate in either a TSS or TSSS trial to be eligible to attend a Darling Downs trial. In certain sports, TAS will conduct in-house trials to choose players to be nominated for these trials, which ensures both the players and the school meet the required selection criteria. All nominations for these trials must be approved by TAS and are at the sole discretion of the school. It is also important to note, that only students who are available to attend both the Regional and State Championships, will be eligible for nomination. For details, please refer to the TAS App for updates or contact the [TAS Sports Office](#). Further information can be found on the [Darling Downs School Sport website](#).

## STRENGTH & CONDITIONING

TAS has developed a partnership with former National Hockey representative and State Athletics participant Mrs Keryll Wicks. As an accredited Personal Trainer and former owner/trainer of 12 Round Toowoomba, Keryll will provide strength and conditioning support and guidance for TAS students. Keryll will deliver a variety of performance training sessions, both non-sport bias and sport specific, which are designed to enhance athletic ability, fitness levels, training confidence, and quality in movement, for all students regardless of experience or current aerobic and anaerobic capacity.

S&C sessions will be available to all TAS students regardless their sporting commitments with training plans created for all participants. Members of various TAS sporting teams including Secondary Rugby and Rugby 7, will hold full squad S&C sessions while agility, speed, and endurance sessions will be offered to students participating in sports such as Football, Basketball, Netball, and Volleyball. Additionally, Keryll offers private and small group training sessions including core specific and boxing-based sessions. For further details, please refer to the TAS App for updates or contact the [Sports Office](#).

## COACHES, VOLUNTEERS AND OFFICIALS

We appreciate the involvement of the many parent and student volunteers in TAS sporting activities. Any parents interested in volunteering or coaching are welcome to be involved, with education and accreditation opportunities offered. All TAS students interested in refereeing and umpiring are also encouraged to participate and support junior teams through coaching and officiating opportunities. Please contact Richard Dugdale (Director of Sport [rdugdale@taschool.qld.edu.au](mailto:rdugdale@taschool.qld.edu.au)) for further details.

## RECOGNITION

As TAS has a high number of students involved in a huge variety of both school and Club based sports, a big part of our philosophy is to celebrate their participation and achievements throughout the year at assemblies, sports meetings, selected social media and publications, and at the TAS Sports and Performing Arts Awards Night at the end of each year. We encourage our community to let us know of any student sporting successes so that we can share and celebrate those achievements. Please forward any sporting news to the [TAS Sports Office](#).

## TAS SPORT PLAYING UNIFORM

The TAS Sport Uniform is an important part of the School's identity and culture. It reflects the value we place on traditional standards of excellence whilst being modern, sustainable and of the highest quality. We want TAS students to be proud of the TAS Sport uniform and know that it is of the highest quality for their playing level. The refreshed Sports Uniform supplied by our exclusive Sports Apparel provider Gilbert, has been developed to create consistency of design, colors, and apparel across the range of sports that TAS offers. The 'TAS Stripe' will become an iconic element of the TAS Sport identity. The Stripe is also a nod to our school's history as it was the Rugby uniform when the school became coeducational in 1972.

An essential element of the Uniform redesign was lessening the waste and overall environmental footprint of the TAS Sport Uniform. This commitment to sustainability is demonstrated with the school choosing only 100% recycled fabrics. Enviro is Gilbert's latest recycled performance fabric offering, which is manufactured from recycled and sustainable materials.

TAS is also committed to lessening the financial impact of our Sporting Uniforms on families and from 2023 will introduce a Hiring System for TAS Sport Playing Uniforms. This allows growing students to upsize each year without paying the full cost of a uniform each time a new size is needed. The Hire agreement will see playing tops, jerseys, and dresses available for hire for the season length of that respective sport for a small fee. Shorts, pants, and socks will still need to be purchased. This will be managed by the Uniform Shop and if garments are not returned by the end of the season on time and in a reasonable condition, the cost of the garment will be charged to Term Fees. For members of TAS United (Football), the hire of garments will be arranged directly with the Club. For further information on the TAS Sports Uniform rebrand, please contact the [Sports Office](#), or visit our [website](#).



# AQUATHLON/TRIATHLON

TAS students are provided an Aquathlon and Triathlon pathway through specific training sessions and an annual Intra-School Aquathlon competition for both primary and secondary students (U9 to Open). Students can attend school-based training sessions prior to the Aquathlon under the guidance of qualified and experienced coaches The TAS Aquathlon gives students an opportunity to combine their running and swimming skills, with no cycle leg involved. Students can enter as both an individual and as a team. Successful students at the TAS Inter-House Aquathlon may be selected to represent TAS at the Darling Downs School Sport Aquathlon and Triathlon trials.

## TRAINING

Please refer to the TAS App for updates or contact the [Sports Office](#).

## COMPETITIONS

### INTERHOUSE

- 13 October | Primary Aquathlon - U9 to U12 years.
- 20 October | Secondary Aquathlon - U13 to Open.

