



# Cardijn Connect W9, T1 2023 - Sports News

## Important Dates

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**R-6 Galilee Sports  
Day**  
Friday 31 March

**Good Friday**  
Friday 7 April

**Easter Sunday**  
Sunday 9 April

**Easter Monday**  
Monday 10 April

**Student free day**  
Tuesday 11 April

**Student free day**  
Wednesday 12 April

**Student free day**  
Thursday 13 April

**Student free day**  
Friday 14 April

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Q&A with National Basketball League Coach Justin Schueller

Stage 1 Basketball Academy students were fortunate to have a 30 minute Q&A chat over Teams with the new head coach of the National Basketball League's Brisbane Bullets, Justin Schueller.

The focus of the session was mental preparation for elite basketball athletes. Justin provided students with several examples of how players can overcome challenges during games and the type of daily habits which need to be developed by basketball players, starting with their mindset.

The group had some fantastic questions for Justin and discovered some useful visualisation skills they can put into practice right away.

## Improvement Analysis: Stage 2 PE

Stage 2 PE students have been focussing on designing and implementing training strategies with the goal to improve performance in endurance running.

As part of this focus, students have been investigating the role of running biomechanics and how this influences aspects of performance such as running economy and fuel efficiency.

To provide insight, Riley from RunAsOne, a physiotherapist and national level distance runner visited the College. Riley provided students with the knowledge and expertise to enhance their understanding of these key areas of endurance running performance.



# O'Sullivan Beach parkrun

Stage 1 PE students have been undertaking a series of parkruns in the local area. The group used Garmin GPS watches to track and monitor their heart rates, pace per km, running cadence and training zones while completing the O'Sullivan Beach parkrun. Students were then asked to reflect on their current fitness level and design an appropriate training program before undertaking the course again at the end of the term.



# Marian Campus V SEDA College

Our AFLW Academy took part in a trial match against SEDA College at South Adelaide Football Club. Whilst they didn't win the game, they showed courage, determination, and resilience throughout the match. We have some very talented players and inspiring leaders emerging within the group!



## AFLW Speed and Agility Training

Strength and conditioning coach and Operations Manager at Academy of Sport Speed Australia Deb Green recently visited our Year 10/11 AFLW Academy.

Deb took the girls through a double lesson of football-specific speed and agility training. It was hard work, but the team loved the challenge!



## AFLW Students Tackle Nutrition

AFLW Academy students have also been studying elements of nutrition for sports performance this term, so they spent a double lesson cooking a turkey and brown rice burrito bowl, focusing on the correct percentages of macronutrients for optimal nourishment. The finished product was both delicious and nutritious!



## Marcellin Students are Fit for Work

This term our Year 12 Marcellin students have partnered with Goodlife Health Clubs Noarlunga to help prepare their bodies for the physical trade workforce. These sessions were facilitated by two Goodlife Health Clubs fitness professionals and are designed to teach the cohort about the importance of stretching, mobility and safe lifting techniques.



## Stage 1 Basketball

Across Term 1, the Stage 1 Basketball students have been investigating the components for preparing a high-performing basketball athlete. All students have had the opportunity to immerse themselves in practical experiences which elite athletes would be exposed to at the highest level of the game.

In Week 4 the students ventured to BioFit and participated in a strength and conditioning session led by Coach James, learning about

the key movement patterns and energy systems dominant in the game of basketball.

In Weeks 5 and 7, the students visited Mitchell Park Community Centre where they were coached by the NBL1 women's coach at South Adelaide Panthers Basketball Club, Richard Dickel, learning advanced training methods to develop individual and team-focused elements of gameplay.

Finally, in Week 8 students learnt the importance of nutrition in sports performance and used the Home Economics facility to prepare a macronutrient-dense, healthy meal. These components of their course will contribute to their Term 1 portfolio.

## State-wide Futsal Tournament



Last Friday Cardijn entered both male and female representative teams in the state-wide Futsal Tournament held in St Clair. The boys' side showed great promise in the early stages of the group-stage games however narrowly missed out on making the final. The girls' side showed great determination throughout the group stages to qualify for the final, unfortunately losing to Henley in the final. We are proud of the efforts and resilience displayed by both teams!

## Leo's a future star of the track

We congratulate Year 5 Galilee student Leo who was recently named State Champion for the Under 10s Pentathlon in the State Combined Event Championship. He competed in five events, 800M, 60M Hurdles, 100M, Long Jump and Discus, completing the event with the highest total points to come away State Champion.

