

SPORT INFORMATION GUIDE

CABRA
DOMINICAN COLLEGE



Cabra offers a comprehensive co-curricular sports program with many opportunities available. Our sports program aims to promote a healthy lifestyle and build confidence in individuals. Playing sport is a great way to make friends, encourages team building and assists in developing a sense of pride and belonging in our college community. Students of all abilities are encouraged to participate.

SUMMER SPORT (Term 1 and Term 4)

Trainings are held weekly throughout the season.

ATHLETICS

All Year Levels

Students are able to participate in either Primary or Secondary carnivals in Terms 1 and 2. Students are selected based on performances on sports day and class results. Carnivals are advertised via the daily bulletin.

BASKETBALL

Girls (Year 8 to 12) and Primary (Boys and Girls)

Secondary girls' games are played Saturday mornings at a central venue with training held after school; Primary boys (lunchtime training and Tuesday afternoon games) and Primary girls (lunchtime training and Wednesday afternoon games). Primary matches are held at Wayville Sports Centre.

CRICKET

All Year Levels

Games are played Saturday mornings for all year levels at home and away venues. Training is after school.

CROSS COUNTRY

All Year Levels

Students wishing to be involved in Cross Country have the opportunity to participate in the Secondary carnival at Oakbank (held mid-term 2), the SAPSASA Carnival (early in Term 2) or the Catholic Primary Schools Carnival (held beginning Term 3). Trials will be held for selection.

SWIMMING

Secondary Boys and Girls (dependant on numbers)

If there is a large interest and therefore the ability to form a team then these teams will trial before school at Unley pool. Various carnivals that we participate in are (SAPSASA and Catholic Primary School Carnival and secondary 8-12 girls swimming carnival) in Term 1.

TENNIS

All Year Levels

Primary teams play Friday afternoons and Secondary teams on Saturday mornings at home and away venues. Training is after school.

VOLLEYBALL

Boys, Girls and Mixed Teams (Year 8 to 12)

Volleyball is offered to secondary students; either single sex or mixed teams. Boys / mixed teams play on Friday afternoons (home and away) and girls teams on Saturday mornings at a central venue. All Year 8/9 students involved in co-curricular volleyball are invited to attend the Volleyball SA beach volleyball carnival in Term 4. Primary (Spikezone) Volleyball is also available dependant on interested numbers. This is played on a Friday after school.

WINTER SPORT (TERM 2 AND TERM 3)

Trainings are held weekly throughout the season.

BASKETBALL

Boys (Year 8 to 12)

Boys' basketball is played on Saturday mornings at home and away venues. Training is after school.

FOOTBALL

All Year Levels

Senior games are played after school on Wednesday, with Primary and Middle games on Saturday mornings at home and away venues. Training is after school.

NETBALL

All Year Levels

Netball is extremely popular at Cabra and all levels are catered for from beginners to advanced. Trials are always held in Term 1 from Week 4 through to Week 9 for all year levels. All year levels have 2 trials and trials are compulsory. Primary teams play at home and away venues and secondary teams at a central venue; all teams play on Saturday mornings.

SOCCER

All Year Levels (Boys, Girls and Mixed Primary)

Boys and mixed games are played Saturday mornings at Home and Away Venues. Girls Teams play Saturday morning at a central venue. Training is after school.

Primary competitions cater for Year 6 and 7 students. Secondary competitions cater for Year 8 to 12 students.





The South Australian Primary Schools Amateur Sports Association (SAPSASA) is an independent body which organises sport in both public and private primary schools for students aged 10 years and over.

The Secondary Schools Sports South Australia (SSSSA) is the independent body which organises sport for public and private schools for all secondary school students.

SAPSASA and SSSSA are members of School Sport Australia, the national school sport body governed by The Department of Education and Child Development. For more information visit:

www.decd.sa.gov.au/sport



ADDITIONAL SPORT INFORMATION

INFORMATION

All fixtures and weekly away game matches can be found on the College App. News and results are also posted on the Sports News Page on the App by Friday.

NOMINATING

Students are invited to nominate for their chosen co-curricular sport/s online by a specified date. Teams must have adequate numbers before being entered into the competition. Students are expected to commit to their team for the entire season. There are no withdrawals or fee reimbursement once committed.

SACPSSA (Year 6 and 7)

Primary students are asked to indicate throughout the year whether they would like to participate in various Catholic School Primary Carnivals – these carnivals are participation carnivals where the aim is for as many students as possible to enjoy learning new sports and bonding with class mates.

SAPSASA (Year 6 and 7)

Primary students are selected to represent Cabra at various SAPSASA carnivals. Students are selected based on previous knowledge of ability and/or trials. Entering and nominating teams is dependent on numbers, talent/skill of the students in the designated age group required.

KNOCK OUT SPORT (Year 8 to 12)

Secondary students are selected to represent Cabra in various Knockout Competitions throughout the year. Students are selected based on previous knowledge of ability and/or trials. Entering and nominating teams is dependent on numbers, talent/skill of the students in the designated age group required. Students will only be eligible to compete in knockout sport if all schoolwork is up to date. Any students with behavioural issues will not be selected. Knockout Sport is played to win – selected players may not get equal game time.

SPORT NEWS

Sport information is distributed via the sport office through the College App – weekly news and results are uploaded by Fridays each week. Students must also pay close attention to the daily bulletin notices for Sport Information. Sport draws and away venue maps are uploaded to the College App and are available in hard copy by request from the Sport office.

SPORT AWARDS

The whole school Sport Awards Presentation Evening is held in Term 4. This is a fun night for families to come together to celebrate the year in Sport. Tables are set up quiz night style with families welcome to bring food and drinks to share. We run a sausage sizzle, have door prizes and quizzes along with a guest speaker.

CONTACT DETAILS

Sport Office: 8179 2415

Email: sport@cabra.catholic.edu.au

SPORT