### NONSCHOOL COMPETITIONS

Students may be offered potential opportunities to represent TAS at local and regional Triathlon and Aquathlon events to assist them in maintaining fitness levels through the year.

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTIONTRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
AQUATHLON Boys & Girls 10-12 YRS	27 October (2024 selection trials)	Dalby Pool	2-4 February 2024	Hervey Bay
TRIATHLON Boys & Girls 13-19 YRS	22 October (2024 selection trials)	Qld All Schools Kawana	2-4 February 2024	Hervey Bay



# ATHLETICS

TAS provides a variety of Track and Field participation opportunities for both beginner and experienced primary and secondary athletes. TAS participates in several Athletic Carnivals including the TAS Inter-House, TSSS, Range Zone, QCIS, and Andrews Cup Carnivals, with a further opportunity to trial for the Darling Downs School Sport Track and Field representative team.

Dependent on age, TAS students are given the opportunity to both train and participate in the following events:

- Track – 100m, 200m, 400m, 800m, 1500m
- Field - High Jump, Long Jump Triple Jump, Shot Put, Javelin, Discus.

## SEASON

Term 2 & 3.

## TRAINING

All TAS students are provided full training opportunities prior the TAS Inter-House Athletics Carnival. Students selected in the TAS Athletics Team will be required to attend specialist training sessions relevant to their specific events. All coaches are accredited and experienced relevant to their specific events, with students also encouraged to participate in the TAS Strength and Conditioning Program.

Please refer to the TAS App for updates or contact the [Sports Office](#).

## COMPETITIONS

### INTERHOUSE ATHLETICS CARNIVALS

12 & 13 June – Years 3-12.

14 June -Kindy & Prep to Year 2.

### INTERSCHOOL

31 July – QCIS Athletics Carnival

7 August – TSS Range Zone Primary School Athletics Carnival

9 August – TSSS Secondary Athletics Carnival

17 August – Andrews Cup Primary Girls (QSAC Brisbane)

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys & Girls 10-12 YRS	Wednesday 23 August	Harristown SHS Toowoomba	October 10-11	Brisbane
Boys & Girls 13-19 YRS	Thursday 24 August - Track Friday 25 August – Field	The Glennie School  O'Quinn St Oval	October 12-15	Brisbane
Boys & Girls 10-19 YRS Multi-Class	Friday 11 August	The Glennie School	October 10-14	Brisbane







# BASKETBALL

TAS enters teams into both primary and secondary Friday night Inter-School competitions that are hosted by the Toowoomba Basketball Association, TSS, and TSSS. With both indoor and outdoor training and playing facilities available, TAS basketballers and teams have access to high-quality coaching opportunities with TAS boosting a strong coaching team involving several highly experienced current coaches and players. TAS also enters secondary age teams into the mid-year TBA Club competition as affiliated teams of the Toowoomba Saints Basketball Club. Basketball is also part of the HPE curriculum for Year 5, 6 & 9 students with an additional primary school coaching program offered in Term Three.

## SEASON

Term 1 – Secondary Friday Night Schools Competition

Term 2/3 – TBA Competition (secondary age groups)

Term 4 – Primary Friday Night Schools Competition

## TRAINING

All team coaches are both accredited and experienced thus ensuring all players can participate at training and on game day, in a positive learning and playing environment.

Please refer to the TAS App for updates or contact the [TAS Sports Office](#).

## NOMINATION DATES

Sign-on opportunities will be either be communicated via an Expression of Interest (EOI) email or promoted at an advertised sign-on event or clinic.

## COMPETITIONS

### SECONDARY SCHOOL BASKETBALL

The Toowoomba Basketball Association partners with the Toowoomba Secondary Schools Sports Association (TSSS) to run the Toowoomba Friday Night Secondary School Basketball Competition (FNB) in Term One. TAS nominates boys' and girls' teams in the following age groups: Years 7 & 8, Years 9 & 10, Open.

### TOOWOOMBA BASKETBALL ASSOCIATION CLUB COMPETITION

The Toowoomba Basketball Association Club Competition is held in Terms 2 & 3 with TAS nominating boys' and girls' teams in various secondary school age groups depending on player numbers and interest.

### PRIMARY SCHOOL BASKETBALL

The Toowoomba Basketball Association partners with the Toowoomba Primary Schools Sports Association (TSS) to run the Toowoomba Primary School Basketball Competition on Friday nights in Term Four. Teams are selected from students in Year 3 to 6.

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys & Girls 10-12 YRS	Tuesday 28 March	Toowoomba	May 25-28	Townsville
Boys & Girls 13-16 YRS	Thursday 9 March	Toowoomba	May 18-21	Toowoomba
Boys & Girls 17-18 YRS	Tuesday 14 March	Toowoomba	May 11-14	Met North

# CRICKET

TAS currently enters a small number of school-based teams into in the Toowoomba Junior Cricket Association Club Competition, with players affiliated with the Metropolitan East Cricket Club. Where a TAS team is not available, TAS students are encouraged to register with the MECC and if required, are provided with support to train and play. The MECC and Toowoomba Girls Cricket Hub (girls-only cricket teams) also use the extensive TAS facilities for selected training sessions throughout the cricket season.