Leo is also a State Individual Champion for the Under 10s Long Jump and High Jump. He finished 3rd in both 60M Hurdles and Discus and also won two gold and two bronze in his State Championship event over the weekend. Amazing effort Leo!



## SACPSSA Swimming Carnival

Galilee students from Years 3-6 competed in the SACPSSA Swimming Carnival today. Congratulations to all swimmers who enjoyed a very successful event, coming away with a number of ribbons. A special congratulations to Taj for taking out Age Champion in Year 3.





## Meet our Galilee Campus Schoolaerobics team!



Students ranging from Years 3-6 will be competing in the state Schoolaerobics qualifiers in May. The girls are practising during their play time and are making some great progress so far. The group recently had old scholar of Marian Campus and former Aerobics athlete Georgia Alyward ('19) visit to hold a workshop and fine tune their technique and skills.

# Galilee Sports Day Preparation

Our Galilee students are excitedly preparing for the R-6 Sports Day this Friday 31 March held at our Aldinga Campus. Students have been training in preparation for their track and field events, as well as a variety of fun teamwork challenges. Look out for photos from the day in an upcoming Cardijn Connect!!



# Marist Basketball Carnival

Open A boys and girls basketball teams participated in the 31st Marist Basketball Carnival this week, hosted by Sacred Heart College. The carnival has not been held since 2019 due to COVID-19 restrictions and this year's carnival was bigger than ever with 19 Marist schools from around the country participating.

Both teams performed well across the four days showing great effort and competitive spirit, however found themselves in the bottom half of the draw after the pool play. The students all enjoyed the carnival experience and look forward to travelling interstate for the 2024 carnival.

Congratulations to Rachael (Year 12) and Harrison (Year 9) who were awarded MVPs, as selected by opposition coaches. Rachael and Harrison were also named in the Marist Top 10 of the best female and male players of the tournament.

We thank Mr Martin and Ms Wormald for coaching the teams and Sacred Heart College for organising such a great event.



## Year 9 Students to Compete in National Basketball Championships



Congratulations to Year 9 Basketball Academy student Harrison (SA Metro) and Year 9 student Hudson (SA Country) who both play for Sturt Sabres Basketball Club on being selected in the U16 Basketball SA State team to contest the Footlocker National Basketball Championships in Perth in July.

### From the Sport Department

Term 1 has been a true display of why sport at Cardijn is a positive, impactful, and consistently growing aspect of the college. The Sport department are thrilled with the progress we have seen across all programs, particularly following years of COVID-19 interruptions. A particular highlight is the student interest and involvement we are experiencing in after school sport, house sport, and other interschool competitions.

Another exciting element of Cardijn College is our fierce House Sport calendar. In Term 1, we re-introduced House Basketball to the cohort for the first time since 2010. This decision was made to support the noticeable passion for basketball amongst our students. House Sport provides students the opportunity to be involved in organised and competitive games during their designated lunchtime contributing to the rivalry amongst the House system. Romero and Mitchell Houses are currently proving to be strong forces, leading the Basketball premiership table as we near the final series. House Soccer, Volleyball, and Netball will follow in Terms 2, 3 & 4.

On Monday 27 March, a group of students who excelled at our college 7-12 Sports Day travelled to Bridgestone Athletics Centre to compete in the 2023 Catholic Co-Ed Athletics Carnival. Our students displayed impressive talent and positive attitudes on the day in testing conditions. We were proud of the way the entire group carried themselves, especially our U13 squad who won their division in pool B. For majority of this age group, it was their very first interschool competition for Cardijn.

We are now looking forward to planning for the upcoming Marist Netball Carnival being held in Perth, the R-6 Galilee Sports Day and the annual Tenison Sport Exchange which Cardijn is hosting in early June. The exchange is a true focal point of the College calendar and enables Cardijn students & staff to interact with Tenison Woods College, Mt Gambier through fierce competition and arranged social events.

We encourage all students to get involved with Sport and Physical Education here at Cardijn College due to the benefits this can have holistically. More than 80% of the world's adolescent population is insufficiently physically active. We aim to inspire our young people to meet or exceed these activity recommendations to reap the health-related benefits, reduce symptoms of depression and anxiety, and enhance their development and overall wellbeing.

## Past issues of Cardijn Connect

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