Cabra Sports
Information Booklet

JOIN IN
Sports Information

Cabra offers a comprehensive sports program with many opportunities for students of all abilities and interests to participate. Playing sport for your college is fun and is a great way to make friends and develop a deep sense of belonging to the college community.

SUMMER SPORT (Term 1 and Term 4)

**Athletics**

**All year levels**

Students are able to participate in either Primary or Secondary carnivals during school time in Term 1 and 4. Students are selected by their PE teacher based on performances on sports day and class results. Carnivals are advertised via the daily bulletin and the sport newsletter.

**Basketball**

**Girls (Yr 8 -12) and Primary (boys and girls)**

Secondary girls’ games are played Saturday mornings at a central venue; Primary boys (Tuesday afternoons) and Primary girls (Wednesday afternoons) matches are held at Wayville Sports Centre. Students also have the opportunity to represent Cabra in the Statewide and / or National Basketball competition which is an invitational event based on performance throughout the year.

**Cricket**

**All year levels**

Games are played Saturday mornings for all year levels at home and away venues.

**Swimming**

Secondary boys and girls

Swimming teams at Cabra are dependent on numbers involved and interest upon enrolments. If selected for a swim team, training will be held before school at Unley pool, students will compete at various carnivals and events through the year. There is also the opportunity for students to trial and participate in the SAPSASA swimming carnival and the Catholic Primary Schools 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.

**Volleyball**

**Boys, girls and mixed teams (Yr 8-12)**

Volleyball is offered to secondary students; either single sex or mixed teams play on Friday afternoons (home and away) and girls teams on Saturday mornings at a central venue. All students involved in co-curricular volleyball are invited to attend the Volleyball SA beach volleyball carnival in Term 4.

**Cross Country**

**All year levels**

Students wishing to be involved in Cross Country have the opportunity to participate in either the combined Primary and Secondary carnival at Oakbank or the Catholic Primary Schools carnival, both held in Term 2. Trials are held after school early in Term 2.

Email: sport@cabra.catholic.edu.au

Telephone: 8179 2415
WINTER SPORT (Term 2 and Term 3)

**Basketball**

**Boys (Yr 8-12)**

Boys’ basketball is played on Saturday mornings at home and away venues. Students also have the opportunity to represent Cabra in the Statewide and / or National Basketball competition which is an invitational event based on performance throughout the year.

**Football**

**All year levels**

Games played Saturday mornings at home and away venues. All Middle School students (Yr 6-9) involved in the football program are invited to attend an excursion to AAMI Stadium in Term 3.

**Netball**

**All year levels**

Netball is extremely popular at Cabra and all levels are catered for from beginners to advanced. Trials are held in Term 1 each year. Primary teams play at home and away venues and secondary teams at the one location each week; all teams play on Saturday mornings. All teams train on Thursday afternoon 3.45 – 5.00pm during Term 2 and Term 3.

**Soccer**

**All year levels (boys, girls and mixed primary teams)**

Games are played Saturday mornings for all year levels at home and away venues.

**OTHER INFORMATION**

**SAPSASA (Yr 6/7)**

Primary students are selected to represent Cabra at various SAPSASA carnivals. Students must be involved in a co-curricular sport team for the College to be eligible to compete.

**Knock Out Sport (Yr 8-12)**

Students must be involved in the co-curricular sport program to be selected for a KO team. Students are selected on their performance and skills.

**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.

**Sport news**

Sport information is distributed via the sport office via sport newsletters, daily bulletin notices, email and text messages. Sport draws and away venue maps can be found in team pigeon holes located in the gym foyer.

**Training**

Training is held weekly throughout both Summer Sport and Winter Sport seasons.

**Sport Awards**

Awards are presented to all sport teams in Term 4.

**Fees**

The fee for each season is $100 plus the cost of the uniform.
LOCATION AND CONTACT

225 Cross Road
Cumberland Park SA 5041
Telephone: (08) 8179 2400
Facsimile: (08) 8272 9810

Deliveries
Book Room, via Little Street

Postal Address
PO Box 57
Melrose Park SA 5039

Main Office
(08) 8179 2400

Middle School Office
(08) 8179 2455

Senior School Office
(08) 8179 2466

Student Absentee Line
8179 2477

Facsimilie
(08) 8272 9810

Email
cabra@cabra.catholic.edu.au

Website
www.cabra.catholic.edu.au

Intranet
Please log in using your child’s
College log in information –
https://intranet.cabra.catholic.edu.au