## SEASON

### 2022/23 SEASON

Term Four - October 2022 to December 2022      Term One - January 2023 to March 2023

### 2023/24 SEASON

Term Four - October 2023 to December 2023      Term One - January 2024 to March 2024

## REGISTRATION

For all details regarding player registration, please contact the Metropolitan East Cricket Club.

Paul Toohey - President

0427008660 - PO Box 551, Toowoomba 4350 Queensland.

Email: [metjuniors@gmail.com](mailto:metjuniors@gmail.com) Website: <http://meteasttrojans.qld.cricket.com.au>

Team App: <http://meccjuniors.teamapp.com>

## TRAINING

Training times are organized and coordinated by either TAS, MECC or the Toowoomba Girls Cricket Hub depending on which team a player represents.

## COMPETITIONS

### TOOWOOMBA CRICKET ASSOCIATION

Junior cricket is played on Saturday mornings at various grounds in Toowoomba and surrounding districts. For further details regarding Club cricket competitions in Toowoomba, please contact either the TAS Sports Office, Toowoomba Cricket Association, or MECC for further details.

### ANDREWS CUP

TAS Primary schoolgirls participate in the Andrews Cup Cricket Gala Day held at Brisbane in October. Students from Years 4 to 6 will participate in training sessions prior to the Gala Day and are also encouraged to represent TAS in the Term One Inter-School Sport Cricket Competition.

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys 10-12 YRS	Monday 6 Feb Tuesday 7 Feb	Warwick	27-31 March	Capricornia
Girls 10-12 YRS	Monday 6 February	Highfields	19-22 April	Bundaberg
Boys 13-15 YRS	Friday 20 October	Toowoomba Grammar	26-30 November	TBC
Girls 13-15 YRS	Tuesday 25 July	Toowoomba	5-8 November	Toowoomba
Boys 16-19 YRS	Tuesday 14 February	Toowoomba Grammar	5-8 March	Maroochydore
Girls 16-19 YRS	Friday 10 February	Toowoomba	13-16 March	Rockhampton

## CROSS COUNTRY

To complement the TAS Track and Field program, TAS offers Cross Country participation, training, and competition opportunities for both primary and secondary athletes. TAS participates in several Cross-Country Carnivals including TAS Inter-House, Range Zone, QCIS, and Andrews Cup Carnivals, with a further opportunity to trial for the Darling Downs School Sport Cross Country representative team. TAS offers training opportunities including endurance, speed, and technique training. TAS will also be supporting students participating in the Qld All Schools Cross Country event in 2023.

### TRAINING

All TAS students are provided full training opportunities prior the TAS Inter-House Cross Country Carnival. Students selected in the TAS Cross Country Team will be required to attend training sessions with students also encouraged to participate in the TAS Strength and Conditioning Program. Please refer to the TAS App for updates or contact the [Sports Office](#).

### COMPETITIONS

#### INTERHOUSE CROSS COUNTRY CARNIVAL

29 March – Years 3-12.

29 March -Kindy&Prep-Year 2.

#### INTERSCHOOL

28 April – TSS Range Zone Primary School Cross Country Carnival

9 May – QCIS Cross Country Carnival

11 May – Andrews Cup Primary Girls (QSAC Brisbane)

### REPRESENTATIVE

#### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys & Girls 10-19 YRS	Tuesday 16 May	Toowoomba	July 15-17	Wide Bay
Boys & Girls 10-19 YRS Multi-Class	Friday 5 May	TBC	July 15-17	Wide Bay





## EQUESTRIAN

TAS Equestrian has significantly grown over the past several years to accommodate both our primary and secondary, day and boarder student's aspirations. The TAS Equestrian Team is affiliated with Equestrian Queensland and the Australian Campdrafting Association which enables our students to participate in the Interschool Queensland competitions run by Equestrian Queensland and Equestrian Australia. Disciplines that the team can compete in are Dressage, Showjumping, Show Horse, Showman, Combined Training and Eventing, Pony Club, Gymkhanas, Cutting and Campdrafting.

### TRAINING

All training is performed off campus and privately sourced. TAS will coordinate all correspondence with affiliates for students and provide support for those wishing to participate in all things Equestrian. If you have any further ideas to enhance our program or seek further information, please contact the Sports Office ([sport@taschool.qld.edu.au](mailto:sport@taschool.qld.edu.au)).

### COMPETITIONS

Annual events include:

- Dressage & Show Jumping @ Pittsworth Showgrounds
- Scots PGC Extravaganza
- Darling Downs and South-West Queensland Interschool Equestrian Regional Championships
- Queensland State Interschool Equestrian Championships
- Australian National Interschool Championships
- Highschool Percentile Cup Campdraft
- Pony Club, Gymkhanas, and many other options either locally or within Southern Region

All events are on the Equestrian Qld Interschool and Australian Campdraft Association Calendars.

## FOOTBALL | TAS UNITED FOOTBALL CLUB

Football is a very popular sport at Toowoomba Anglican School with the school program centered around the TAS United Football Club who compete in the Football Qld – Darling Downs Competition. The TAS United Club operates as a committee with volunteer parents working with TAS Sport to provide the best experience for players and parents throughout the season.

### SEASON

March -September 2023.

### TRAINING

Training sessions for both Junior Teams U12–U17 and Mini Roo Teams U6-U11 are held after school on either Thursday or Friday. Please refer to the TAS App for updates or contact the [Sports Office](#).

#### RUIZ ACADEMY

TAS United and the Ruiz Academy have combined to provide extra training and coaching programs for both players and coaches. The Ruiz Academy provides players the opportunity to benefit from their experienced & highly accredited coaches, with programs designed to help the next generation of TAS United players reach their potential. These sessions will be advertised via the TAS App with sessions beginning in early Term One.

## NOMINATION DATES

TAS students and current players priority registration will open from Monday 9-15 January 2023 with general registration opening on Monday 16 January. TAS United is open to students and the wider community in all age groups. Player numbers for teams will be capped once maximum numbers have been reached for each age group.

## ENQUIRIES

Please refer to the TAS App for updates or contact the [Sports Office](#).

## COMPETITIONS

### FOOTBALL QUEENSLAND DARLING DOWNS JUNIOR COMPETITION

Teams from U6 - U17 compete in an array of competitions and tournaments under the direction of the Football Queensland Darling Downs. Competitions begin in early March (Juniors) & April (Miniroos) with Finals held in September.

### ANDREWS CUP

TAS primary schoolgirls participate in the Andrews Cup Football Gala Day held at Toowoomba in June. Students from Years 4-6 will participate in training sessions prior to the Gala Day.

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys 10-12 YRS	Monday 8 & Tuesday 9 May	Stanthorpe	3-6 August	Cairns
Girls 10-12 YRS	Tuesday 9 May	Stanthorpe	3-6 August	Cairns
Boys 13-16 & 17-19 YRS	Tuesday 2 May	Toowoomba	20-23 July	Met East
Girls 13-15 & 16-19 YRS	Tuesday 14 March	Toowoomba	11-14 May	Sun Coast



# NETBALL

TAS Netball encourages students of all ages and abilities to experience, enjoy, and compete in various Netball participation opportunities. Our coaching team are highly qualified and experienced in both coaching and umpiring which enables players at all levels to fulfill their potential. Sessions are both skill and game based, focusing on technical and tactical elements whilst also having fun. Boys are provided playing opportunities through both the Vicki Wilson Competition and the Queensland Independent Secondary Schools Netball Carnival.

## SEASON

March – September.

## TRIALS/TRAINING

- Tuesday 7 February | TAS Netball Muster
- Tuesday 14 February | Laura Geitz Squad training commences
- Sunday 12 March | Laura Geitz Cup
- Saturday 25 March | Friends of Netball, Firebirds V Lightening match trip
- Tuesday 28 March | Secondary School training commences
- Wednesday 29 March | Primary School training commences
- Saturday 6 May | Saturday competition commences
- Wednesday 10 May | Wednesday Night competition commences
- Friday 2 June | Vicki Wilson Championships

Please refer to the the TAS App for updates or contact the [TAS Sport Office](#).

## COMPETITIONS

### TNA NET SET GO

Years 3 and 4, U10 Non-Competitive & Competitive - Toowoomba Netball Association Saturday Club Competition.

### TNA CLUB NETBALL

U11 to Open - TNA Saturday Club Competition. Years 7 to 9 and 10 to 12 - TNA Wednesday Night Club Competition, and the Vicki Wilson School Cup and Shield Competitions.

### VICKI WILSON SCHOOL COMPETITIONS

TAS Boys and Girls teams are selected to compete in the Vicki Wilson Shield (Year 7 to 9) and Vicki Wilson Cup (Yr 10 to 12). Secondary schools in Queensland participate in this competition with regional winners advancing to State Finals. Regional qualifying games begin in Term 2 with Finals in Term 3.

### QISSN COMPETITION

The TAS Open Boys' team will enter the weeklong QISSN Carnival to be held in the July School Holidays. Selected players will be accommodated in Brisbane as part of a team tour and play 2-3 games per day.

### ANDREWS CUP

26 July - Andrews Cup Netball for Year 4-6 Girls

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Girls 10-11 YRS	Wednesday 26 April	Highfields	19-20 August (Invitational Carnival)	Roma
Girls 10-12 YRS	Wednesday 26 April	Highfields	1-4 June	Sunshine Coast
Girls 13-15 & 16-19 YRS	Tuesday 7 March	Toowoomba	4-7 May	Nissan Arena



## RUGBY/RUGBY 7S

TAS Rugby prides itself on developing individual players in an enjoyable and challenging team environment. Through a strong volunteer base involving parents, teachers, and students, plus assistance from Downs Rugby and the QRU Reds, TAS can provide our students with a variety of participation and pathway opportunities. Primary aged students represent TAS in the Downs Rugby Junior Club Competition and play in the Downs Junior Rugby Carnival, while male secondary students can represent TAS in the Super Schools Cup (15 a-side) and the South-West 7's Competition. Female secondary students can play Rugby 7's for TAS in various competitions and carnivals including the QCIS Rugby 7's and Scot's Rugby 7 Carnivals, and the Independent Schools Rugby 7's and the South-West Rugby 7's competitions. In 2023, both secondary Boys Rugby (Sunshine Coast) and Girls Rugby 7 (Gold Coast) teams will tour and play against various schools from other regions.

### SEASON

February – November (dependent on the relevant competition).

### TRAINING

Training will commence in late Term One for all U6 - U12 Junior teams. Secondary boys' teams will begin pre-season training in mid Term One which will include Strength and Conditioning sessions. Girls Rugby 7's teams will begin preseason training in Term Two and include fitness, speed, strength, and agility sessions.

### PLAYER REGISTRATION

Registrations for TAS Rugby Teams U6 to U12 is open to students and the wider community. In 2023 player numbers for teams will be capped once the maximum numbers have been reached for each age group. The TAS Rugby Muster Day for U6 - U12 players is scheduled for Wednesday, 8 February. Player registration for TAS Rugby U13 to Open Teams will occur in late Term One. Please refer to the TAS App for updates or contact the [TAS Sport Office](#).

### COMPETITIONS

#### U6-12 GIRLS AND BOYS

- Downs Junior Rugby - Saturdays (Mar-Aug)

#### U13-18 BOYS

- Super Schools Cup - Wednesday (Term Three) Age divisions – U13, U15, Open age. TAS are the current U13 Champions after completing the 2022 season undefeated.
- South-West 7's Schools Competition - Monday & Thursdays dependent on age group (Oct to Nov)

#### U13-18 GIRLS - RUGBY 7's

- Independent Schools Rugby 7's Competition – July/August
- QCIS Girls Rugby 7's – August
- Scot's Girls Rugby 7's – September
- South-West Rugby 7's School Competition – October/November.

### RUGBY TOUR

The TAS U13, U15, and Open Rugby teams will tour the Sunshine Coast in April. The 2 night/ 3 day tour involves a pre-tour coaching clinic, 2 games against Sunshine Coast schools, and various team bonding opportunities.

The TAS Rugby 7 Girls teams participate in nominated Queensland Rugby events which depending on location and event length, may require overnight accommodation.

REPRESENTATIVE

QUEENSLAND RUGBY TEENAGE BOYS STATE CHAMPIONSHIPS

Under 12,13,14 & 16's - September

DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys 11-12 YRS	Monday 5 June Tuesday 6 June	Goondiwindi	27-30 July	Met West
Boys 14-15 YRS	Tuesday 2 May	Toowoomba	20-23 July	Cairns
Boys 17-18 YRS	Tuesday 14 March	Toowoomba	25-28 May	South Coast
Girls 15-16 YRS	Thursday 9 March	Toowoomba	19-21 May	Wide Bay
Girls 17-18 YRS Rugby 7	Thursday 9 March	Toowoomba	20-21 May	Wide Bay



# TAS SWIMMING ACADEMY

TAS Swimming Academy offers professional coaching from Learn to Swim lessons (LTS) to Advanced Training Squads. Sessions are held before and after school with swimmers allocated in groups relevant to their ability. The various programs available are tailored for all levels of participation ranging from recreational and fitness swimmers through to those with a competitive focus. TAS swimming facilities include a heated pool, multiple training resources, and attractive shaded spectator areas. We encourage all students to not only join the TAS Swimming Academy but also represent TAS as a member of the school representative swimming team at the various Inter-School Swimming Carnivals held throughout the year.

## SEASON

The TAS Swimming Academy offers a variety of training and LTS Programs in Terms One and Four. These include Learn to Swim, TAS Representative Squad Training, Performance Squads, Recreation and Fitness, Adult Training, and Private Lessons.

## PROGRAM BOOKINGS

Bookings are to be made via an Expression of Interest form emailed to all parents prior to start of the swimming seasons in Term One and Four. An offer to join one of the Academy programs will then be sent for confirmation to parents via the Sports Office with payment through Try-Booking.

## TAS SWIM TEAM SELECTION

The TAS representative swimming teams to participate at the various Inter-School Carnivals are chosen either through the TAS Intra-School House Swimming Carnival and specific swimming trials. Selected students are required to attend lunchtime/before-school training sessions prior to the Carnivals. All representative training is free of charge.

## ENQUIRES

Please refer to the TAS App for updates or contact the [TAS Sports Office](#).

## COMPETITIONS

### TAS INTER HOUSE SWIMMING CARNIVAL

- Primary Yr3-6 Swimming Carnival - Wednesday 15 February
- Secondary Yr7-12 Swimming Carnival - Friday 17 February
- P-2 Swimming Carnival - November

### INTERSCHOOL

- TSS Range Zone (Glennie Aquatic Centre) – 13 February
- QCIS Swimming Carnival for U10-Open (Dalby) – 3 March
- Andrews Cup U8 to U12 (Chandler) – 6 March
- TSSS Swimming Carnival for Secondary students Year 7-12 (Milne Bay) – 9 March

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys & Girls 10-12 YRS	Tuesday 28 February	Gatton	26-28 March	Chandler
Boys & Girls 13-19 YRS	Wednesday 1 March	Gatton	29-31 March	Chandler



## **LEARN TO SWIM & SQUAD PROGRAMS**

### LTS – STARFISH

The Starfish Program focuses on water confidence, beginning stroke fundamentals, and water safety. We encourage our Starfish to enjoy the water through play based, water awareness, and developmental activities. These activities include basic movement patterns, pop up breathing, propulsion, water entry and exits, and floatation. Sessions are 25mins with a maximum swimmer/ LTS instructor ratio of 4:1.

### LTS – TURTLE

The Turtle Program focuses on further developing water confidence, stroke fundamentals, and water safety. Stroke development drills include beginning arm and kick technique, head and body positioning, and breath control. Unassisted swimmer pool entry/exits are the key focus of the water safety and confidence activities. Sessions are 25mins with a maximum swimmer/ LTS instructor ratio of 4:1.

### LTS – STINGRAY

The Stingray Program focuses on advanced water awareness, and progressive and enhanced stroke development in backstroke and freestyle including starts and finishes. An introduction to butterfly and breaststroke technique is also included as part of the full stroke development progression for Stingray swimmers. Water safety techniques such as tread water and duck diving, are also introduced and developed. Sessions are 30mins with a maximum swimmer/ LTS instructor ratio of 6:1.

### LTS – SHARKS

The Shark Program focuses on advanced stroke development in all 4 strokes including starts and finishes. Sharks are encouraged to swim further distances and learn more advanced drills. Further advancement in water safety and an awareness of rescue techniques, is also covered. Sharks are encouraged to advance to the Marlins Squad when they have reached a high level of efficiency and endurance in all 4 strokes. Sessions are 45mins with a maximum swimmer/ LTS instructor ratio of 10:1.

### PERFORMANCE SQUAD BRONZE

The Performance Squad Bronze Program focuses on advanced stroke development in all 4 strokes including turns, starts and finishes. Swimmers are encouraged to swim further distances and learn more advanced drills. Further advancement in water safety and an awareness of rescue techniques, is also covered. Bronze Performance Squad members are encouraged to advance to the Performance Squad Silver Program when they have reached a high level of efficiency and endurance in all 4 strokes. Sessions are 45mins with a maximum swimmer/ LTS instructor ratio of 10:1 with swimmers required to attend a minimum of 2 sessions per week.

### PERFORMANCE SQUAD SILVER

The Performance Squad Silver swimmers progress to more complex swimming drills, and endurance and race pace sets, while aiming to achieve advanced stroke technique and efficiency across all four strokes. Performance Squad Silver swimmers start to learn more advanced competitive stroke terminology while practicing competitive starts, turns and finishes. Swimmers are required to attend a minimum of 3 training sessions per week. Sessions are 90mins with unlimited training opportunities open to Performance Squad Silver members from Monday to Friday.

### PERFORMANCE SQUAD GOLD

The Performance Squad Gold Program training caters for individual competitive swimmers needs and goals including competition swimming training, advanced stroke technique and enhanced fitness levels. The Performance Squad Gold philosophy is to offer swimmers opportunities to continue developing technique while improving speed and endurance. Swimmer selection in this Squad is based on individual ability (pre-tested) and commitment to a minimum of 3 training sessions per week. Sessions are 90mins with unlimited training opportunities from Monday to Friday.

## RECREATION AND FITNESS SQUADS

Recreation and Fitness training caters for individual swimmers wishing to enhance their fitness through a swimming program based on their current swimming skill set and fitness levels. Squad members will receive a daily fitness routine and be supported in technique development and training load content. Sessions are 60mins with unlimited training opportunities from Monday to Friday and are open to students of medium to advanced swimming ability.

## ADULT TRAINING SESSIONS/ PRIVATE LESSONS

Adult Training sessions are available on Monday-Friday afternoons and cater for adult swimmers of any ability or ambition. Adult swimmers will be allocated specific lanes and may train for specific events or look only to enhance their fitness with a daily fitness program provided by TAS. Swimmers are welcome to train at any time between 3.30-5.00pm with unlimited training opportunities available from Monday to Friday. Adult Learn to Swim & Private Lessons (individual or group) \$45 per half hour.

For private or group bookings please contact the Sports Office via email [sport@taschool.qld.edu.au](mailto:sport@taschool.qld.edu.au).



# TENNIS

The TAS Tennis Academy is fully equipped to meet the demands of students of any age and ability. Recreational players have the chance to represent Toowoomba Anglican School in games against local schools and to train all year round. Competition focused players can become a member of the TAS Performance Squad and compete in various tournaments against other schools, regions, and Clubs, with TAS tennis teams regularly contesting the State Finals of both the Tennis Qld Primary and Secondary Schools Cup.

## SEASON

February - November (dependent on individual competition/ training commitment).

## TRAINING

The TAS Tennis Academy program is overseen by TAS Head Tennis Coach, Mr. David Bunn who runs regular coaching sessions for individuals and teams on a user pay basis. Sessions can be booked by contacting Mr Bunn (tennis@taschool.qld.edu.au). Training times will be confirmed in early 2023. Please note all updated information will be available on the TAS App.

## NOMINATION

The TAS Tennis Academy Sign-on form must be completed and forwarded to the Sports Office. Head Tennis Coach Mr. David Bunn will then communicate with parents regarding training dates and times. Mr. Bunn will also be available for all enquiries relating to tennis coaching, training, fixtures, and representative opportunities.

## COMPETITIONS

### INTRASCHOOL

TAS hosts annual Primary and Secondary Tennis Championships for both males and females in various age groups. Participation in this event is also used as a guide for team selection in TAS representative teams.

### INTER-SCHOOL

Tennis Queensland Secondary Schools Cup (TQSSC)

- TQSSC Regional Finals – April 2023 (Toowoomba)
- TPSSC State Finals – June 2023 Tennis Queensland Primary Schools Cup (TQPSC)
- TQPSC Regional Finals – October 2023 (Toowoomba)
- TPSC State Finals – December 2023 Andrews Cup for TAS Year 4-6 girls.

Various Inter-School Primary and Secondary Competitions against similar ranked schools in Queensland.

### FIXTURES AND TOURNAMENTS

TAS students seeking to participate in competitions will be strongly encouraged and supported by the TAS Tennis Academy to gain a Universal Tennis Rating (UTR). This rating is the Tennis Australia rating system used both nationally and internationally and ensures matches at all UTR accredited events or fixtures, have a direct influence on an individual's rating. The TAS Tennis Academy will provide support and guidance for selected TAS Tennis Performance and Target Squad team members wishing to play in UTR tournaments and fixtures, both locally, regionally and within SEQ.

### JUNIOR DEVELOPMENT SERIES (JDS)

JDS events (UTR accredited) are open to all male and female tennis players aged 10 to 17 years. The JDS series involves several Tennis Australia Junior Tour events held throughout the Darling Downs and the South-West Region. While TAS players can individually nominate selected events to participate in, the TAS Tennis Academy will provide support to players both pre and on game day at selected JDS events.



TENNIS CAMPS

Term 1: April

Term 2: June

Term 3: September

Summer Holiday Camp: December

Members of the TAS Tennis Performance Squad and other identified tournament players will also be invited to attend Tennis Performance Camps held at KDV on the Gold Coast throughout the year.

REPRESENTATIVE

DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys & Girls 10-12 YRS	Monday 22 May	Dalby	17-20 August	Caloundra
Boys & Girls 13-19 YRS	Tuesday 16 February	Toowoomba	9-12 March	Townsville



# TOUCH FOOTBALL

TAS primary and secondary students are offered a variety of Touch Football participation opportunities throughout the year, both Club and school based. TAS has a strong history of successful and competitive touch football teams with extensive training and support provided to all participating teams. TAS are the current Andrews Cup and Queensland Primary All Schools Touch Champions after victories in 2022.

## SEASON

### 2022/23 Season

Term Four - October 2022 to December 2022      Term One - January 2023 to March 2023

## TRAINING

Training sessions for U10-U16 teams are held at selected lunchtimes or afterschool. Players in U6-U8 teams train prior to their Friday night competition game. Please refer to the TAS App or contact the [TAS Sports Office](#).

## NOMINATION DATES

An Expression of Interest (EOI) will be emailed to parents prior to the commencement each season.

## COMPETITIONS

### TOOWOOMBA TOUCH ASSOCIATION

TAS primary and secondary students participate in Toowoomba Touch Association Junior Competition fixtures held on Wednesday, Thursday & Friday nights in Terms 1 and 4. The TTA competition is held at the Kearney Springs Sporting Complex.

Team nominations in the TTA Junior Competition are dependent on player registration numbers.

### SOUTH-WEST & QUEENSLAND SECONDARY AND PRIMARY ALL SCHOOLS

TAS touch football teams participate in both the SWQ Secondary and SWQ/ Queensland Primary All Schools Carnivals. TAS primary teams have traditionally been successful in these competitions with the TAS Girls U12 team winning the SWQ carnival in both 2021 and 2022, and the Queensland title in 2022. In preparation for these events, TAS primary teams also participate in the SWQ Swans School Cup.

- SWQ Swans School Cup – August
- SWQ Secondary All Schools – August
- SWQ Primary All Schools – October
- Queensland Primary All Schools - October

### ANDREWS CUP

TAS primary schoolgirls participate in the Andrews Cup Touch Football Gala Day held at Brisbane in March. Students from Years 4-6 will participate in training sessions prior to the Gala Day.

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
Boys & Girls 10-12 YRS	Thursday 2 March	Toowoomba	18-21 May	Cairns
Boys & Girls 13-15 YRS	Tuesday 21 Feb	Toowoomba	15-18 June	Bundaberg
Boys & Girls 16-18 YRS	Tuesday 21 Feb	Toowoomba	8-11 June	South Coast

## VOLLEYBALL

TAS participates in various secondary school and Club based volleyball competitions run by Toowoomba Volleyball Association (TVA). With indoor training and playing facilities available, TAS secondary volleyball players and teams have access to consistent and high-quality coaching opportunities with skill development aligned to the HPE curriculum. Primary school students Years 5 & 6 may also participate in volleyball training as part of the Term Four Sport Activity Program or PE lessons.

### SEASON

Season 1: Term 1 & 2

Season 2: Term 3 & 4

### TRAINING

Please refer to the TAS App for updates or contact the [TAS Sports Office](#).

### NOMINATION DATES

An Expression of Interest (EOI) will be emailed to parents and students prior to the commencement each relevant season.

### COMPETITIONS

#### PREMIER LEAGUE - JUNIOR DIVISION

The Premier League Junior Division is made up of school teams, from Year 7 to 12. Divisions are not based on age, but on volleyball experience and ability. Depending on student interest TAS generally enters multiple teams in both boys' and girls' competitions.

#### VOLLEYBALL SCHOOLS CUP

Due to the high level of competition, TAS selects specific teams to represent the school at the Volleyball Schools Cup held in Semester Two.

### REPRESENTATIVE

#### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
12-15 YRS Boys & Girls	Tuesday 21 February	Toowoomba	19-22 April	Brisbane
16-19 YRS Boys & Girls	Tuesday 21 February	Toowoomba	19-22 April	Brisbane

**TAS**  
**SPORT**



# WATER POLO

To complement the TAS Swimming Academy, students are offered the opportunity to represent TAS in the Toowoomba Water Polo Club competition. The team trains during lunch hours at the TAS Aquatic Centre under the guidance of accredited coaches, with sessions aligned to the HPE curriculum. Primary school students Years 5 & 6 may also participate in Water Polo training as part of the Term Four Sport Options Program.

## SEASON

Term 1 & 4.

## NOMINATION DATES

An Expression of Interest (EOI) will be emailed to students prior to the commencement of the season. Please refer to the TAS App for updates or contact the [TAS Sports Office](#).

## COMPETITIONS

### JUNIOR COMPETITION

The Junior Competition comprises of both Club and school teams focused on Year 7-12 aged students. Games are played under the guidance of accredited referees and are competitive in nature. TAS currently enters a full team in this competition.

### DEVELOPMENT COMPETITION

The Development Competition is non-competitive with participating players given the opportunity to develop skills and gain game play experience. Students of various age groups are permitted to start in the Development Competition prior to entering the Junior Competition.

## REPRESENTATIVE

### DARLING DOWNS SCHOOL SPORT

AGE GROUP	REGIONAL SELECTION TRIAL DATES	VENUE REGIONAL TRIALS	STATE CHAMPIONSHIP DATES	VENUE STATE CHAMPIONSHIPS
13-19 YRS Boys & Girls	Thursday 16 February	Toowoomba	27-30 April	Brisbane



## OTHER SPORTS

Throughout the year, TAS participates in a variety of one day sporting events, competitions, and carnivals. Selection trials are communicated to parents and students with selected players participating in training sessions prior to competition. TAS are extremely proud of all students who represent TAS in these sports and ensure any further representative pathways are supported. These sports and events include:

### AFL

- Andrews Cup Primary
- Girls TSSS Secondary Girls

### FUTSAL

- QCIS Secondary Boys and Girls
- SWQ School Titles Boys and Girls
- Football Qld School Futsal Championship Boys and Girls

### GOLF

- Boys and Girls DD School Sport

### GYMNASTICS

- Andrews Cup Primary Girls

### RUGBY LEAGUE

- NRL Gala Day Primary & Secondary Girls

### SOFTBALL

- Golden Gloves Secondary Girl



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